**ANNAMALAI UNIVERSITY**

**(Affiliated Colleges)**

**223 - B. Sc. PHYSICAL EDUCATION**

Programme Structure and Scheme of Examination (under CBCS)

(Applicable to the candidates admitted from the academic year 2024 -2025 onwards)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Part | Course Code | Study Components & Course Title | Credit | Hours/Week | Maximum Marks |
| CIA | ESE | Total |
|  |  | SEMESTER – I |  |  |  |  |  |
| I | 23UTAML11/ 23UHINL11/ 23UFREL11 | Language– I:பொது தமிழ்-I/ தமிழிலக்கிய வரலாறு-1/ General Hindi-I/ French-I | 3 | 6 | 25 | 75 | 100 |
| II | 23UENGL12 | General English – I | 3 | 6 | 25 | 75 | 100 |
| III | 23UPEDC13 | Core – I : Foundation of Physical Education | 5 | 5 | 25 | 75 | 100 |
| 23UPEDC14 | Core – II : Anatomy and Physiology | 5 | 4 | 25 | 75 | 100 |
|  23UPEDE15 | Elective – I - Yoga Education | 2 | 3 | 25 | 75 | 100 |
|  | 23UPEDEP1 | Elective Practical - I – Yoga Education  | 1 | 2 | 25 | 75 | 100 |
| IV | 23UTAMB16/23UTAMA16 | Skill Enhancement Course-1\*NME-I/Basic Tamil – I /Advanced Tamil- I | 2 | 2 | 25 | 75 | 100 |
| 23UPEDF17 | Foundation Course: General Knowledge and History of Physical Education | 2 | 2 | 25 | 75 | 100 |
|  |  | Total | 23 | 30 |  |  | 800 |
|  |  | SEMESTER – II |  |  |  |  |  |
| I | 23UTAML21/ 23UHINL21/ 23UFREL21 | Language– II:பொது தமிழ் -II: தமிழிலக்கிய வரலாறு-2/ General Hindi-II/ French-II | 3 | 6 | 25 | 75 | 100 |
| II | 23UENGL22 | General English – II: | 3 | 6 | 25 | 75 | 100 |
| III | 23UPEDC23 | Core – III: Organization, Administration and Methods in Physical Education | 5 | 5 | 25 | 75 | 100 |
| 23UPEDP24 | Core – IV: Games and Track & Field - I[Football, Basket ball, Volley ball & Track Events] | 5 | 4 | 25 | 75 | 100 |
| 23UPEDE25 | Elective – II - Gymnastics | 2 | 3 | 25 | 75 | 100 |
|  | 23UPEDEP2 | Elective Practical –II: Gymnastics | 1 | 2 | 25 | 75 | 100 |
| IV | 23UTAMB26/23UTAMA26 | Skill Enhancement Course – 2\*NME-II/Basic Tamil – II /Advanced Tamil- II | 2 | 2 | 25 | 75 | 100 |
| 23USECG27 | Skill Enhancement Course – 3:Internet and its Applications (Common Paper) | 2 | 2 | 25 | 75 | 100 |
|  | 23UNMSD01 | Language Proficiency for employability: Overview of English Communication\*\* | 2 | - | 25 | 75 | 100 |
|  |  | Total | 25 | 30 |  |  | 800 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Part | Course Code | Study Components & Course Title | Credit | Hours/Week | Maximum Marks |
| CIA | ESE | Total |
|  |  | SEMESTER – III |  |  |  |  |  |
| I | 23UTAML31/ 23UHINL31/ 23UFREL31 | Language–III:பொது தமிழ்-III/ **தமிழக வரலாறும் பண்பாடும்**/  General Hindi-III/ French-III | 3 | 6 | 25 | 75 | 100 |
| II | 23UENGL32 | General English – III | 3 | 6 | 25 | 75 | 100 |
| III | 23UPEDC33 | Core – V : Sports Management | 5 | 5 | 25 | 75 | 100 |
| 23UPEDP34 | Core – VI : Games and Track & Field - II [Kho-Kho, Kabaddi and Badminton ] | 5 | 4 | 25 | 75 | 100 |
|  23UPEDE35 | Elective – III - Safety Education and First Aid | 2 | 3 | 25 | 75 | 100 |
|  | 23UPEDEP3 | Elective Practical – III: First Aid | 1 | 2 | 25 | 75 | 100 |
| IV | 23UPEDS36 | Skill Enhancement Course – 4:Fundamental Movement Skills | 1 | 1 | 25 | 75 | 100 |
| 23UPEDS37 | Skill Enhancement Course – 5: Entrepreneurship | 2 | 2 | 25 | 75 | 100 |
|  |  Environmental Studies |  | 1 | - | - | - |
|  |  | Total | 22 | 30 |  |  | 800 |
|  |  | SEMESTER – IV |  |  |  |  |  |
| I | 23UTAML41/ 23UHINL41/ 23UFREL41 | Language– IV:பொது தமிழ் -IV: **தமிழும் அறிவியலும்** / General Hindi-IV/ French-IV | 3 | 6 | 25 | 75 | 100 |
| II | 23UENGL42 | General English – II: | 3 | 6 | 25 | 75 | 100 |
| III | 23UPEDC43 | Core – VII: Fundamentals of Sports Psychology and Sociology | 5 | 5 | 25 | 75 | 100 |
| 23UPEDP44 | Core – VIII : Games and Track & Field - III [Hockey, Cricket and Handball ] | 5 | 4 | 25 | 75 | 100 |
| 23UPEDE45 | Elective – IV – Test, Measurement and Elementary Statistics | 2 | 2 | 25 | 75 | 100 |
|  | 23UPEDEP4 | Elective Practical –IV: Test, Measurement and Evaluation | 1 | 2 | 25 | 75 | 100 |
| IV | 23UPEDS46 | Skill Enhancement Course – 6:Principles of Motor Development | 2 | 2 | 25 | 75 | 100 |
| 23UPEDS47 | Skill Enhancement Course – 7: Personality Development | 2 | 2 | 25 | 75 | 100 |
| 23UEVSG48 | Environmental Studies | 2 | 1 | 25 | 75 | 100 |
|  |  | Total | 25 | 30 |  |  | 900 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Part | Course Code | Study Components & Course Title | Credit | Hours/Week | Maximum Marks |
| CIA | ESE | Total |
|  |  | SEMESTER – V |  |  |  |  |  |
| III | 23UPEDC51 | Core – IX : Physiology and Physiology of Exercise | 4 | 5 | 25 | 75 | 100 |
| 23UPEDC52 | Core – X : Athletic Care and Rehabilitation  | 4 | 5 | 25 | 75 | 100 |
| 23UPEDC53 | Core – XI : Recreation and Camping | 4 | 5 | 25 | 75 | 100 |
| 23UPEDP54 | Core – XII: Games and Track & Field - IV[ Relay, Shot Put, Javelin, Long Jump & High Jump] | 4 | 5 | 25 | 75 | 100 |
|  23UPEDE55 | Elective – V : Fitness and Wellness  | 3 | 4 | 25 | 75 | 100 |
|  | 23UPEDE56 | Elective– VI: Kinanthropometry | 4 | 5 | 25 | 75 | 100 |
| IV | 23UVALG57 | Value Education  | 1 | 1 | 25 | 75 | 100 |
| 23UPEDI58 | Summer Internship++ | 2 | - | 25 | 75 | 100 |
|  |  | Total | 26 | 30 |  |  | 800 |
|  |  | SEMESTER – VI |  |  |  |  |  |
| III | 23UPEDC61 | Core – XIII: Sports Training | 4 | 6 | 25 | 75 | 100 |
| 23UPEDC62 | Core – XIV: Sports Biomechanics & Kinesiology  | 4 | 6 | 25 | 75 | 100 |
| 23UPEDD63 | Core – XV: Project and Viva -Voce | 4 | 6 | 25 | 75 | 100 |
| 23UPEDE64 | Elective – VII – Sports Nutrition  | 3 | 5 | 25 | 75 | 100 |
|  | 23UPEDE65 | Elective –VIII: Health Education | 3 | 5 | 25 | 75 | 100 |
| IV | 23UPEDF66 | Professional Competency Skill: | 2 | 2 | 25 | 75 | 100 |
| V | 23UPEDX67 | Extension Activity | 1 | - | 100 | - | 100 |
|  |  | Total | 21 | 30 |  |  | 700 |
|  |  | GRAND TOTAL | 140 |  |  |  | 4800 |

**List of Non-Major Elective Courses Offered to Other Departments**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Semester** | **Course Code** | **Course Title** | **H/W** | **C** | **CIA** | **ESE** | **Total** |
| I | 23UPEDN16 | Growth and Development | 2 | 2 | 25 | 75 | 100 |
| II | 23UPEDN26 | Exercise Prescription | 2 | 2 | 25 | 75 | 100 |

\* PART-IV: NME / Basic Tamil / Advanced Tamil (Any one)

Students who have not studied Tamil upto 12th Standardand have taken any Language other than Tamil in Part-I, must choose Basic Tamil-I in First Semester & Basic Tamil-II in Second Semester.

Students who have studied Tamil upto 10th & 12th Standardand have taken any Language other than Tamil in Part-I, must choose Advanced Tamil-I in First Semester and Advanced Tamil-II in Second Semester.

\*\* The course “23UNMSD01: Overview of English Communication” is to be taught by the experts from
 Naan Mudhalvan Scheme team. However, the faculty members of Department of English should
 coordinate with the Naan Mudhalvan Scheme team for smooth conduct of this course.

++Students should complete two weeks of internship before the commencement of V semester.

|  |
| --- |
| **LEARNING OUTCOMES-BASED CURRICULUM FRAMEWORK GUIDELINES BASED REGULATIONS FOR UNDER GRADUATE PROGRAMME** |
| **Programme:** | **B.Sc. PHYSICAL EDUCATION** |
| **Programme Code:** |  |
| **Duration:** | **3 Years (UG)** |
| **Programme Outcomes:** | **PO1: Disciplinary knowledge:** Capable of demonstrating comprehensive knowledge and understanding of one or more disciplines that form a part of an undergraduate Programme of study**PO2: Communication Skills:** Ability to express thoughts and ideas effectively in writing and orally; Communicate with others using appropriate media; confidently share one’s views and express herself/himself; demonstrate the ability to listen carefully, read and write analytically, and present complex information in a clear and concise manner to different groups.**PO3: Critical thinking:** Capability to apply analytic thought to a body of knowledge; analyse and evaluate evidence, arguments, claims, beliefs on the basis of empirical evidence; identify relevant assumptions or implications; formulate coherent arguments; critically evaluate practices, policies and theories by following scientific approach to knowledge development. **PO4: Problem solving: Capacity** to extrapolate from what one has learned and apply their competencies to solve different kinds of non-familiar problems, rather than replicate curriculum content knowledge; and apply one’s learning to real life situations. **PO5: Analytical reasoning**: Ability to evaluate the reliability and relevance of evidence; identify logical flaws and holes in the arguments of others; analyze and synthesize data from a variety of sources; draw valid conclusions and support them with evidence and examples, and addressing opposing viewpoints.**PO6: Research-related skills**: A sense of inquiry and capability for asking relevant/appropriate questions, problem arising, synthesising and articulating; Ability to recognise cause-and-effect relationships, define problems, formulate hypotheses, test hypotheses, analyse, interpret and draw conclusions from data, establish hypotheses, predict cause-and-effect relationships; ability to plan, execute and report the results of an experiment or investigation**PO7: Cooperation/Team work:** Ability to work effectively and respectfully with diverse teams; facilitate cooperative or coordinated effort on the part of a group, and act together as a group or a team in the interests of a common cause and work efficiently as a member of a team**PO8: Scientific reasoning**: Ability to analyse, interpret and draw conclusions from quantitative/qualitative data; and critically evaluate ideas, evidence and experiences from an open-minded and reasoned perspective.**PO9: Reflective thinking**: Critical sensibility to lived experiences, with self awareness and reflexivity of both self and society. **PO10 Information/digital literacy:** Capability to use ICT in a variety of learning situations, demonstrate ability to access, evaluate, and use a variety of relevant information sources; and use appropriate software for analysis of data. **PO 11 Self-directed learning**: Ability to work independently, identify appropriate resources required for a project, and manage a project through to completion. **PO 12 Multicultural competence:** Possess knowledge of the values and beliefs of multiple cultures and a global perspective; and capability to effectively engage in a multicultural society and interact respectfully with diverse groups. **PO 13: Moral and ethical awareness/reasoning**: Ability toembrace moral/ethical values in conducting one’s life, formulate a position/argument about an ethical issue from multiple perspectives, and use ethical practices in all work. Capable of demonstratingthe ability to identify ethical issues related to one‟s work, avoid unethical behaviour such as fabrication, falsification or misrepresentation of data or committing plagiarism, not adhering to intellectual property rights; appreciating environmental and sustainability issues; and adopting objective, unbiased and truthful actions in all aspects of work. **PO 14: Leadership readiness/qualities:** Capability for mapping out the tasks of a team or an organization, and setting direction, formulating an inspiring vision, building a team who can help achieve the vision, motivating and inspiring team members to engage with that vision, and using management skills to guide people to the right destination, in a smooth and efficient way.**PO 15: Lifelong learning:** Ability to acquire knowledge and skills, including „learning how to learn‟, that are necessary for participating in learning activities throughout life, through self-paced and self-directed learning aimed at personal development, meeting economic, social and cultural objectives, and adapting to changing trades and demands of work place through knowledge/skill development/reskilling. |
| **Programme Specific Outcomes:** | On successful completion of Bachelor of Physics with Computer Applications programme, the student should be able to:**PSO1: Disciplinary Knowledge:** Understand the fundamental principles, concepts, and theories related to physics and computer science. Also, exhibit proficiency in performing experiments in the laboratory.**PSO2: Critical Thinking:** Analyse complex problems, evaluate information, synthesize information, apply theoretical concepts to practical situations, identify assumptions and biases, make informed decisions and communicate effectively**PSO3: Problem Solving:** Employ theoretical concepts and critical reasoning ability with physical, mathematical and technical skills to solve problems, acquire data, analyze their physical significance and explore new design possibilities.**PSO4: Analytical & Scientific Reasoning:** Apply scientific methods, collect and analyse data, test hypotheses, evaluate evidence, apply statistical techniques and use computational models.**PSO5: Research related skills:** Formulate research questions, conduct literature reviews, design and execute research studies, communicate research findings and collaborate in research projects.**PSO6: Self-directed & Lifelong Learning:** Set learning goals, manage their own learning, reflect on their learning, adapt to new contexts, seek out new knowledge, collaborate with others and to continuously improve their skills and knowledge, through ongoing learning and professional development, and contribute to the growth and development of their field.  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **PO/PSO** | **PSO1** | **PSO2** | **PSO3** | **PSO4** | **PSO5** | **PSO6** |
| **PO1** |  |  |  |  |  |  |
| **PO2** |  |  |  |  |  |  |
| **PO3** |  |  |  |  |  |  |
| **PO4** |  |  |  |  |  |  |
| **PO5** |  |  |  |  |  |  |
| **PO6** |  |  |  |  |  |  |

|  |
| --- |
| **SEMESTER - I** |
| **CORE COURSE - I** |
| **23UPEDC13** | **FOUNDATION OF PHYSICAL EDUCATION AND SPORTS** | **T/P** | **C** | **H** |
| **T** | **5** | **5** |

**UNIT I:**

Meaning and Definition of Education and Physical Education – Need, Nature and Scope of Physical Education – Physical Training and Physical Culture.

**UNIT II:**

Aim and Objectives of Physical Education – Development of Physical , Cognitive, Neuro-muscular, Affective, Social, Emotional, Spiritual and Recreational – Theories of Learning – Laws of Learning.

**UNIT III:**

Scientific basis of Physical Education – Contribution of Allied Sciences – Anatomy, Physiology, Biomechanics, Kinesiology, Sports Medicine, Psychology, Sociology and Computer Science.

**UNIT IV:**

History of Physical Education in Sparta and Athens – Olympic Games: Ancient, Modern – Origin – Organization and conduct of the game – Olympic Flag, Torch, Oath, Emblem and Motto.

**UNIT V:**

Recent development in India: SAI, NSNIS, SNIPES,LNIPE, Sports Academics – Award and Scholarships: Arjuna Award, Dhronochariya Award, Rajiv Gandhi Khela Ratna Award – International and National Competitions: Asian Games, SAF, SGF, RDS and BDS.

**BOOK FOR REFERENCES:**

1. *Bucher Charles A., Foundations of Physical Education, St. Louis the C.V. Mosby Company, 1983. Kamlesh M.L., Physical Education : Facts and Foundation, New Delhi, P.B. Publications, 1988.*
2. *Thirunarayanan, C. and Hariharan, S., Analytical History of Physical Education, Karaikudi, C.T. & S.H., Publications, 1990.*
3. *Sharma, O.P., History of Physical Education, New Delhi, Khel Shitya Kendra, 1998.*
4. *Wakharkar D.G., Manual of Physical Education in India, Pearl Publicatons Pvt. Ltd., Bombay, 1967. Wuest, Deborah, A. and Charles A. Bucher, Foundations of Physical Education and Sport, New Delhi : BL. Publication Pvt., Ltd.*
5. *Wellman and Cowell, Philosophy and Principles of Physical Education, A marvati: Suyog Prakasan. Jackson Sharman/ Modern Principles of Physical Education, New York: A.A.Barnes & Co.*
6. *Khan, Eraj Ahmed, History of Physical Education, Patna Scientific Book Co.*

|  |
| --- |
| **SEMESTER - I** |
| **CORE COURSE - II** |
| **23UPEDC14** | **ANATOMY AND PHYSIOLOGY** | **T/P** | **C** | **H** |
| **T** | **5** | **4** |

**UNIT I:**

Meaning of Anatomy and Physiology – Need and Scope of Anatomy and Physiology in Physical Education – Cell – Structure and Functions – Tisuues – Types and Function-Muscular System – Types of Muscles: Skeletal Muscle, Cardiac Muscle, and smooth muscle.

**UNIT II:**

Skeleton : Meaning and Functions – Bones: Classification and Functions – General Features of Various Bones: Vertebral Column, Pelvic Bone, Radius and Ulna, Sacbula, Femer and Bones of Skill – Joints: Definition and Classification of Joints

**UNIT III:**

Nervous System : Neuron – Central Nervous System(CNS): Brain and Spinal Cord – Peripheral Nervous System (PNS): Cranial Nerves and Spinal Nerves – Digestive System : Structure & Functions – Digestive Process – Liver, Pancreas – Functions

**UNIT IV:**

Respiratory System – Respiration – Respiratory Track – Alveoli – Lungs: Structure & Functions – Gas Exchange – Vital Capacity.

Circulatory System – Heart: Structure & Functions – Cardiac Cycle, Cardiac Output, Stroke Volume.

**UNIT V:**

Endocrine Glands – Functions of Endocrine Glands: Pituitary, Thyroid, Para-Thyroid, Thymus, Pancreas, Adrenal & Sex – their role, in growth, development and regulations of body functions.

**BOOK FOR REFERENCES:**

1. *Guyton A.C., 1969, Functions of the Human Body, London, W.B. Saunders Company, Dr. V. Selvam “Anatomy and Physiology” Bodinayakanur.*
2. *Dr. N.M. MUTHAYYA “Physiology” J.J. Publications, Madurai. SEELEY et. all Anatomy and Physiology Mc Graw Hill.*
3. *Srivastava et. 1976, All, Text Book of Practical Physiology, Calcutta Scientific Book Agency,*

|  |
| --- |
| **SEMESTER - I** |
| **ELECTIVE - I** |
| **23UPEDE15** | **YOGA EDUCATION** | **T/P** | **C** | **H** |
| **T** | **2** | **3** |

**UNIT I:**

Yoga: Meaning, Definition – Concept of Yoga – Aim and Objectives of Yoga – History of Yoga – Systems of yoga : Bhakthi yoga – Jnana yoga – Hatha yoga – Karma yoga – Kundalini yoga – mantra yoga – Raja yoga – Ashtanga yoga : Yama – Niyama – Asana – Pranayama – Pratyahara – Dharana – Dhayana – Samathi.

**UNIT II:**

Asanas: Meaning and Definition – Classification of asanas: Meditative, Relaxative, Cultural – Guidelines for practicing asanas – Various types of asanas and their benefits – Difference between physical exercise and yogic asanas.

**UNIT III:**

Pranayama: Meaning and Definition – Concept of Pranayama – Nadis – Ida nadi – Pingala Nadi – Sushumna nadi – Controlling of breath: Puraka – Kumbhaka – Rechaka – Guidelines for practicing Pranayama – Benefits of Pranayama – Types of Pranayama: Nadi Suddhi – Nadi Shodhana – Surya Bhedana – Kapalabhati – Bhastrika – Sitkari – Sitali – Bhramari – Ujjayi. Bandhas: Meaning and Definition – Types: Jallandra – Uddiyana – Mula.

**UNIT IV:**

Kriyas – Types of Kriyas – Procedures and Benefits of: Kapalabhati – Tratakka – Neti (Jala neti, Sutra neti) – Dhauti; Vamana Dhauti – Vastra Dhauti – Nauli – Bhasti.

Mudra: Meaning – Types : Chin Mudra – Chinmaya Mudra – Yoga Mudra – Brahma Mudra – Appana Mudra.

**UNIT V:**

Meditation: Meaning and Definition – Concept of meditation – Types of meditation – Physiological benefits of meditation – yoga and competition – Principles of yogic Diet – Integration of Yoga with modern education – yoga institutions in India and Abroad – General Yogic Schedule.

**BOOK FOR REFERENCES:**

1. *Iyengar B.K.S. (1989), Light on Yoga. London: Unwin Publishers New Delhi. Chandrasekaran K.(1999) Sound Health through Yoga, Sedapatti: Prem Kalyan Publicaions. Moorthy, A.M. and S. Alagesan(2004), Yoga Therapy, Coimbatore.*
2. *Swami Sivananda (1983), Practical Lessons I Yoga, Shivananda Nagar : The Devine Life Society.*

|  |
| --- |
| **SEMESTER - I** |
| **ELECTIVE PRACTICAL - I** |
| **23UPEDEP1** | **YOGA EDUCATION**  | **T/P** | **C** | **H** |
| **T** | **1** | **2** |

**UNIT I:**

Breathing Practice for awareness – Simplified Physical Exercises, Body Stretching Practicies, Suryanamaskar

**UNIT II:**

**Asanas :** Standing – Padahastasana, Peraiyasana, Trikonasana. Sitting - Padmasana, Paschimothanasana, Vajrasana, Ustrasana, Vakrasana

**UNIT III:**

**Asanas:** Prone – Bhujanagasana, Salabasana, Dhanurasana Supine – Uttanapadasana, Sarvangasana, Matsyasana, Halasana, Savasana

**UNIT IV:**

**Pranayama:** Concept of Pranayama – Kapalabathi, Sectional Breathing, Nadi Shuddhi Pranayama, Sithkari, Nadanu Sandana.

**UNIT V:**

**Mudras :** Chin Mudra, Chinmay Mudra, Adi Mudra, Maha Mudra.

**Meditation:** Practice of different schools of Meditation, Silent Meditation and Introspection

**BOOK FOR REFERENCES:**

1. *Iyengar B.K.S. (1989), Light on Yoga. London: Unwin Publishers New Delhi. Moorthy, A.M. and S. Alagesan(2004), Yoga Therapy, Coimbatore*
2. *Swami Sivananda (1983), Practical Lessons I Yoga, Shivananda Nagar : The Devine Life Society.*

|  |
| --- |
| **SEMESTER - I** |
| **FOUNDATION COURSE**  |
| **23UPEDF17** | **GENERAL KNOWLEDGE AND HISTORY OF PHYSICAL EDUCATION** | **T/P** | **C** | **H** |
| **T** | **2** | **2** |

**UNIT I:**

1. Abbreviations (in sports) : AIU, AAFI, IAAF, IAF, AFC, AICS, AILTA, AIWHA, BAI, BCCI, FISU, IHF, IOA, IOC, ICC, FIBA, FIFA, FIVB, NCC, NSO, NSC
2. Sports Terminology: Archery, Billiards, Bowling, Equestrian, Fencing, Golf, Polo, Rugby, Skiing, Snooker, Yachting.

**UNIT II:**

Honours and Awards. Outstanding National & International Personalities in various Sports & Games. Cups and Trophies - India and International . Functions and Schemes of Sports Authority of India , Sports Development Authority of Tamilnadu, Tamil Nadu Physical Education and Sports University.

**UNIT III:**

Physical Education in Ancient India - History of Physical Education in Vedic period, Epic period, Buddhist period. Development of Indigenous activities - Yogic system of physical exercise.

**UNIT IV:**

Growth of Physical Education-Physical Education in Other Countries and Development of Physical Education - Physical Education in Ancient Greece, Rome and European countries.

**UNIT V:**

Physical Education Teacher Training and Sports Promotion **-** YMCA and its contribution: Teacher Training Institutions in Physical Education. Indian Olympic Association. Youth Welfare Programmes: SDAT, N.C.C., N.F.C., N.D.S., N.S.O., Scouting and Guiding, Youth hostels, Youth festivals, Camping Mountaineering.

**BOOK FOR REFERENCES:**

1. *Competitions Success Review Year Book. (2014) New Delhi : Competition Review Pvt. Ltd.*
2. *General Knowledge Digest (2014), New Delhi: Wheelers Publishing.*
3. *Bucher, A.C. (1984). Foundations of physical Education, St.Louis. The L.V.Mosby Co.*
4. *Chelliah, S.N. (1989) Udarkalvi Enral Enna? Chennai: RajmohanPathippagam.*
5. *Khan, E.A. (2000) History of Physical Education, Patma, Scientific Books Co.*
6. *Thirunarayana. C (1967). Analytical History of Physical Education. Karaikudi.*

|  |
| --- |
| **SEMESTER - II** |
| **CORE COURSE - III** |
| **23UPEDC23** | **ORGANIZATION, ADMINISTRATION AND METHODS IN PHYSICAL EDUCATION** | **T/P** | **C** | **H** |
| **T** | **5** | **5** |

**UNIT I:**

Meaning and Importance of Organization and administration – Scheme of Physical Education in: Schools, Colleges, Universities, Districts State and National Level.

**UNIT II:**

Facilities – Track, Play Grounds, Gymnasium, Swimming Pole – Layout of Play fields (Basketball, Kabbadi, Hockey, Volleyball, Cricket) Care and Maintenance of Play fields.

**UNIT III:**

Method in Physical Education – meaning – Factors influencing Method Presentation Technique – Teaching Aids – Principles of Class Management. Teaching of activities: Marching, Calisthenics, light apparatus(Wands, Hooks, Poles) Lezium, Folk dance – Minor Games – Lead up activities.

**UNIT IV:**

Teaching activities of minor games, major games track and field, Yogic Practice, Suryanamaskar, Calisthenics, Light apparatus, Rhythmic activities, Commands, Marching.

**UNIT V:**

Tournaments – Types of Tournament, Knock out, League, Combination

Tournament, Methods of drawing Fixtures.

**BOOK FOR REFERENCES:**

1. *Kamlesh M.L. Scientific “Art of Teaching Physical Education” New Delhi Metropolitan 1994. Thiru. Narayanan C and Harishara Sharma “Methods in Physical Education” Karailkudi CJ and S.H. 1989*
2. *Joseph. P.M. “Organization of Physical Education”.*

|  |
| --- |
| **SEMESTER - II** |
| **CORE COURSE - IV** |
| **23UPEDP24** | **GAMES AND TRACK & FIELD – I****[Football, Basketball, Volleyball]****[Sprint, Middle Distance and Long Distance]** | **T/P** | **C** | **H** |
| **P** | **5** | **4** |

**UNIT I:**

Origin, History and Development of the Game – International, National and State Level Organization.

**UNIT II:**

Fundamental Skills – Lead – Up Games, Various Systems of Play – Selection of Players.

**UNIT III:**

Training: Warm – up Technical Training – Tactical Training – Coaching Programme

**UNIT IV:**

Layout of Playfield – Rules and their Interpretations – methods of officiating Duties of Officials – Important Tournaments and Cups.

**UNIT V:**

Athletics: Sprint, Middle distance and Long Distance Race.

**BOOK FOR REFERENCES:**

1. *Conling David, Athletics, London, Robert Hale, 1980*
2. *Prabhakar Eric, The way to Athletic Gold, Madras East – West press Pct. Ltd., 1995 Dr.P.Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.*
3. *Dr. P.Mariayyah, Volleyball, Sports Publications, Raja Street, Coimbatore.*
4. *Dr. P.Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore. Thompson Ganagon, Play Better Soccer in all colour, W.B.Saubders Company, 1972. DHanaraj V.Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991*

|  |
| --- |
| **SEMESTER - II** |
| **ELECTIVE - II** |
| **23UPEDE25** | **GYMANISTICS** | **T/P** | **C** | **H** |
| **T** | **2** | **3** |

**UNIT I:**

Gymnastics: Meaning and Definition, History of gymnastics, Classification of gymnastics

**UNIT II:**

Artistic gymnastics: Men and Women apparatus, Podium – Specifications, Rules & regulation of Floor exercise, Rules & regulation of Parallel bar, Rules & regulation of Pommel horse, Rules & regulation of Vaulting horse

**UNIT III:**

Rhythmic Gymnastics Events and Rules & regulation:Specifications, Rules & regulation of Rope exercise, Specifications, Rules & regulation of Clubs exercise, Specifications, Rules & regulation of Hoop exercise, Specifications, Rules & regulation of Ribbon exercise, Specifications, Rules & regulation of Ball exercise

**UNIT IV:**

Rights and duties of gymnasts, Rights and duties of judges, Rights and duties of coaches

**UNIT V:**

Organization of judging panel, Compulsory and optional events, Evaluation of exercises - Degree of difficulty, Exercise presentation, Boners.

**BOOK FOR REFERENCES:**

*1. Cooper, P., & Trnka, M. (1982). Teaching Gymnastic skills to men and women. Surjeet.*

*2. Elango, M., Kandasamy, M., & Sivagnanam, P., (2007) Basic Gymnastics. Tirunelveli: Krishna Publications.*

*3. Modak., &Pintum., (1996). Gymnastics: A Scientific Approach. Pilani:Runthala Publisher’s and Printers.*

*4. Peter, A., (1982). Skills and Tactics of Gymnastics. Hong Kong: Marshall Cavendish, Ltd.*

|  |
| --- |
| **SEMESTER - II** |
| **ELECTIVE PRACTICAL - II** |
| **23UPEDEP2** | **GYMANISTICS** | **T/P** | **C** | **H** |
| **P** | **1** | **2** |

**UNIT I:** Floor Exercises

1. Forward Roll, 2. Backward Roll, 3. Handstand Forward Roll, 4. Jump Forward to Roll Forward, 5. Head Spring, 6. Hand Spring, 7. Cart Wheel, 8. Round Off

**UNIT II:** Parallel bar

Perfect Swing , Straddle Seat, L-Support, Forward Roll, Backward Roll, Shoulder Stand, Dismount

**UNIT III:** Horizontal Bar

Perfect Swing, Free Hip Circle, Mill Circle Forward Mill circle Backward, Dismount

**UNIT IV:** Pommel Horse

1. Supports, (Front , Rear ,Straddle, Split, Feint ) ,

2. Single leg Circle Clockwise (Right leg and Left leg )

3. Single leg Circle Anti Clockwise (Right leg and Left leg )

4. Double leg Circle,

5. Scissors

**UNIT V:** Vaulting Horse

Splints, Handspring, Back Handspring, Round off.

**BOOK FOR REFERENCES:**

|  |
| --- |
| *1. Cooper, P., & Trnka, M. (1982). Teaching gymnastic skills to men and women. Surjeet.* *2. Elango, M., Kandasamy, M., & Sivagnanam, P., (2007) Basic Gymnastics. Tirunelveli: Krishna Publications.* *3. Modak., &Pintum., (1996). Gymnastics: A Scientific Approach. Pilani:Runthala Publisher’s and Printers.* *4. Peter, A., (1982). Skills and Tactics of Gymnastics. Hong Kong: Marshall Cavendish, Ltd.*  |

|  |
| --- |
| **SEMESTER - I** |
| **Non-Major Elective** |
| **23UPEDN16** | **GROWTH AND DEVELOPMENT** | **T/P** | **C** | **H** |
| **T** | **2** | **2** |

**UNIT I:**

Introduction-Meaning and definition of growth, development, difference between the growth and development, factors affecting growth and development

**UNIT II:**

Stages of growth & development:-Pre-natal and Post natal growth and development

**UNIT III:**

Physical growth, Cognitive (mental) growth, emotional development and Psychological Development, relationship between physical growth of brain and intellectual ability

**UNIT IV:**

Adolescent growth & development. Distance & Velocity Curves

**UNIT V:**

Introduction to Motor Development and body physiques

**BOOK FOR REFERENCES:**

*1. A.P. Thirlwal (2005), Growth and Development, Macmillan Press Ltd., U.K.*

*2. Todaro & Smith (2005), Economic Development, Longman, London.*

*3. M.L. Jhingan (2013), The Economics of Development and Planning, Vrinda Publications,*

*New Delhi.*

|  |
| --- |
| **SEMESTER - II** |
| **Non-Major Elective** |
| **23UPEDN26** | **EXERCISE PRESCRIPTION** | **T/P** | **C** | **H** |
| **T** | **2** | **2** |

**UNIT I:**

Meaning and definition of Exercise and Physical Activity, difference between Exercise and Physical Activity, types of exercises, exercise, lifestyle and physical fitness, exercise and health, health benefits of exercise and exercise recommendations for health.

**UNIT II:**

Basis for exercise prescription for general population, background of exercise prescription in regard to interest, attitude, habits and physical capability, exercise for sportsperson, their fitness, wellness and competition.

**UNIT III:**

Health benefits of exercise, Exercise as proactive care, prevention of heart diseases, osteoporosis, diabetes, hypertension, obesity etc.

**UNIT IV:**

Necessity of Exercise Prescription for sedentary population and sportsperson, self-responsibilities and behaviour change stages for exercise regularity.

**UNIT V:**

Steps for exercise prescription, Stress test, and physical fitness test, understanding the acronyms FITT: (Frequency, intensity, time), type (mode of exercise) and GO SIR (Progression-Gradual increase, overload, specificity, individualization, recovery and regularity).

**BOOK FOR REFERENCES:**

1. *ACSM's Guidelines for Exercise Testing and Prescription. Eleventh Edition.*
2. *Vivian H. Heyward (2005) Advance Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobics. Research.*
3. *Dick, W. F. (1980). Sports training principles. London: Lepus Books.*

|  |
| --- |
| **SEMESTER - III** |
| **CORE COURSE - V** |
| **23UPEDC33** | **SPORTS MANAGEMENT** | **T/P** | **C** | **H** |
| **T** | **5** | **5** |

**UNIT I:**

 Nature and Concept of Sports Management - Scope of Sports Management - Essential skills of Sports Management - Qualities and competencies required for the Sports Manager - Event Management in physical education and sports.

**UNIT II:**

 Meaning and Definition of leadership - Leadership style and method - Elements of leadership - Forms of Leadership – Autocratic, Laissez-faire, Democratic & Benevolent. Preparation of administrative leader - Leadership and Organizational performance

**UNIT III:**

Sports Management in Schools, Colleges and Universities - Factors affecting planning - Planning a school or college sports programme - Directing of school or college sports programme. Controlling a school or college sports programme - Establishing a reporting system.

**UNIT IV:**

Financial management in Physical Education & sports in schools, Colleges and Universities - Budget: Importance, Criteria of good budget, Steps of Budget making - Principles of budgeting.

**UNIT V:**

Guidelines for selection and supply of equipments – Equipment room, Equipment and supply manager – Guidelines for checking, storing and issuing – Care and maintenance of equipments.

**BOOK FOR REFERENCES:**

1. *Bucher A.Charles(1993) Management of physical Education and sports (10th ed.,) St.Louis : Mobsy Publishing Company.*
2. *Chelladurai.P (1999) Human Resource Management in sport and Recreation, Human kinetics.*
3. *Chakraborthy, Samiram (1988), Sports Management, Sports publications, New Delhi.*
4. *Lazer.Wand Cultey. J Marketing Management. Boston Houghton Miffing Co.*
5. *Ruben Acosta Hernandez, Managing sport organizations, Human kinetics.*
6. *Earle F. Zeigler and Gary W. Browic. Management Competency Development in Sports and Physical Education. Philadelphia: Lea and Febiger, 1983.*
7. *Jensen, Clayne R. Administrative Management of Physical Education and Athletic Programs. Philadelphia : Lea and Febiger, 1983.*
8. *Pillai, R.S.N. and Others. Marketing Management. New Delhi: S. Chand and Company Ltd., 2010.*

|  |
| --- |
| **SEMESTER - III** |
| **CORE COURSE - VI** |
| **23UPEDP34** | **GAMES AND TRACK & FIELD – II****[Kho-Kho, Kabaddi and Badminton]** | **T/P** | **C** | **H** |
| **P** | **5** | **4** |

**UNIT I:**

History of the Games: World, India - Organizational Chart (Working Federation): World, Asia, India, State – Major Competitions – Talent identification.

**UNIT II:**

Fundamental Skills: Types, Drills and Lead-up activities to develop skills – Scientific principles applied in sports and games.

**UNIT III:**

Meaning and definition of Tactics and Strategy - Systems of Play – Aspects of coaching, Leadup Games, evaluation – pre and post-match preparation.

**UNIT IV:**

Warm-up, Cool-down, Factors influencing performance, Fitness components, Exercises and training methods to develop fitness.

**UNIT V:**

Rules and their Interpretations - Method of officiating and Scoring - Layout and Maintenance of play fields

**BOOK FOR REFERENCES:**

1. *Sharma, A., & Sharma, O.P.,(2012). Rules of Games.New Delhi: Sports Publication.*
2. *Mariayyah, P.(2006). Sports and Games.Coimbatore: Sports Publications.*
3. *Thakur, J.K., (2013). Measurement of Playing Field. New Delhi: Sports Publications.*
4. *Karikalan, I.,(2017). Handbook on Play Field Manual.Tuticorin: Shree Publications.*
5. *Dr. P.Mariayyah, Kabaddi, Sports Publications, Raja Street, Coimbatore.*

|  |
| --- |
| **SEMESTER - III** |
| **ELECTIVE – III** |
| **23UPEDE35** | **SAFETY EDUCATION AND FIRST AID** | **T/P** | **C** | **H** |
| **T** | **2** | **3** |

**UNIT I:**

Definition - Factors affecting safety, Concept of Accidents and safety. Need for teaching principles of safety education. Safety at Home – Environment - Electrical connections. - Kitchen and Fire place, Storing medicines.

**UNIT II:**

Safety at School - Structure and Environment, Precautionary and emergency equipments. collection of information (addresses of parents, hospitals and Doctors, police, fire station, ambulance service). Safety in physical education and sports - principles of safety with respect to buildings and play fields. Principles of safety with respect to equipments and dress.

**UNIT III:**

Safety on Roads, Camps, Picnics and Tours. Safety in Water, Fire, Floods, Hurricane, Thunder and Lightning and Air raids.

**UNIT IV:**

First Aid – Definition, Meaning – Sprain: Strain – Dislocation – Artificial respiration – Cardio pulmonary resuscitation - Cramp – Fracture and its types. – Sunstroke, Heat Exhaustion, Heat Stroke.

**UNIT V:**

 Treatment for Shock, Sign, Symptoms and first aid for Poisoning, Drowning, Dog Bit and Burns. Types of Bleeding – Wound and its type – Contusion – Abrasion– Laceration – Bandages and types.

**BOOK FOR REFERENCES:**

1. *Royappa Dr. Daisy Joseph & L.K. Govindarajulu, Safety Education.*
2. *First Aid to the Injured - New Delhi, St, John Ambulance Association.*
3. *Dr. V. Gopinath. Dr. G. Ravindran & Dr. K. Sivakumar ,Safety Education.*
4. *School safety Policies, Washington D.C. American Association for Health, Physical*

 *Education and Recreation.*

1. *Florio. A.A. & Stafford G.T. Safety Education, New York, McGraw Hill Book Co.,*

|  |
| --- |
| **SEMESTER - III** |
| **ELECTIVE PRACTICAL – III** |
| **23UPEDEP3** | **FIRST AID** | **T/P** | **C** | **H** |
| **P** | **1** | **2** |

Usage of First Aid Kit.

1. On field First Aid Management for Muscle Injuries
2. Practical knowledge on application of Hydro-therapy
3. Thermo-therapy & Cry-therapy.
4. Bandages and Taping:
5. Triangular Bandage: Slings (Arm Sling, Collar & Cuff Sling).
6. Roller Bandages: Simple Spiral, Reverse Spiral, Figure of Eight, Spica splint.

**BOOK FOR REFERENCES:**

*First Aid to the Injured - New Delhi, St, John Ambulance Association.*

|  |
| --- |
| **SEMESTER - III** |
| **SKILL ENHANCEMENT COURSE - 4** |
| **23UPEDS36** | **FUNDAMENTAL MOVEMENT SKILLS** | **T/P** | **C** | **H** |
| **T** | **1** | **1** |

**UNIT I:**

Non-Locomotor Skills (Twisting, Turning, Balancing, Bending, Curling etc.,)

**UNIT II:**

Locomotor Skills 9Walking, Running, Jumping, Sliding, Skipping, Etc.,)

**UNIT III:**

Manipulative Skills (Throwing, Hitting, Catching, Kicking, Dribbling etc.,)

**UNIT IV:**

Total Gross Motor Development -2 – Test

**UNIT V:**

Functional Movement Screening Test (8 Test Items)

**BOOK FOR REFERENCES:**

1. *Kathleen M. Haywood., & Nancy Getchell., (2009). Life Span motor Development (5th Ed.,), Champaign, IL: Human Kinetics,*
2. *Robert M. Malina., Claude Bouchard & oded Bar-Or., (2004). Growth, Maturity and Physical Activity (2nd Ed.,), Champaign, IL: Human Kinetics.*
3. *NAPSE., (2005). Physical Education for Lifelong Fitness (2nd Ed.,), Champaign, IL: Human Kinetics.*

|  |
| --- |
| **SEMESTER - III** |
| **SKILL ENHANCEMENT COURSE - 5** |
| **23UPEDS37** | **ENTREPRENEURSHIP** | **T/P** | **C** | **H** |
| **T** | **2** | **2** |

**UNIT I:**

Meaning and concept of entrepreneurship, the history of entrepreneurship development, role of entrepreneurship in economic development, Myths about entrepreneurs, agencies in entrepreneurship management and future of entrepreneurship types of entrepreneurs.

**UNIT II:**

Why to become entrepreneur, the skills/ traits required to be an entrepreneur, Creative and Design Thinking, the entrepreneurial decision process, skill gap analysis, and role models, mentors and support system, entrepreneurial success stories

**UNIT III:**

Meaning and concept of E-cells, advantages to join E-cell, significance of E-cell, various activities conducted by E-cell

**UNIT IV:**

Importance of communication, barriers and gateways to communication, listening to people, the power of talk, personal selling, risk taking & resilience, negotiation.

**UNIT V:**

Introduction to various form of business organization (sole proprietorship, partnership, corporations, Limited Liability company), mission, vision and strategy formulation.

**BOOK FOR REFERENCES:**

1. *Chelladurai.P (1999) Human Resource Management in sport and Recreation, Human kinetics.*
2. *Lazer.Wand Cultey. J Marketing Management. Boston Houghton Miffing Co.*
3. *Earle F. Zeigler and Gary W. Browic. Management Competency Development in Sports and Physical Education. Philadelphia: Lea and Febiger, 1983.*
4. *Jensen, Clayne R. Administrative Management of Physical Education and Athletic Programs. Philadelphia : Lea and Febiger, 1983.*
5. *Pillai, R.S.N. and Others. Marketing Management. New Delhi: S. Chand and Company Ltd., 2010.*

|  |
| --- |
| **SEMESTER - IV** |
| **CORE COURSE - VII** |
| **23UPEDC43** | **FUNDAMENTAL OF SPORTS PSYCHOLOGY AND SOCIOLOGY** | **T/P** | **C** | **H** |
| **T** | **5** | **5** |

**UNIT I:**

Meaning and Definition of Psychology and sports Psychology – Development of sports Psychology in India – Need and importance of sports Psychology in the field Physical Education and sports.

**UNIT II:**

Definition Motor Learning – Physical and Motor considerations – Body Build, Height and Weight, Strength, Muscular, Endurance, Flexibility, Balance Co- Ordination, Reaction time, Movement time and Reflex time Cognitive – Affeative – Psychomotor

**UNIT III:**

Definition of Perception – Theory of Perception Gestult Theory , Palror Theory and witkin’s Theory emotional effects tension, anxiety and stress – its role in Physical education and sports.

**UNIT IV:**

Personality traits of sports person – composition of personality – Aggression –

theories of Aggression – Psycho- regulative procedures. Autogenic training, yoga and Music’s.

**UNIT V:**

Meaning, Nature and Scope of Sociology in Physical education and sports – social factors in sports – Leadership in sports spectators and fans group cohension

social Integration.

**BOOK FOR REFERENCES:**

1. *Alderman A.B. Psychology Behavior in sports W.B. Saundar company Saundar 1974. Puni A.T. Sports Psychology Chanduga NIS.*
2. *Cratty B.J. Psychology and Physical activity.*
3. *Singer R.N. Coaching, Athletics and Physiology.*

|  |
| --- |
| **SEMESTER - IV** |
| **CORE COURSE - VIII** |
| **23UPEDP44** | **GAMES AND TRACK & FIELD – II****[Hockey, Cricket, Handball ]** | **T/P** | **C** | **H** |
| **P** | **5** | **4** |

**UNIT I:**

History of the Games: World, India - Organizational Chart (Working Federation): World, Asia, India, State – Major Competitions – Talent identification.

**UNIT II:**

Fundamental Skills: Types, Drills and Lead-up activities to develop skills – Scientific principles applied in sports and games.

**UNIT III:**

Meaning and definition of Tactics and Strategy - Systems of Play – Aspects of coaching, Leadup Games, evaluation – pre and post-match preparation.

**UNIT IV:**

Warm-up, Cool-down, Factors influencing performance, Fitness components, Exercises and training methods to develop fitness.

**UNIT V:**

Rules and their Interpretations - Method of officiating and Scoring - Layout and Maintenance of play fields

**BOOK FOR REFERENCES:**

1. *Sharma, A., & Sharma, O.P.,(2012). Rules of Games.New Delhi: Sports Publication.*
2. *Mariayyah, P.(2006). Sports and Games.Coimbatore: Sports Publications.*
3. *Thakur, J.K., (2013). Measurement of Playing Field.New Delhi: Sports Publications.*
4. *Karikalan, I.,(2017). Handbook on Play Field Manual.Tuticorin: Shree Publications.*

|  |
| --- |
| **SEMESTER - IV** |
| **ELECTIVE - IV** |
| **23UPEDE45** | **TEST, MEASUREMENT AND ELEMENTARY STATISTICS** | **T/P** | **C** | **H** |
| **T** | **2** | **2** |

**UNIT I:**

Meaning of Test, Measurement and Evaluation – Brief History of Test, Measurement and Evaluation – Need and Importance of measurement and Evaluation in Physical.

**UNIT II:**

Classification of Test – Standardized and Teacher Made test - Object and subject

Tests – construction of Knowledge’s test and skill Test – Administration of Test– 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 1 2 minutes Run / Walk test. Explosive strength test – Standing Broad Jump.

**UNIT IV:**

Meaning and Definition of Statistics, Nature, Need for and Importance of Statistics, Types of Statistics – Data: Quantitative and Qualitative data

Frequency Distribution – Measure of Central Tendency, Mean, Median and Mode Definition- Computation of mean, median and mode from the ungrouped data - Specific characteristics and use of measure of Measure of Central Tendency

**UNIT V:**

Measure of Variability – Range- Quartile deviation- Mean deviation- Standard deviation- Definition- Computation of Quartile deviation, Mean deviation, Standard deviation from the ungrouped data – Specific characteristics and uses of measure of variability.

**BOOK FOR REFERENCES:**

1. *Safrit Margarat J Measurement in Physical Education and Exercises Science, St Louis Times Morror Mos by college publishing.*
2. *Bosco James Measurement and Evaluation in Physical Education and Sports New Jersy Prenstice Hall in 1983.*
3. *Barry L. Johnson, Jack K. Nelson and Measurement for Evaluation in Physical education the Surjeet Publications.*
4. *A.K.Gupta Tests & Measurement in Physical Education sports publication New Delhi – 52 Borrow Horold M. A Practical applied to measurement in Physical Education*

|  |
| --- |
| **SEMESTER - IV** |
| **ELECTIVE PRACTICAL – IV** |
| **23UPEDEP4** | **TEST, MEASUREMENT AND EVALUATION** | **T/P** | **C** | **H** |
| **P** | **1** | **2** |

**Test of Specific sport skills**

1. Badminton : French Short Serve Test
2. Basketball : Johnson Basketball Ability test
3. Hockey : Hendry Friedal Field Hockey test.
4. Soccer : Mc Donald Volleying Soccer test.
5. Volleyball : Helmen Volleyball test

**BOOK FOR REFERENCES:**

1. *Bosco James Measurement and Evaluation in Physical Education and Sports New Jersy Prenstice Hall in 1983.*
2. *Barry L. Johnson, Jack K. Nelson and Measurement for Evaluation in Physical education the Surjeet Publications.*

|  |
| --- |
| **SEMESTER - IV** |
| **SKILL ENHANCEMENT COURSE - VI** |
| **23UPEDS46** | **PRINCIPLES OF MOTOR DEVELOPMENT** | **T/P** | **C** | **H** |
| **T** | **2** | **2** |

**UNIT I:**

Definition: Motor Development, Motor Learning, Motor Control – Theoretical perspectives of Motor Development- Concept of Physical Literacy -Age classification.

**UNIT II:**

Physical growth, maturation and Aging – Types of Motor Skills – Movement milestones in children, Long Term Athlete Development (LTAD).

**UNIT III:**

Basic Movements in Human Body – Axis and Plane - Movements in axis and planes – Movements at various joints

**UNIT IV:**

Classification of Motor Skills: Fundamental (Locomotor, Non-locomotor, Manipulative Skill), Specialized (Manipulative, Rhythmic Movement, Game & Sport Skills.

**UNIT V:**

Movement Concepts: Space Awareness, Effort Concepts, Relationships – Postural control and balance.

**BOOK FOR REFERENCES:**

1. *Kathleen M.Haywood., & Nancy Getchell., (2009). Life Span motor Development (5th Ed.,), Champaign, IL: Human Kinetics,*
2. *Robert M. Malina., Claude Bouchard &oded Bar-Or., (2004). Growth, Maturity and Physical Activity (2nd Ed.,), Champaign, IL: Human Kinetics.*
3. *NAPSE., (2005). Physical Education for Lifelong Fitness (2nd Ed.,), Champaign, IL: Human Kinetics.*
4. *Allen W. Jackson., James R. Morrow., Jr.David W. Hill & Rod K. Dishman., (2004). Physical Activity for Health and Fitness, Champaign, IL: Human Kinetics.*
5. *Cratty Bryant, J. (1975). Movement Behaviour and Motor Learning. Philadelphia Lea &Febiger.*

|  |
| --- |
| **SEMESTER - IV** |
| **SKILL ENHANCEMENT COURSE - VII** |
| **23UPEDS47** | **PERSONALITY DEVELOPMENT** | **T/P** | **C** | **H** |
| **T** | **2** | **2** |

**UNIT I:**

Personality: Personality in psychology – Meaning, Definition, concept, need, nature and

scope of personality development- structure of personality.

**UNIT II:**

Stage of human development- determinants of human development of personality developmental processes: physical, mental, moral, social, emotional and spiritual.

**UNIT III:**

Guidelines on personality – values and spirituality- developing good personality based on yoga- anger and stress management- role of diet on personality.

**UNIT IV:**

Personality development with special emphasis on pancha kosha- Ashtanga yoga- Factors of personality- Theories of personality- Attitude- Self-esteem, - Memory-Concentration creativity- intelligence- Assessment of personality.

**UNIT V:**

Leadership- Qualities of leaders-Positive thinking- powers and effects of thoughts- career planning –career rules- Better human relations- time management.

**BOOK FOR REFERENCES:**

1. *Taylor & Jim,(2018).Assessment in Applied Sport Psychology. Champaign, L:Humankinetics.*
2. *Coumbe -Lilley,(2018). Complex Cases in Sport Psychology. New York: Routledge.*

s

|  |
| --- |
| **SEMESTER – V** |
| **CORE COURSE – IX** |
| **23UPEDC51** | **PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE** | **T/P** | **C** | **H** |
| **T** | **4** | **5** |

**UNIT I:**

Study of the following systems and processes with a view to understand how the normal human machinery works and how it makes an effort to adjust itself in health and under stress.

The Cardio Vascular System:

1. The cardiac cycle.
2. Pumping action of the heart and its regulation.
3. Blood pressure, its maintenance and regulation.
4. Blood flow and its regulation according to needs.
5. The cardiac out-put and its regulation.

**UNIT II:**

Blood and Lymph:

1. Composition and functions of blood and lymph. b) Clotting of blood.

The Excretory System:

1. Excretion of water from the body. b) Function of kidney and skin.

**UNIT III:**

Respiratory System:

a. Mechanism of respiration. b. Pulmonary ventilation and its regulation.

c. Second wind, oxygen debt.

Gastro Intestinal System:

a. Gastro intestinal movements

 b. Secretion and function of the digestive juices.

 c. Functions of liver. d. Absorption of food.

**UNIT IV:**

Metabolism and Temperature Regulation:

1. General metabolism.
2. Elementary idea about metabolism of proteins, carbohydrates and fats.

Nervous System:

1. Functions of the important of the nervous system, spinal cord, medulla oblongata, cerebrum etc.
2. Autonomic nervous system and its function.
3. Physiological mechanism governing posture and equilibrium.

**UNIT V:**

1. General sensation like coetaneous and kinesthetic sensations.
2. Special sensation-Vision distance and peripheral vision, Hearing sense of balance and rotation, smell and taste

**BOOK FOR REFERENCES:**

1. *Guyton, A.C. Function of the Human Body - London: W.B. Saunders Company (latest ed).*
2. *Srivastava etc. Text book of Practical Physiology, Calcutta: Scientific Book Agency*
3. *Morehouse and Miller, Physiology of Exercise St.Louis: The C.V. Mosby Company (Latest. ed).*
4. *Karpovich and Sinning, Physiology of Muscular Activity , London. W.B. Saunders Company, 1955.*

|  |
| --- |
| **SEMESTER - V** |
| **CORE COURSE - X** |
| **23UPEDC52** | **ATHLETIC CARE AND REHABILITATION** | **T/P** | **C** | **H** |
| **T** | **4** | **5** |

**UNIT I:**

Definition, Need, Nature and Scope of Sports Medicine- Importance of Sports Medicine in Physical Education and Sports – Concept of injury management.

**UNIT II:**

Meaning Signs and Symptoms & types of Sprain, Strain, Contusion, Fracture, Dislocation, Abrasion, Puncture and Wound.

**UNIT III:**

Definition - Importance of First Aid – PRICE technique – Massage- First-aid for Shock, Drowning, Bleeding, Fractures, Sprain, Strain and Dislocation.

**UNIT IV:**

Prevention of Sports Injuries- Care and Treatment of Exposed and Unexposed Injuries in Sports - Principles of apply Cold and Heat - Techniques of Strapping and Bandages.

**UNIT V:**

Definition and Objectives of Corrective Physical Education - Posture and Body Mechanics, Standards of Standing Posture- Value of Good Posture, Drawbacks and Causes of Bad Posture.

**BOOK FOR REFERENCES:**

1. *Starkey, Chad/Therapeutic Modalities of Athletic trainers, F.A. Davis Company, Philadelphia, 1990.*
2. *Prentice Williams, E., (1990). Therapeutic Modalities in Sports Medicine: ST. Louis,*
3. *St.John Ambulance First Aid Manual: St. John Ambulance, London (1997).*
4. *Pande P.K. and L.C, Gupta. (1987). Outline of Sports Medicine: Jaypee Brothers, New Delhi.*
5. *Lace,M.V.(1951).MassageandMedicalGymnastics,London:J&AChurchill Ltd.*
6. *Naro,C.L.(1967).ManualofMassage and,Movement,London:Febraand Febra Ltd.*
7. *Rathbome,J. I.,(1965).CorrectivePhysicaleducation, London:W.B.Saunders&Co.*
8. *Stafford&Kelly, (1968)PreventiveandCorrectivePhysicalEducation,NewYork.*

|  |
| --- |
| **SEMESTER - V** |
| **CORE COURSE - XI** |
| **23UPEDC53** | **RECREATION AND CAMPING** | **T/P** | **C** | **H** |
| **T** | **4** | **5** |

**UNIT I:**

Meaning and definition of recreation - Scope and significance of recreation - Need and importance of recreation.

**UNIT II:**

Agencies providing recreation. (Municipal Agencies, public, private, voluntary, youth serving Agencies.) Rural, Urban community and industrial recreation.

**UNIT III:**

Types of recreational activities - Indoor and outdoor games - leadership in recreation.

**UNIT IV:**

Scope and significance of camping - Types of camps, selection and lay out of camp sites.

**UNIT V:**

Organization and administration of camps (camp programme and activities) - Leadership and supervision - Evaluation of camp work.

**BOOK FOR REFERENCES:**

1. *Introduction to Community Recreation, by George D. Butler.*
2. *Administration of Public Recreation, by George, H. Jetle.*
3. *Principles of Recreation, by John L. Hutchinson.*
4. *Recreation Leadership, H. Dan Corbin.*
5. *Camping and Education, by Dr. L.K. Govindarajulu and Mrs. Joseph.*
6. *Camping, by David Roberty, W & D Foybhri,*
7. *Camp counseling, by Michell and Crawford, W.B. Saunders co.,*
8. *Year Book of camping, by Michael Bright.*

|  |
| --- |
| **SEMESTER - V** |
| **CORE COURSE - XII** |
| **23UPEDP54** | **GAMES AND TRACK & FIELD –IV****[Relay, Shot Put, Javelin, Long Jump and High Jump]** | **T/P** | **C** | **H** |
| **P** | **4** | **5** |

**UNIT I:**

History of Track & Field: Track events, Throws, Jumps, Organizational set up in District, State and National level. Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block. Acceleration with proper running techniques. Finishing technique: Run Through, Forward Lunging and Shoulder Shrug.

**UNIT II:**

Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, and Finishing.

Shot Put : Fundamental skills: Grip(Holding the Shot), Placement of shot, initial stance, Glide, Releasing, Reserve

**UNIT III:**

Javelin : Holding – Approach run – release – reverse. Grip, Carry, Release and Recovery (3/5 Impulse stride).

Hammer Throw: Initial stance – rotation – Releasing and Follow through.

**UNIT IV:**

Long Jump : Fundamental Skills of long jump: Approach run, Take off, Flying Phase, Landing.

High Jump : Approach run, Take off, Flying phase – landing Long Distance Running: Correct running style, proper arm and leg action.

**UNIT V:**

Running Tactics Rules and their interpretations – methods of officiating – Duties of official – Equipment and their Specification – Layout of the Track Events – Throws and Jumps.

**BOOK FOR REFERENCES:**

1. *Dr. P. Mariayyah Track & Field, Sports publication, Raja St. Coimbatore*
2. *Ken O. Bosen, “Track & Field Fundamental Techniques NIS Publications, Patiala.*
3. *Doherty, J. Mennath, “Modern Track & Field”, Englewood cliffs, Prentice Hall. Inc., New Jersey.*

|  |
| --- |
| **SEMESTER - V** |
| **ELECTIVE - V** |
| **23UPEDE55** | **FITNESS AND WELLNESS** | **T/P** | **C** | **H** |
| **T** | **3** | **4** |

**UNIT I:**

Definition, Meaning, Concept of Fitness and Wellness – Need for and importance of Fitness and Wellness.

**UNIT II:**

Aging – Factors influence Aging – Healthy aging – Wellness – Sports as a hobby and Stress management through exercise.

**UNIT III:**

Physical fitness – Physiological fitness - Functional fitness – Mental fitness – Social Fitness

**UNIT IV:**

Obesity-Causes of Obesity-Weight Management – Diabetes – causes of diabetes

**UNIT V:**

Test for Endurance, Strength, Flexibility and Speed (Only one test from each category)

**BOOK FOR REFERENCES:**

1. *Hoeger, Werner, W.K.,&Hoeger, Sharon, A. (1990). Fitness and Wellness. Englewood:Morton publishing Company.*
2. *Hazedine, (1985). Fitness for Sports.Ramsburg: The CrowoodRess Ltd.*
3. *James & Hart, L., (1983). 100% Fitness, New Delhi: Goodwill Publishing House.*
4. *Anspaugh, D. J., Hamrick, M. H., &Rosato, F. D. (1991). Wellness: Concepts and applications. New York: McGraw-Hill.*
5. *Arumugam, S.,& Sivagnanam, P.(2019). Fitness and Wellness. Madurai: Shanlax Publications.*

|  |
| --- |
| **SEMESTER - V** |
| **ELECTIVE - VI** |
| **23UPEDE56** | **KINANTHROPOMETRY** | **T/P** | **C** | **H** |
| **T** | **4** | **5** |

**UNIT I:**

1. Stadiometer
2. Weighing scales
3. Anthropometric tape
4. Skinfold caliper

**UNIT II:**

1. Anthropometer
2. Large sliding caliper
3. Bone calipers

**UNIT III:**

1. Segmometer
2. Wide-spread caliper
3. Small sliding caliper

**UNIT IV:**

1. Footplate
2. Anthropometric rod
3. Anthropometric box

**UNIT V:**

1. Length measurements – Height, Arm length, Leg length, Hand length, Palm length;
2. Breadth measurements –Forearm girth, Chest girth, waist girth, Hip girth, Thigh girth and Calf girth.
3. Other measurement: BMI & waist circumference

**BOOK FOR REFERENCES:**

1. *Curton, A. C., (1986). Function of the Human Body, London W.B. Saunders Company. Srivastava., (1976). Textbook of practical Physiology. Calcutta, Scientific Boo Agency. Kapovich&Sinnser., (1965). Physiology of Muscular Activity. London W.B. Saunders company. Anderson T., &Clurg., (1961). Human Kinetics and Analyzing Body Measurements. London, William Heinmann Medical Books Ltd.*
2. *Davis, D.V., (1967). Gray's Anatomy. London Longman Green and Company Ltd. Evelyn, P. B., (1967). Anatomy and Physiology for Nurses. London, Faber, and Faber Ltd.*
3. *Pearce J. W., (1959). Anatomy for Students and Teachers of Physical Education, London, Edward Arnold and Company.*
4. *Marfell-Jones, M., Stewart, A., & Olds, T. (2006). Kinanthropometry IX: Proceedings of the 9th International Conference of the International Society for the Advancement of Kinanthropometry. Routledge.*

|  |
| --- |
| **SEMESTER – V** |
|  |
| **23UPEDI58** | **SUMMER INTERNSHIP** | **T/P** | **C** | **H** |
| **T** | **2** | **-** |

**(Refer to the regulations)**

|  |
| --- |
| **SEMESTER - VI** |
| **CORE COURSE - XIII** |
| **23UPEDC61** | **SPORTS TRAINING** | **T/P** | **C** | **H** |
| **T** | **4** | **6** |

**UNIT I:**

Introduction–Meaning and Definition of Sports Training – Principles of Sports Training – Importance of Sports Training.

**UNIT II:**

Training Load- Meaning, definition, types and factors of training load. - Components of training load.- Over Load- Meaning, causes, symptoms and tackling of over load.- Adaptation- Meaning and conditions of adaptation.

**UNIT III:**

Training of Motor qualities:

Strength : Forms – Means and Methods to improve Strength

Speed : Forms – Means and Methods to improve Speed

Endurance : Forms – Means and Methods to improve Endurance

Flexibility : Forms – Means and Methods to improve Flexibility.

Coordination : Forms – Means and Methods to Improve Coordination.

**UNIT IV:**

Training Plan – Periodisation – stages of periodisation – Types of Periodisation – Preparatory period – Competition period – Transitional period – long term and short term plans – Cyclic process of training.

**UNIT V:**

Techniques Preparation – Aims to techniques in sports – Fundamentals and methods

for development of techniques in sports – stages of techniques development. Aim of Tactics – Methods of tactical development.

**BOOK FOR REFERENCES:**

1. *Hardayal Singh(1991) Science of sports Training, New Delhi: DVS Publications. John Bunn, Scientific Principles of Coaching.*
2. *Miler, Fundamental of Track and Field Coaching.*

|  |
| --- |
| **SEMESTER - VI** |
| **CORE COURSE - XIV** |
| **23UPEDC62** | **SPORTS BIOMECHANICS & KINESIOLOGY** | **T/P** | **C** | **H** |
| **T** | **4** | **6** |

**UNIT I:**

Meaning and Definition – aim, Need and Importance of Bio-Mechanics in the field of Physical education and sports – Types of motion-linear and angular motion – Function – air and Water resistance.

**UNIT II:**

Linear Kinematics – Distance and Displacement, Speed, Velocity and Acceleration and Projectile – Angular Kinematics – Angular distance and Displacement, Angular speed, Velocity and acceleration.

**UNIT III:**

Center of Gravity Equilibrium – Stages of equilibrium – Factors affecting – equilibrium. Centrifugal and Centripetal, Force-Direction-angle, Point of application – Lever – Principles and its types-Mechanical Advantage – Application of Levers in Sports.

**UNIT IV:**

Inertia-Mass and Weight – Force-Factors affecting force-Types of force – Work, Power and Energy-Impact and Elasticity – Newton’s Law of motion.

**UNIT V:**

Use of the above scientific principles in: Track & Field events – Running, throwing, Jumping – Basketball, football, Volleyball.

**BOOK FOR REFERENCES:**

1. *Greire millor, Paul & smith, Techniques for the analysis of Human movement lapse books London 1975.*
2. *Bunn John W “Scientific Principles of coaching”.*
3. *Charles “Fundamental of Sports Bio-Mechanics Techniques. Hay, James G “The Biomechanics of Sports”.*
4. *T. Mc Clurg Anderson Bio Mechanics of Human Motion.*

|  |
| --- |
| **SEMESTER - VI** |
| **CORE COURSE – XV** |
| **23UPEDD63** | **PROJECT AND VIVA VOCE** | **T/P** | **C** | **H** |
| **T** | **4** | **6** |

Marks: 100

Project Report: 75 marks

Viva-Voce: 25 marks

Students will visit the districts of the state to do survey on availability of sports infra-structure in concerned schools (or) Observe the tournaments conducted at District, State, National and University level and submit an individual / Group project report.

**(Refer to the regulations for additional information)**

|  |
| --- |
| **SEMESTER - VI** |
| **ELECTIVE - VII** |
| **23UPEDE64** | **SPORTS NUTRITION** | **T/P** | **C** | **H** |
| **T** | **3** | **5** |

**UNIT I:**

Definition – Meaning – Need of Sports Nutrition – Essential Nutrition – Energy Nutrients Minerals and Vitamins – Water –basic four food plan - balanced diet – daily recommended allowances.

**UNIT II:**

CARBHOHYDRATES: The nature of CHO – Kinds and sources of CHO – recommended intake of CHO – Role of carbohydrates in the body – energy sources – protein sparing – metabolic primer Fuel for the central nervous system – CHO balance in exercise – Intense exercise – moderate and prolonged exercise – effect of diet on muscle glycogen – administration of oral glucose.

**UNIT III:**

FAT , PROTEIN **-** Nature– kinds and sources– Recommended intake– energy sources and reserve – Fat & Protein rich foods.

**UNIT IV:**

MINERALS, VITAMINS AND WATER - Role of Minerals and Vitamins – Types of Vitamins – Recommended daily allowances of vitamins. Water: water balance intake versus output - Dehydration – Rehydration

**UNIT V:**

Diet planning – factors determining diet planning – The Athlete’s diet – Nutrition before exercise – pre game meal carbo-loading for endurance exercise – Nutrition after exercise – electrolytes and its function – sodium – Potassium Chlorine – Sodium Chloride(Salt) – Electrolyte replacement.

**BOOK FOR REFERENCES:**

1. *William D. Mc Arodle Frank I. Katch Victor L Katch Exercise Physiology Energy, Nutrition and Human performance Lea & Febiger Philadelphia*
2. *Richard W. Bowers on Edward L. Fox sports Physiology Third Edition.WM. C. Brown Publishers.*
3. *Laurence E. Morehouse Augustus T. Miller, Jr. Seventh edition Physiology of exercise. The C.V. Mosby Company.*
4. *David H. Clarke exercise Physiology prentice – Hall, Inc. Englewood Cliffs, New Jersey.*

|  |
| --- |
| **SEMESTER - VI** |
| **ELECTIVE - VIII** |
| **23UPEDE65** | **HEALTH EDUCATION** | **T/P** | **C** | **H** |
| **T** | **3** | **5** |

**UNIT I:**

Meaning, Nature, Need and Scope of health Education. Factors influencing Health. State, National and International health organization.

**UNIT II:**

Meaning of wellness and Health– components of Health-Physical and Mental Health. Community health, Environment health, Occupational health. Personal hygiene School health programme.

**UNIT III:**

Communicable diseases – agent, causative organism, Incubation period-Mode of spread, sign and symptoms and preventive measure of typhoid, Cholera, Pulmonary Tuberculosis, Amoeniasus, Malaria, Tetanus, Poliomyneens,

**UNIT IV:**

Non-Communicable diseases – Symptoms and Prevention of Peptic aulser, Maligrency, Cancer, Hypertension, Diabetic mellius.

**UNIT V:**

Health of the community-Brief account of Housing, Water supply,. Milk and food hygiene, sewage and refuse disposal, Swimming pool sanitation. Brief description of maternal and child health. Role of Government in Health Education.

**BOOK FOR REFERENCES:**

1. *Moss and others, Health Education (National Education Association of U.T.A.) Latest Edition.*
2. *Turner et.al., School Health and Health Education, The C.V. Moosby Co., St., Louis 1970.*
3. *Nemir A. The School Health Education, Harper and Brothers, New York.*
4. *Oberteufer D. School Education, Harper and Brothers New York, Latest Edition.*
5. *Park, J.E. Text Book of Preventive and Social Medicine (A Treatiese on Community Health, Latest Edition, Messers Banarside Bharat Publishers, 1953 Napier Town, Japalpur).*

|  |
| --- |
| **SEMESTER - VI** |
| **FOUNDATION COURSE** |
| **23UPEDF66** | **PROFESSIONAL COMPETENCY SKILL** | **T/P** | **C** | **H** |
| **T** | **2** | **3** |

**UNIT I:**

History : Indian Culture – Origin of Modern Politics – Social and Cultural Development – Pre History and Proto History - Indian Freedom Struggle.

**UNIT II:**

Geography : Geomorphology – Human geography – Geography in India – Economic in Geography – Political Geography – Social Geography – Regional Planning and Development.

**UNIT III:**

Indian Polity: Indian Constitution - Citizenship - Elections - Parliament and State legislature - Judiciary system - Local Self-governments – Centre & State Relations - Language Policy and Foreign Policy.

**UNIT IV:**

Logical and Numerical Analysis : Non-Verbal Series - Blood Relations - Mirror Images – Directions - Time and Distance - Odd Man Out - Numbers and Ages - Arithmetical Reasoning - Coding-Decoding - Analogy

**UNIT V:**

Mental Ability: Grouping Identical Figures - Figure Matrix Questions - Decision Making – Inference - Test of Direction Sense - Number Series - Alphabet Series - Ven Diagram.

**BOOK FOR REFERENCES:**

1. [*https://toppersexam.com/POLICE-EXAMS/TAMILNADU-POLICE-SI*](https://toppersexam.com/POLICE-EXAMS/TAMILNADU-POLICE-SI)
2. *Arihant - Quicker Mathematics*
3. *Manorama - Manorama Year Book*
4. *State Board - Class 6-12 Textbook*

|  |
| --- |
| **SEMESTER - VI** |
|  |
| **23UPEDX67** | **EXTENSION ACTIVITY** | **T/P** | **C** | **H** |
|  | **1** | **-** |

**(Refer to the regulations)**