

**A.VEERIYA VANDAYAR MEMORIAL
SRI PUSHPAM COLLEGE (AUTONOMOUS)**

POONDI-613 503, THANJAVUR (DT)



SYLLABUS

B.Sc., Physical Education

(From 2020 - 2021 onwards)

**DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION
AND SPORTS.**

Programme Specific Outcome.

- PSO1: After the successful completion of the programme, the students walk out with the learning experiences that help them to acquire the knowledge and tools necessary to be physically active, intellectually motivated, socially enriched and lead emotionally and materially balanced healthy life.
- PSO2: It also promotes a scientific outlook typically necessary for pursuing a career in Physical Education.
- PSO3: The students also have the opportunity to pursue higher studies and opt for a career as a teacher. Other career options include: 1. Sports Management 2. Physical Therapy 3. Yoga Teaching 4. Physical Education Trainer 5. Health Education 6. Coaching 7. Fitness Training 8. Sports Journalism.

Programme Outcome.

- PO1: Prepare highly competent and skilled leaders in the field of physical education and sports.
- PO2: Provide excellent facilities for the upliftment of physical education and sports in the state and the country and to serve as a model institute.
- PO3: Create respectful student who value their health and fitness also practice healthful activities throughout their life.
- PO4: Promote inter-disciplinary research in the field of Physical Education, yoga and traditional sports.

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS (2020 – 2021)

S. No.	Semester	Category	Course Code	Title of the Course	Maximum Marks			Minimum Marks for Pass			Hours Week	Credits
					CIA	E.E.	Total	CIA	E.E.	Total		
21.	IV	Part- I	20U4PET4/H4	Tamil – IV / Hindi – IV	25	75	100	10	30	40	6	3
22.		Part – II	20U4PEE4	English – IV	25	75	100	10	30	40	6	3
23.		Core	20U4PEC6	Track and Field – II	25	75	100	10	30	40	6	4
24.		Core	20U4PECP2	Practical – Track & Field – II	40	60	100	16	24	40	3	4
25.		Allied	20U4PEA4	Allied - Psychology and Sociology of Sports	25	75	100	10	30	40	5	4
26.		Allied	20U4PEAP2	Allied Practical–Basketball, Handball &Tennis (NS)	40	60	100	16	24	40	3	3
27.		SBE	20U4PES2	Skill Based Elective – II Fitness and Wellness	25	75	100	10	30	40	1	1
		Online	---	MOOC	-	-	-	-	-	-	-	-
28.	V	Core	20U5PEC7	Methods in Physical Education	25	75	100	10	30	40	5	6
29.		Core	20U5PEC8	Research Methods and Elementary Statistics	25	75	100	10	30	40	5	6
30.		Core	20U5PEC9	Theories of Games–Football, Volleyball & Kabaddi	25	75	100	10	30	40	4	5
31.		Core	20U5PECP3	Practical – (Foot Ball, Volleyball, Kabaddi)	40	60	100	16	24	40	5	5
32.		Major Elective-I & II	20U5PEEL1A 20U5PEEL1B	Sports Nutrition / Computer Application in Physical Education	25	75	100	10	30	40	4	3
33.			20U5PEEL2A 20U5PEEL2B	Organization and Administration/ Sports Medicine	25	75	100	10	30	40	4	4
34.		NME	20U5PENME	Non Major Elective – Science of Yoga	25	75	100	10	30	40	2	1
35.		LSD	20U5PELSD	Life Skill Development	-	100	100	-	40	40	1	-
36.	VI	Core	20U6PEC10	Science of Sports Training	25	75	100	10	30	40	5	6
37.		Core	20U6PEC11	Kinesiology & Biomechanics	25	75	100	10	30	40	5	6
38.		Core	20U6PEC12	Officiating and Coaching	25	75	100	10	30	40	4	5
39.		Core	20U6PECP4	Practical – Teaching Practices	40	60	100	16	24	40	6	5
40.		Major Elective-III & IV	20U6PEEL3A 20U6PEEL3B	Sports Journalism/ Adapted Physical Education and sports	25	75	100	10	30	40	4	3
41.			20U6PEEL4A 20U6PEEL4B	Sports Physiotherapy/ Recreation and Camping	25	75	100	10	30	40	4	4
42.		GK	20U6PEGK	General Knowledge	-	100	100	-	40	40	1	--
43.		CN	20U6PECN	Comprehensive Test	-	100	100	-	40	40	1	1
	EA	20U6PEEA	Extension Activities	-	-	-	-	-	-	-	1	
Total Credits					4300						180	140

Abbreviations

ES: Environmental studies	LSD: Life Skill Development
VBE: Value Based Education	GK: General Knowledge
SBE: Skill Based Elective	NME: Non Major Elective
GS: Gender Studies	EA: Extension Activities
ME: Major Elective	SS: Self Study
MOOC: Massive Open Online Course	

Part	Total No. Of Papers	Total Marks	Total Credits	Classification
Part - I	04	400	12	√
Part - II	04	400	12	√
Part - III				
Core	16	1600	76	
Allied	06	600	20	
Major Elective	04	400	14	√
	26	2600	110	
Part - IV				
Environment Studies	01	100	1	
Value Based Education	01	100	--	
Skill Based Elective	02	200	2	
Gender Studies	01	100	--	
Non Major Elective	01	100	1	√
Life Skill Development	01	100	--	
G.K.	01	100	--	
Comprehensive Test	01	100	1	
	09	900	05	
Part - V			01	
Extension Activity				x
Total	43	4300	140	√

B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS (2020 – 2021)

MOOC: Massive open online course is introduced in third and fourth semester as an extra credit course from this academic year 2020-2021. Students can avail any one or more of the courses available in MOOC to equip their skill and knowledge themselves.

Field Visit/ Industrial Visit (Officiating) / Hands on Training:

This Programme having minimum 15 hours of contact time as extra credit course is introduced for II Year UG students to gain experiential training.

Evaluation of the visit report will be held at the end of IV Semester.

Components of Evaluation

Internal Marks: 40
External Marks: 60
Total: 100

Project: Project is introduced for III year students to cater for the needs of advanced learners as extra credit course. (Students will organized project sports and games competitions)

Components of Evaluation

Internal Marks: 40
External Marks: 60
Total: 100

Soft Skill Development course prescribed in V semester is changed as **Life Skill Development.**

This Course will be handled by both Internal Staff and External Experts.

Mode of Assessment for this Course is oral examination.

Components of Evaluation

Internal Marks: 40
External Marks: 60
Total: 100

Skill Based Elective Courses	Non-Major Elective	Certificate Course
Fitness and Wellness – I	Science of Yoga	Health and Fitness
Fitness and Wellness - II		

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**Question Pattern for UG and PG Programmes for students to be
admitted during 2020 – 2021 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.

B.Sc. Physical Education

Semester	Subject Code	Title Of The Paper	Hours Of Teaching / Week	No. of Credits
I	20U1PET1	இக்கால இலக்கியம் (செய்யுள் , உரைநடை, சிறுகதை, புதினம், நாடகம் இலக்கிய வரலாறு)	6	3

நோக்கம்

1. இக்கால இலக்கிய வகைகளைக் கண்டறிவர்
2. எழுத்து, சொல் இலக்கணங்களின் அடிப்படைகளைக் கண்டறிவர்.
3. புதுக்கவிதை வாயிலாக வெளிப்படும் சமூக, அரசியல் விழுமியங்களை மதிப்பிடுவர்.
4. இக்கால இலக்கியத்தின் மீதான விருப்பத்தை மிகுவித்தல்.

கூறு: 1 செய்யுள்

நேரம்:18

1. பாரதியார் : கண்ணன் என் காதலன், கண்ணம்மா என் காதலி (முதல்பாடல் மட்டும்)
2. பாரதிதாசன் : தமிழின் இனிமை, தமிழ் உணர்வு
3. கவிமணி : ஒற்றுமையே , உயர்நிலை-நாட்டுக்குழைப்போம்
4. சுரதா : சிக்கனம்

கூறு: 2 செய்யுள்

நேரம்:18

1. பட்டுக்கோட்டை கல்யாணசுந்தரம்: நாட்டுக்கொரு வீரன்
2. கண்ணதாசன் : காலக்கணிதம்
3. மு.மேத்தா: கண்ணீர் பூக்கள் , ஊர்வலம், தாய் , வெளிச்சம் வெளியே இல்லை
4. அப்துல் ரகுமான் : தேவகானம் - தேர்ந்தெடுக்கப்பட்ட 5 பாடல்கள்

கூறு: 3 சிறுகதை

நேரம்:18

1. கேட்டிவி : குரல்கொடுக்கும் வானம்பாடி (1-10)
2. கேட்டிவி : மனோரஞ்சிதம் (1-10)

கூறு: 4 புதினம்

நேரம்:18

புதினம் : துணிந்தவன் - வல்லிக்கண்ணன்

கூறு:5 நாடகம் , இலக்கிய வரலாறு

நேரம்:18

1. நாடகம் : மாமன்னன் இராசராசன் - கு. வெ. பாலசுப்பிரமணியன்
2. இலக்கிய வரலாறு : இருபதாம் நூற்றாண்டு இலக்கியங்கள்

பயன்கள்

1. தமிழ் இலக்கியத்தின் மீதான ஆர்வம் மிகும்.
2. புதிய இலக்கிய வளங்களை அறிவர்.
3. கவிதை, சிறுகதை ஆகியவற்றைப் படைக்க முயல்வர்.
4. போட்டித் தேர்வுகளுக்குச் செல்பவர்கள் பயன் பெறுவர்.
5. நாடகக் கலைத்திறனை அறிவர்

Semester	Course Code	Title of The Course	Hours of Teaching/ Week	No. of Credits
I	20U1PEE1	PART – II - Prose, Poetry and Communication Skills	6	3

Objective

- **To initiate the students to understand English through Prose, Poetry and Basic Communicative Grammar.**

Unit – I

- Shakespeare - Shall I Compare Thee to a Summer's Day?
John Milton - On His Blindness
William Wordsworth - The Solitary Reaper
P.B.Shelley - Song to the Men of England
Robert Frost - The Road not Taken
Nissim Ezekiel - Night of the Scorpion

Unit – II

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

Unit – III

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

Unit – IV

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

Unit – V

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

Course outcomes:

After the completion of this course, students will be able to

- **understand and appreciate the English Prose, Poetry and basic functional communicative Grammar and study on style and substance.**
- **develop interest in appreciation of literature**
- **integrate the use of the four language skills: LSRW.**
- **communicate appropriately and use English effectively**
- **imbibe ethical, moral, national and cultural values**

Prescribed Texts:

K.T.V. *A Melodious Harmony*. Thanjavur: Rajendra Publishing House, 2017.
Natarajan, K. *Flying Colours*. Chennai: New Century Book House (P) Ltd., 2017.
Advanced Grammar and Composition. Chennai: New Century Publishing House, 2017.

B.Sc. Physical Education

Semester	Course Code	Title of the Course	Hours of Teaching /Week	No. of Credits
I	20U1PEC1	Foundation of Physical Education and Sports	5	4

Objectives:

- ❖ To study the historical perspectives of physical Values and Physical Culture of Physical Education.
- ❖ To understand the wholesome development of the human being through various theories of physical education.
- ❖ To understand the historical perspectives of physical education in India.
- ❖ To become familiar with Indian philosophy.
- ❖ To equip with the ideas of Fitness Promotion.

Unit I

Meaning, Nature, Need and scope of Physical education and sports, physical training and physical culture, Recreation and its types, philosophy and physical education, general Philosophies (Idealism, Realism, Pragmatism, Naturalism and Existentialism).

Unit II

Olympic movement and its impact on physical education and sports. The contribution of Olympic Movement towards international understanding.

Unit III

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

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 and S.D.A.T.

Unit V

Women sports, national physical fitness programme, national awards and honours to outstanding sportsman, National awards for physical education and sports literature.

Course Outcomes After the completion of this course the students will be able to

- ❖ articulate the scientific relationship of physical Education with other related science.
- ❖ understand the impact of Olympic movement and international understanding through physical education and sports.
- ❖ analyze the values of related national programmes with sports bodies.
- ❖ estimate Impact of Olympic movement and international understanding through physical Education and sports.
- ❖ design the physical education programme in comparison with NCC and NSS.

General Reference:

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

B.Sc. Physical Education

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
I	20U1PEC2	Track and Field - I	5	4

Objectives:

- ❖ To know about the origin, history and development of track and field.
- ❖ To learn the various fundamental technique in track and field.
- ❖ To be familiar with the procedure of track Events marking.
- ❖ To study about the rules and regulations.
- ❖ To learn the method of officiating for all track and field events.

Unit – I : Historical Background of Track and Field: India, Asia and world, Federations of Track and Field: India, Asia and world, Track and Field Events in International and National competitions, Organization of track and field events.

Unit – II: Warm Up, Warm down, Physical fitness Components, load and safety measures in track and field, Types of Starts, Block Placements, Acceleration and Finishing.

Unit – III: Techniques in Sprint, Middle Distance, Long Distance and Race Walking.

Unit – IV: Techniques in Jumps: Long Jump and High Jump, Techniques in Throws: Shot put and Javelin Throw.

Unit – V: Competitions Rules, Officiating, Equipment and their specifications, Standard and Non – Standard track, Guiding principles of Standard track, Layout of 400mts track and maintenance.

Course Outcomes After the completion of this course the students will be able to

- ❖ understand about the organizational setup at national and International level athletic federation.
- ❖ acquire the knowledge about various techniques in running and race walking events.
- ❖ acquire the knowledge about various techniques in jumping and throwing events.
- ❖ attain the knowledge of rules and regulation related to running and jumping events.
- ❖ understand the important concept in coaching in running, jumping and throwing events.

References:

1. Donerty, J.Manneth, Modern track and Field, Engle wood Cliffs, N.J. Prentice Hall Inc.
2. Dyooth Geoffray, G.H. The Mechanics of Athletics, London University of London, Press, Ltd., 1962.
3. Ken O Bosen Track and Field Fundamental Techniques, MS Publication Patiala.
4. Hand Book, AFI, New Delhi.
5. Prabhakar Eric., The way to Athletic Gold Delhi, Affiliated East – West Press Private Ltd., 1995.

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
I	20U1PEA1	Allied - Science of Yoga	5	3

Objectives:

- ❖ To understand the fundamental concepts of yogic practices.
- ❖ To understand and to be equipped with the Concepts of Yogic practices and Asana.
- ❖ To provide the knowledge and understanding the of importance yoga in daily life.
- ❖ To be Equipped with the knowledge of Yoga sutra, Astang Yoga and Hata yoga.
- ❖ To become familiar Classify and Identify the Yogic practices' and Asana's values.

Unit I

INTRODUCTION SCIENCE OF YOGA

History of yoga, Meaning of Yoga, Yoga sutra, Aim and objectives of Yoga, Concept of Yoga, Schools of Yoga, Eight limbs of Yoga, Yogic diet.

Unit II

ASANA

Guidelines for practicing Asanas, Procedure of doing Asanas, Asanas in standing position, long sitting position, Kneeling position, prone position, supine position. Physiological Benefits of Asanas.

Unit III

PRANAYAMA

Pranayama–Types and concepts of Pranayama, Nadis, Ida Nadi, Pingala Nadi, Sushmna Nadi, Components of Pranayama Puraka–Kumbhaka – Rechala and its Benefits.

Unit IV

KRIYAS

Kriyas, Bhandhas & Muduras and its types.

Unit V

MEDITATION

Meditation and its types. Role of Meditation in Physical Education and sports.

Course Outcomes After the completion of this course the students will be able to

- ❖ understanding of the fundamental concepts of yogic practice.
- ❖ learn the principles of practicing asana, pranayama and meditation,
- ❖ realise the impact of yogic practices on selected systems in the human body.
- ❖ understand the types of yoga limbs of yoga asanas, pranayama and mediations.
- ❖ acquire the knowledge of therapy, difference between yoga and exercises and competitions.

General Reference:

1. Chandrasekaran. K (1999) "Sound Health through Yoga" Madurai Preter Kalyan Publisher.
2. Geeta S Iyengar (2005). Yoga A Gem for Women. Friends Publication New Delhi.
3. R.Nagaratha and HR Nagendra (2002) Yoga. Swami Vivkanandha Yoga Prakashana.
4. Iyengar BKS (1991) "Light on Yoga, "New Delhi: Harper Collius, Publishers India Pvt. Ltd.,
5. P.Kumaresan "Yogasanam", Thirunelveli, Abinaya, Publication, 2012.

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Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
I & II	20U2PEAP1	Allied Practical – Yoga, Badminton and Cricket (NS)	3 +3	4

Objectives:

- ❖ To acquire the practical knowledge of yogic practises.
- ❖ To study about yoga postures distinguish Physical and Physiological gains.
- ❖ To understand about the fundamental skills and techniques.
- ❖ Focus to practice the fundamental skills and its techniques in Badminton and cricket.
- ❖ To understand practical learning and performance about the game Badminton and cricket.

Unit I

1. Padmasana, 2. Swastickasana, 3.Vajrasana, 4. Bhujangasana, 5. Dhanurasana 6. Matsyasana, 7.Shalabasana, 8. Halasana, 9. Patchi motanasana 10. Shavasana

Unit II

1. Vakrasana, 2. Ardha – Matsyendrasan, 3. Vipareetakarani, 4. Sarvangasana, 5. Shirashasana 6. Mayurasana 7. Vrihshasana 8. Tadasana 9. Makarasana 10. Chakarasana

Unit III

1. Nadisuddi, 2.Suryabandha, 3.Chandrabadhna, 4.Sheethali, 5.Shitkari

Unit IV

(Badminton, Cricket) History and Development of the Games, Organization: State, National and International levels. Warming Up: General and Specific Exercises Various system of Play and Selection of Players.

Unit V

Fundamental Skills, Lead up games. Tactics and Strategies and Coaching Programme. Layout of court with all specifications, Facilities and Equipment with Specifications, Rules and Regulations Duties of Officials, Important Tournaments and Cups.

Course Outcomes After the completion of this course the students will be able to

- ❖ attain knowledge of the relaxation, cultural and meditative asanas.
- ❖ provide the basic knowledge of corrective asanas.
- ❖ acquire the physiological training, warming-up and motor qualities.
- ❖ evaluate the of rules while learning the fundamentals in Badminton and Cricket.
- ❖ formulate the methods to practice the skill and techniques for applying tactics and strategies integrated in the play.

General Reference:

1. B.K.S. Iyenger light on Yoga London; unwin paper backs, 1989.
2. P.Mariayyan Pranayamas, Sports Publication Coimbatore.
3. K.Chandrasekar "Sound health through Yoga" Pream Kelyam publication, Saidapetti-1999.
4. Yogeshwar, "Test book of Yoga" Madras Yoga centre.
5. Kumaresan. P "Yogasanam", Tirunelveli, Abinaya Publication 2002.
6. Encyclopedia of Sports Games – Coel, RJ.

Semester	Subject Code	Title Of The Paper	Hours Of Teaching/ Week	No. of Credits
II	20U2PET2	இடைக்கால இலக்கியம் - பயன்முறைத் தமிழ் -இலக்கண இலக்கிய வரலாறு,	6	3

நோக்கம்

1. தமிழிலக்கிய வரலாற்றில் பக்தி இலக்கியங்கள் பெறும் சிறப்பை உணர்வர்.
2. சமய வழிச் சமூக மாற்றத்திற்குப் பெறுவர்.
3. சமய நல்லிணக்க உணர்வை மாணவர்கள் பெறுவர்.

கூறு: 1

நேரம்:18

1. திருஞானசம்பந்தர் தேவாரம் : சீகாழி திருப்பதிகம்—
அடலேற அமருங்கொடி அன்ன (பா.எ.360—370)
2. திருநாவுக்கரசர் தேவாரம் : திருவையாற்றுப் பதிகம்
விடகிலேன், அடிநாயேன்; வேண்டியக் கால் யாதொன்றும் (பா.எ.124—133)
3. சுந்தரர் தேவாரம் : திருமழபாடி பதிகம்
பொன் ஆர் மேனியனே! புலித்தோலை அரைக்கு அசைத்து,(பா.எ.1-10 பாடல்கள்)
4. மாணிக்கவாசகர் : திருவாசகம் - பிடித்த பத்து

கூறு: 2

நேரம்:18

1. பெரியாழ்வார் : திருமொழி - தாய்ப்பால் உண்ண அழைத்தல் 129—138 வரை 10 பாசுரங்கள்
2. குலசேகர ஆழ்வார்: பெருமாள் திருமொழி- இராமர் தாலாட்டு - 719—729 11 பாசுரங்கள்
3. ஆண்டாள் நாச்சியார்: நாச்சியார் திருமொழி - திருமணக்கனவை உரைத்தல்
4. திருப்பாணாழ்வார் : அமலனாதிபிரான் - 10 பாசுரங்கள்

கூறு: 3

நேரம்:18

1. குமரகுருபரர் : வருகைப் பருவம் - 10 பாடல்கள்
2. திரிகூடராசப்பக்கவிராயர் :குற்றாலக் குறவஞ்சி - குறத்தி மலைவளம் கூறல்
3. வீரமாமுனிவர் : தேம்பாவணி - காட்சிப்படலம் முழுவதும்
4. உற்றுப்புலவர் : சீறாப்புராணம்-விலாதத்துக் காண்டம்-கதீஜா கனவு கண்ட படலம்

கூறு: 4 பயன்முறைத்தமிழ்

நேரம்:18

எழுத்தியல்: உயிரெழுத்து, மெய்யெழுத்து, உயிர்மெய்யெழுத்து,முதலெழுத்து, சார்பெழுத்து, மொழிக்கு முதலாகவும் இறுதியாகவும் வரும்எழுத்துக்கள்,போலி. சொல்லியல்: இலக்கண, இலக்கிய வகையிலான சொற்கள். பொதுவியல் : எழுத்துப் பிழைகளை நீக்குதல்,எழுத்துப் பிழைகளும் திருத்தங்களும்,வலி மிகுதல்,வலிமிகாமை ,வாக்கிய அமைப்புக்கள், நிறுத்தற் குறியீடுகள்.

கூறு;5இலக்கணஇலக்கிய வரலாறு

நேரம்:18

1. இலக்கண வரலாறு (தமிழ்த்துறை வெளியீடு)
2. தமிழ் இலக்கிய வரலாறு: இடைக்கால இலக்கியம்

பயன்கள்

1. பல்வகை சமய இலக்கியப் போக்குகளை அறிந்து கொள்வர்.
- 2.சமயவழித் தமிழரின் வாழ்வியலை அறிவர்.
3. பல்வகை சமயக் கோட்பாட்டினை அறிந்துகொள்வர்.
4. பிழையின்றி எழுதப் பழகுவர்.
5. சமயங்களின் இன்றியமையாமையை உணர்வர்

Semester	Course Code	Title of The Course	Hours of Teaching/ Week	No. of Credits
II	20U2PEE2	PART – II- 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

- Shakespeare - The Seven Stages of Man
- Longfellow - A Psalm of Life
- Nissim Ezakiel - Enterprise
- William Wordsworth - The world is too much with us

Unit – II

- Anton Chekhov - The Bear
- Cedric Mount - The Never-Never Nest
- Farrell Mitchell - The Case of the Stolen Diamonds
- M.V. Rama Sharma - The Mahatma

Unit - III

- Fyodor Dostoyevsky - The Christmas Tree and the Wedding
- The Duchess - The Jewelry
- O. Henry - The Romance of a Busy Broker

Unit – IV

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

Unit – V

Voices, Degrees of Comparison, Direct and Indirect

Course outcomes

After the completion of this course students will be able to

- **promote the linguistic and communicative objectives through the study of poems, short stories and the communicative grammar.**
- **gain language and communicative skills through short stories**
- **identify and differentiate different forms of literature.**
- **engage in reflective writing after learning the prescribed lessons.**
- **enhance the communicative skills through LSRW**

Prescribed Texts:

- *Voices of Vision*, Board of Editors, NCBH, Chennai, 2016.
- Communicative Grammar*, The Department of English Course Material.

B.Sc. Physical Education

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
II	20U2PEC3	Health Education, Safety Education and First Aid	5	4

Objectives:

- ❖ To understand the nature and importance of Health Education in Physical Education and Sports.
- ❖ To Analyze the principles and characteristics of health education.
- ❖ To understand the knowledge regarding First Aid.
- ❖ To gain knowledge regarding the medical problems of athletes and its rehabilitation.
- ❖ To understand the importance of Hygiene in food and environment.

UNIT – I

Meaning, Nature, Need and scope of health Education – Aims and objectives of Health Education, Factors influencing Health; Health organization – state, national and International, Health, Carriers available in India –programme and Functions of Health Education.

UNIT – II

Meaning of wellness and Health – Components of Wellness and Health, Physical, mental and socioeconomic health – Factors affecting wellness and Health.

UNIT – III

Definition – Characteristics – Principles of Safety Education – Need for Safety Education in Physical Education, Principle of safety with respect of play fields – Principles of Safety with respect of equipments, dress etc. – class organization and demonstration and safety during matches.

UNIT – IV

Communicable diseases – Agent, causative organism, Incubation period – Mode of spread, Sign, Symptoms and prevention, preventive measure of Typhoid, Cholera, Pulmonary Tuberculosis, Amoebiasis, malaria, Tetanus, Poliomyelitis – Non Communicable diseases – Sign, Symptoms and Prevention, Preventive measure of Cancer, Hypertension, Diabetic mellitus.

UNIT – V

Definition and Importance of first aid First aid for Injuries – Sprain and Strain, Fracture and its types – types of Bleeding – Laceration – Artificial respiration.

Course Outcomes After the completion of this course the students will be able to

- ❖ understand the meaning of health and relationships among the various aspects of health.
- ❖ understand the various communicable and non-communicable diseases.
- ❖ illustrate the Perception of Health Education, and its hazards. To interpret the individual, family, community and national health.
- ❖ know the role of safety education and its Principles and Procedures for life situation and validate.
- ❖ Equip themselves with the knowledge of first aid procedure involved and the advantages in first aid.

Reference:

1. Royappa, Daisy Joseph and Govindarajula J.K. Safety Education 1972.
2. "First Aid to the Injured", New Delhi, St, John Ambulance Association.
3. "Manual Safety Education Review", Washington D.C. American Association for health Physical Education and Recreation, 1969.
4. "School Safety Policies", Washington DC. American Association for Health physical Education and Recreation, 1968.

B.Sc. Physical Education

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
II	20U2PECP1	Track and Field – I	4	4

Objectives:

- ❖ To understand the fundamentals of coaching the track and field events.
- ❖ To acquire the practical knowledge in coaching the track and field event.
- ❖ To learn the method of officiating for all track and field.
- ❖ To attain the knowledge of rules and regulation related to track and field events.
- ❖ To identify the specific fitness qualities required for each event and give training accordingly.

UNIT – I

Warming Up : General and Specific Exercises

Techniques in Sprint, Middle Distance

Teaching steps, Teaching Drills common Error and correction.

UNIT – II

Warming Up : General and Specific Exercises

Techniques in Long Distance and Race walking.

Teaching steps, Teaching Drills common Error and correction.

UNIT – III

Warming Up: General and Specific Exercises.

Techniques in Long Jump and High Jump.

Teaching steps, Teaching Drills common Error and correction.

UNIT – IV

Warming Up: General and Specific Exercises.

Techniques in Shot put and Javelin Throw

Teaching steps, Teaching Drills common Error and correction.

UNIT – V (Track and Field and games)

Layout of court with all specifications,

Facilities and Equipment with Specifications, Rules and Regulations

Duties of Officials, Important Tournaments and Cups.

Course Outcomes After the completion of this course the students will be able to

- ❖ distinguish the styles or techniques for better performance, importance of block fixing for sprint events.
- ❖ administer exercise for takeoff, clearance, flying phase and practice running tactics.
- ❖ prepare race walking style and to produce higher results in competitions.
- ❖ analyze the importance of techniques and corrections in track and field.
- ❖ Provide the basic knowledge about coaching methods and factors affecting coaching.

Reference:

1. Fundamentals of Track and Field by Gerald A.Carr.
2. AFI, Handbook, New Delhi.

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
II	20U2PEA2	Allied – Anatomy and Physiology	5	3

Objectives:

- ❖ To provide the knowledge and understanding of human Anatomy and Physiology.
- ❖ To gain the knowledge of Organization of the human body.
- ❖ To understand and analyze the structural aspect of systems of the body.
- ❖ To understand the concept of fundamental of human body organs.
- ❖ To understand and analyze the functional aspects of Human body.

Unit I

Meaning – Definition, Need and important of Anatomy and Physiology in Physical Education – Cell – Structure and Function of cell – Tissue – Classification of Tissues, Functions of Tissues.

Unit II

Bones – Classification of Bones–Bones of human skeleton–Joints–Classification of Joints, Synovial Joints–classification of synovial Joints, movements occurring at joints.

Unit III

Blood – Composition of Blood – Elements of blood – function of Blood – blood circulation – Heart – structure and functions of Heart – cardiac cycle, cardiac output, stroke volume, blood pressure and ECG – Respiratory system – structure and mechanisms of Respiratory volumes.

Unit IV

Nervous system, central Nervous system Brain and spinal cord – Functions of C.N.S. – Neuron – structure and functions of Neuron – Perpherical Nervous system– Sensory Nerve, Motor Nerve, Reflex action, Reflex Arc, and Antonymous Nervous system.

Unit V

Excretory system – Structure and Function of kidney and skin – Endocrine system – Major Endocrine glands- Hormones – Hormones Secreted by endocrine gland – roles and important – sense organs, (Eye, Nose, Ear and Skin).

Course Outcomes After the completion of this course the students will be able to

- ❖ know about the Brief Introduction to Anatomy, Physiology and Exercise Physiology.
- ❖ identify various types of muscles and it's purposes-based on Anatomy and Physiology.
- ❖ Equip themselves with the knowledge regarding Skeletal systems and types of bone.
- ❖ understand the Cardiovascular and Respiratory Systems.
- ❖ acquire the knowledge about the Nervous and Digestive systems.

General Reference:

1. Gupta, A.P. (2010). **Anatomy and Physiology**. Agra: Sumit Prakashan.
2. Gupta, M. and Gupta, M. C. (1980). **Body and Anatomical Science**. Delhi: Swaran Printing Press.
3. Guyton, A.C. (1996). **Textbook of Medical Physiology**, 9th edition. Philadelphia: W.B. Saunders.
4. Karpovich, P.Y. (n.d.). **Philosophy of muscular activity**. London: W.B. Saunders Co.
5. Lamb, G.S. (1982). **Essentials of exercise physiology**. Delhi: Surjeet Publication.
6. Morehouse, L.E. & Miller, J. (1967). **Physiology of exercise**. St. Louis: The c.y. Mosby Co.
7. Pearce, E.C. (1962). **Anatomy and physiology for nurses**. London: Faber & Faber Ltd..
8. Singh, S. (1979). **Anatomy of physiology and Health Education**. Ropar: Jeet Publications.

B.Sc. Physical Education

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
I & II	20U2PEAP1	Allied - Practical – Yoga, Badminton and Cricket (NS)	3+3	4

Objectives:

- ❖ To acquire the practical knowledge of yogic practises.
- ❖ To study about yoga postures distinguish Physical and Physiological gains.
- ❖ To understand about the fundamental skills and techniques.
- ❖ Focus to practice the fundamental skills and its techniques in Badminton and cricket.
- ❖ To understand practical learning and performance about the game Badminton and cricket.

Unit I

1. Padmasana, 2. Swastickasana, 3.Vajrasana, 4. Bhujangasana, 5. Dhanurasana 6. Matsyasana, 7.Shalabasana, 8. Halasana, 9. Patchi motanasana 10. Shavasana

Unit II

1. Vakrasana, 2. Ardha – Matsyendrasan, 3. Vipareetakarani, 4. Sarvangasana, 5. Shirashasana 6. Mayurasana 7. Vrihshasana 8. Tadasana 9. Makarasana 10. Chakarasuna

Unit III

1. Nadisuddi, 2.Suryabandha, 3.Chandrabadhna, 4.Sheethali, 5.Shitkari

Unit IV

(Badminton, Cricket) History and Development of the Games, Organization: State, National and International levels. Warming Up: General and Specific Exercises Various system of Play and Selection of Players.

Unit V

Fundamental Skills, Lead up games. Tactics and Strategies and Coaching Programme. Layout of court with all specifications, Facilities and Equipment with Specifications, Rules and Regulations Duties of Officials, Important Tournaments and Cups.

Course Outcomes After the completion of this course the students will be able to

- ❖ attain knowledge of the relaxation, cultural and meditative asanas.
- ❖ Provide the basic knowledge of corrective asanas.
- ❖ acquire the physiological training, warming-up and motor qualities.
- ❖ evaluate the of rules while learning the fundamentals in Badminton and Cricket.
- ❖ formulate the methods to practice the skill and techniques for applying tactics and strategies integrated in the play.

General Reference:

1. B.K.S. Iyenger light on Yoga London; unwin paper backs, 1989.
2. P.Mariayyan Pranayamas, Sports Publication Coimbatore.
3. K.Chandrasekar "Sound health through Yoga" Pream Kelyam publication, Saidapetti-1999.
4. Yogeshwar, "Test book of Yoga" Madras Yoga centre.
5. Kumaresan. P "Yogasanam", Tirunelveli, Abinaya Publication 2002.
6. Encyclopedia of Sports Games – Coel, RJ.

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
II	20U2PES1	Skill Based Elective – I FITNESS AND WELLNESS (NS)	1	1

Objectives:

- ❖ To develop the competencies, skill and knowledge required for the fitness and life style management.
- ❖ To understand the relationship between fitness and wellness.
- ❖ To acquire the knowledge regarding healthy lifestyle approach.
- ❖ To gain knowledge regarding various aspects and its practical implications fitness lifestyle management

Unit – I Fitness

What is fitness meaning – Definition – Need – Types of fitness (Physical, Physiological, health related, emotional, performance related etc) – Component Relationship between fitness and wellness, Equipments involved in assessing fitness,

Unit – II Health

What is health – meaning – Definition & need of health – Types of health, factors influencing health – WHO – and its function.

Course Outcomes After the completion of this course the students will be able to

- ❖ acquire the knowledge about prevention and management of modern lifestyle.
- ❖ understand the basic concept and introduction of fitness and wellness.
- ❖ acquire the knowledge about factor affecting fitness and methods to develop it.
- ❖ know about basic and modern concept of health and nutrition.
- ❖ learn the concept of designing different fitness training programme for different age group.

General Reference:-

1. Gerrold S (1985), Physical Fitness "A Wellness approach" Second Edition. Prentics hall – Engel wood Cliffs.
2. Edward Fox (1975), Life time fitness saunders College Publishing, New York.

Semester	Subject Code	Title Of The Paper	Hours Of Teaching / Week	No. of Credits
III	20U3PET3	காப்பியங்கள், கட்டுரைகள், இலக்கிய வரலாறு	6	3

நோக்கம்

1. காப்பியங்களின் உள்ளடக்கம், உத்திகளைக் கற்றுக்கொடுத்தல்.
2. காலந்தோறும் காப்பியங்களில் காணலாகும் பாடுபொருள்களின் மாற்றங்களை எடுத்துரைத்தல்.
3. காப்பியச்சுவையை மாணவர்கள் அறிந்து கொள்ளச் செய்தல்.

கூறு: 1 காப்பியங்கள்

நேரம்:18

1. சிலப்பதிகாரம்: மதுரைக்காண்டம்-வழக்குரைகாதை
2. மணிமேகலை; மலர்வனம் புக்ககாதை
3. சீவக சிந்தாமணி: சுரமஞ்சரியார் இலம்பகம்
4. கம்பராமாயணம்: கங்கைப் படலம்

கூறு: 2 காப்பியங்கள்

நேரம்:18

1. பெரியபுராணம் : மெய்ப்பொருள் நாயனார் புராணம்-முழுவதும்
2. அரிச்சந்திரபுராணம்: மயான காண்டம்
3. தேம்பாவணி: திருமணப் படலம்-1-10 பாடல்கள்
4. சீறாப்புராணம் : நபி அவதாரப் படலம்-1-10 பாடல்கள்

கூறு: 3 கட்டுரைத் தொகுப்புகள்

நேரம்:18

1. கேட்டிவி - இராகபாவம் (1-10)
2. கேட்டிவி - பயணங்கள் தொடரும்

கூறு:4 கட்டுரைக் கடிதங்கள் மொழிபெயர்ப்புப் பயிற்சிகள்

நேரம்:18

- பயிற்சிக்கட்டுரைகளும் கடிதங்களும் -பாவை வெளியீடு
கட்டுரைப் பயிற்சி - 10 மதிப்பெண்கள்
மொழிபெயர்ப்புப் பயிற்சி - 5 மதிப்பெண்கள்

கூறு:5 இலக்கிய வரலாறு

நேரம்:18

காப்பிய இலக்கியங்கள் - சிற்றிலக்கியங்கள்

பயன்கள்

1. காப்பியங்கள் வாயிலாக அக்காலச் சமுதாயச் சூழலை அறிவர்.
2. பல்வேறு காப்பியங்களையும் ஒப்பிட்டு அவற்றின் தனித்தன்மைகளை அறிந்துகொள்வர்.
3. மீட்டுருவாக்கச் சிந்தனைகளை அறிவர்.
4. கட்டுரை எழுதும் திறன் பெறுவர்.
5. கடிதங்கள் எழுதும் பயிற்சி பெறுவர்.

Semester	Course Code	Title of The Course	Hours of Teaching /Week	No. of Credits
III	20U3PEE3	PART - II Shakespeare, Extensive Readers And Communicative Skills	6	3

Objective

- **To introduce the language and creativity of the world-renowned dramatists and novelists to enhance the communicative skills of the learners.**

Unit – I

Julius Caesar
The Merchant of Venice

Unit – II

Macbeth
Twelfth Night

Unit – III

Romeo and Juliet
Tempest

Unit – IV

Thomas Hardy – The Mayor of Casterbridge

Unit – V

Note making, Hints Developing, Expansion of Ideas and Proverbs, Clauses and Sentence, Structure: Simple, Compound and Complex.

Course outcomes

After the completion of this course students will be able to

- **promote their communicative skills through the study of Shakespeare and modern communicative methods.**
- **expand their perception interacting with the culture across the world**
- **imbibe moral and ethical prescriptions**
- **appreciate the creative genius and affluent expressions of Shakespeare**
- **develop the creative and analytical faculty**

Prescribed Texts:

Natarajan, K.ed. *Selected Scenes from Shakespeare*. Chennai: NCBH, 2017.
Hardy, Thomas. *The Mayor of CasterBridge*.(abridged)Chennai: Macmillan Publishers,2012.

Communicative Grammar.Department of English Edition. 2017.

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
III	20U3PEC4	Exercise physiology	5	4

Objectives:

- ❖ To understand the concepts of exercise physiology as related to physical activity and sports performance.
- ❖ To study about the role of exercise physiology on sports performance.
- ❖ To study about the effects of exercise on different system of human body.
- ❖ To create the awareness regarding research in the field of exercise physiology.
- ❖ To know how to test the Physiological Parameters.

Unit – I: Definition, Aim and Scope of Exercise physiology – Nutrition – the base for human performance – carbohydrate, Fat, proteins, vitamins and minerals – Energy sources – Adenosine Tri phosphate – (A.T.P) – Source of A.T.P –Metabolism – The aerobic and anaerobic system during rest and exercise.

Unit – II: Skeletal Muscle – Structure of skeletal muscle – The sliding filament theory of muscular contraction – function of skeletal muscle – motor units classification of muscle fibers – distribution of muscle fibers – Effect of Exercise on the muscular system.

Unit – IV: Cardiovascular system and Exercise – Structural properties of the Heart – Cardiac cycle – Cardiac output and stroke volume – before and after exercise – Heart rate – heart rate response to exercise blood pressure – Electro cardiogram (ECG) – Effect of exercise on cardiovascular system.

Unit – V: Respiratory system and exercise – respiration process – mechanism of berating – minute ventilation – ventilation during rest and exercise – Lung volumes and capacities – dead space, second wind and sitch in side – diffusion of gases – Effect of exercise on the respiratory system.

Unit – III: Nervous control of Muscular Movements – Basic structure of Neuron – Basic function of Neuron – The nerve impulse – Afferent and Efferent Nerves - Neuromuscular Junction – The Nervous system and motor skills muscles spindles, Reflex arc – Effect of Exercise on the Nervous system.

Course Outcomes After the completion of this course the students will be able to

- ❖ understand the meaning and scope of sports physiology in physical education.
- ❖ acquire the knowledge about the skeletal and muscular system and their role in improving performance.
- ❖ analyze the changes cardio vascular, respiratory and hormonal system during exercise.
- ❖ know the effect of exercise on various physiological systems.
- ❖ understand the changes during exercise in various environmental conditions.

General Reference:

- 1) Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
 - 2) Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
 - 3) David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
 - 4) Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
 - 5) Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
 - 6) Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications. Vincent, T. Murche. (2007).
 - 7) William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human.
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B.Sc. Physical Education

Semester	Course Code	Title of the Course	Hours of Teaching /Week	No. of Credits
III	20U3PEC5	Theory of Games (Basketball, Handball and Tennis)	5	4

Objectives:

- ❖ To Study the unique history of each game namely Basketball, Tennis and Handball.
- ❖ To become familiar with the rules and regulations and their interpretations.
- ❖ To practice the fundamental skills and its techniques in Basketball, Tennis and Handball in order to win the match.
- ❖ To Learn and lay the playfield with specification.
- ❖ To understand the rules while learning the fundamentals in Basketball, Tennis and Handball.

Unit – I

- (a) History of the Games: India and world (Basket ball, Handball and Tennis)
- (b) Organization of Games: India and World. (Basketball, Handball and Tennis)

Unit – II

Warm – up, warming down, specific warming for the Games, Essential Fitness components, conditioning and Load in Basketball, Handball and Tennis.

Unit – III

Fundamental Skills, and Advance skills,
Various types of skills, special applied mechanics, involved in Basketball, Handball, Tennis)

Unit – IV

Tactics and Strategy System in the games, Lead – up Games and Evaluation in Basket ball, Handball and Tennis.

Unit – V

Rules of Games:-

- Rules and their Interpretations
- Layout of court with all Specification and Maintenance
- Facilities and Equipment with Specification.
- Duties of officials and important tournament and cups
- Scoring system.

Course Outcomes After the completion of this course the students will be able to

- ❖ acquire the physiological training, warming – up and motor qualities.
- ❖ establish the rules and interpretation of the game and officiating to become a professional.
- ❖ expertise in technical, tactical and officiating skills.
- ❖ Equip their knowledge with rules and regulations and prepared to officiate tournaments.
- ❖ learn about the game and its strategies capable to teach the game basketball, tennis and handball.

References:-

1. Goel, R.G. Encyclopedia of sports and games.
2. Cornelius Bykerm – Simplified Multiple offence for winning Basket Ball.
3. The masranghan – Basketball Techniques and tactics.
4. Milford, D.S.Hockey Practice and Tactics London, Mnolds and Company, 1949.
5. The Story of Handball: The game the players, the history by T.J.Mc Elligot 1984.

B.Sc. Physical Education

Semester	Course Code	Title of the Course	Hours of Teaching/ Week	No. of Credits
III	20U3PEA3	Allied – Test and Measurement in Physical Education	5	4

Objectives:

- ❖ To understand the concepts of test, administration and evaluation procedures.
- ❖ To measure and evaluate the human performance with standardized Tests.
- ❖ To understand the concept of measurement, evaluation and assessment procedure in physical education.
- ❖ To acquire the knowledge of various tests regarding Physical fitness, motor and health related fitness.
- ❖ To understand various sports skill tests.

Unit – I

Meaning of Test, Measurement and evaluation. History of test, Measurement and Evaluation, need and importance of Test, Measurement and Evaluation.

Unit – II

Classification of test- sports knowledge Test - purpose of knowledge test- classification of knowledge test - standardized and teacher made test - skill test classification -objective test - Courseive test - qualities of the test Administration of the test- Advance preparation - Duties during testing - Duties after testing.

Unit - III

Criteria of test selection validity, reliability, objectivity, norms, administrative, feasibility- Strength test - Bend knee sit ups test. Flexibility test - sit and reach test speed test-50 mts run - cardio respiratory endurance -cooper's 12 minute run / walk test - Explosive strength test - Standing Broad Jump.

Unit – IV

Definition - Health related fitness - skill related physical fitness. AAHPERD youth fitness test - Motor Fitness test - JCR test - Barrow Moter ability test - Harward step test, Karws weber test - Margaria - Kalamen Power test.

Unit – V

Test of specific sport skills. Basketball test - Johnson Basketball ability test - know basket ball test. Hockey Chapman ball control test in Hockey Soccer - McDonald volleying soccer test - Volleyball Helman Volley ball test. Modified Brady Volley ball test. Badminton French Short Serve test, Tennis -Borer - Miller Tennis test.

Course Outcomes After the completion of this course the students will be able to

- ❖ understand the need & importance of test, measurement and evaluation in physical education.
- ❖ describe the criteria, classification and administration of test.
- ❖ develop concepts related to test, measurement & evaluation.
- ❖ construct evaluation techniques through the various test and measurements in physical education.
- ❖ evaluate different physical fitness tests and sports skill tests.

References :-

1. Safrit Margalat J. Measurement in Physical Education and exercises science ", St. Louis, Times Mirror Mesby College Publishing, 1986.
2. Bosco, James S. Measurement and Evaluation in physical education and sports, New Jersey, Prentice Hall Inc., 1983.
3. Clacke H. "Application of Measurement in Health and physical Education", Pretice Hall Inc., 1967.
4. Mathews K. Donald, "Measurement in Physical Education" London W.S.Sainders Company, 1973.

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
III & IV	20U4PEAP2	Allied Practical – Basketball, Handball & Tennis (NS)	3+3	-

Objectives:

- ❖ To introduce students to basic & advanced skills in sports & games.
- ❖ To know the fundamental skills of Basketball, Tennis and Handball.
- ❖ To understand the rules of Basketball, Tennis and Handball.
- ❖ To preparing the students for the tournaments.
- ❖ To design and practice the new methods of technique and training.

Unit I

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

Unit II

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

Unit III

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

Unit IV

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

Unit V

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

Course Outcomes After the completion of this course the students will be able to

- ❖ acquaint themselves student with progressive teaching stages of fundamentals skills of games.
- ❖ Understand the practical knowledge on coaching, officiating and marking in Basketball, Tennis and Handball.
- ❖ Formulate the methods to practice the skill and techniques for applying tactics and strategies integrated in the play.

General Reference:

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

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Semester	Subject Code	Title Of The Paper	Hours Of Teaching/ Week	No. of Credits
IV	20U4PET4	சங்க இலக்கியம் - அறு இலக்கியம் - செம்மொழி தமிழ்- இலக்கிய வரலாறு	6	3

நோக்கம்:

- 1.பழந்தமிழ் இலக்கியங்களின் திணைத்துறைக் கோட்பாடுகளை அறிதல்.
- 2.திணைசார் சமுதாய வாழ்வின் பல்வேறுபட்டப் பரிமாணங்களைப்
- 3.புலவர்கள் வாயிலாகவும் திணை இலக்கியத்தின் வாயிலாகவும் அறிதல்.
- 4.பழந்தமிழ் இலக்கியங்களின் உயர்தனித்தன்மை வாய்ந்த சிறப்பியல்புகளை அறிதல்.

கூறு: 1 எட்டுத்தொகை

நேரம்:18

குறுந்தொகை

- 1.குறிஞ்சி : தலைவன் கூற்று-யாயும் ஞாயும் யாராகியரோ - பா.எ.-40
- 2.முல்லை : தலைவி கூற்று-கருங்கால் வேம்பின் ஒண்பூ யாணர் - பா.எ.-24
- 3.மருதம் : தோழி கூற்று-யாய் ஆகியளே விழவு முதலாட்டி - பா.எ.-10
- 4.நெய்தல் : தலைவி கூற்று :நள்ளன் றன்றே யாமம் - பா.எ.-6
- 5.பாலை: செவிலி கூற்று-பறைபடப் பணிலம் - பா.எ.-15

நற்றிணை

1. குறிஞ்சி-நின்ற சொல்லர் பா.எ. 1
2. முல்லை:இறையும் அருந்தொழில் -பா.எ.161
3. மருதம்:அறியாமையின் அன்னை - பா.எ.50
4. நெய்தல்:இவளே கானல் நண்ணிய - பா.எ.45
5. பாலை:புணரில் புணராது பொருளே-பா.எ.16

கலித்தொகை

1. பாலை: எறித்தரு கதிர் தாங்கி- பா.எ.9
2. குறிஞ்சி : காமர் கடும்புனல்- பா.எ.39

அகநானூறு

1. குறிஞ்சி:நீர்நிறம் கரப்ப-பா.எ.18
2. முல்லை: வந்துவினை- பா.எ.44

கூறு: 2 எட்டுத்தொகை

நேரம்:18

1. ஐங்குறுநூறு : குறிஞ்சி -அன்னாய் வாழிப்பத்து -பா.எ.201-210
2. புறநானூறு : பாடல் எண்கள் - 9,16,20,51,109
3. பதிற்றுப்பத்து:ஆறாம் பத்து-
பா.எ.1 வடுவடு நுண்ணுயிர், பா.எ.2.கொடி நுடங்கு நிலைய
4. பரிபாடல் : ஏழாம்பாடல் - வையை

கூறு: 3 பத்துப்பாட்டு

நேரம்:18

1. குறிஞ்சிப்பாட்டு: முழுவதும்

கூறு: 4 அறநூல்கள்

நேரம்:18

1. திருக்குறள்: செய்ந்நன்றியறிதல் ,வினைத்திட்டம்,நெஞ்சொடு
கிளத்தல்

2. மூதுரை: 1-10 பாடல்கள்

3.நல்வழி: 11-20 பாடல்கள்

4.நீதிநெறி விளக்கம்: 51-60 பாடல்கள்

கூறு:

5

நேரம்:18

அ. செம்மொழித் தமிழ்— இலக்கிய வரலாறு :

செம்மொழி வரலாறு : மொழி விளக்கம்-மொழிக்குடும்பங்கள்-உலகச்
செம்மொழிகள் -இந்தியச் செம்மொழிகள் — செம்மொழித் தகுதிகள் -
வரையறைகள் - தமிழின் தொன்மை -தமிழ்ச் செம்மொழி நூல்கள்.

ஆ. இலக்கிய வரலாறு: சங்க இலக்கியங்கள் ,பதினெண் கீழ்க்கணக்கு நூல்கள்

பயன்கள்

1.பழந்தமிழ் இலக்கியங்களை ஆய்வியல் நோக்கில் அணுகுவதற்கான
வழிமுறைகளை உணர்த்துதல்.

2.பண்டைத்தமிழரின் அக, புற வாழ்வியலை மாணவர்கள் அறியச் செய்தல்

3.அறத்தின் பெருமையை உணர்வர்

4.ஒழுக்க நெறிகளைப் பின்பற்றுவர்

5.தமிழ் செம்மொழியின் பண்புகளை உணருதல்

6.சங்க இலக்கியத்தின் தொன்மை உணர்தல்

Semester	Course Code	Title of The Course	Hours of Teaching/ Week	No. of Credits
IV	20U4PEE4	PART - II English For Competitive Examinations	6	3

Objective

- **To prepare the learners for competitive examinations and to teach 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, Précis Writing, Expansion of an idea, Report Writing, Essay, Letters, Reviews (Film & Book)

Unit – V

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

Course outcomes

After the completion of this course students will be able to

- **develop English language skills by equipping themselves to face competitive exams**
- **improve English language abilities and gain the skills of writing and vocabulary building**
- **gain confidence to face competitive exams**
- **assimilate grammatical rule clearly and precisely**
- **hone their presentation and public speaking skills**

Prescribed Text:

English for Competitive Examinations, NCBH, Chennai, Dec. 2019.

Semester	Course Code	Title of the Course	Hours of Teaching /Week	No. of Credits
IV	20U4PEC6	Track and Field – II	6	4

Objectives:

- ❖ To know about the origin, history and development of track and field.
- ❖ To learn the various fundamental technique in track and field.
- ❖ To be familiar with the procedure of field events marking.
- ❖ To study about the rules and regulations.
- ❖ To learn the method of officiating for all track and field events.

UNIT – I

Warm-up, warm-down, Physical fitness qualities load and safety measures in Track and Field techniques in Relay and Hurdles.

UNIT – II

Techniques in Jumps - Triple Jump and Polevault.

UNIT – III

Techniques in Combined Events – Triathlon, Pentathlon, Heptathlon and Decathlon, list of events and their order.

UNIT – IV

Techniques in throws - Hammer throw, Discus throw.

UNIT – V

Competition rules, Officiating, equipment and their specifications, guiding principles of standard track.

Course Outcomes After the completion of this course the students will be able to

1. understand about the organizational setup at national and International level athletic federation.
2. acquire the knowledge about various techniques in combined evenets.
3. acquire the knowledge about various techniques in Triple Jump, Pole Vault, hammer throw and discus throw events.
4. gain the knowledge of rules and regulation related to Track and Field events.
5. understand the important concept in coaching in running, jumping and throwing events.

Reference:

1. Hand book AFI, New Delhi.
2. Rogers L. Joseph USA Track & Field coaching Manual USA, Heeman Kinetic
3. Hen O Bosen Track and Field Fundamental Techniques MS Publication Patiala.

B.Sc. Physical Education

Semester	Course Code	Title of the Course	Hours of Teaching /Week	No. of Credits
IV	20U4PECP2	Practical Track & Field –II	3	4

Objectives:

- ❖ To understand the fundamentals of coaching track and field events.
- ❖ To acquire the practical knowledge in coaching track and field event.
- ❖ To learn the method of officiating for all track and field.
- ❖ To attain the knowledge of rules and regulation related to track and field events.
- ❖ To identify the specific fitness qualities required for each event and give training accordingly.

UNIT – I RELAYS

Warming up: - General and Specific Exercises
Technique, Teaching steps, Training Drills
Common Errors and Corrections

HURDLES

Warming up: - General and Specific Exercises
Technique, Teaching steps, Training Drills
Common Errors and Corrections

UNIT – II TRIPLE JUMP

Warming up: - General and Specific Exercises
Technique, Teaching steps, Training Drills
Common Errors and Corrections

UNIT – III POLEVAULT

Warming up: - General and Specific Exercises
Technique, Teaching steps, Training Drills
Common Errors and Corrections

UNIT – IV DISCUS

Warming up: - General and Specific Exercises
Technique, Teaching steps, Training Drills
Common Errors and Corrections

UNIT – V HAMMER

Layout of play field, with all specification Facilities and Equipment with specifications Rules and Regulations, Duties of officials.

Course Outcomes After the completion of this course the students will be able to

- ❖ distinguish the styles or techniques for better performance, importance of fiber pole planting and pole bending.
- ❖ administer exercise for better takeoff, flying phase landing.
- ❖ prepare relay exchange types and to produce higher results in competitions.
- ❖ analyze the importance of techniques and corrections in track and field.
- ❖ provide the basic knowledge about coaching methods and factors affecting coaching.

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

B.Sc. Physical Education

Semester	Course Code	Title of the Course	Hours of Teaching/Week	No. of Credits
IV	20U4PEA4	Allied – Psychology and Sociology of Sports	5	4

Objectives:

- ❖ To understand the influences of psychological factors in physical education and sports.
- ❖ To understand of the nature, scope & methods of psychology of physical education & sports.
- ❖ To develop an understanding of the concept of individual difference and its importance in physical education and sports.
- ❖ To develop an understanding of the concept of personality, factors affecting personality.
- ❖ To understand the role of sports psychology for better performance.

Unit I

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

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.

Unit III

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

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)

Unit V

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

Course Outcomes After the completion of this course the students will be able to

- ❖ apply psychological theories in the field of physical education and sports for enhanced participation and optimal performance of athletes.
- ❖ classify general characteristics of various stages of growth and development.
- ❖ compare the personality and its characteristics.
- ❖ develop programs and strategies to enhance athletic participation among school children.
- ❖ understand the psycho-sociological aspects of human behavior in relation to physical education and sports.

General Reference:

1. Aldermen, A.B. "Psychology Behavior in Sports", W.B. Saunders Company, 1974.
 2. Cratty B.J. "Social Dimension of Physical Activity", New Jercey, Printice Hall inc.,
 3. Cratty B.J., "Psychology in Contemporary Sports", Prentice Hall inc, Englewood Cliff, 1973.
 4. Rane J.E., "Psychologicla Aspects of Physical Education and Sports" London Routleage and Keganpan, 1972.
 5. Frots and Renbon, "Psychological concepts Applied to physical education and coaching", Masseurhuseffs, 1971.
-

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
III & IV	20U4PEAP2	Allied Practical – Basketball, Handball and Tennis (NS)	3+3	3

Objectives:

- ❖ To introduce students to basic & advanced skills in sports & games.
- ❖ To know the fundamental skills of Basketball, Tennis and Handball.
- ❖ To understand the rules of Basketball, Tennis and Handball.
- ❖ To preparing the students for the tournaments.
- ❖ To design and practice the new methods of technique and training.

Unit I

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

Unit II

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

Unit III

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

Unit IV

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

Unit V

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

Course Outcomes After the completion of this course the students will be able to

- ❖ acquaint themselves student with progressive teaching stages of fundamentals skills of games.
- ❖ understand the practical knowledge on coaching, officiating and marking in Basketball, Tennis and Handball.
- ❖ formulate the methods to practice the skill and techniques for applying tactics and strategies integrated in the play.

General Reference:

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

Semester	Course Code	Title of the Course	Hours of Teaching /Week	No. of Credits
IV	20U4PES2	Skill Based Elective – II FITNESS AND WELLNESS (NS)	1	1

Objectives:

- ❖ To develop the competencies, skill and knowledge required for the fitness and life style management.
- ❖ To understand the relationship between fitness and wellness.
- ❖ To acquire the knowledge regarding healthy lifestyle approach.
- ❖ To gain knowledge regarding various aspects and its practical implications fitness lifestyle management

Unit – I Weight management

Proportion of Height, Weight in relation to age and sex – Energy in take and output – obesity, Body Mass Index.

Unit – II Stress Management

What is stress- types of stress – relaxation Technique (Physical activity, Breathing technique, Meditation, Yoga.

Course Outcomes After the completion of this course the students will be able to

- ❖ acquire the knowledge about prevention and management of modern lifestyle.
- ❖ understand the basic concept and introduction of fitness and wellness.
- ❖ acquire the knowledge about factor affecting fitness and methods to develop it.
- ❖ know about basic and modern concept of health and nutrition.
- ❖ learn the concept of designing different fitness training programme for different age group.

General Reference:-

1. Gerrold S (1985), Physical Fitness "A Wellness approach" Second Edition. Prentics hall – Engel wood Cliffs.
2. Edward Fox (1975), Life time fitness saunders College Publishing, New York.

Semester	Course Code	Title of the Course	Hours of Teaching/Week	No. of Credits
V	20U5PEC7	Methods in Physical Education	5	6

Objectives:

- ❖ To learn the method of effective teaching and class control.
- ❖ To study about the techniques of Presentation.
- ❖ To study about class control and lesson plan.
- ❖ To understand how to draw fixtures.
- ❖ To learn the organization of tournaments.

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, 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 Organisation and Conducting Tournaments and sports meets.

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

Course Outcomes After the completion of this course the students will be able to

- ❖ construct the lesson plans for various physical education activities.
- ❖ learn the types of presentation, techniques and technical preparations required for physical education lessons.
- ❖ evaluate various teaching aids for conduct of physical education program.
- ❖ understand about the Intramural and extramural competition.
- ❖ Organize the various level of competition.

General Reference:

1. Kamalesh. M.L. and Sangral M.S. Methods in Physical Education, Prakash Brothers Ludhiyana.
2. Edward. F. Voltmer and Arthur A. Essliniger – The organization and Administration of Physical Education. The Times of India Press, Bombay.
3. Dheer, S and Radhika Kamal – Organisation and Administration of Physical Education, Friends Publication, New Delhi.

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Semester	Course Code	Title of the Course	Hours of Teaching /Week	No. of Credits
V	20U5PEC8	Research Methods and Elementary Statistics	5	6

Objectives:

- ❖ To understand the Concepts of Organization Principles and administration in sports.
- ❖ To acquaint the students with the concept of administration.
- ❖ To introduce to the theories of administration.
- ❖ To understand the concept of organizational behaviour & its administration.
- ❖ To study about the structures to organize competitions.

Unit I

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

Unit II

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

Unit III

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

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 and sports.

Unit V

- a. Frequency Distribution – meaning of Raw data – Grouped data.
- b. Meaning of single score – frequency table computation.
- c. Definitions of Mean, Median and Mode.
- 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.

Course Outcomes After the completion of this course the students will be able to

- ❖ understand the concept of organization and administration.
- ❖ realize qualities and competencies required for the administration.
- ❖ understand the organization and administration of sports programs.
- ❖ design financial proposal for physical education & sports in schools/colleges/ universities.
- ❖ organize, design and evaluate sports events.

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.

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Semester	Course Code	Title of the Course	Hours of Teaching/ Week	No. of Credits
V	20U5PEC9	Theories of Games – (Football, Volleyball and Kabaddi)	4	5

Objectives:

- ❖ Focus the unique history of each game namely Football, Volleyball and kabaddi.
- ❖ Become familiar with the rules and regulations and their interpretations.
- ❖ Focus to practice the fundamental skills and its techniques in Football, Volleyball and kabaddi. in order to win the match.
- ❖ To Learn and lay the playfield with specification.
- ❖ Evaluate the rules while learning the fundamentals in Football, Volleyball and kabaddi.

Unit : I

History of the Games: Indian and World.
Organization of the Game: State, National and International levels.

Unit : II

Warm – up and Warm – Down, Specific warming for the Games, Essential Fitness Components, Conditional and Loads in Foot Ball, Volley Ball, and Cricket.

Unit : III

Fundamentals Skills and Advance Skills.
Various types of skills, special Allied Mechanics Involved in Football, Volley Ball, and Kabaddi.

Unit : IV

Tactics and Strategy system in the Games, Lead up Games and Evaluation in Football, Volleyball, and Kabaddi.

Unit : V

Rules and their Interpretations.
Layout of court with all specifications and Maintenance, Facilities and Equipment with Specifications, Duties of Officials, Important Tournaments and Cups. Scoring System.

Course Outcomes After the completion of this course the students will be able to

- ❖ acquire the physiological training, warming – up and motor qualities,
- ❖ establish the rules and interpretation of the game and officiating to become a professional.
- ❖ Gain expertise in technical, tactical and officiating skills.
- ❖ Equip their knowledge with rules and regulations and prepared to officiate tournaments.
- ❖ learn about the game and its strategies capable to teach the game Football, Volleyball and Kabaddi.

References :-

1. Coel, R.G. Encyclopedia of Sports and games
2. Dr. Thanka Pichaiyappa – “Earyway to play games and General Knowledge”.
3. Amainath Mohindes, learn to play Good Cricket, Delhi, Surjeet Publication.

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
V	20U5PECP3	Core Practical - Foot Ball, Volleyball and Kabaddi	5	5

Objectives:

- ❖ To introduce students to basic & advanced skills in sports & games.
- ❖ To know the fundamental skills of football, volleyball and kabaddi.
- ❖ To understand the rules of football, volleyball and kabaddi.
- ❖ To preparing the students for the tournaments.
- ❖ To design and practice the new methods of technique and training.

Unit I

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

Unit II

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

Unit III

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

Unit IV

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

Unit V

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

Course Outcomes After the completion of this course the students will be able to

- ❖ acquaint themselves student with progressive teaching stages of fundamentals skills of games.
- ❖ understand the practical knowledge on coaching, officiating and marking in football, volleyball and kabaddi.
- ❖ formulate the methods to practice the skill and techniques for applying tactics and strategies integrated in the play.

General Reference:

1. Cornelius Bykerm – Simplified multiple offence for winning Basket Ball.
2. Srinivasan.S. – Basket Ball
3. Goel, R.G.Encyclopedia of Sports and games.
4. Thomson Willam teaching Soces, Deli, Surject, Publications.

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
V	20U5PEEL1A	Major Elective – I Sports Nutrition	4	3

Objectives:

- ❖ To know the basic guidelines of nutrition & performance enhancements.
- ❖ To know about role of foods and Nutrition in sports performance.
- ❖ To understand about obesity and overweight.
- ❖ To study about the basic concept of body fuels.
- ❖ To study about the techniques in nutrition assessment.

Unit - I

Meaning, Need, Nature and importance of Nutrition, Role of Nutrition on Higher Performance in Sports.

Unit – II

Basic of Nutrition, Carbohydrates, Fats, Proteins, Vitamins, Minerals, Water, Balanced diet, Nutritive value of Food Stuffs.

Unit – III

Nutrition for Athletes and Players, Energy requirements in sports, carbohydrate loading.

Unit – IV

Percentage of energy derived from foods, Glycemic Index of food, Dietary fiber of food.

Unit – V

Principles of weight control, Exercise. The key to successful weight loss management designing. Weight loss programme. Tips for control body weight.

Course Outcomes After the completion of this course the students will be able to

- ❖ understand the concept of sports Nutrition.
- ❖ realize the importance of nutrients and healthy diet for physical performance.
- ❖ understand the health risks factors associated with obesity.
- ❖ design different diet plan for different age group in accordance with sports performances.
- ❖ identify proper hydration principles and discuss the importance of hydration for physical performance.

Reference:-

1. Pande P.K. and L.C. Gupta, Putline of sports Medicine : Jaypee Brothers New Delhi, 1987.
2. Hoeger W.K. Werner and Sharon A.Hoeger, Fitnes and Welness: Mortor Publicshing company Englewood, 1990.
3. Goeswami Shashikant, Nutrition for sports "SAIONSNIS" Patiala, 1996.

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
V	20U5PEEL1B	Major Elective – I Computer Applications in Physical Education	4	3

Objectives:

- ❖ To gain knowledge of the application of Computer in Physical Education.
- ❖ To acquaint the learner with different methods MS Offices.
- ❖ To understand Application of Software used in Physical Education and sports.
- ❖ To understand the need and importance of Communication Technology (ICT).
- ❖ To have hands on experience in computer.

Unit I

Introduction, Definition, Characteristics, Types of Computer, Micro computer, Mini Computer, Introduction to Computer hardware and software, An Introduction operating system, uses and general Introduction in to MS-Office.

Unit II

Introduction to MS-Word – Creating Word Document – Editing document text – selecting – copying – deleting and moving text – Aligning and formatting text – setting line space – using table – Aligning text vertically – setting Margin – printing option – using Mail Merge.

Unit III

Introduction to MS-Excel – Entering and Editing cell entries – working with numbers – creating Formulas – Adjusting Column width and row height, inserting and deleting rows and cells – copying content, power point presentation.

Unit IV

Computer Applications in Physical Education – Office Management Teaching.

Unit V

Practicing.

1. Prepare Curriculum Vita in word.
2. Design an invitation for a sports meet.
3. Design the corresponding Score sheet in Excel.
4. Design a certificate.
5. Report presentation in Power point.

Course Outcomes After the completion of this course the students will be able to

- ❖ understand the application of computers in Physical Education.
- ❖ create, format and edit features of MS word, MS excel and MS power point.
- ❖ understand software used in Physical Education and sports.
- ❖ identify importance of information and communication technology (ICT) in physical education and sports.
- ❖ gain hands on experience in computer.

General Reference:

1. Wempen and Faithe (2010) "Microsoft Office 2010 Bible" Wilery Indian Pvt. Ltd.
2. Wang and Wallace (2010) Microsoft Office 2010 Dummies, Wiley Publication Pvt. Ltd. New Delhi.
3. Vikas Gupta, Rapidex, Computer Course, Putak. Mahal, New Delhi, 1995.
4. Haggerey, T., The Administrative use of computer in Professional Sports Organization, Inc., New York.

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Semester	Course Code	Title of the Course	Hours of Teaching /Week	No. of Credits
V	20U5PEEL2A	Major Elective – II Organization and Administration	4	4

Objectives:

- ❖ To study the basic knowledge of research in physical education.
- ❖ To know the fundamentals concept of statistics.
- ❖ To analyse an event or process or phenomenon to identify the cause and effect relationship.
- ❖ To enable the student to present a good research proposal.
- ❖ To study and find solution to scientific or non-scientific and social problem to overcome or solve the problem occurring in our daily life.

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 duties pertaining to facilities, instruction and professional growth.

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.

Course Outcomes After the completion of this course the students will be able to

- ❖ understand the basic of research in physical education.
- ❖ classify the various statistical methods used in physical education.
- ❖ describe the research methods in physical education.
- ❖ identify various sources of information for literature review and data collection.
- ❖ understand statistical models used in physical education and sports.

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.

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Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
V	20U5PEEL2B	Major Elective –II Sports Medicine	4	4

Objectives:

- ❖ To study the concept of sports medicine.
- ❖ To study the role of sports medicine for sports performance.
- ❖ To understand the adverse effects of doping in sports.
- ❖ To know about various technique for relaxation of sports person.
- ❖ To study about the various therapy for sports injuries.

Unit – I

Definition, Need, Nature and scope of Sports medicine. importance of sports Medicine in physical Education and sports.

Unit – II

Different methods in promoting physical fitness – walking, jogging, swimming, cycling, Dancing and skipping.

Unit – III

Women in sports: Performance and sexual differences, Drugs and Doping – Injuries: Bisters, - Continusions Flaematoenas, cramps and Muscle Strain, Joint Sprain, Dislocation, Fracture.

Unit –IV

Sports Physiotherapy Methods, Effects, Indication and contra Indication.

Exercise – classification and Therapeutic using of exercise in Rehatritation

Unit – V

Bandage – Types, Application.

Strapping for major joint & body parts.

Course Outcomes After the completion of this course the students will be able to

- ❖ understand the objectives of sports medicine.
- ❖ analyze preventive and curative aspect of sports injuries.
- ❖ understand the concept of rehabilitation exercise in post injury care.
- ❖ realize difference therapeutic exercises.
- ❖ understand the concepts Sports injuries, their prevention, management and rehabilitation.

References :-

1. Starkey, chad / Therapeutic Modalities of Athletic trainers, F.A. Davis company, pheladelphes 1990.
2. Edward Donald, Physiotheropy occupations Therapy and gymnastics, London.
3. St. John Ambulance, etc. First Aid Manual : St John Ambulance, London, 1997.
4. Prentice Williams E. Therapeutic Modalities sports Medicine : ST Louis, 1990.
5. Sundararajan / sports Medical Lectures: Rosan publication, Chennai.

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
V	20U5PENME	Non – Major Elective Science Of Yoga	2	1

Objectives:

- ❖ To provide the foundation of science to the concept of yoga.
- ❖ To understand and apply various skills.
- ❖ To promote the knowledge and awareness on Yoga.
- ❖ To get acquaint with new trends in yoga.
- ❖ To gain the practical knowledge in Yoga.

Unit I What is Yoga.

History of yoga, Meaning of Yoga, Aim and objectives of Yoga,

Systems of Yoga

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

Pathenjali Yoga

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

Unit II Asanas

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

Practical

Padamasana, Vajrasana, Paschimottan Asana, Matsyabana, Vakarasana, Ardha Matsyendrasana, Saravangasana, Halasana, Savasana, Makarasana, Bhujangasana, Dhanurasana, Salabhasana, Tadasana.

Course Outcomes After the completion of this course the students will be able to

- ❖ understand the basic Concepts of Yoga.
- ❖ apply the principles of Yoga to live healthy and active life style.
- ❖ promote the awareness of health through yoga.
- ❖ analyse the techniques and of body posture to bring out healthy change.
- ❖ develop the knowledge through practice, participate and organize.

General Reference:

1. Chandra Sekaran,K. (1999) "Sound Health Through Yoga". Madurai: Prem Kalyan Publisher.
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.

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Semester	Course Code	Title Of The Course	Hours Of Teaching/ Week	No. of Credits
V	20U5PELSD	LIFE SKILLS DEVELOPMENT	1	-

Course objectives

- ❖ To enhance one's ability to be fully self aware by helping oneself to overcome all fears and insecurities and to grow fully from inside out and outside in.
- ❖ To increase one's knowledge and awareness of emotional competency and emotional intelligence at place of study/work.
- ❖ To provide opportunity for releasing one's potential through practical experience.
- ❖ To develop interpersonal skills and adopt good leadership behaviour for empowerment of self and others.
- ❖ To set appropriate goals, manage stress and time efficiently.
- ❖ To manage competency- mix at all levels for achieving excellence with ethics.

Unit – I

(30 hrs)

Communication and Professional skills

1. Writing and different modes of writing.
2. Digital Literacy.
3. Effective use of social media.
4. Non verbal communication.
5. Resume skills.
6. Presentation skills.
7. Listening as a Team skill.
8. Brainstorming.
9. Social and cultural Etiquettes.
10. Internal communication.

Unit – II

(30 hrs)

Leadership, management and Universal Human Value

1. Leadership skills.
2. Managerial skills.
3. Entrepreneurial skills.
4. Innovative Leadership and Design thinking.
5. SWOT (Strengths, Weaknesses, Opportunities and Threats Analysis)
6. EQ (Emotional Quotient)
7. Love and Compassion.
8. Truth.
9. Non Violence.
10. Righteousness.
11. Ethic and Integrity.

Course Outcomes After the completion of this course the students will be able to

- ❖ gain Self Competency and Confidence.
- ❖ practice Emotional Competency.
- ❖ gain Intellectual Competency.
- ❖ gain an edge through Professional Competency.
- ❖ aim for high sense of Social Competency.
- ❖ become an integral Human Being.

References:

1. Bailey, Stephen, Academic Writing: A handbook for International Students, 2010 Rourlege.
2. Shlpa Sablok Bhardwaj (2018). Computer Applications for Class 9 MS Office Blueprint Education (Contributor).
3. [http:// WWW.lyfemarketing.com / blog / how-digital – marketing – works/](http://WWW.lyfemarketing.com/blog/how-digital-marketing-works/)
4. [http:// WWW.thoughtco.com/what-is-nnverbasl - communication - 1691351](http://WWW.thoughtco.com/what-is-nnverbasl-communication-1691351)
5. [http:// WWW.wikihow.com/Write-a-Neat-Resume](http://WWW.wikihow.com/Write-a-Neat-Resume)
6. [http:// WWW.gildabonanno.com/presentation-skill-coaching-videos](http://WWW.gildabonanno.com/presentation-skill-coaching-videos)
7. [http:// blog.vantagecircle.com/active-listening/](http://blog.vantagecircle.com/active-listening/)
8. Osborn, A.F. (1963) Applied imagination: Principles and procedures of creative problem solving (Third Revised Edition). New York, NY: Charles Scribner's Sons.
9. [http:// WWW.thespruce.com/what-is-etiquette-and-why-is-it-important-1216650](http://WWW.thespruce.com/what-is-etiquette-and-why-is-it-important-1216650)
10. [http:// WWW.talkfreely.com/blog/internal-and-eternal-communication.](http://WWW.talkfreely.com/blog/internal-and-eternal-communication)

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
VI	20U6PEC10	Science of Sports Training	5	6

Objectives:

- ❖ To understand the concept, principles and forms of sports training.
- ❖ To develop methods of training for all of the fitness components.
- ❖ To develop the technical and tactical training methods.
- ❖ To acquaint the students with dimensions and actual markings of different play fields, courts and arenas.
- ❖ To study the factors influencing training programme.

Unit I Sports Training

Aim, Tasks and Characteristics of Sports Training

Unit II Training Load

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

Unit III Development of Important Motor Components

- a. Strength-forms of strength, Characteristics of strength, Strength training 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., Importance of abilities, Improvement of co-ordinative abilities.

Unit IV Technical Preparation

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

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.

Course Outcomes After the completion of this course the students will be able to

- ❖ understand the modern concept and principal of sports training.
- ❖ evaluate and develop system of sports training – basic performance, intermediate performance and high performance training.
- ❖ applied the Methods of technical and tactical training.
- ❖ compose training programme for fitness components.

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.
 - Unit – II Chapter II: 22-31, Sports Training Principles Frank.W.Dick: 246-251.
 - Unit – III Chapter VI: 85-170, Frank.W.Dick, Sports Training Principles: P.176-179, 182-188, 193-197, 202-206, 213-217.
 - Unit – IV Chapter XI: 173-181, 188 – 191, Frank.W.Dick: 147-154.
 - Unit – V Chapter XIII: 221 – 248, Frank.W.Dick: 229-233, 239-243, 261-265.

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
VI	20U6PEC11	Kinesiology and Biomechanics	5	6

Objectives:

- ❖ To study the nature and scope of Biomechanics in Physical Education & Sports.
- ❖ To Know the importance of sports biomechanics and Kinesiology on sports Performance.
- ❖ To gain knowledge of the application of mechanical principles to fundamental skills and sports techniques.
- ❖ To know about the various physical law of motion for reducing the Injuries and enhancement of sports performance.
- ❖ To know about mechanical analysis of sports related skills.

Unit I Introduction

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

Meaning and Importance of Biomechanics. Branches of Biomechanics: Kinetics and Kinematic, etc.,

Unit II

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

Unit III

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

Unit IV

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

Unit V

Shoulder joint and Hip Joint. Elbow and Knee Joint.

Course Outcomes After the completion of this course the students will be able to

- ❖ understand the mechanical concepts (force, lever, Newton's laws of motion and Projectile).
- ❖ develop the knowledge of kinesiology applied in various sports activities.
- ❖ understand the basic functions of muscles and joints.
- ❖ identify the goals of exercise and sports biomechanics.
- ❖ analyze the methods used to achieve the goals of exercise and sports biomechanics.

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.

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Semester	Course Code	Title of the Course	Hours of Teaching /Week	No. of Credits
VI	20U6PEC12	Officiating and Coaching	4	6

Objectives:

- ❖ To understand basic concepts & principles of officiating and coaching of different sports.
- ❖ To enable the students to understand the rules, regulations and officiating in different sports.
- ❖ To acquaint the students with the duties and responsibilities of officials and coaches.
- ❖ To acquaint students with dimensions & actual markings of different play fields, courts & arenas.
- ❖ To understand the concept, principles and forms of sports training.

Unit – I

Introduction of Officiating and Coaching

Concept of officiating and coaching – importance and principles of officiating – Relation of official and coach with management, players and – measures of improving the standards of officiating and coaching.

Unit – II

Coach as a leader

Duties of coach in general, pre, during and post game –philosophy of coaching – Responsibilities of a coach on and off the field – psychology of competition and coaching.

Unit – III

Duties of official

Duties of official in general, Pre, during and post game – Philosophy of officiating – mechanics of officiating – position, singles and movement – Ethicist of officiating.

Unit – IV

Qualities and Qualification of Coach and officiating

Qualities, and qualification of coach and official, Team manager – Eligibility rules of inter collegiate official, Team Manager – eligibility rules of inter collegiate and inter university tournament – integrity and values of sports.

Unit – V

General rules of selected indoor games (chess, carom, billiards, snooker), General rules of selected water games (Diving, water polo).

Course Outcomes After the completion of this course the students will be able to

- ❖ understand the concept of officiating and coaching.
- ❖ describe the duties of coaches and officials.
- ❖ understand the ethics of coaching and officiating.
- ❖ realize the qualities of coach and officials.
- ❖ apply the concept of coaching and officiating in various sports and games.

References:-

1. Bunn, J.W. (1972) scientific principles of coaching, Englewood cliffs N.J. Prentic Hall.
2. Bunn, J.W. (1968), The art of officiating sports Englewood cliff N.J. Prentice Hall.
3. Johnson, G.H. (1963) The mechanics of Athletics, London, University of London press Ltd.

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
VI	20U6PECP4	Allied Practical – Teaching Practice	6	5

Objectives:

- ❖ To provide fundamental knowledge on teaching techniques and methods.
- ❖ To educate how to prepare a lesson plan and how to handle classes.
- ❖ To expand the knowledge of a general and particular area of teaching.
- ❖ To work professionally with diverse individuals and groups.
- ❖ To Learn the method of teaching and demonstration skills of various sports and game.

Unit – I

Assembly and Roll call

- a) Class Formation
- b) Assembly and Disposal
- c) March past

Unit – II

Callisthenic Exercise (Free Hand Exercise)

- a) Standing Exercise
- b) Bending Exercise
- c) Stepping Exercise
- d) Moving Exercise
- e) Sitting Exercise
- f) Clapping Exercise

Unit - III

Exercise with Equipment

- a) Dumbbells
- b) Lezim
- c) Indian clubs
- d) Minor Games

Unit – IV

Specific Teaching skills on major games and Athletic Events

- a) Demonstration
- b) Teaching
- c) Correcting the mistakes
- d) Lead –up activities

Unit – V

Records and Viva

Course Outcomes After the completion of this course the students will be able to

- ❖ learn the types of teaching methods.
- ❖ study the skills, abilities and values of teaching methods.
- ❖ understand the preparation of general and particular lesson plans.
- ❖ provide the basic knowledge about teaching methods and factors affecting teaching.
- ❖ study the difference between the class room teachings and teaching in the field.

References:-

1. Rules and regulation of minor games, S.Kaliyamorthy

B.Sc. Physical Education

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
VI	20U6PEEL3A	Major Elective –III Sports Journalism	4	3

Objectives:

- ❖ To study the importance of sports journalism and mass media for sports.
- ❖ To study the concepts of sports communications.
- ❖ To be aware of that how to write the report for publishing in news Courses.
- ❖ To Know about the technique for highlighting the reports in sports.
- ❖ To know about the opportunities in sports journalism.

Unit – I

Sports Journalism–Meaning, need and scope, Aim and objectives of Mass communication. Purpose of Mass media for the propagation of sports and games, Growth of sports communication and periodicals sports coverage sports coverage on AIR, T.V. and Films.

Unit – II

Basic principles of sports reporting Difference between general news reporting and sport reporting source of sports news, sports spot news, advanced story and flash back follow up story, Basic of Athlete reporting. Basic of Games Reporting, Interviews Photos, News, Tit – bits.

Unit –III

Editing – Techniques Editor – Sub Editors, Copy reading and handling sports news Design and make-up of the sports page typography and various process of printing news Course styles and slant News structure.

Unit – IV

Radio & TV commentary, different between Radio & TV commentary, experts comments sports reviews for the radio and T.V.

Unit – V

Advertising and NewsCourse management Radio and T.V. Advertising Newspaper organization and management of newspaper circulation, Ethics and Responsibilities of sports Journalists.

Course Outcomes After the completion of this course the students will be able to

- ❖ identify the scope of journalism and in particular sports journalism.
- ❖ understand the concepts and techniques to sports communications.
- ❖ nderstand and demonstrate the ability to communicate effectively.
- ❖ learn to develop relationships with sports bodies, coaches and players.
- ❖ acquire the knowledge how sport journalism can promote equity and social justice.

References :

1. Gurusamy, Lthazial Kalia, Diongual: Guruthemozhi.
2. Athaja A.N. Theory and Practice of Journalism, Surject publication, New Delhi.
3. Kamath, M.V., Projersional Journalism, Vikas Publishing House Ltd., New Delhi, 1981.
4. Puri G.K. Journalism, Sudha Publication, Pvt. Ltd., New Delhi.

B.Sc. Physical Education

Semester	Course Code	Title of the Course	Hours of Teaching / Week	No. of Credits
VI	20U6PEEL3B	Major Elective – III Adapted Physical Education and Sports	4	3

Objectives:-

- ❖ To acquaint to the concept of adapted physical education and its benefits for disabilities.
- ❖ To acquire the knowledge about classification of disabilities.
- ❖ To know about the basic knowledge of adapted physical education programme.
- ❖ To learn about Rehabilitation and welfare programme.
- ❖ To understand the movement skills, patterns & its development.

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 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.

Course Outcomes After the completion of this course the students will be able to

- ❖ develop basic skills in testing, assessment, programming and teaching adapted physical activity.
- ❖ recognize the perceptual-motor behavior and developmental levels of the individual obtain knowledge about ability levels of persons with disabilities.
- ❖ provide appropriate programming for participants in adapted physical education settings.
- ❖ learn game rules and strategies and demonstrate their use in game settings.
- ❖ know the importance of physical activity and personal fitness.

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.

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Semester	Course Code	Title of the Course	Hours of Teaching /Week	No. of Credits
VI	20U6PEEL4A	Major Elective –IV Sports Physiotherapy	4	4

Objectives:

- ❖ To understand classification of sports injuries and its first aid and immediate management.
- ❖ To know the basics of therapeutic modalities and its physiological effects.
- ❖ To understand good and bad posture, postural deformities.
- ❖ To know the process of rehabilitation.
- ❖ How to apply various therapeutic modalities for various sports injuries.

Unit I

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

Unit II

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

Unit III

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

Unit IV

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

Unit V

- a. Introduction to heart failure, classification carelities–Sign and symptoms and prevention.
- b. Chronic vascular disorders, coronary occlusion and Efforts, requiring hypertension
- c. Dis-order of the blood vessels–Atherosclerosis, cold extremities, various thrombosis.

Course Outcomes After the completion of this course the students will be able to

- ❖ understand the primary responsibilities of sports trainer has in preventing sports injuries and providing initial care for injured athletes.
- ❖ demonstrate the basics of sport first aid during and after game situation.
- ❖ recognize and appropriately treat common sports injuries and conditions from onset through rehabilitation.
- ❖ identify and apply knowledge of anatomy to the design and execution of sports injuries.
- ❖ learn about the motor learning, exercise physiology and other sports medicine lab settings.

Reference:

1. Anderson Marcia K. and Susan J. Hall, Sports Injury Management, Philadelphia:
2. Curwin S. and W.D. Stanish, Tendinitis: Its Etiology and Treatment, Massachusetts D.C. Wealth, 1981.
3. Beashel Paul and John Taylor, Sports Explained, Hampshire : Macmillan Massachusetts Hicks Carolyn M. Research of Physiotherapists: Project Design and Analysis, London
4. Churchill Livingstone, 1995.

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Semester	Course Code	Title of the Course	Hours of Teaching /Week	No. of Credits
VI	20U6PEEL4B	Major Elective - IV Recreation and Camping	4	4

Objectives:

- ❖ To provide the knowledge and understanding the introduction to recreation.
- ❖ To learn recreation and leisure time activity.
- ❖ To understand basic of recreation & theories of play.
- ❖ To learn how to organize camping for students.
- ❖ To provide knowledge of organizing recreational events.

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 – Dhronacharya 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.

Course Outcomes After the completion of this course the students will be able to

- ❖ develop a Concept scope of recreation.
- ❖ understand about the agencies providing recreation.
- ❖ gain the knowledge of concept programmes in recreation.
- ❖ understand how to select campsites, activity and organize camping.
- ❖ gain the knowledge of recreational services for special groups.

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.