

**A.VEERIYA VANDAYAR MEMORIAL SRI PUSHPAM COLLEGE
(AUTONOMOUS),
POONDI, THANJAVUR DIST.**

**Question Pattern for UG and PG Programmes for students to be
admitted during 2014 – 2015 and afterwards.**

Total Marks : 75

QUESTION PATTERN

**SECTION – A
(Question 1 to 10)**

10 x 2 = 20 Marks

1. Short Answer Questions.
2. Two Questions from each units (All are answerable)

**SECTION – B
(Question 11 to 15)**

5 x 5 = 25 Marks

1. 5 Paragraph type questions with "either / or" type choice.
2. One question from each unit of the Syllabus.
3. Answer all the questions.

**SECTION – C
(Question 16 to 20)**

3 x 10 = 30 Marks

1. 5 Essay type questions – any three are answerable.
2. One questions from each unit of the Syllabus.

Semester	Subject code	Title of the paper	Hours of Teaching /Week	No. of Credits
I	14U1PET1	$\sqrt{\mathfrak{R}} \zeta \rangle \sqrt{\mathfrak{R}} B \Delta$ $(\chi \leftrightarrow \Sigma f, E \rightarrow \rangle, \Sigma \zeta f \Delta,$ $\sqrt{\mathfrak{R}} B \kappa \leftrightarrow \zeta \rightarrow)$	6	3

{→: 1 $\neg \otimes \Phi \infty \perp$

...Σ↔Δ: 18

1. $\sqrt{\leftrightarrow \zeta} : o \equiv | \partial | | \langle \zeta | \square] | \kappa | \otimes \wp \zeta \square | \zeta \otimes E \heartsuit \neg \wp | \tau > \Delta$

$(| \kappa o > \zeta B \Delta \xi \neg \kappa \mu \Delta)$

2. $\Sigma \zeta : \mathfrak{R} | _ | \sigma \Theta (\square > \tau \in \uparrow \dots > [$

$(\wp | \kappa \uparrow \square | > \lambda [E \oplus \heartsuit A)$

3. $\wp \zeta \leftrightarrow] B \zeta | \square \bullet > \sqsubseteq] \leftrightarrow \heartsuit \wp \zeta f _ | \perp$

$(\bullet > \sqsubseteq] \leftrightarrow \heartsuit \neg \wp | | \therefore, \bullet > \sqsubseteq] \leftrightarrow \heartsuit \wp \lambda | \bullet > \sqsubseteq] \leftrightarrow \uparrow > \zeta | \Delta,$

$\bullet > \sqsubseteq] \leftrightarrow \dots > \sigma \lambda [\mu])$

4. $\wp \zeta \leftrightarrow] > \zeta \otimes [\square T \leftrightarrow \uparrow > \zeta \Phi$

5. $\wp \otimes | \mathfrak{R} \dots | \zeta \otimes | f _ B \zeta \square \bullet \sqsubseteq > \leftrightarrow \Delta \square \Sigma \zeta |$

$(\diamond \equiv \dots | \chi | | \therefore \diamond [\Sigma \zeta \dots f, \diamond \equiv | \perp \Sigma \zeta | (> \tau \in \Sigma \zeta |, \gamma \sqsubseteq] \leftrightarrow \zeta \Sigma \zeta |,$

$| [\spadesuit f \Sigma \zeta |, \therefore | [B \zeta (\Sigma \zeta |))$

6. $| \kappa \leftrightarrow \xi \uparrow \mu \square | \sigma \leftrightarrow \zeta \leftrightarrow [| | \rangle (| \zeta \nu \rightarrow \Delta | \sigma \Theta \Delta \therefore \neg \wp] _ | \Gamma)$

{→: 2 $\chi | \leftrightarrow \Sigma | f$

...Σ↔Δ: 18

1. $\dots | \otimes | \sigma \square \sqrt{\leftrightarrow \zeta} | \wp \zeta \kappa \Delta (1 \xi > _ 15 \kappa | \leftrightarrow)$

2. $\dots | \otimes | \sigma \square \wp B \square \equiv | \perp \neg > \zeta f | \Delta$

{→: 3 $E \rightarrow | | \rangle$

...Σ↔Δ: 18

1. $\dots | \otimes | \sigma \square \zeta \leftrightarrow _ \neg | \zeta | \mathfrak{R} \zeta \Delta \kappa \zeta \spadesuit \Delta \wp \zeta | (1 \xi > _ 10 \kappa | \leftrightarrow)$

2. $\dots | \otimes | \sigma \square \therefore \dots \spadesuit \zeta \leftrightarrow \Rightarrow E > \Delta \xi \neg \kappa \mu \Delta$

$\{ \rightarrow: 4 \Sigma_{\zeta f} | \Delta$

$\dots \Sigma \leftrightarrow \Delta: 18$

$\zeta \rightarrow \kappa. \wp \zeta \lceil \bullet \heartsuit \div \leftrightarrow \therefore \setminus \text{B} [\square \neg | \langle \rangle \therefore \text{A} \uparrow \rangle \lceil$

$\{ \rightarrow: 5 \sqrt{\Re} | \text{B} \kappa \leftrightarrow \lceil \zeta \rightarrow$

$\dots \Sigma \leftrightarrow \Delta: 18$

$\text{E} \rightarrow || \rangle, \text{A}] \spadesuit \Delta, \Sigma_{\zeta f} | \Delta, | \sigma | \rangle, \chi | \leftrightarrow \Sigma | f$

B.Sc. Physical Education

Semester	Subject code	Title of the paper	Hours of Teaching /Week	No. of Credits
I	14U1PEE1	PART – II ENGLISH PROSE, POETRY AND COMMUNICATION SKILLS	6	3

Objective

- To initiate the Students to understand English through Prose, Poetry and Basic Communicative Grammar

Unit – I

- 1) The Running Rivulets of Man,
- 2) Parliament is Marking Time,
- 3) The Lady in Silver Coat,
- 4) Mr. Applebaum at Play.

Unit – II

- 1) The Feigning Brawl of an Impostor,
- 2) Thy Life Is My Lesson,
- 3) Solve The Gamble,
- 4) The Stoic Penalty.

Unit – III

- 1) Nobility In Reasoning,
- 2) Malu the Frivolous Freak,
- 3) Bharath! Gird Up Your Loins!
- 4) Honesty is the Cream Of Chastity

Unit – IV

- John Milton – On His Blindness.
Oliver Goldsmith – The Village Schoolmaster.
William Wordsworth – The Daffodils.
P.B.Shelley – Ozymandias.
Keats – La Belle Dame Sans Merci.
Hopkins – Thou Art Indeed, Just Lord.

Unit – V

- Parts of Speech, Nouns, Pronouns, Conjunctions, Adjectives, Articles, Verbs, Adverbs, Interjection – sentence.

B.Sc. Physical Education

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
I	14U1PEC1	Core – Foundation of Physical Education & Sports	5	4

Objective

- To acquire Knowledge.

Unit I

Meaning, Nature, Need and Scope of Physical Education and Sports.

Reference:

1. Bucher, Charles.A. – Foundation of Physical Education St. Louis : The C.V.Mosby Company 1983.

Unit II

Aims and objectives of Physical Education and Sports.

- a. Physical development
- b. Mental development
- c. Social development
- d. Emotional development
- e. Development of Neuro-muscular Co-ordination
- f. Development of Good-Citizenship
- g. Worthy use of leisure

Reference:

1. Oberteuffer, Delbal-Physical Education, New York: Harpor and Bros. Publishers, 1970.

Unit III

Scientific basis of Physical Education and Sports: Contribution of allied Sciences, Anatomy, Physiology, Kineiology, Psychology, Sociology and Biomechanics, Anthropometry growth and development and Biochemistry.

Reference:

1. Nixon, Eungence.E and Conzens.W. – An Introduction to Physical Education London: W.B.Saunder Company, 1974.

Unit IV

National programme of physical education and sports : National Institutes of physical education and sports, sports talent search scholarship, National coaching schemes, rural sports, women sports; national – physical fitness programe, national awards and honours to outstanding sportsman, National awards for physical education and sports literature.

YOUTH WELFARE PROGRAMMES:

NCC, NSS, NSO Scouting and guiding, Youth Hostels, Youth festivals and Nehru Yuvak Kendra.

Reference:

1. Sharman – Jaksan.R. – Introduction in Phy.Edu. New York: A.S.Barnes and Company.
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Unit V

Olympic Movement and its impact on Physical Education and sports. The contribution of Olympic movement towards international understanding.

Reference:

1. Wankar, D.G. Manual of Physical Education in India Pearl Publishers Pvt. Ltd., Bombay-1969.
-

General Reference:

1. Bucher, Charles A. – Foundation of Physical Education St. Louis: The C.V. Mosby Company 1983.
2. Nixon, Eugene E and Conzen, W. – An Introduction to Physical Education, London: W.B. Saunders Company, 1974.
3. Oberteuffer, Delbert-Physical Education New York: Harpor and Bros, Publishers, 1970.
4. Sharman, Jackson.R. – Introduction in Physical Education New York : Harpor and Bros. Publishers, 1970.
5. Sharman, Jackson.R. – Introduction in Physical Education New York : A.S. Barnes and Company, 1964.
6. Williams, Jesse, Feiring – The Principles of Physical Education London : V.B. Saunders Company, 1964.
7. Wankar D.G.-Manual of Physical Education in India, Pearl Publishers Pvt.Ltd., Bombay 1969.

B.Sc. Physical Education

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
I	14U1PEC2	SPORTS MEDICINE & SPORTS PHYSIOTHERAPY	4	4

Unit – I : Definition, meaning, concept and role of sports medicine – Preventive aspects of Sports Medicine – Purposes and procedures of the preparticipation physical examination / evaluation – disqualifying conditions.

Unit – II: Common causes and classification of sports injuries – Basic principles of the diagnosis of Acute and chronic injuries in sports – Diagnostic tools – Initial management of injuries in sports – Prevention of sports injuries : Physical Conditioning and training, Diet, Protective equipments and psychological stress etc.

Unit – III: Physiotherapy : Definition and guiding principles of Physiotherapy – Therapeutic modalities and procedures – Hydrotherapy – Cryotherapy – thermotherapy – Electrotherapy : Definition – indications, contra indications and application of :Infra Red Rays – Ultraviolet Rays – Short Wave Diathermy – Ultrasound Therapy – Electrical Muscle Stimulation – Interferential Therapy – Traction. Massage: Physiological Effects of Massage: Physiological Effects of Massage Classification of Massage (Swedish System).

Unit – IV : Management of Injuries for neck, shoulder, Arm, elbow, Wrist, Hand, Trunk, Hip, Thigh and knee, Lower leg, Ankle and Foot.

Unit – V: Rehabilitation: definition, meaning, Goals and stages of rehabilitation – Rehabilitation programme for neck, shoulder, Arm, elbow, Wrist, Hand, Upper Back, Lower Back, Hip, thigh and knee, Lower leg, Ankle and Foot.

References :

1. Steven Roy – Richard Irvin – Sports medicine 1983. New Jersey, Prentice – Hall Inc.
2. Cleare Maxwell – Hudson – The complete Book of message 1988. London Dorling Kind ersley Ltd.
3. Morris, B.Mellin, Sports injuries and Athletic problems 1989. Surjeet Publication. New Delhi.
4. James, A. Gould III – Orthopedic and sports George J. Davies – Physical Therapy 1985. C.V. Mosby Compaly, Toronto.

Semester	Subject	Title of the Paper	Hours of	No. of
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	Code		Teaching / Week	Credits
I	14U1PEA1	Allied – Yoga	5	4

Objective

- To understand about – Yoga.

Unit I

WHAT IS YOGA.

History of yoga, Meaning of Yoga, Yoga sutra, Aim and objectives of Yoga, Concept of Yoga.

Reference:

1. Chandrasekaran,K. (1999) "Sound Health Through Yoga".

Unit II

SYSTEMS OF YOGA

Bhakti Yoga, Jana Yoga, Karma Yoga, Kundalini Yoga, Mantra Yoga, Hatha Yoga, Raja Yoga.

Reference:

1. Hewitt James (1993) "The Complete Yoga".

Unit III

PATHENJALI YOGA

Eight limbs of Yoga, Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhayana, Samathi.

Reference:

1. Thirumalaisamy.R.(2003) *நல்வாழ்வுக்கு யோகா*

Unit IV

Hrs 18

ASANAS

Classification of Asanas, Difference between Physical Exercise and Yogic Asanas, Guidelines for practicing Asanas.

PRANAYAMA

What is pranayama, Concept of Pranayama, Nadis, Bandhas, Controlling the breath.

Reference:

1. Chandrasekaran,K. (1999) "Sound Health Through Yoga".

Unit V

KRIYAS Type of Kriyas

MEDITATION

Reference:

1. Thirumalaisamy.R.(2003) *நல்வாழ்வுக்கு யோகா*

General Reference:

1. Chandrasekaran,K. (1999) "Sound Health Through Yoga". Madurai: Prem Kalyan Pbulisher.
2. Hewitt James, (1993), "The Complete Yoga", London: Rider, A Random Centruy Group Ltd.
3. Iyengar BKS (1991), "Light on Yoga", New Delhi: Harper Collins Publishers India Pvt. Ltd.,
4. Thirumalaisamy.R.(2003) *நல்வாழ்வுக்கு யோகா*, Karaikudi : Senthilkumar Publishers.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
I & II	14U2PEAP1	Allied - Practical – Yoga (NS)	3+3	2

Objective

- To understand Yoga for implementation.

Unit I

1. Padmasana
2. Sarvangasana
3. Halasana

Reference:

1. Chandra Sekaran.K. (1999) "Sound Health through Yoga".

Unit II

4. Savasana
5. Macrasana
6. Bujangasana

Reference:

1. Hewitt James (1993). "The Complete Yoga".

Unit III

7. Dhunurasana
8. Shalabhasana

Reference:

1. Thirumalaisamy.R.(2003) நல்வாழ்வுக்கு யோகா

Unit IV

9. Vakarasana
10. Ardha-Machimdrasana
11. Pachimottanasana

Reference:

1. Thirumalaisamy.R.(2003) நல்வாழ்வுக்கு யோகா

Unit V

12. Vajrasana
13. Matchyasana

Reference:

1. Chandrasekarn.K.(1999) Sound Health through Yoga.

General Reference:

1. Chandrasekarn.K.(1999) Sound Health through Yoga. Madurai : Prem Publishers.
2. Hewitt James (1993). "The Complete Yoga". Rider, A.Random Century group Ltd.,
3. Iyengar BKS, (1991) "Light on Yoga", New Delhi, Harper Collins Publishers India Pvt. Ltd.,
4. Thirumalaisamy.R.(2003) நல்வாழ்வுக்கு யோகா, Karaikudi : Senthilkumar Publishers.

Semester	Subject code	Title of the paper	Hours of Teaching /Week	No. of Credits
II	14U2PET2	$\sqrt{f} \mathcal{R} \zeta \sqrt{\mathcal{R}} B \Delta -$ $\wp B [\xi] \oplus \uparrow > \tau \alpha - \sqrt{\mathcal{R}} \square$ $\kappa \leftrightarrow \sqrt{\zeta} \rightarrow$	6	3

{→: 1

...Σ↔Δ: 18

1. $\int \Theta \zeta \spadesuit \otimes \Delta \wp \subseteq \rightarrow \square \dots > \kappa \zeta \leftrightarrow \Delta \square \dots | \zeta \langle \rightarrow \int \heartsuit \wp \rangle | \Delta$
2. $\int \Sigma \zeta \Upsilon \mathcal{R} | \leftrightarrow \otimes \square \dots > \kappa \zeta \leftrightarrow \Delta \square \square \gamma \Delta \int \xi | \oplus \square \int \uparrow > \zeta \int f | \Delta \square$
 $\int \mathcal{R} | \int \zeta \otimes \int \wp \rangle | \Delta$
3. $\bullet \subseteq \leftrightarrow \square \dots > \kappa \zeta \leftrightarrow \Delta \square \int \kappa \zeta^{\text{TM}} \int \wp \rangle | \Delta (\sqrt{\oplus} | \dots \langle \zeta | | \otimes \subseteq \sqrt{[\wp \Delta \dots]})$
4. $\therefore \zeta \setminus \mathcal{R} | \kappa \zeta \otimes | \square \int \kappa \zeta \otimes | \Delta \square \partial \int \otimes \wp \uparrow \mu$

{→: 2

...Σ↔Δ: 18

1. $\neg \wp \setminus B \zeta \alpha \kappa \zeta \int \square \int \neg \therefore \zeta \alpha \square 4. \therefore \zeta \setminus \mathcal{R} | \equiv | \otimes |$
2. $\Sigma \Delta \therefore \zeta \alpha \kappa \zeta \int \square \int \kappa \zeta \Phi \neg \therefore \zeta \alpha \square$
 $(\chi B (\kappa \oplus \Upsilon B (\Sigma \Delta \dots \xi > _ 10 \wp \zeta f _ | \perp))$
3. $\gamma \int f \zeta \perp \square \int \heartsuit \wp \zeta | \kappa$
 $(\therefore \zeta | \alpha \uparrow \int \equiv | \perp \dots \xi > _ 10 \wp \zeta f _ | \perp)$
4. $\int \therefore \equiv | B \zeta \alpha \kappa \zeta \int \square \neg \wp \setminus B \int \neg \therefore \zeta \alpha (\xi > _ 10 \wp \zeta f _ | \perp)$

{→: 3

...Σ↔Δ: 18

1. $\int \mathcal{R} | \square \int \therefore \subseteq \leftrightarrow \Delta \square (\xi > _ > \subseteq \leftrightarrow \Delta \square | _ \sigma: 10 \wp \zeta f _ | \perp)$
2. $\zeta \therefore \leftrightarrow \zeta \int \wp \leftrightarrow \square * \spadesuit \zeta \otimes E B \Delta \therefore \div \perp | \langle \uparrow > \tau \alpha (\xi \downarrow \kappa \mu \Delta)$
3. $\int \int f \leftrightarrow \zeta \otimes \heartsuit \wp \mathcal{R} | \sigma \leftrightarrow \zeta B \int \square \zeta \cup \oplus \zeta \mathcal{R} \zeta \oplus \kappa \Rightarrow E \square \Sigma \zeta \otimes | \kappa \langle \Delta$
4. $T \leftrightarrow \therefore \zeta \xi M \kappa \int \square \int \mathcal{R} | \zeta \kappa \wedge | \int \Delta \wp | \Delta \square A B \kappa \zeta \heartsuit A$
5. $\zeta \otimes \equiv \zeta | \therefore \setminus > \zeta [\otimes \zeta] A \square \xi | \psi [\otimes > | \Delta (1 \xi > _ 4 \wp \zeta f _ | \perp)$

{→: 4 $\wp B [\xi] \oplus \uparrow > \tau \alpha$

...Σ↔Δ: 18

$\kappa \zeta \mathcal{R} | B \partial \therefore \heartsuit A \square A \square \int \downarrow E \kappa | | \perp \square \kappa \otimes \zeta \Delta, \kappa \otimes \tau | \zeta \sqrt{f} \equiv | \perp \square \blacklozenge \downarrow \uparrow \mu \heartsuit \div | \omega \mathcal{N} \mathcal{R} |$
 $\Delta \int | \leftrightarrow, \langle | \leftrightarrow, \omega | \leftrightarrow \dots \kappa \rightarrow \wp \zeta | \perp \square \neg \otimes \zeta \cup | \langle \heartsuit \div \rangle \uparrow \mu \heartsuit \neg \wp \zeta \int \perp | \zeta \beta \Delta \xi | \oplus \square \Omega \rightarrow \uparrow > \nu$
 $\zeta \Xi | \perp \square \otimes \setminus B \zeta \spadesuit > \tau \alpha \kappa | \kappa \Delta \partial > _.$

$\neg \otimes \zeta _ \otimes B _ \square \neg \otimes \zeta _ \kappa | | \square \sqrt{\mathcal{R}} | \square \kappa | | \square \sqrt{\mathcal{R}} | B \kappa | | \square \neg \wp B \int \downarrow \neg \otimes \zeta _ \square \sqrt{\zeta} \square |$
 $\zeta \leftrightarrow \square \Delta \square \partial \rightarrow \neg \wp \zeta \int \otimes \neg \wp B \int (\neg \wp \zeta \int \perp, \sqrt{f} \Delta, | \zeta \Delta, E | \spadesuit, \zeta \square \Delta, \neg > \zeta \alpha _) \square \sigma | \spadesuit \downarrow \neg \otimes \zeta _ \square$

$\sqrt{f} \downarrow \neg \otimes \zeta _ \square \chi \downarrow \neg \otimes \zeta _ \square \xi \nu \rightarrow \square \blacklozenge \downarrow \otimes \Delta \square \sigma \zeta] \perp \square \sqrt{f} \Omega | \Gamma \square > [\sigma | \spadesuit \square \div \oplus \sigma | \spadesuit \square \neg$
 $> \setminus \Omega | \Gamma \sigma | \spadesuit \square \zeta / \heartsuit A \sigma | \spadesuit \square \kappa \leftarrow \kappa | \therefore] .$

$\{ \rightarrow : 5 \quad \sqrt{\mathfrak{R}} | \square \kappa \leftrightarrow \Gamma \zeta \rightarrow$

$\dots \Sigma \leftrightarrow \Delta : 18$

$\sqrt{\mathfrak{R}} | \square \kappa \leftrightarrow \Gamma \zeta \rightarrow \square > \tau \alpha \uparrow \mu | \oplus \neg \kappa \neq \Xi | .$

Semester	Subject code	Title of the paper	Hours of Teaching /Week	No. of Credits
II	14U2PEE2	PART – II ENGLISH EXTENSIVE READERS AND COMMUNICATIVE SKILLS	6	3

Objective

- To impart language and communicative skills through short stories, one act plays and communicative grammar

Unit – I

K.A.Abbas – The Sparrows
O’Henry – The Cop and the Anthem.
Guy de Maupassant – The Necklace.
R.K.Narayan – Engine Trouble.

Unit – II

Anton Chekov – The Proposal
O’Henry – While the Auto Watters

Unit - III

Saki – The Death Trap
Mahesh Dattani –The Girl who touched the stars
Claudia I.Haas – The Cellphone Epidemic

Unit – IV

Tense, Question Tag, Dialogue Writing, Paragraph Writing, Adjectives, Adverb

Unit – V

Voices, Degree of Comparison, Direct and Indirect

Book Prescribed:

Unit IV & V – Communicative grammar by the Department of English

B.Sc. Physical Education

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
II	14U2PEC3	Core – Track & Field – I	5	4

Objective

- To acquire knowledge about each event in Track and Field.

UNIT – I SPRINTS

Safety suggestions – warmup conditioning and warm down
Technique - Stages – starts – forming running – Types of
Teaching steps - Training finishes
Common - drills for practical only.

DISTANCE RUNNING

Safety suggestions – warm – up conditioning and warm down.
Technique - start – forms – finish
Teaching steps - Training
Common – drills for

UNIT – II RACE WALKING

Safety suggestions - Warm – up conditioning and warm down
Technique - forms of walking
Teaching steps - Training drills.
Common Errors and Correction

UNIT – III HIGH JUMAP

Safety suggestions - Warm – up conditioning and warm down
Technique - Stages – Styles
Teaching steps - Training drills.
Common Errors and Correction

UNIT – IV LONG JUMP

Safety suggestions - Warm-up and warm-down.
Technique – stages – styles or Types, landing types.
Teaching steps - raining drills.
Common Errors and Correction

UNIT – V SHOT PUT

Safety suggestions – warm up and warm - down
Technique - styles with stages,
Teaching steps – training drills.
Common Errors and Correction

JAVELIN

Safety suggestions - warm up and warm down.
Technique - types of grip and release.
Teaching steps – Training drills.
Common Errors and Correction

Reference : Fundaments of Track and Field by Gerald A.Carr.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
II	14U2PECP1	Core – Practical Track and Field – I	4	4

Objective

- To acquire knowledge about each event in Track and Field.

UNIT – I SPRINTS

Safety suggestions – warmup conditioning and warm down
Technique - Stages – starts – forming running – Types of
Teaching steps - Training finishes
Common - drills for practical only.

DISTANCE RUNNING

Safety suggestions – warm – up conditioning and warm down.
Technique - start – forms – finish
Teaching steps - Training
Common – drills for

UNIT – II RACE WALKING

Safety suggestions - Warm – up conditioning and warm down
Technique - forms of walking
Teaching steps - Training drills.
Common Errors and Correction

UNIT – III HIGH JUMAP

Safety suggestions - Warm – up conditioning and warm down
Technique - Stages – Styles
Teaching steps - Training drills.
Common Errors and Correction

UNIT – IV LONG JUMP

Safety suggestions - Warm-up and warm-down.
Technique – stages – styles or Types, landing types.
Teaching steps - raining drills.
Common Errors and Correction

UNIT – V SHOT PUT

Safety suggestions – warm up and warm - down
Technique - styles with stages,
Teaching steps – training drills.
Common Errors and Correction

JAVELIN

Safety suggestions - warm up and warm down.
Technique - types of grip and release.
Teaching steps – Training drills.
Common Errors and Correction

Reference : Fundamentals of Track and Field by Gerald A.Carr.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
II	14U2PEA2	Allied – Anatomy and Physiology	5	4

Objective

- To understand the structure and Function of the body.

Unit I

- a. Meaning of Anatomy and Physiology
- b. Need and Importance of Anatomy and Physiology in Physical Education and Sports
- c. Cell-Structure and function of various parts of the cell.
- d. Tissues – Types and functions of various Tissues.
- e. Muscles-Types of muscles.

Reference:

- 1. Murugesh-The Human body.

Unit II

- a. Structure and Functions of skeleton.
- b. Bones – classification and functions
- c. General features of different bones of the body – scapula Radius, Ulna, pelvic bone, Femur.
- d. Ribs, Vertebral column and skull.
- e. Joints – Definition and classification joints.

Reference:

- 1. Selvam.V. Anatomy Physiology for Phy.Edn.

Unit III

- a. Blood-Constituent of Blood, main functions of Blood.
- b. Cardio vascular system – structure and functions of Heart – stroke volume and cardiac output.
- c. Respiratory system – structure and mechanism of regulation of respiration.
- d. Oxygen debt. Second wind, Tidal volume and Residual volume.
- e. Digestive system – structure and functions. Functions of liver – Absorption of food.

Reference:

- 1. Balakrishnan.A. –The Human Body for Phy. Edn.

Unit IV

- a. Nervous system
- b. Structure and functions of Brain and Spinal cord
- c. Function of Neuron – Reflex arc.
- d. Excretory system.
- e. Structure and functions of Kidney.

Reference:

- 1. Selvan.V. – Anatomy and Physiology for Phy. Edn.
-

Unit V

- a. Endocrine system – Anatomical structure and functions of Pituitary, Thyroid, Pancreas and Adrenal glands.
- b. Secretion of Endocrine glands and their role in growth, Development and regulation of body functions.
- c. Sense organs.
- d. Eyes, Ear, Tongue, Nose.
- e. Microscopic structure and functions of skin.

Reference:

1. Murugesu – The Human body.
-

General Reference:

1. Sarada Subramaniam and K. Madhavankutty – A Concise Text book of Physiology.
2. James G. Hay J. Gavin Reid-Anatomy, Mechanics and Human motion.
3. Selvam.V-Anatomy and physiology for Physical Education.
4. Balakrishnan.A. – The Human Body for Physical Education. 5 Murugesu – The Human body.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
I & II	14U2PEAP1	Allied - Practical – Yoga (NS)	3+3	2

Objective

- To understand Yoga for implementation.

Unit I

1. Padmasana
2. Sarvangasana
3. Halasana

Reference:

1. Chandra Sekaran.K. (1999) "Sound Health through Yoga".

Unit II

4. Savasana
5. Macrasana
6. Bujangasana

Reference:

1. Hewitt James (1993). "The Complete Yoga".

Unit III

7. Dhunurasana
8. Shalabhasana

Reference:

1. Thirumalaisamy.R.(2003) *நல்வாழ்வுக்கு யோகா*

Unit IV

9. Vakarasana
10. Ardha-Machimdrasana
11. Pachimottanasana

Reference:

1. Thirumalaisamy.R.(2003) *நல்வாழ்வுக்கு யோகா*

Unit V

12. Vajrasana
13. Matchyasana

Reference:

1. Chandrasekarn.K.(1999) Sound Health through Yoga.

General Reference:

1. Chandrasekarn.K.(1999) Sound Health through Yoga. Madurai : Prem Publishers.
2. Hewitt James (1993). "The Complete Yoga". Rider, A.Random Century group Ltd.,
3. Iyengar BKS, (1991) "Light on Yoga", New Delhi, Harper Collins Publishers India Pvt. Ltd.,
4. Thirumalaisamy.R.(2003) *நல்வாழ்வுக்கு யோகா*, Karaikudi : Senthilkumar Publishers.

Semester	Subject code	Title of the paper	Hours of Teaching /Week	No. of Credits
III	14U3PET3	$ \zeta \heartsuit \div B \equiv \perp, \textcircled{R} \leftrightarrow \perp,$ $\sqrt{ \mathfrak{R} } B \kappa \leftrightarrow \zeta \rightarrow$	6	3

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Semester	Subject code	Title of the paper	Hours of Teaching /Week	No. of Credits
III	14U3PEE3	PART – II ENGLISH SHAKESPEARE, EXTENSIVE READERS AND COMMUNICATIVE SKILLS	6	3

Objective

- To introduce the language of the world renowned dramatist and novelist to enhance the vocabulary and communicative skills of the learners.

Unit – I

Funeral Oration – Julius Caesar

Trial for a Pound of Flesh – The Merchant of Venice

Unit – II

He Kills Sleep – Macbeth

A Real Love at First Sight – Twelfth Night

Unit – III

When the Moor Kills, "So Good a wife" – Othello

In Love is a "Midsummer Madness" – Tempest

Unit – IV

The Mayor of Casterbridge (Abridged) – Thomas Hardy

Unit – V

Note making, Hints Developing, Expansion of Ideas and Proverbs, Sequence of Sentences Synonyms, Antonyms.

Book Prescribed:

Unit-I : II & III: Selected scenes from Shakespeare.

Unit IV: The Mayor of Casterbridge Abridged by E.F.Dodd

Unit V : Communicative Grammar.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
III	14U3PEC4	Core – Safety and First Aid	4	4

Objective

- To apply the techniques into practical.

Unit I Safety

- Importance of Safety education for preventing accidents.
- The need of safety education for a teacher.

Reference:

- Periaya "Safety Education and First Aid"

Unit II

- Safety in physical education and sports
- Safety with respect of building and play fields
- Safety in roads, Camps, picnics etc.,

Reference:

- Periaya "Safety Education and First Aid"

Unit III First Aid

- First Aid – Aim of first Aids
- Responsibilities of first aider.
- Major first Aid Techniques.

Reference:

- Gam, K.C. "The Sports Medicine, examine and fitness.

Unit IV

- Athletic injuries
- Types of Athletic injuries.

Unit V

- Care and Preventeris of athletic injuries.
- Wounds, Bleeding, Fracture, Dislocation.

General Reference:

- J.Bloomfield, Fricker, K.D.Fitch, "Saince and Medicine in sports, Black well science Pvt. Ltd.," 1995.
- Alton L.Thygerson, "The First Aid Book Prentice Hall" 1986.
- Frank Vitate, "Indiviclualised Fitness programme primitive Hall" 1973.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
III	14U3PEC5	Core - Exercise Physiology	5	5

Objective

- To understand the values Exercise Physiology and Perceive the purpose Exercise Physiology in improving sports performance.

Unit I Introduction to Exercise Physiology

Nature, Aim and Scope of Exercise Physiology

- Exercise Physiology Nature & Definition.
- Aim of Exercise Physiologoy.
- Scope of Exercise Physiology.
- Terminology of Physical activity.
- Guide lines of conditioning and Training warm-up cool down-and conditioning-Training .

Reference:

- "Exercise Physiologoy" Larry.G.Shaver.

Unit II Skeletal Muscle and Exercise

- Structure of muscles
- Muscle Fiber types
- Fiber distribution and performance.
- The contractile process & Sliding filament theory.
- Hypertrophy, Hyperplasia and Muscle Tone.

Reference:

- "Exercise Physiolog" – David.H.Clarke.

Unit III Neurol control of skeletal Muscle Activity

- Structure and functions of Neuron.
- Structure and functions of synapse
- Afferent and Efferent Nerves.
- Motor unit and its functions.
- Reaction time and movement time.

Reference:

- "Introduction to exercise Physiology" William D.M.C.Ardle

Unit IV Cardiovascular system and Exercise

- Structural properties of the Heart.
- Cardiac cycle, pulse rate, Heart beat.
- Cardiac output before and after activity.
- Stroke volume, pressure-diastolic and systolic
- Heart problems and exercise, Electro cardiogram.

Reference:

1. Concise Medical Physiology-Chandhuri.
-

Unit V Respiratory system and Exercise

Respiratory system and Exercise

- a. Respiratory process – internal and external phases
- b. Muscles involved in respiration
- c. Lung Volumes and capacities.
- d. Minute ventilation of pulmonary ventilation
- e. Exchange of Gases – in the lungs and in the tissues.

Reference:

1. "Physical of Exercise" R.Kumar.
-

General Reference:

1. "Exercise Physiology" William D.M.C.Ardle, Frank I, Katch, Victor L.Katch.
2. "Physiology of Exercise" David H.Clark.
3. "Exercise Physiology" Larry Shaver.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
III	14U3PEA3	Allied – Health Education	5	4

Objective

- To apply the techniques into practical.

Unit I

- Meaning of Health – Physical Health, Mental Health, Social Health, Spiritual Health.
- Factors that influence Health – Heredity, Environmental way of living.
- Definition and scope of Health Education.

Reference:

- Hand Book of Health Education (Raguven)

Unit II

- Fitness-concept of fitness (Health related)
- Importance of Health for individual, family and community
- Food and Nutrition – Types of Food N/V – V – Food factors, Carbohydrates, Proteins, fat, Minerals, Vitamins.

Reference:

- Panta, Gupta "Outline of sports medicine"
- Vitale "Individuvalised fitness programme 1973"

Unit III

- Communicable disease administration.
- Modes of transmission of the disease.
- Prevention and control of infections diseases.

Unit IV

- Health problems in industry.
- Measures for general health protection of the worker.
- Prevention of occupational diseases.

Unit V

- Pollution and prevention.
- Aim pollution – effects of health.
- Water pollution – sources of water supply purification of water.

General Reference:

- J.Bloomfield, Fricker, K.D.Fitch, "Saince and Medicine in sports, Black well science Pvt. Ltd.," 1995.
- Alton L.Thygerson, "The First Aid Book Prentice Hall" 1986.
- Frank Vitate, "Individclualised Fitness programme primitive Hall" 1973.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
III & IV	14U4PEAP2	Allied Practical - Volley Ball, Tennis and Handball (NS)	3+3	2

Objective

- To understand the game Volley ball and Kabaddi.

Unit I

- History and Development of the game.
- Organization – State level, National level.

Reference:

- Goel, R.G. Encyclopedia of Sports and games.
-

Unit II

- Fundamental skills.
- Lead up game.
- Various systems of play.
- Selection of players.

Reference:

- Dr.Thanka Pichaiyappa – “Earyway to play games and General Knowledge”
-

Unit III

- Specific warming up.
- Tactics and strategies
- Coaching programme.

Reference:

- Goel, R.G. Encyclopedia of Sports and games.
-

Unit IV

- Layout of court with all specifications.
- Facilities and equipment with specifications.

Reference:

- Goel, R.G. Encyclopedia of Sports and games.
-

Unit V

- Rules and Regulations.
- Duties of officials
- Important tournaments and cups.

Reference:

- Rules of Kabaddi “Amateur Kabaddi Federation of India.
-

General Reference:

- Goel, R.G. Encyclopedia of Sports and games.
- Rules of Kabaddi “Amateur Kabaddi Federation of India.
- Dr.Thanka Pichaiyappa – “Earyway to play games and General Knowledge”

Semester	Subject code	Title of the paper	Hours of Teaching /Week	No. of Credits
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Semester	Subject code	Title of the paper	Hours of Teaching /Week	No. of Credits
IV	14U4PEE4	PART – II ENGLISH ENGLISH FOR COMPETITIVE EXAMINATIONS	6	3

Objective

- To prepare the learners for competitive examinations and to know the fundamentals of practical communication.

Unit – I

Grammar – Number, Subject, Verb, Agreement, Articles, Sequence of Tenses, Common Errors.

Unit – II

Word Power - Idioms & Phrases, one word substitutes, Synonyms, Antonyms, Words we often confuse, foreign words & phrases, spelling.

Unit – III

Reading & Reasoning – Comprehension, Jumbled Sentences.

Unit - IV

Writing Skills – Paragraph, Precis Writing, Expansion of an idea, Report Writing, Essay, Letters, Reviews (Film & Book)

Unit – V

Speaking- Public speaking, Group Discussion, Interview, Spoken English.

Prescribed Text:

1. V.Saraswathi, English for Competitive Examinations, Chennai, Emerald Publishers, 2000

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
IV	14U4PEC6	Core – Track and Field – II	6	4

Objective

- To acquire knowledge about each event in Track and Field.

UNIT – I RELAYS

Safety suggestions - Warm – up conditioning and warm down
Technique - forms of walking
Teaching steps - Training drills.
Common Errors and Correction

HURDLES

Safety suggestions - Warm – up conditioning and warm down
Technique - forms of walking
Teaching steps - Training drills.
Common Errors and Correction

UNIT – II TRIPLE JUMP

Safety suggestions - Warm – up conditioning and warm down
Technique - forms of walking
Teaching steps - Training drills.
Common Errors and Correction

UNIT – III POLEVAULT

Safety suggestions - Warm – up conditioning and warm down
Technique - forms of walking
Teaching steps - Training drills.
Common Errors and Correction

UNIT – IV DISCUS

Safety suggestions - Warm – up conditioning and warm down
Technique - forms of walking
Teaching steps - Training drills.
Common Errors and Correction

UNIT – V HAMMER

Safety suggestions - Warm – up conditioning and warm down
Technique - forms of walking
Teaching steps - Training drills.
Common Errors and Correction

Reference : Fundamentals of Track and Field by Gerald A.Carr.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
IV	14U4PECP2	Core – Practical Track & Field –II	3	4

Objective

- To acquire knowledge about each event in Track and Field.

UNIT – I RELAYS

Safety suggestions - Warm – up conditioning and warm down
Technique - forms of walking
Teaching steps - Training drills.
Common Errors and Correction

HURDLES

Safety suggestions - Warm – up conditioning and warm down
Technique - forms of walking
Teaching steps - Training drills.
Common Errors and Correction

UNIT – II TRIPLE JUMP

Safety suggestions - Warm – up conditioning and warm down
Technique - forms of walking
Teaching steps - Training drills.
Common Errors and Correction

UNIT – III POLEVAULT

Safety suggestions - Warm – up conditioning and warm down
Technique - forms of walking
Teaching steps - Training drills.
Common Errors and Correction

UNIT – IV DISCUS

Safety suggestions - Warm – up conditioning and warm down
Technique - forms of walking
Teaching steps - Training drills.
Common Errors and Correction

UNIT – V HAMMER

Safety suggestions - Warm – up conditioning and warm down
Technique - forms of walking
Teaching steps - Training drills.
Common Errors and Correction

Reference : Fundamentals of Track and Field by Gerald A.Carr.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
IV	14U4PEA4	Allied – Psychology and Sociology of Sports	5	4

Objective

- To understand about the psychology and sociology.

Unit I

- a. Meaning, Scope and nature of Psychology and Psychology of Physical Education and Sports.
- b. Motor learning – Factors that affect motor learning – role of perception in Physical Education and Sports.

Reference:

- 1. Bensamin.B. Lahy, "Psychology an introduction" – 1998.
- 2. Joseph, B. Oxedine "Psychology of motro learning".

Unit II

- a. Growth and development – Age and behaviour characteristics.
- b. Personality – traits of personality and its relation to performance in physical education and sports.

Reference:

- 1. M.C.Kamalesh, Physical Education facts and foundation – 1988.

Unit III

- a. Emotion and their role in Physical Education and Sports.
- b. Motivation – its role in physical Education and Sports.

Reference:

- 1. Bensamin.B.Lahy, "Psychology an introduction" – 1998.

Unit IV

- a. Meaning of Sociology
- b. Physical Education and Sports as a social phenomenon and product of culture.
- c. Relationship of Physical Education and Sports with other socializing institutions (family and educational system)

Reference:

- 1. Joseph, B. Oxedine "Psychology of motro learning"

Unit V

- a. Sports and social problems – behaviour of sportsmen and spectators.
- b. Leadership through Physical Education and Sports

Reference:

- 1. Joseph, B. Oxedine "Psychology of motor learning"
-

General Reference:

1. Anderson Marcia K. and Susan, J. Hall, Sports Injury Management , Philadelphia: Williams and Wilkins, 1995.
2. Anderson Bob, Stretching London: Penham Books, 1980.
3. Beashel Paul and John Taylor, sports Explained Hampshire: Macmillan Education Ltd., 1986.
4. Curwin.S. and W.D. Stanish, Tendinitis: Its Etiology and Treatment, Massachusettes: D.C.Wealth, 1981.
5. Helal Basil, J.B. King and W.J. Grange, Sports Injuries and their Treatment, London: Chapman and Hall, 1980.
6. Hicks Carolyn M., Research for Physiotherapists: Project Design and Analysis, London: Chruchill Living stone, 1995.
7. Low John and Ann Reed, Electrotherapy Explained: Prin ciples and practice, Oxford: Butterworth Heinemann, 1980.
8. Kulund Daniel N. and Donald J.Ervin, The Injured Athlete, Philadelphia : Lippincott Company, 1982.
9. Kuprian Werner, Physical Therapy for Sports, Philadelphia: W.B.Saunders Company, 1982.
10. Mangine Rober E., Physical Therapy for the Knee, New York: Churchill Livingstone, 1988.
11. Mellion Morris, B., Sports and Athletic problems, Delhi: Surjeet Publication, 1989.
12. Nicholas James, A. and Elliot B. Hershman, The Lower Extremity and Spine in Sports Medicine St. Lours: The C.V. Mosby Company, 1986.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
III & IV	14U4PEAP2	Allied Practical - Volley Ball, Tennis and Handball (NS)	3+3	2

Objective

- To understand the game Volley ball and Kabaddi.

Unit I

- a. History and Development of the game.
- b. Organization – State level, National level.

Reference:

- 1. Goel, R.G. Encyclopedia of Sports and games.

Unit II

- a. Fundamental skills.
- b. Lead up game.
- c. Various systems of play.
- d. Selection of players.

Reference:

- 1. Dr.Thanka Pichaiyappa – “Earyway to play games and General Knowledge”

Unit III

- a. Specific warming up.
- b. Tactics and strategies
- c. Coaching programme.

Reference:

- 1. Goel, R.G. Encyclopedia of Sports and games.

Unit IV

- a. Layout of court with all specifications.
- b. Facilities and equipment with specifications.

Reference:

- 1. Goel, R.G. Encyclopedia of Sports and games.

Unit V

- a. Rules and Regulations.
- b. Duties of officials
- c. Important tournaments and cups.

Reference:

- 1. Rules of Kabaddi “Amateur Kabaddi Federation of India.

General Reference:

- 1. Goel, R.G. Encyclopedia of Sports and games.
- 2. Rules of Kabaddi “Amateur Kabaddi Federation of India.
- 3. Dr.Thanka Pichaiyappa – “Earyway to play games and General Knowledge”

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	14U5PEC7	Core – Research Methods and Elementary Statistics	6	6

Objective

- To apply the research methods and statistics.

Unit I

- a. Meaning and Definition of Research
- b. Need and importance of Research
- c. Scope of Research in Physical Education.
- d. Types of Research
- e. Basic research, Applied Research and Action Research.

Reference:

- 1. Best John. W. Research in Education.

Unit II

- a. Historical Research.
- b. Philosophical Research
- c. Survey – Case study .
- d. Labouratory Research.
- e. Experimental Research.

Reference:

- 1. Best John. W. Research in Education.

Unit III

- a. Research problem
- b. Locating the problem
- c. Criteria for selecting the problem
- d. Formulation of Hypothesis
- e. Characteristics of Hypothesis

Reference:

- 1. Agarwal.J.C. – Education Research.

Unit IV

- a. Meaning and Definition of statistics
- b. Types of statistics
- c. Quantitative and Qualitative data
- d. Attributes – Variables – Grouped and ungrouped data.
- e. Need and importance of statistics in physical Education.

Reference:

- 1. Gupta.S.P. Statistical methods.
-

Unit V

- a. Frequency Distribution – meaning of Raw data – Grouped data.
- b. Meaning of single score – frequency table computation.
- c. Mean, Median and Mode Definitions
- d. Computation of mean, median and mode from the ungrouped data.
- e. Specific characteristic and uses of measures of central tendency – Normal curve Reliability – Correlation.

Reference:

1. Venkatesan.K.Statistics.
-

General Reference:

1. Agarwal J.C. – Education Research.
2. Clarke – H.David and H.Harrison Clarke – Research processing Phy. Edn. Recreation and Health.
3. Best John W. Research in Education.
4. Gupta.S.P. – statistical methods.
5. Venkatesan.K. – Statistics.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	14U5PEC8	Core – Methods in Physical Education	6	6

Objective

- To understand values and methods of Teaching in Physical Education.

Unit I Introduction

Meaning and scope of Teaching methods in physical Education, Factors which influence methods of Teaching in physical education. Importance of motivation in learning by doing.

Unit II Methods of Teaching Physical Activities.

Introduction – classification of Physical activities – Principles related to the teaching of Physical activities – Teaching aids – meaning, types of teaching aids criteria and steps in selecting teaching aids.

Unit III Class Management

Introduction – Principles of class management, - Factors influencing class management – Steps in class management – types class formation.

Unit IV Lesson Plan

Preparing lesson – plan – (General and Specific) Teaching activities – major and minor games Track and Field gymnastics – Yogic practices – marching – calisthenics – light apparatus – rhythmic activities – indigenous activities.

Unit V Methods of Organization and Conducting Tournaments and sports meets.

Knock – out League – Combination and challenge Tournaments – methods of drawing fixtures – Intramural and extramurals – Play day.

General Reference:

1. Kamallesh. M.L. and Sangral M.S. Methods in Physical Education, Prakash Brothers Ludhiana.
2. Organization, Administration and recreation in physical education prakash Brothers Ludhiana.
3. Edward. F. Voltmer and Arthur A. Essliniger – The organization and Administration of Physical Education. The Times of India Press, Bombay.
4. Dheer, S and Radhika Kamal – Organisation and Administration of Physical Education, Friends Publication, New Delhi.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	14U5PECP3	Core Practical - Foot Ball, Kabaddi and Basketball (NS)	6	6

Objective

- To understand the skills and techniques of Basket ball, Foot Ball and Hockey.

Unit I Warming – Up

- a. General warming – up
- b. Specific warming – up

Teaching Practice - Presentation Techniques – Personal and Technical

Reference:

- 1. Goel, R.G. Encyclopedia of Sports and games.

Unit II Fundamental Skills

- a. Stance.
- b. Execution
- c. Follow through

Teaching Practice - Teaching Aids

Reference:

- 1. Goel, R.G. Encyclopedia of Sports and games.

Unit III Teaching Stages

- a. Progressive teaching stages of skills
- b. Lead-up activities.
- c. Coaching of skills in relation to the game situation.

Teaching Practice - Class Management – Commands.

Reference:

- 1. Goel, R.G. Encyclopedia of Sports and games.

Unit IV Technical / Skill Training

- a. Preparatory Exercise
- b. Basic Exercise
- c. Supplementary Exercise

Teaching Practice - Handling General Lessons Plan

Reference:

- 1. Goel, R.G. Encyclopedia of Sports and games.

Unit V Tactics and Strategy

- a. Individual Tactics
- b. Team Tactics
- c. Selected Rules and their Interpretations.

Teaching Practice - Handling Particular Lessons Plan

Reference:

- 1. Goel, R.G. Encyclopedia of Sports and games.

General Reference:

- 1. Cornelius Bykerm – Simplified multiple offence for winning Basket Ball.
- 2. Srinivasan.S. – Basket Ball
- 3. Thomasvanghan – Basket Ball Techniques and tactics
- 4. Dr.Thanaga Pichaiappa – Easy way to play Games and General Knowledge

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	14USPEEL1A	Major Elective - Tennis	4	3

Objective

- To understand the skills of Volley Ball and Kabaddi.

Unit I

1. General warming up.
2. Specific warming up.

Reference:

1. Goel, R.G. Encyclopedia of Sports and games.

Unit II Fundamental skills

1. Offensive skills
2. Defensive skills

Reference:

1. Goel, R.G. Encyclopedia of Sports and games.

Unit III Teaching Stage

1. Progressive teaching stages of skills
2. Lead up activities
3. Coaching skills in relation to the game situations.

Reference:

1. Goel, R.G. Encyclopedia of Sports and games.

Unit IV Skill Training

1. Preparatory exercises
2. Basic exercises
3. Supplementary exercise

Reference:

1. Goel, R.G. Encyclopedia of Sports and games.

Unit V Tactics and strategies

1. Individual tactics
2. Team / Group tactics

Reference:

1. Goel, R.G. Encyclopedia of Sports and games.

General Reference:

1. Goel, R.G. Encyclopedia of Sports and games.
2. Amateur Kabaddi Federation of India.
3. Dr.Thanka Pichaiyappa – "Earyway to play games and General Knowledge"

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	14USPEEL1B	Major Elective - Sports Management	4	3

Objective

- To acquire knowledge

Unit I

- Meaning and Definition of Management – Function of Management – Guiding Principles of Management.
- Meaning of Organisation and Administration-procedures of organization-Aim of organization – Major phases of Administration.

Reference:

- Park House Bonnie.L.(1991) The Management of Sport Chicago, St.Lousi, Mosley Year Book.

Unit II

Schemes of Management in Physical Education – School – College – University – State.

Reference:

- Nander Zwaag Harold.J. (1985) Sports Management in schools and colleges, New York, Macmillian Publishing Company.

Unit III

Play area in schools – Facilities and Standard in Physical Education- Location of play field – laying out of play grounds-care of the play ground.

Reference:

- Mullin-B (1983) sports marketing Englewood cliffs, N.J.Printice hall.

Unit IV

Games and Athletic Equipments-Need for the Equipment – Type of Equipments – Purchase of Equipment-Care and Maintenance of Equipments.

Reference:

- Vander Zwagg Harold.J. (1985) Sports Management in Schools and Colleges, New York, Macmillan Publishing Company.
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Unit V

- a. Finance and Budget-Model Physical Budget for an year – Guiding factors for the preparation of Budget-Rules of utilization of games fund.
- b. Records and Register – Stock Register, Attendance Register and Physicalfitness Register.

Reference:

1. Mullin,B. (1983) Sports Marketing, Englewood Cliffs, N.J.Printice Hall.
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General Reference:

1. Horine Larry (1971) Administration of Physical Education and Sports Program Wm.C.Brown Publishers.
2. Mason and Paul (1988) Modern Sports administration, NewJersey, Englewood Cliffs, Prentice Hall.
3. Park House Bonnie L (1991) The Management of Sports Chicago, ST.Louis, Mosby Year book.
4. Schuler, Bentell and Yong blood (1989) Effective Personal Management, Son Francisco, St.Paul, New York, West Publishing Company.
5. Vander Zwagg Harold.J. (1985) Sports Management in Schools and Colleges, New York, Macmillan Publishing Company.
6. Voltmer and Esslinger (1979) The Organization and Administration prentice Hall, Inc.
7. Mullin,B. (1983) Sports Marketing, Englewood Cliffs, N.J.Printice Hall.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	14USPEEL2A	Major Elective – Sports Physiotherapy	4	4

Objective

- To understand to physiotherapy skills

Unit I

- Meaning of physiotherapy – Guiding principles of physiotherapy – importance of physiotherapy.
- Meaning of Therapeutic exercise and Rehabilitation.

Reference:

- Anderson Marcia K. and Susan J. Hall, Sports Injury Management, Philadelphia:

Unit II

- Posture – Meaning and Definition – Types of Posture – Values of good posture – Draw back and causes of poor posture.
- Postural deviations and the corrective exercise for Kyphosis, Lordosis, Scoliosis, Knock Knee, Bowleg and Flat foot.

Reference:

- Beashel Paul and John Taylor, Sports Explained, Hampshire : Macmillan Massachusettes

Unit III

- Therapeutic movements – passive, active, assertive and resistive movements.
- Physiological classification of movements – voluntary and involuntary movements.

Reference:

- Curwin S. and W.D. Stanish, Tendinitis : Its Etiology and Treatment, Massachusettes D.C.Wealth, 1981.

Unit IV

- Massage – History of Massage – Swedish massage system – points to be considered in giving massage – Contra – Indication of massage – Physiological effects of massage.
- Classification of massage manipulations stroking. Pressure, percussion, shaking and deep manipulation.

Reference:

- Hicks Carolyn M. Research of Physiotherapists: Project Design and Analysis, London Churchill Livingstone, 1995.
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Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	14USPEEL2B	Major Elective – Organization and Administration	4	4

Organisation – Introduction

Unit – I: Meaning of organisation and administration – procedure of organisation. Aim of organisation – steps in the Administration – Guiding principles of organisation.

Staff and Leadership : Need for trained leaders – qualifications of physical education teacher – teaching load and teacher pupil ratio – relationship of physical education teacher with the Headmaster, Supervisor, Class – room teachers, students parent and community – student leadership .

Scheme of Health and Physical Education: School, Districts, States etc.

Unit – II: Facilities and standards : Physical Education playgrounds – outdoor and indoor – standards for educational institutions – layout of playgrounds and athletic track – care and maintenance – problem of lack of play space for schools in crowded cities and their solution – Gymnasium : Standard for educational institutions – Construction and care.

Swimming pools: Standard for educational institutions – types of pool (fill and draw type) perennial type – perpetual circulation type – construction of a pool – care and maintenance including.

Equipment: Minimum requirement for an educational institution – purchase of equipment (policies and procedure) care of equipment (General and specific)

Unit – III: Programme Planning: Curriculum – Need and importance of syllabus – preparation and development of courses of studies. – Type of programme – factors influencing programme planning – characteristics of a sound programme. – Types of physical education periods – meaning of Intramurals – objectives – organisation and conduct.

Unit – IV Finance and Budget : Source of income – approved items of expenditure – rules for the utilization of games fund or physical education fund – preparation and administration of a budget – accounting.

Office Management: Maintaining various types of records and registers and reports.

Administration

Unit – V: Introduction : Meaning and need for administration – guiding principles of administration. The Administrator qualifications – his relationship with the administrator and the physical education teacher.

Functions of the Administrator: Administrative duties pertaining to facilities, instruction and professional growth.

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Methods in Administrator : Visits – periodical, surprise, request, visitation procedure, report on the visit – Meeting – individual and groups – Demonstration – preparation and conduct of demonstration. – In service training – short course – refresher course – clinics – seminars, - Evaluation – need for evaluation.

References :

1. Voltmer & Esslinger : "Organisation and Administration of Physical Education" Appleton – Century Crofts.
2. Heghes & French : "The administration of physical education". Ronald press Co.,
3. Williams & Brownel : "Administration of health and physical education". W.B. Saunders & Co.,
4. Mobel Lec. "The conduct of Physical Education". A.S. Barnes & Co.,
5. Forsythe & Duncan : "The administration of Physical Education", Prentice – Hall, Inc.
6. Nashg, Moench & Saurborn : "Organisation and administration of Physical Education", A.A. Barnes & Co.
7. Charles A. Bucher: "Administration of School health and physical Education programme" C.V. Mosby & Co.,
8. P.M. Joeshph: "Organisation of Physical Education", Gnanodays Press, Madras– 1.
9. J.P. Thomas: "Organisation of Physical Education", Gnanodays Press, Madras – 1.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
VI	14U6PEC9	Core – Kinesiology & Biomechanics	6	6

Objective

- To apply kinesiology to sports performance.

Unit I Introduction

Meaning and Importance of Kinesiology. Why study kinesiology. Role of kinesiology in developing sports technique.

Meaning and Importance of Biomechanics. Branches of Biomechanics: Kinetics and Kinematics.

Reference:

1. "The Anatomical and mechanical Bases of Human motion" James G.Hay.

Unit II

Bones: Osteology, Name of bones, Number of bones. Types of bones, Bases of Human movement & skeletal arrangement.

Reference:

1. Kinesiology of Human body – Charles. Thomas.

Unit III

Muscles: Location of muscles, Origin and insertion of muscles. Fiber arrangement and insertion, action of muscles. Types of muscle contraction. Isotonic, Isometric, Isokinetic.

Reference:

1. "The Anatomical and mechanical Bases of Human motion" James G.Hay.

Unit IV

Joints: Articulation of Joints. Classification of joints. Technical names of Joints synarthrodial, amphiarthrodial and Diarthrodial Joint movements or actions.

Reference:

1. Scientific principles of coaching – John.W.Bunn.

Unit V

Shoulder joint and Hip Joint. Elbow and Knee Joint.

Reference:

1. Scientific principles of coaching – John.W.Bunn.

General Reference:

1. "The Anatomical and mechanical Bases of Human motion" James G.Hay.
2. Kinesiology of Human body – Charles Thomas.
3. Scientific principles of coaching – John.W.Bunn.

Semester	Subject	Title of the Paper	Hours of	No. of
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	Code		Teaching / Week	Credits
VI	14U6PEC10	Core – Science of Sports Training	6	6

Objective

- To apply the training to the students.

Unit I Sports Training

Aim, Tasks and Characteristics

Reference:

1. Science of Sports Training Hardayal Singh, P.15-18.

Unit II Training Load

Important features of Training Load, (Intensity, Density, Duration and Frequency) Principles of Training Load.

Reference:

1. Chapter II : 22-31, Sports Training Principles Frank.W.Dick: 246-251.

Unit III Development of Important Motor Components

- a. Strength-forms of strength, Characteristics of strength, Strength training means and methods.
- b. Speed-forms of speed, characteristics of speed, speed training method.
- c. Endurance-forms of endurance, characteristics of Endurance, endurance training methods.
- d. Flexibility-forms of flexibility, characteristics of flexibility, methods of development of flexibility.
- e. Co-ordination.

Reference:

1. Chapter VI : 85-170, Frank.W.Dick, Sports Training Principles: P.176-179, 182-188, 193-197, 202-206, 213-217.

Unit IV Technical Preparation

Fundamentals and methods for the development of technique in sports, stages of technical development.

Reference:

1. Chapter XI : 173-181, 188 – 191, Frank.W.Dick: 147-154.

Unit V

Training Plans

Long terms and short Term plans, periodisation, cyclic process of training.

Planning for competition

Main – build up competitions, Competition frequency, preparation for competition.

Reference:

1. Chapter XIII : 221 – 248, Frank.W.Dick: 229-233, 239-243, 261-265.

General Reference:

1. Science of sports Training by Hardayal Singh, Ph.D.
2. Sports Training Principles by Frank.W.Dick, B.Sc., D.L.C.

Semester	Subject	Title of the Paper	Hours of	No. of
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	Code		Teaching / Week	Credits
VI	14U6PECP4	Allied Practical – Teaching Practice	6	6

Unit – I : Teaching indigenous activities – Free hand exercise – Flag drills – Wands drill – Coconut Shell drills – Marching – Flowers drills – Dands & Baithaks.

Unit – II: General Lesson Plan for classes From 6th std to 12th std students.

Unit – III: Teaching Major Games – Basketball, Cricket, Football, Hockey, Kabaddi, Volleyball.

Unit – IV : Specific Lesson Plan for Classes 6th std to 12th std.

Unit – V: Records and Viva.

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Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
VI	14U6PEEL3A	Major Elective - Weight Lifting	5	3

Objective

- To understand the skills of Weight Lifting and to develop the physique

Unit I

Introduction to weight lifting – History of Weight lifting – Ancient Weight lifting Procedures – Olympic weight lifting – Ancient and modern. Amateur and Professional Weight Lifting. Power Lifting and Weight Lifting.

Unit II

Weight Lifting Techniques – Clean and Jerk and Snatch. The Most Common snatch – related assistance exercises. Power snatch, snatch pull, snatch or snatch pull from the hang. Snatch or Snatch pull form blocks. The primary assistance exercise for improving the jerk.

Unit III

Nature and Purpose of Weight Training. Weight training exercises for improving strength variable resistance Machines, Nautilus training, Behind the Neck Press, Military (military) press Bend over rowing. Bench Press, upright Rowing Dumbbell Lat Pull over, Bar bell curl, Dumbbell curl (Hamstring Curl) weight training chart (Schedule).

Unit IV

Equipment for the Weight Lifters, Shoes, Belt, Gloves, Tapes Etc., Measurements of Bar- bell (Men and Women) Weight of the bells, Colour of the bells. Body weight classifications.

Unit V

Rules and regulations of Weight Lifting Competitions Appointment Refrees. Registration, Weight – in, three calls, what is good lift? No lit General rules for all lift. In correct movements.

Reference:

1. Goel, R.G. Encyclopedia of Sports and games.
2. Paavo V. Komi, Strength and Power.
3. Don Cash Seaton, Irene A. Clayton, Physical Education Hand Book.

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Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
VI	14U6PEEL3B	Major Elective – Adapted Physical Education	5	3

Unit – I: Introduction to Adapted Physical Education – Definition of Disabling conditions – Physical Education for persons with Disabilities – Benefits of physical Education for students with Disabilities – Recreational sports opportunities, competition opportunities – special Olympics, Paralympics and Deaf Olympics.

Unit – II: Adapted Physical Education program organization and administration – Guiding principles of Adapted physical Education – Interaction with Regular physical education – Interaction with Regular physical education personnel – Communication with parents – Nature of the Home program, Parents as teachers, Parent involvement, parent – teacher Association, parent Advisory committee- Interpreting the program, unified sports.

Unit – III : Classification of Disability – Visual, Auditory, Neuromuscular. Orthopedic – Cardiovascular, Respiratory – Mental and Emotional – Adapted physical Education Activities – Aims and objectives – Specific guidelines – Visual Impairment, Hearing impairment, Mental Retardation, Orthopedically Handicapped.

Unit – IV: Facilities and Equipments – Facilities for Elementary schools, Secondary school a and colleges – Orientation on facilities and equipments – Equipments – Minimum equipment, Additional equipment, Evaluation equipment – Leisure, recreation sports facilities and equipment.

Unit – V: Physical Fitness and Motor Development values of physical fitness – Physical fitness through life long activity – Factors contributing to poor fitness – Evaluating Physical and motor fitness – Types of physical fitness tests – Modification of the physical fitness training system – Selected fitness problems.

References:

1. David Auxter et.al. Principles and Methods of Adapted Physical Education and Recreation.
2. Gene A. Logan, Adaptations of Muscular Activity.
3. Michael, handbook of Adapted Physical Education Equipment and its use.
4. Luke K. Kelly – Adapted Physical Education National Standards.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
VI	14U6PEEL4A	Major Elective -Nutrition	5	4

Unit I Physiology and Nutrition

Carbohydrates, proteins and Lipids, vitamins, minerals and Trace elements water and 'Electrolyte'.

Unit II Composition & Nutritive of Food Stuff

Brief understanding of food technology. Biochemical aspects of nutritional status assessment. Protein energy malnutrition. Recommended dietary allowances, Calorie requirements and calorie calculation. Nutrition during the life cycle.

Unit III Clinical nutrition

Clinical aspect of protein energy malnutrition, anaemia, vitamin and mineral deficiencies. Clinical aspects of diseases due to excess intake, Fluorosis, Obesity.

Relationship between diet and disease.

Unit IV Public Health Nutrition

Nutrition Education: Food toxins, Adulteration, insecticides, Irradiation, Food hygiene, Food consumption, Food faddism. Integrated approach to nutrition. Diet survey, Nutritional survey. Psychosocial and Behavioural aspects of Nutrition.

Unit V Psychological Nutrition

Integrated approach to nutrition. Diet survey, Nutritional survey. Psychosocial and Behavioural aspects of Nutrition.

1. Mekvind H. Williams (1992) Nutrition for fitness & sport, W.C. Brown.
2. Flaminio Fidanza (1991) Nutritional Status Assessment, Chapman and Halls.
3. Mckatch and Mc Ardle, Nutrition Weight Control and Exercise, Leaf Febiger.
4. Corinne Balog, Catado J.R.Najenheis and E.N.Whitney. Nutrition and Diet Therapy, Principles and practice, 2nd edition.
5. Krause and Mahan, Food Nutrition and Diet Therapy, W.B.Saunders Co., London/Toronto.
6. Boyls & Whitney. Personal Nutrition. West pub. Co., St. Paul, New York.
7. Williams Wrothington, Nutrition Throughout The Life Cycle, Times Mirror/Mosby College, Pub. St. Louis Toronto.

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Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
VI	14U6PEEL4B	Major Elective - History of Physical Education Recreation and Camping	5	4

Unit – I : Physical Education in Ancient Greece – Sparta – Athens – Origin and development of Ancient and modern Olympic games – Physical Education in India – Epic Age – Mohammed period – Contribution of Basedow – Gutsmuth – John Spiess – Ling – Turnverine Movement.

Unit – II: Teacher Training Institution in India – Asian Games – Sports Authority of India – National sports Organization – Sports Development Authority of Tamilnadu – School Games Federation of India – Inter University Sports Board – Awards – Arjuna Award – Bronacharya Award – Rajiv Gandhi Khel Ratna Award.

Unit – III: Recreation – Meaning, Definition, Aim Scope and Significance of recreation – Aim and objectives of recreation – Recreation of play – Recreation of work – Recreation and leisure organization and Administration of Recreation.

Unit – IV : Historical Development of Recreation – In Primitive Culture – Greek Period – Roman Period – Middle age – Recreation in U.S.A. and India – Agencies offering recreation – Home, Governmental, Voluntary, Private – Commercial Agencies – Rural Urban, Community and Industrial Recreation – Areas Facilities, Equipment and their Maintenance.

Unit – V: Camping: Definition and Meaning – Scope and significance of Camping – Types of Camps – Selection and layout of campsites organization and administration of camps – camp programme and activities – evaluation of camp work.

References:

1. Dheer.S & Radhika Kamal, Organization and Administration of Physical Education, Friends Publication, New Delhi – 1991.
2. Two Experienced Professors, Organization, Administration and Recreation in Physical Education, Parkash brothers, Education Publishers, Ludhinana 1986.
3. M.L. Kamlesh and M.S. Sangral, Principles and History of Physical Education, Prakash Brothers Educational Publishers, Ludhiara.
4. Joseph E. Curtis, Recreation, Theory and Practice C.V. Mosty Company, Ludhiana.