

IMPORTANT BOOKS FOR PURCHASE (ANNOTATED BIBLIOGRAPHY)

One of the major reasons for slow progress of Physical Education and Sports Sciences is the lack of specific prescription of relevant textbooks for each paper taught. Many of the books mentioned in the syllabi of M.P.Ed. & B.P.Ed. classes are quite old and obsolete. In order to help change the scenario, it has been attempted to make available an annotated bibliography of important books, Ph.D. theses, Masters' dissertations to help various departments and colleges of Physical Education to make selection of books for spending their annual budgets in a more befitting manner. It has been noticed that due to paucity of genuine authors, a large number of spurious books are also being produced in this subject by cut-paste method with the help of misuse of search engines and misuse of the names of qualified teachers in the subject. This has made it very difficult to decide about the purchase of genuine books.

The department is thankful to its teachers especially Dr. Sandeep Tiwari, Associate Professor for taking up this job of producing Annotated Bibliography with the help of research scholars of the department. Thanks are also due to all research scholars especially Mr. Gurpreet Makkar for devoting some of their precious time to write the summaries of books/dissertations.

This annotated bibliography has been divided in two parts :

Part-I : Annotated Bibliography of Books and

Part-II : Summaries of Theses and Dissertations (under Editing).

ANNOTATED BIBLIOGRAPHY OF BOOKS:

1. **Introduction to Physical Education, Fitness & Sports** by Daryl Siedentop, McGraw Hill (2007) 6th Edition, Hard Bound Pages : 427 x xx, 7.5" x 9.5", McGraw Hill Publishers, New York, USA.

It is a fundamental book introducing the concepts of Physical Education, Fitness & Sports in the context of lifespan, professions and philosophies. It logically and demonstratively advocates the emergence of physical education as a profession (with interesting historical events) and its role and need for building national infrastructures to support physical activity and healthy lifestyle. The book contains 17 chapters in five parts in addition to Glossary, Bibliography and Index.

2. **Introduction to Kinesiology : Studying Physical Activity** by Shirl J. Hoffman (Editor) 8.75" x 11"; Hardbound Pages 597 + xvii i.e. 614 (2005). Human Kinetics, Champaign, Illinois, USA.

A modern approach to Physical Education wherein physical education has been contemplated as the study of physical activity. The term Kinesiology has been used for the entire gamut of physical activity and a synonymous term to physical education in order to give a scientific look to it. The book must be made available in the library of each college or department of physical education and that of the main library of each university as it is the basis of modern concepts to health and human excellence through the right use of physical activity. The physical activity has been divided into three parts namely Experiences in Physical Activity (Part-I : 4 Chapters); Scholarly Study of Physical Activity (Part-II : 7 Chapters) and Practicing a Profession in Physical Activity (Part-III : 6 Chapters). The title Kinesiology has been taken as the logical study of physical activity and not as a traditional approach to Kinesiology as the Science of body joint movements).

3. **Textbook of Applied Measurement, Evaluation & Sports Selection** by Devinder K. Kansal; Sports & Spiritual Science Publications, New Delhi, (2008), 7.5" x 9.5", Pages : xxvi + 533; Available both as Paperback & Hardbound. (Must for each Library & each PET Category).

Dr Kansal's book illustrates all types of measurement tests applicable in physical fitness, health, and well-being. This book would be an important tool in the hands of all sports-loving individuals and institutions and an authentic reference material for application of valid methodology in sports training methods.

Shri. Laxman Singh Ranawat, Executive Director (Academics), Sports Authority of India, NSNIS, Patiala

Devinder Kumar Kansal has contributed a very useful textbook of valid methodology for tests and evaluation by writing this most simple and useable textbook for students and resource book for teachers, coaches, educational administrators, fitness and health club managers. - **Prof. R. Thirumalsaisamy, Vice-Chancellor, TNPES University, Chennai.**

4. **Foundations of Physical Education, Exercise Science and Sport** by Deborah A. **Wuest** and C. A. **Bucher**. McGraw Hill, New York, USA (2003). Pages = xvi + 607; 7.5" X 9.5"; Hardbound.

An excellent upto date treatise on Nature, Scope, Foundations, History, Careers, Professional Considerations, Issues, Challenges and the future of Physical Education, Exercise Science and Sport. The book is divided into four parts and represents authoritative latest contents on the potential of physical education with an edge to general education. This book belongs to '**Must for each Library**' category of books for the Libraries of various colleges of physical education, departments of physical education and main libraries interested to acquire latest literature on prevention of disease and promotion of human health and healthy lifestyles.

5. **Psychological Testing and Assessment : An Introduction to Tests and Measurement 5th Ed. (2002)** by Ronald Jay Cohen and Mark E. Swerdlik. Pages: xx + 667; 8.0" x 10"; Hardbound.

One of the very good books on psychological testing and assessment of human beings in the field physical education, exercise science and sport. The book is divided into 5 parts. Part-I named as Overview contains two chapters; Part-II the science of Psychological Measurement has five chapters one each on Statistics, Norms, Reliability, Validity & Test Development; Part-III – The Assessment of Intelligence has three chapters on the Measurement of Intelligence Assessment; Part-IV dealing with the Assessment of Personality contains two chapters and Part-V deals with Testing and Assessment in Action and has five chapters.

The book has exhaustive bibliography of 60 pages of about 25 references on each page i.e. around 1500 references in the field of psychological tests. The book includes a very good Glossary describing the meaning of important terms.

6. **Physical Activity for Health and Fitness** by Allen W. Jackson; James R. Morrow, Jr; D.W. Hill and Rod K. Dishman (2004). Human Kinetics, Champaign, Illinois (USA). Pages : 368 x viii, 8.5" x 11"; Paperback.

An excellent book with great potential to be a source of uplifting the level and recognition of Physical Education among general population. It has 13 chapters divided into four Parts. Part-I has three chapters on Physical Activity and Fitness; Part-II has three chapters titled as Obesity, Nutrition and Weight Control respectively; Part-III has five chapters related to 'Physical Activity and Health' and Part-IV has two chapters namely 'Healthy Aging', and 'Leading a Physically Active Life'.

The book contains excellent specific real life examples and is written in a very simple, motivational and convincing, evidence based style. It may be recommended in the first priority list for purchase by each college of physical education or the department of physical education.

7. **Lifelong Motor Development** by Carl P. Gabbard Allyn & Bacon (2000), Needham Heights Publishers, Massachusetts, USA. Page : 444 + xix, 7.75" x 9.25"; Hardbound.

The book is excellent to introduce the concept of Developmental Perspective during the entire life span of man with special reference to Motor Development. It contains 13 chapters divided into six parts. Part one : **An overview of Lifelong Human Development**; Two : **Biological Growth and Development**; Three : **Perception and Information Processing**; Four : **Motor Behaviour across the Life Span**; Five : **Assessment** and Six : **Socio-cultural Influences on Motor Development**. The book contains large number of references. It is also a good source of a newly upcoming field of Lifelong Motor Development likely to form a specialization paper at Master's level.

8. **Personal Health : Perspectives and Lifestyles** by Patricia A. Floyd, Sandra E. Mimms and Caroline Yielding. Thomson-Wadsworth, Belmont, California, USA (2003). Pages : 544 + xvi, 8.5" x 11" (Paperback).

An excellent book for individual's personal development of personality with appropriate practical training of concepts, theories and implications of physical activity, nutrition and personal

responsibilities on one's health and well-being. The book contains 15 chapters entitled as 1 : Introduction to Personal Health, 2 : Personality and Emotional Health, 3 : Stress and Health, 4 : Personal Relationships, 5 : Human Sexuality, 6 : Communicable Diseases, 7 : Non-Communicable Diseases, 8 : Cardiovascular diseases, 9 : The Basis of Nutrition, 10 : Weight Management, 11 : Physical Activity & Health, 12 : Psycho-active Drugs and Medications, 13 : Tobacco and Alcohol, 14 : Aging, Dying and Death and 15 : Consumerism and Environmental Health.

The book is quite good in giving necessary applied material as 'FYI' i.e. For your Information in each chapter.

9. **A Wellness Way of Life** by Gwen Robbins, Debbie Powers & Sharon Burgess (2008). McGraw Hill Co. 7th Ed. Pages : 582 + xxii + Appendices 8.5" x 11"; Paperback.

Extremely good book on practical aspect of Personality Development in an easy to adopt methodology. The book has 16 chapters entitled as 1 : Understanding Wellness, 2 : Changing Behavior, 3 : Developing and Assessing Physical Fitness, 4 : Maximizing Cardio-respiratory Fitness, 5 : Developing Flexibility, 6 : Developing Muscular Fitness, 7 : Exploring Special Exercise Considerations, 8 : Preventing Common Injuries and Caring for the Lower Back, 9 : Maximizing Heart Health, 10 : Coping with Stress, 11 : Eating for Wellness, 12 : Achieving a Healthy Weight, 13 : Preventing Cancer, 14 : Understanding Substance Abuse and Addictive Behavior, 15 : Preventing Sexually Transmitted Disease, 16 : Exploring Lifetime Wellness Issues.

It has two Appendixes on 'Outside Reading Assignment' and 'Reaction paper to Guest Speaker'.

The book contains a good Glossary of important terms. 'Must for each Library' category books.

10. **Personality Development through Human Excellence** by Swami Vivekananda published by the Ramakrishna Math Hyderabad (India); 7" x 9.5", Pages : 102; Paper-bound.

It is an excellent and essential treatise for each library and preferably for each individual to understand the strength of one's nature and self-realization. The book contains forty 2-3 paged chapters on various virtues of human beings with a stress to develop one's personality through spiritual education and human excellence of divine virtues residing in the soul of each individual.

11. **Motor Learning and Performance** by R.A. Schmidt and C.A. Wrisberg (2004). Human Kinetics, Champaign, Illinois, USA; Pages : xvii + 381; Hardbound.

An excellent, 'Must for each Library' book for the colleges of Physical Education and University Departments of Physical Education. The book contains 12 chapters entitled as 1. Getting Started, 2. Individual Differences and Motor Abilities, 3. Processing Information and Making Decisions, 4. Sensory Contributions to Skilled Performance, 5. Movement Production and Motor Programs, 6. Principles of Motor Control and Movement Accuracy, 7. Preparing for the Learning Experience, 8. Supplementing the Learning Experience, 9. Structuring the Learning Experience, 10. Providing Feedback During the Learning Experience, 11. Facilitating Learning and Performance, 12. Applying the Principles of Skill Learning.

12. **Access to Health** by Rebecca J. Donatelle (2008). Pearson-Benjamin Cummings, San Francisco, California, USA. Pages xxx + 695 +62; 8.5" x 10.75"; Paperback.

This book, published by specialized science publisher, provides a consistent framework for motivating the reader to make healthy decisions in daily choices. The book contains an elaborate 24 self assessments to prepare for a behavior change with an effective 'Assess Yourself Questionnaire'. A specially designed an effective 'Behaviour Change Contract' form is set in a style that helps affirm one's commitment to making a healthy change. The contents and concepts explained in this illustrative book evidently prove that by taking action, an individual can prevent illness and prolong a productive, fully functional life. The author of the book has more than 30 years of teaching public health students from a wide range of disciplines and has the experience of writing 10 editions of this book. This 10th edition contains 23 chapters divided into six parts entitled as 1. Finding the Right Balance, 2. Creating Health and Caring Relationships, 3. Building Healthy Lifestyles, 4. Avoiding Risk from Harmful Habits, 5. Preventing and Fighting Disease and 6. Facing Life's Challenges.

This book makes a very relevant addition not only to the libraries of colleges of physical education but also to each institute of higher education.

13. **Management of Physical Education and Sports** by Charles A. Bucher and March L. Krotee (2002). McGraw Hill Publishers, New York, USA Pages : xiv + 578; 7.5" x 9.3"; Hardbound.

The book is an excellent presentation of 15 chapters divided into four parts named as Part-I: The Management Process (2 chapters); Part-II : Management of Physical Education and Sports Programs (3 chapters); Part-III : Management of Physical Education and Sport Programs in the Public and Private Sector (One Chapter) and Part-IV : Management Functions (9 chapters).

This book contains very important seven Appendixes (82 pages) entitled as Appendix A to G on the important topics namely Appendix A : Physical Education and Spots with a purpose (10 pages); B : The Role of a Parent (22 pages); C : Approaches to Crowd Control (8 pages); D : Drugs and Alcohol (13 pages); E : Selected Associations for Athletes with Disabilities (2 pages); F : Checklist for Facility Planners (11 pages) and Appendix G : Sample Budget (16 pages).

14. **Psychology in Contemporary Sports** by Bryant J. Cratty (1989). Prentice-Hall Inc., Englewood Cliffs, New Jersey, USA.

This book constitutes a rare resource in Sports Psychology and is the 3rd and last edition by a renowned sport psychologist of the University of California, Los Angeles, USA. This book is based on two important themes : 1. Concentration on cognitive aspects of sport and 2. Impact of various social-psychological conditions and variables upon athletes and athletics. The book is divided into six parts. Part-I has 2 chapters named 1. Introduction and 2. The History of Sports Psychology; Part-II has four chapters, one each on Personality; Arousal and Emotion; Psychology and Physiological Effort and Attention & Concentration respectively. Part-III has three chapters on Anxiety; Part-IV has two chapters 1. Cognition & Imagery and 2. Mental Activity and Athletics; Part-V also 2 chapters on Motivation and Part-VI contains three chapters, one each on aggression, Leadership dimensions in sports and Social-Psychological Dynamics of teams.

15. **Faith Based Fitness** by Dr. Kenneth H. Cooper (1995), Thomas Nelson Publishers, Nashville, Tennessee, USA.

It is an unique book divided in four parts where part one deals with the link between Faith and Fitness; Part two deals with 'Believing Your Way to Enhanced Endurance, Strength and Health; Part three deals with 'Entering a New Faith (Spirituality)³ – Fitness Zone and Part 4 teaches the concept 'From Physical to Spiritual Food'.

The author has referred good number of earlier authors and their works/quotations to prove his hypotheses, concepts and practical premises.

The remarkable concepts included in the book and useable in one's daily life are described below :-

"You have tried and tried. But all the money you have pumped into fitness and diet books, health clubs' memberships, cross training shoes and gleaming (brief manifesting like beam of light) exercises equipment has gone to naught". Page-3.

"Do not feel alone. After the much ballyhooed exercise movement peaked a few years ago – the physical condition of the average person has steadily deteriorated. One third of all Americans are overweight, nearly 48 million adults in USA, who are otherwise healthy and able bodied, are now officially classified as sedentary. In short, many people can talk a good line about fitness and health, but they lack the inner drive to put their words into action. ^s(In other words one must remember that one's inner drive i.e. the belief in faith or spirituality is the practical force to give shape or road map to one's sayings i.e. outer convictions)^s.

"Without adequate exercise and a reasonably healthy diet, increasing numbers of people are putting themselves at serious risk for the costly medical treatments and procedures, and even possible death from cardiovascular problems, cancer, and many other diseases.

Are you in this position? (mentioned above)^s you may know that on one level you really want to get into shape and become a vital, productive, high energy person one who is capable of excellence at

work and of rendering maximum service to others. But you have discovered instead that you are overtired, physically soft and disease prone.

What is the secret to bridging this gap between merely wishing you were in shape and actually getting into shape? The answer begins with belief – specifically, your deepest personal convictions about what is good and true and ultimately important about your life (i.e. your spirit or spirituality)^s.

More specifically, you must take what scientists have identified as your intrinsic beliefs (Spiritual) and make them integral part of your basic approach to health and fitness.

In measuring the life-changing potential of belief, researchers have distinguished between convictions that are extrinsic and those that are intrinsic. Extrinsic belief may include bare membership in a particular church (faith)^s, the rote mechanical recitation of a liturgy, or the intellectual affirmation of a particular set of convictions or statement of faith (religion or spirituality)^s.

This remains in the head and never makes it to the heart. ^s(or emotion energy in motion or practical passionate approach)^s. Various studies have demonstrated that these extrinsic – outward practices and affirmations do not have the power in themselves to improve one's spiritual status, emotional well-being, physical health or much of anything else ^s(vocational, social, environmental domains etc.)^s. Intrinsic Belief, is characterized by qualities as profound as spiritual commitment, a sense of having found the ultimate meaning of life, a devotion to heartfelt prayer, and a quest accompanied by, but is never limited to outward, external observance – is the key to real spiritual power.

Intrinsic belief has the capacity to spark major personal enrichment in every area of life – including dramatic improvements in physical health, emotional well-being and levels of fitness.