

B.Sc. PHYSICAL EDUCATION (2017 – 2018)

S. No.	Semester	Category	Paper Code	Title of the Paper	Maximum Marks			Minimum Marks for Pass			Hours Week	Credits
					CIA	E.E	Total	CIA	E.E.	Total		
1.	I	Part – I	17U1PET1/H1	Tamil – I /Hindi – I	25	75	100	10	30	40	6	3
2.		Part – II	17U1PEE1	English – I	25	75	100	10	30	40	6	3
3.		Core	17U1PEC1	Foundation of Physical Education and Sports	25	75	100	10	30	40	5	4
4.		Core	17U1PEC2	Track and Field – I	25	75	100	10	30	40	5	4
5.		Allied	17U1PEA1	Allied – Science of Yoga	25	75	100	10	30	40	5	3
		Allied	17U2PEAP1	Allied Practical – Science of Yoga (NS)	-	-	-	-	-	-	3	
6.		ES	17U1PEES	Environmental Studies		100	100		40	40	-	1
7.	II	Part – I	17U2PET2/H2	Tamil – II / Hindi – II	25	75	100	10	30	40	6	3
8.		Part – II	17U2PEE2	English – II	25	75	100	10	30	40	6	3
9.		Core	17U2PEC3	Health Education, Safety Education and First Aid	25	75	100	10	30	40	5	4
10.		Core	17U2PECP1	Practical – Track and Field – I (Badminton, Handball, Kabaddi)	40	60	100	16	24	40	4	4
11.		Allied	17U2PEA2	Allied - Anatomy & Physiology	25	75	100	10	30	40	5	3
12.		Allied	17U2PEAP1	Allied Practical – Yoga	40	60	100	16	24	40	3	3
13.		VBE	17U2PEVE	Valued Based Education	25	75	100	10	30	40	-	-
14.		SBE	17U2PES1	Skill Based Elective–I Fitness and Wellness	25	75	100	10	30	40	1	1
15.	III	Part- I	17U3PET3/H3	Tamil – III /Hindi – III	25	75	100	10	30	40	6	3
16.		Part – II	17U3PEE3	English – III	25	75	100	10	30	40	6	3
17.		Core	17U3PEC4	Exercise Physiology	25	75	100	10	30	40	5	4
18.		Core	17U3PEC5	Theory of Games (Basketball, Hockey & Tennis)	25	75	100	10	30	40	5	4
19.		Allied	17U3PEA3	Allied– Test, Measurement and Evaluation	25	75	100	10	30	40	5	4
		Allied	17U4PEAP2	Allied Practical– Basketball, Hockey & Tennis (NS)	-	-	-	-	-	-	3	-
20.		GS	17U3PEGS	Gender Studies		100	100		40	40	-	-

B.Sc. PHYSICAL EDUCATION (2017 – 2018)

S. No.	Semester	Category	Paper Code	Title of the Paper	Maximum Marks			Minimum Marks for Pass			Hours Week	Credits
					CIA	E.E.	Total	CIA	E.E.	Total		
21.	IV	Part- I	17U4PET4/H4	Tamil – IV / Hindi – IV	25	75	100	10	30	40	6	3
22.		Part – II	17U4PEE4	English – IV	25	75	100	10	30	40	6	3
23.		Core	17U4PEC6	Track and Field – II	25	75	100	10	30	40	6	4
24.		Core	17U4PECP2	Practical – Track & Field – II	40	60	100	16	24	40	3	4
25.		Allied	17U4PEA4	Allied - Psychology and Sociology of Sports	25	75	100	10	30	40	5	4
26.		Allied	17U4PEAP2	Allied Practical–Basketball, Hockey & Tennis (NS)	40	60	100	16	24	40	3	3
27.		SBE	17U4PES2	Skill Based Elective – II Fitness and Wellness	25	75	100	10	30	40	1	1
28.	V	Core	17U5PEC7	Methods in Physical Education	25	75	100	10	30	40	5	6
29.		Core	17U5PEC8	Research Methods and Elementary Statistics	25	75	100	10	30	40	5	6
30.		Core	17U5PEC9	Theories of Games – Football, Volleyball & Cricket	25	75	100	10	30	40	4	5
31.		Core	17U5PECP3	Practical – (Foot Ball, Volleyball, Cricket)	40	60	100	16	24	40	5	5
32.		Major Elective- I & II	17U5PEEL1A 17U5PEEL1B	Sports Nutrition / Computer Application in Physical Education	25	75	100	10	30	40	4	3
33.			17U5PEEL2A 17U5PEEL2B	Organization and Administration/ Sports Medicine	25	75	100	10	30	40	4	4
34.		NME	17U5PENME	Non Major Elective – Science of Yoga	25	75	100	10	30	40	2	1
35.		SSD	17U5PESSD	Soft Skill Development	-	-	100	-	-	40	1	-
36.	VI	Core	17U6PEC10	Science of Sports Training	25	75	100	10	30	40	5	6
37.		Core	17U6PEC11	Kinesiology & Biomechanics	25	75	100	10	30	40	5	6
38.		Core	17U6PEC12	Officiating and Coaching	25	75	100	10	30	40	4	5
39.		Core	17U6PECP4	Practical – Teaching Practices	40	60	100	16	24	40	6	5
40.		Major Elective- III & IV	17U6PEEL3A 17U6PEEL3B	Sports Journalism/ Adapted Physical Education and sports	25	75	100	10	30	40	4	3
41.			17U6PEEL4A 17U6PEEL4B	Sports Physiotherapy/ Recreation & Camping	25	75	100	10	30	40	4	4
42.		GK	17U6PEGK	General Knowledge	-	100	100		40	40	1	--
43.	CN	17U6PECN	Comprehensive Test	-	100	100		40	40	1	1	
Extension Activities					-	-	-	-	-	-	-	1
Total Credits					4300						180	140

B.Sc. PHYSICAL EDUCATION (2017 – 2018)

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

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

**Question Pattern for UG and PG Programmes for students to be
admitted during 2017 – 2018 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	17U1PET1	இக்கால இலக்கியம் (செய்யுள் , உரைநடை, சிறுகதை, புதினம், நாடகம்)	6	3

கூறு: 1 செய்யுள்

நேரம்: 18

1. இராமலிங்க அடிகளார் - திருவருட்பா - இறைத் திருக்காட்சி —1—10
2. பாரதியார் - தேசியகீதம் : பாரத தேசம் — எங்கள் நாடு,
3. பாரதிதாசன் - புதிய உலகம்: உலக ஒற்றுமை —பேரிகை, தளை அறு, மானுட சக்தி
4. பட்டுக்கோட்டை கல்யாண சுந்தரம் -காடு வெளையட்டும் பெண்ணெ ,
5. நாமக்கல் கவிஞர் - என்றுமுளதென்றமிழ் ,
6. கவிமணி : ஒற்றுமையே ,உயர்வு நிலை—நாட்டுக்குழைப்போம்

கூறு: 2 உரைநடை

நேரம்: 18

1. கேட்டிவி - இராகபாவம் (1 முதல் 15 வரை)
2. கேட்டிவி - பயணங்கள் தொடரும்

கூறு: 3 சிறுகதை

நேரம்: 18

1. கேட்டிவி - குரல் கொடுக்கும் வானம்பாடி (1 முதல் 10 வரை)
2. கேட்டிவி - மனோரஞ்சிதம் முழுவதும்

கூறு: 4 புதினம்

நேரம்: 18

கு.வெ. பாலசுப்பிரமணியன் - காளவாய்

கூறு: 5 நாடகம் , இலக்கிய வரலாறு

நேரம்: 18

1. கலைவாணன் — கு.சா.கிருஷ்ணமூர்த்தி(NCBH வெளியீடு)
2. சிறுகதை, புதினம், நாடகம், கவிதை, உரைநடை

B.Sc. Physical Education

Semester	Subject Code	Title Of The Paper	Hours Of Teaching/ Week	No. of Credits
I	17U1PEE1	PART – II ENGLISH PROSE, POETRY AND COMMUNICATION SKILLS	6	3

Objective

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

Unit – I

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 Imposter, 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.

References Book:

- A Melodious Harmony – Sri.KTV, Rajendra Publishing House, Poondi, 2017.
Flying Colours – Prof. K.Natarajan, New Century Book House (P) LTD., 2017.

B.Sc. Physical Education

Semester	Subject Code	Title of the Paper	Hours of Teaching /Week	No. of Credits
I	17U1PEC1	Foundation of Physical Education and Sports	5	4

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.

General Reference:

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

B.Sc. Physical Education

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
I	17U1PEC2	Track and Field - I	5	4

Unit – I : History of Track and Field: India Asia and world organization of track and field, Federations: India and world Track and Field Events in International and National competitions.

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

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

Unit – IV : Techniques in Sprint, Middle, Long distance and Race walk.

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

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	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
I	17U1PEA1	Allied – Science of Yoga	5	3

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.

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.

B.Sc. Physical Education

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
I & II	17U2PEAP1	Allied - Practical – Science of Yoga (NS)	3+3	-

Unit I

1. Padmasana
2. Swastickasana
3. Vajrasana
4. Bhujangasana
5. Dhanurasana

Unit II

1. Matsyasana
2. Shalabasana
3. Halasana
4. Patchi motanasana
5. Shavasana
6. Yogamudra

Unit III

1. Vakrasana
2. Ardha – Matsyendrasan
3. Vipareetakarani
4. Sarvangasana
5. Shirashasana

Unit IV

1. Mayurasana
2. Vrihshasana
3. Tadasana
4. Makarasana
5. Chakarasana

Unit V

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

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.

B.Sc. Physical Education

Semester	Subject Code	Title Of The Paper	Hours Of Teaching / Week	No. of Credits
II	17U2PET2	இடைக்கால இலக்கியம் - பயன்முறைத் தமிழ் -இலக்கண வரலாறு	6	3

கூறு: 1

நேரம்: 18

1. திருஞானசம்பந்தர் - தேவாரம் - கோளறு திருப்பதிகம்
2. திருநாவுக்கரசர் -தேவாரம் -தனித்திருக் குறுந்தொகை - மாசில்வீணையும் - 1—10 பதிகம்
3. சுந்தரர் -தேவாரம் - திருநொடித்தான்மலைப் பதிகம் —தானெனை முன்படைத்தான்
4. மாணிக்கவாசகர் - திருவாசகம் - திருப்பொன்னூசல்

கூறு: 2

நேரம்: 18

1. குலசேகராழ்வார்: திருவித்துவக்கோட்டம்மான் : 1—10 பாடல்கள்
2. நம்மாழ்வார் - திருவாய் மொழி -இரண்டாம்பத்து —1—10 பாடல்கள்
3. ஆண்டாள் - நாச்சியார் திருமொழி —வாரணமாயிரம் 1—10 பாடல்கள்
4. திருமங்கையாழ்வார் - சிறிய திருமொழி —1—10 பாடல்கள்

கூறு: 3

நேரம்: 18

1. திருமூலர் - திருமந்திரம் - அட்டாங்க யோகம் —1—10 பாடல்கள்
2. குமரகுருபரர் - மீனாட்சியம்மை பிள்ளைத் தமிழ்: வருகைபருவம்
3. திரிகூடராசப்பக் கவிராயர் - குற்றாலக் குறவஞ்சி - நாட்டு வளம்
4. வீரமாமுனிவர் - திருக்காவலூர்க் கலம்பகம் — முதல் 5 பாடல்கள்
5. குணங்குடி மஸ்தான் சாகிபு - ஆனந்தக் களிப்பு —முழுதும்

கூறு: 4 பயன்முறைத் தமிழ்

நேரம்: 18

வாக்கிய அமைப்பு - புணர்ச்சி வகைகள் - வலிமிகும், வலி மிகா இடங்கள் - எழுத்துப்பிழை நீக்கம் லகர, ளகர, ழகர வேறுபாடுகள் - சொற்களைப் பிரித்துப் பொருள் காணும் முறை - நிறுத்தற் குறியீடுகள் - சரியான தமிழ் வடிவம் அறிதல்.

சொல்லியல் - சொல் வகை - இலக்கண வகை - இலக்கிய வகை - பெயர்ச்சொல் - இடுகுறி - காரணம் - அறுபொருட் பெயர் (பொருள், இடம், காலம், சினை, குணம், தொழில்) - வினைச்சொல் - இடைச் சொல் - உரிச்சொல் - முற்று - எச்சம் - விசுதிகள் - இடைநிலை - தன்வினை - பிறவினை - தெரிநிலை வினை - குறிப்பு வினை-வழுவமைதி.

கூறு: 5 இலக்கண வரலாறு

நேரம்: 18

இலக்கண வரலாறு - தமிழ்த் துறை வெளியீடு.

Semester	Subject Code	Title Of The Paper	Hours Of Teaching/ Week	No. of Credits
II	17U2HYE2	PART – II ENGLISH EXTENSIVE READERS AND COMMUNICATIVE SKILLS	6	3

Objective

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

Unit – I

Shakespeare – The Seven Stages of Man

Long Fellow – A Psalm of Life

Nissim Ezakiel - Enterprise

William Wordsworth – The world is too much with us

Unit – II

Anton Chekov – The Proposal

J.B.Priestly - Mother's Day

Unit - III

William Faulkner - A Rose for Emily

P. Lankesh - Bread

Katherine Mansfield - The Doll's House

Unit – IV

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

Unit – V

Voices, Degrees of Comparison, Direct and Indirect

Book Prescribed:

Unit I, II, III, Voices of vision in English (Vol. I & II), Board of Editors, Pavai Printers (P) Ltd., Chennai, 2016.

Unit IV & V – Communicative grammar by the Department of English, Poondi, 2017.

B.Sc. Physical Education

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
II	17U2PEC3	Health Education, Safety Education and First Aid	5	4

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, Careers 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 peptic ulcer 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.

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. William Evans A. Everyday Safety Lyons and Carnahan 1952.
5. "School Safety Policies", Washington DC. American Association for Health physical Education and Recreation, 1968.

B.Sc. Physical Education

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
II	17U2PECP1	Core – Practical Track and Field – I (Badminton, Handball and Kabaddi)	4	4

UNIT – I

Warming Up : General and Specific Exercises
Techniques in Sprint, Middle Distance, Long Distance.
and Race walking.
Teaching steps, Teaching Drills common Error and correction.

UNIT – II

Warming Up: General and Specific Exercises.
Techniques in Long Jump and High Jump.
Techniques in Shot put and Javelin Throw
Teaching steps, Teaching Drills common Error and correction.

UNIT – III

(Badminton, Handball and Kabaddi)
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 – IV

Fundamental Skills, Lead up games.
Tactics and Strategies and Coaching Programme.

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.

Reference:

1. Fundamentals of Track and Field by Gerald A.Carr.
2. Encyclopedia of Sports Games – Coel, RJ.
3. AFI, Handbook, New Delhi.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
II	17U2PEA2	Allied – Anatomy and Physiology	5	3

Objective

- To understand the structure and Function of the body.

Unit I

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

Unit II

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

Unit III

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

Unit IV

- Nervous system
 - Structure and functions of Brain and Spinal cord
 - Function of Neuron – Reflex arc.
 - Excretory system.
 - Structure and functions of Kidney.
-

Unit V

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

General Reference:

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

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
I & II	17U2PEAP1	Allied - Practical – Science of Yoga (NS)	3+3	3

Unit I

1. Padmasana
2. Swastickasana
3. Vajrasana
4. Bhujangasana
5. Dhanurasana

Unit II

1. Matsyasana
2. Shalabasana
3. Halasana
4. Patchi motanasana
5. Shavasana
6. Yogamudra

Unit III

1. Vakrasana
2. Ardha – Matsyendrasan
3. Vipareetakarani
4. Sarvangasana
5. Shirashasana

Unit IV

1. Mayurasana
2. Vrihshasana
3. Tadasana
4. Makarasana
5. Chakarasuna

Unit V

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

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.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
II	17U2PES1	Skill Based Elective – I FITNESS AND WELLNESS (NS)	1	1

Unit – I Fitness

What is fitness meaning – Definition – Need – Types of fitness (Physical, Physiological, health related, emotional, performance related etc) – Componented 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.

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.

B.Sc. Physical Education

Semester	Subject Code	Title Of The Paper	Hours Of Teaching / Week	No. of Credits
III	17U3PET3	காப்பியங்கள், கட்டுரைகள், இலக்கிய வரலாறு	6	3

கூறு: 1 காப்பியங்கள் 1

நேரம்: 18

1. சிலப்பதிகாரம் - புகார்க் காண்டம்—மனையறம்படுத்த காதை
2. மணிமேகலை - ஆதிரை பிச்சையிட்ட காதை
3. சீவக சிந்தாமணி - மண்மகள் இலம்பகம்
4. கம்பராமாயணம் - மிதிலைக் காட்சிப் படலம்

கூறு: 2 காப்பியங்கள் 2

நேரம்: 18

1. பெரிய புராணம் -மெய்ப்பொருள் நாயனார் புராணம் —முழுதும்
2. அரிசந்திரபுராணம் —மயான காண்டம்
3. தேம்பாவணி - திருமணப் படலம்—1—10 பாடல்கள்
4. சீறாப்புராணம் -நபி அவதாரப் படலம் —1—10 பாடல்கள்

கூறு: 3 கட்டுரைத் தொகுப்பு

நேரம்: 18

கட்டுரைத் தொகுப்பு - தமிழ்த்துறை வெளியீடு

கூறு: 4 பொதுக்கட்டுரை, மொழிபெயர்ப்புப் பயிற்சி

நேரம்: 18

பயிற்சிக் கட்டுரைகளும் கடிதங்களும் -பாவை வெளியீடு
கட்டுரைப் பயிற்சி - 10 மதிப்பெண்
மொழிபெயர்ப்புப் பயிற்சி - 5 மதிப்பெண்
கலைச்சொல்லாக்கம்

கூறு: 5

நேரம்: 18

அ. இலக்கிய வரலாறு

பக்தி இலக்கியங்கள் - காப்பிய இலக்கியங்கள் - சிற்றிலக்கியங்கள்

Semester	Subject Code	Title Of The Paper	Hours Of Teaching/ Week	No. of Credits
III	17U3PEE3	PART – II ENGLISH SHAKESPEARE, EXTENSIVE READERS AND COMMUNICATIVE SKILLS	6	3

Objective

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

Unit – I

Funeral Oration – Julius Caesar

Trial for a Pound of Flesh – The Merchant of Venice

Unit – II

He Kills Sleep – Macbeth

The gulling scene of malvalio – Twelfth Night

Unit – III

Romeo and Juliet

In Love is a “Midsummer Madness” – Tempest

Unit – IV

R.L. Stevenson – Treasure Island

Unit – V

Note making, Hints Developing, Expansion of Ideas and Proverbs, Clauses and sentence, Structure simple, Compound and Complex.

Book Prescribed:

Unit – I, II & III: Selected scenes from Shakespeare, Prof.K.Natarajan, Pavai Printers (p) Ltd., 2017.

Unit IV: Treasure Island Abridged by E.F. Dodd

Unit V: Communicative Grammar by Department of English, Poondi, 2017.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
III	17U3PEC4	Core - Exercise Physiology	5	4

Objective

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

Unit I Introduction to Exercise Physiology

Nature, Aim and Scope of Exercise Physiology

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

Unit II Skeletal Muscle and Exercise

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

Unit III Neurol control of skeletal Muscle Activity

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

Unit IV Cardiovascular system and Exercise

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

Unit V Respiratory system and Exercise

Respiratory system and Exercise

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

General Reference:

- "Exercise Physiology" William D.M.C.Ardle, Frank I, Katch, Victor L.Katch.
- "Physiology of Exercise" David H.Clark.
- "Exercise Physiology" Larry Shaver.
- Concise Medical Physiology-Chandhuri

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Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
III	17U3PEC5	Core – Theory of Games (Basketball, Handball, Hockey Tennis)	5	4

Unit – I

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

Unit – II

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

Unit – III

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

Unit – IV

Tactics and Strategy System in the games, Lead – up Games and Evaluation in.
Basketball, Handball, Hockey, 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.

References:-

1. Cole man brain and peter ray, basset hall, East Ardsley, Ep publishing Ltd., 1976.
2. Goel, R.G. Encyclopedia of sports and games.
3. Cornelius Bykerm – Simplified Multiple offence for winning Basket Ball.
4. The masranghan – Basketball Techniques and tactics.
5. Wein Horat “The science of Hockey” “London, Pelham Book, 1970.
6. Milford, D.S.Hockey Practice and Tactics London, Mnolds and Company, 1949.
7. The Story of Handball: The game the players, the history by T.J.Mc Elligot 1984.
8. Team Handball 1996 Reita E.Clamlon.

B.Sc. Physical Education

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
III	17U3PEA3	Allied – Test and Measurement in Physical Education	5	4

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 - subjective 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 -Broer - Miller Tennis test.

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, prentice Hall Inc., 1967.
4. Mathews K. Donald, "Measurement in Physical Education" London W.S.Saunders Company, 1973.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
III & IV	17U4PEAP2	Allied Practical – Basketball, Hockey & Tennis (NS)	3+3	-

Objective

- To understand the game Basketball, Hockey & Tennis.

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.

General Reference:

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

B.Sc. Physical Education

Semester	Subject Code	Title Of The Paper	Hours Of Teaching / Week	No. of Credits
IV	17U4PET4	சங்க இலக்கியம் - அறு இலக்கியம் - செம்மொழி - இலக்கிய வரலாறு	6	3

கூறு: 1

நேரம்: 18

குறுந்தொகை

1. குறிஞ்சி - (பா.எ.:3)
2. முல்லை - (பா.எ.94)
3. மருதம் - (பா.எ.45)
4. நெய்தல் - (பா.எ.:49)
5. பாலை - (பா.எ.:41)

நற்றிணை

1. குறிஞ்சி - (பா.எ. 32)
2. முல்லை - (பா.எ. 81)
3. மருதம் - (பா.எ. 210)
4. நெய்தல் - (பா.எ. 226)
5. பாலை - (பா.எ.229)

கலித்தொகை

1. பாலை - (பா.எ. 6)
2. குறிஞ்சி - (பா.எ. 38)

அகநானூறு

1. குறிஞ்சி : - (பா.எ. 68)
2. மருதம் - (பா.எ. 86)

கூறு: 2

நேரம்: 18

ஐங்குறுநூறு

குறிஞ்சி - தோழிக்கு உரைத்த பத்து: பாடல் எண்கள் —111—120

புறநானூறு

பாடல் எண்கள் 8,17,20,95,141,159,184,186,188,206

பதிற்றுப்பத்து

ஏழாம் பத்து —பாடல் எண். 1

பரிபாடல்

எட்டாம் பாடல் : செவ்வேள்

கூறு: 3

நேரம்: 18

நெடுநல்வாடை முழுவதும்

திருக்குறள் : வான்சிறப்பு, பெருமை, காதற் சிறப்புரைத்தல்

கூறு: 4

நேரம்: 18

செம்மொழி வரலாறு

மொழி - விளக்கம் - மொழிக்குடும்பங்கள் - உலகச் செம்மொழிகள் - இந்தியச் செம்மொழிகள் - செம்மொழித் தகுதிகள் - வரையறைகள் - வாழும் தமிழ்ச்செம்மொழி - தொன்மை - தமிழின் சிறப்புகள் - தமிழ்ச் செம்மொழி நூல்கள்.

கூறு: 5

நேரம்: 18

அ. இலக்கிய வரலாறு

சங்க இலக்கியங்கள், பதினெண்கீழ்க்கணக்கு நூல்கள்

Semester	Subject Code	Title of The Paper	Hours of Teaching/ Week	No. of Credits
IV	17U4PEE4	PART – II ENGLISH ENGLISH FOR COMPETITIVE EXAMINATIONS	6	3

Objective

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

Unit – I

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

Unit – II

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

Unit – III

Reading & Reasoning – Comprehension, Jumbled Sentences.

Unit - IV

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

Unit – V

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

Prescribed Text:

English for Competitive Examinations, by Ayothi, Trichy, 2017.

Semester	Subject Code	Title of the Paper	Hours of Teaching /Week	No. of Credits
IV	17U4PEC6	Core – Track and Field – II	6	4

Objective

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

UNIT – I

Warmup, warmdown, 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.

Reference:

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

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
IV	17U4PECP2	Core – Practical Track & Field –II	3	4

Objective

- To acquire practical learning and performance about each event in Track and Field.

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.

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

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
IV	17U4PEA4	Allied – Psychology and Sociology of Sports	5	4

Objective

- To understand about the psychology and sociology.

Unit I

- a. Meaning, Scope and nature of Psychology and 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

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	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
III & IV	17U4PEAP2	Allied Practical – Basketball, Tennis & Hockey (NS)	3+3	3

Objective

- To aquacing practical learning and performance about the game Basketball, Hockey & Tennis.

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.

General Reference:

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

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Semester	Subject Code	Title of the Paper	Hours of Teaching /Week	No. of Credits
IV	17U4PES2	Skill Based Elective – II FITNESS AND WELLNESS (NS)	1	1

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.

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
V	17U5PEC7	Methods in Physical Education	5	6

Objective

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

Unit I Introduction

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

Unit II Methods of Teaching Physical Activities.

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

Unit III Class Management

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

Unit IV Lesson Plan

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

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

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

General Reference:

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

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	17U5PEC8	Research Methods and Elementary Statistics	5	6

Objective

- To apply the research methods and statistics.

Unit I

- a. Meaning and Definition of Research
- b. Need and importance of Research
- c. Scope of Research in Physical Education 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. Labouratory 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.

General Reference:

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

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	17U5PEC9	Theories of Games –(Football, Volleyball and Cricket)	4	5

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 Cricket.

Unit : IV

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

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.

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	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	17U5PECP3	Core Practical - Foot Ball, Volleyball and Cricket	5	5

Objective

- To understand the game Football, Volleyball and Cricket.

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.

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.
5. Tyson Frank the Cricket coaching Manual, calculta, Rupa & Co., 1985.
6. Amarnath Mohinder, Karn to play Good Cricket, Delhi, Surject publications.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	17U5PEEL1A	Major Elective – I Sports Nutrition	4	3

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.

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	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	17U5PEEL1B	Major Elective – I Computer Applications in Physical Education	4	3

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.

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.

Semester	Subject Code	Title of the Paper	Hours of Teaching /Week	No. of Credits
V	17U5PEEL2A	Major Elective – II Organization and Administration	4	4

Organisation – Introduction

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

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

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

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

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

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

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

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

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

Administration

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

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Functions of the Administrator: Administrative 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.

References:

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

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	17U5PEEL2B	Major Elective –II Sports Medicine	4	4

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.

References :-

1. Starkey, chad / Therapeutic Modalities of Athletic trainers, F.A. Davis company, pheladelphes 1990.
2. Edward Donald, Physiotherapy 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	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	17U5PENME	Non – Major Elective Science Of Yoga	2	1

Objective

- To understand about – Science of 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, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyanana, Samathi.

Unit II Asanas

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

Practical

Padmasana, Vajrasana, Paschimottan Asana, Matsyabana, Vakrasana, Ardha Matsyendrasana, Sarvangasana, Halasana, Savasana, Makarasana, Bhujangasana, Dhanurasana, Salabhasana, Tadasana.

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.

Semester	Subject Code	Title Of The Paper	Hours Of Teaching/ Week	No. of Credits
V	14U5PESSD	SOFT SKILLS DEVELOPMENT	1	-

Unit : I

Proficiency in English – Group Discussion - Interview – Presentation Skills
– Percentage and its application – Error Correction.

Unit : II

Communication Skills – Art of Listening, Art of Reading, Art of Writing.
Corporate Skill – Time Management, Stress Management.

Text Books

1. Meena K and Ayothi (2013) A Book on Development of Soft Skills (Soft. Skills: A Road Map to Success) P.R. Publishers & Distributors, No. B -20 & 21 V.M.M. Complex, Chatiram Bus Stand, Tiruchirappalli – 620002.
2. Hariharan S, Sundararajan N and Shanmugapriya S.P. (2010) Soft Skills, MJP Pubglishers, Chennai – 600 005.

References

1. Alex K (2012) Soft Skills – Know yourself & Know the world, S.Chand & Company LTD. Ram Nagar, New Delhi – 110 055.
2. Martin Avis, Effective Time Management Skills for everyone, Avis Consultancy, London.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
VI	17U6PEC10	Science of Sports Training	5	6

Objective

- To apply the training to the students.

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

- Strength-forms of strength, Characteristics of strength, Strength training methods.
- Speed-forms of speed, characteristics of speed, speed training method.
- Endurance-forms of endurance, characteristics of Endurance, endurance training methods.
- Flexibility-forms of flexibility, characteristics of flexibility, methods of development of flexibility.
- 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.

General Reference:

- Science of sports Training by Hardayal Singh, Ph.D.
- 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	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
VI	17U6PEC11	Kinesiology and Biomechanics	5	6

Objective

- To apply kinesiology to sports performance.

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.

General Reference:

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

Semester	Subject Code	Title of the Paper	Hours of Teaching /Week	No. of Credits
VI	17U6PEC12	Officiating and Coaching	4	6

Objective

- To apply in sports competition

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).

References:-

1. Bunn, J.W. (1972) scientific principles of coaching, Englewood cliffs N.J. Prentice 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	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
VI	17U6PECP4	Allied Practical – Teaching Practice	6	5

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

References:-

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

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
VI	17U6PEEL3A	Major Elective –III Sports Journalism	4	3

Objective

- To apply in sports competition

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

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.

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Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
VI	17U6PEEL3B	Major Elective – III Adapted Physical Education	4	3

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

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

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

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

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

References:

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

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
VI	17U6PEEL4A	Major Elective –IV Sports Physiotherapy	4	4

Objective

- To understand to physiotherapy skills

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.

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
 4. Hicks Carolyn M. Research of Physiotherapists: Project Design and Analysis, London Churchill Livingstone, 1995.
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Semester	Subject Code	Title of the Paper	Hours of Teaching /Week	No. of Credits
VI	17U6PEEL4B	Major Elective - IV Recreation and Camping	4	4

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

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

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

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

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

References:

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