



**THANTHAI HANS ROEVER COLLEGE  
(AUTONOMOUS)**

*Accredited by NAAC*

*UGC Recognized 2(f) and 12(B) Institution*

*Affiliated to Bharathidasan University, Tiruchirapalli*

**PERAMBALUR – 621 220, Tamil Nadu, India**

**DEPARTMENT OF PHYSICAL EDUCATION**

**B. Sc Physical Education Syllabus**

**Choice Based Credit System**

**2018 - 2019 onwards**

**THANTHAI HANS ROEVER COLLEGE  
(AUTONOMOUS)  
PERAMBALUR – 621 220**

**DEPARTMENT OF PHYSICAL EDUCATION**

**B. Sc Physical Education Syllabus**

**Choice Based Credit System**

**2018**

**Thanthai Hans Roever College, Perambalur – 621 220**  
**(Autonomous)**

**B. Sc Physical Education – Course Structure Under CBCS**

(applicable to the candidates admitted from the academic year 2018-2019 onwards)

Sem	Part	Course	Course Title	Subject Code	Hours	Credit	Exam Hours	Mark		Total
								Int	Ext.	
I	I	Language Course – I Tamil / Other Language	Tamil – I	18UT 1	6	3	3	25	75	100
	II	English Language Course – I	English - I	18UE 1	6	3	3	25	75	100
	III	Core Course – I	History of Physical Education	18UPE1CC 1	6	5	3	25	75	100
		Core Practical – I	Practical – Major Game I	18UPE2CP 1	2	--	***	--	--	--
		Allied Course – I	Yoga for Health Education	18UPE1AC 1	6	4	3	25	75	100
		Allied Practical – I	Practical – (Track & Field I)	18UPE2AP 1	2	--	***	--	--	--
	IV	Value Education	Value Education	18UVE	2	2	3	25	75	100
			<b>Total</b>		<b>30</b>	<b>17</b>				<b>500</b>
II	I	Language Course – II Tamil / Other Language	Tamil - II	18UT 2	6	3	3	25	75	100
	II	English Language Course – II	English - II	18UE 2	6	3	3	25	75	100
	III	Core Practical – I	Practical – (Major Game I)	18UPE2CP 1	3	5	3	40	60	100
		Core Course – II	Anatomy and Physiology	18UPE2CC 2	6	5	3	25	75	100
		Allied Practical – I	Practical – (Track & Field I)	18UPE2AP 1	3	3	3	40	60	100
		Allied Course – II	Theories of Track and Field	18UPE2AC 2	4	3	3	25	75	100
	IV	Environmental Studies	Environmental Studies	18UES	2	2	3	25	75	100
			<b>Total</b>		<b>30</b>	<b>24</b>				<b>700</b>
III	I	Language Course – III Tamil / Other Language	Tamil - III	18UT 3	6	3	3	25	75	100
	II	English Language Course – III	English - III	18UE 3	6	3	3	25	75	100
	III	Core Course – III	Organization, Administration and Methods of Teaching in Physical Education	18UPE3CC 3	6	5	3	25	75	100
		Allied Course – III	Theories of throw events	18UPE3AC 3	6	3	3	25	75	100
		Allied Practical - II	Practical – Major Game II	18UPE3AP 2	4	2	2	40	60	100
	IV	Non-Major Elective – I	Fundamentals of yoga	18UPE3NME 1:1	2	2	3	25	75	100
			Evaluation and Measurement	18UPE3NME 1:2						
		Curriculum Design in Physical Education and Sports	18UPE3NME 1:3							
			<b>Total</b>		<b>30</b>	<b>18</b>				<b>600</b>

IV	I	Language Course – IV Tamil / Other Language	Tamil - IV	18UT 4	6	3	3	25	75	100
	II	English Language Course – IV	English - IV	18UE 4	6	3	3	25	75	100
	III	Core Practical - II	Practical – Yoga Practices 1	18UPE4CP 2	3	3	3	40	60	100
		Core Practical - III	Practical – (Major Game III)	18UPE4CP 3	3	3	3	40	60	100
		Core Course – IV	Exercise Physiology	18UPE4CC 4	4	4	3	25	75	100
	Allied Course – IV	Rules of games and sports - I	18UPE4AC 4	4	4	3	25	75	100	
	IV	Non-Major Elective – II	Basic of Yoga Education	18UPE4NME 2:1	2	2	3	25	75	100
			Applied Kinesiology	18UPE4NME 2:2						
			Scientific Principles of Coaching and Officiating	18UPE4NME 2:3						
	Skill Based Elective – I	Principles and Techniques of Officiating and Coaching	18UPE4SBE 1	2	2	3	25	75	100	
<b>Total</b>				<b>30</b>	<b>24</b>				<b>800</b>	
V	III	Core Course – V	Sports Journalism	18UPE5CC 5	5	5	3	25	75	100
		Core Course – VI	Test, measurement and evaluation in physical education	18UPE5CC 6	5	5	3	25	75	100
		Core Course – VII	Computer Applications in sports science	18UPE5CC 7	5	5	3	25	75	100
		Core Course – VIII	Theories of Jump Events	18UPE5CC 8	4	4	3	25	75	100
		Major Based Elective-I	Statistical Techniques	18UPE5MBE 1	5	5	3	25	75	100
	IV	Skill Based Elective Practical – I	Practical - Yoga Practices 2	18UPE5SBEP 1	2	2	3	40	60	100
		Skill Based Elective Practical – II	Practical – Track and Field – II	18UPE5SBEP 2	2	2	3	40	60	100
		Soft Skill Development	Soft Skill Development	18USSD	2	2	3	25	75	100
	<b>Total</b>				<b>30</b>	<b>30</b>				<b>800</b>
VI	III	Core Practical – IV	Practical – (Track & Field III)	18UPE6CP 4	4	4	3	40	60	100
		Core Course – IX	Science of Sports Training	18UPE6CC 9	5	4	3	25	75	100
		Core Course – X	Rules of games and sports – II	18UPE6CC 10	5	4	3	25	75	100
		Core Practical – V	Practical – (Specialization Major Games)	18UPE6CP 5	4	3	3	40	60	100
		Major Based Elective - II	Health Education and First Aid	18UPE6MBE 2	6	5	3	25	75	100
		Major Based Elective - III	Sports Psychology and Sociology	18UPE6MBE 3	5	5	3	25	75	100
	V	Extension activities	Extension activities		-	1	-	-	-	-
		Gender Studies	Gender Studies	18UGS	1	1	3	25	75	100
<b>Total</b>				<b>30</b>	<b>27</b>				<b>700</b>	
				<b>180</b>	<b>140</b>				<b>4100</b>	



THANTHAI HANS ROEVER COLLEGE (AUTONOMOUS), ELAMBALUR, PERAMBALUR

**Bachelor of Physical Education Course Structure under CBCS**

(For the candidates admitted from the academic year 2018-2019 onwards)



Semester	Part	Course	Course Code	Title of the Course	Ins. Hours/ Weeks	Credit	Exam Hours	CIA (Max)	ESE (Max)	Total (Max)
I	I	Language Course-I (LC) – Tamil*/Other Languages ** #	18UT1	Tamil-I (Ilakiyam-Kavithai, Sirukathai, Urainadai, Ilakkiya Varalaru)	6	3	3	25	75	100
	II	English Language Course-I (ELC)	18UE1	English-I (Prose for Effective Communication and Grammar)	6	3	3	25	75	100
	III	Core Course – I (CC)	18UPE1CC1	History of Physical Education	6	5	3	25	75	100
		Allied Course –I (AC)	18UPE1AC1	Yoga for Health Education	6	4	3	25	75	100
		Core Practical - I (CP)	18UPE2CP1	Practical- Major Games-1	2	--	** *	--	--	--
		Allied Practical -I (AP)	18UPE2AP1	Practical- Track & Field-1	2	--	** *	--	--	--
		Value Education	18UVE	Value Education	2	2	3	25	75	100
					Total	<b>30</b>	<b>17</b>			
II	I	Language Course-II (LC) – Tamil*/Other Languages ** #	18UT2	Tamil-II (Idaikkala Ilakkiyam, Nadagam, Puthinam, Ilakkiya Varalaru)	6	3	3	25	75	100
	II	English Language Course-II (ELC)	18UE2	English-II (Poetry for Effective Communication and Grammar)	6	3	3	25	75	100
	III	Core Course – II (CC)	18UPE2CC2	Anatomy and Physiology	6	5	3	25	75	100
		Allied Course –II (AC)	18UPE2AC2	Theories of Track & Field	4	3	3	25	75	100
		Core Practical - I (CP)	18UPE2CP1	Practical- Major Games-1	3	5	3	40	60	100
		Allied Practical -I (AP)	18UPE2AP1	Practical- Track & Field-1	3	3	3	40	60	100
		Environmental Studies	18UES	Environmental Studies	2	2	3	25	75	100

				Total	30	24				700
III	I	Language Course–III (LC) – Tamil*/Other Languages ** #	18UT3	Tamil-III (Kappiya Ilakkiyam , Nadagam, Ilakiya Varalaru)	6	3	3	25	75	100
	II	English Language Course-III (ELC)	18UE3	English-III(Short Story and Effective Communication Skill)	6	3	3	25	75	100
	III	Core Course – III (CC)	18UPE3CC3	Organization, Administration and Methods of Teaching in Physical Education	6	5	3	25	75	100
		Allied Course –I II(AC)	18UPE3AC3	Theories of Throw Events	6	3	3	25	75	100
		Non Major Elective-I	18UPE3NME1	Fundamentals of Yoga	2	2	3	25	75	100
		Allied Practical -II (AP)	18UPE3AP2	Practical- Major Games-II	4	2	2	40	60	100
					Total	30	18			
IV	I	Language Course–IV (LC) – Tamil*/Other Languages ** #	18UT4	Tamil-IV (Palan Ilakkiyam, Ilakiya Varalaru, Podhu katturai)	6	3	3	25	75	100
	II	English Language Course-IV (ELC)	18UE4	English-IV(One Act Play and Effective Communication Skill)	6	3	3	25	75	100
	III	Core Course – IV (CC)	18UPE4CC4	Exercise Physiology	4	4	3	25	75	100
		Allied Course –IV (AC)	18UPE4AC4	Rules of Games and Sports-I	4	4	3	25	75	100
		Non Major Elective-II	18UPE4NME2	Basic of Yoga Education	2	2	3	25	75	100
		Core Practical - II (CP)	18UPE4CP2	Practical-Yoga Practices-1	3	3	3	40	60	100
		Core Practical - III (CP)	18UPE4CP3	Practical-(Major Game-III)	3	3	3	40	60	100
		Skill Based Elective -I	18UPE4SBE1	Principles and Techniques of Officiating and Coaching	2	2	3	25	75	100
					Total	30	24			
V	III	Core Course-V (CC)	18UPE5CC5	Sports Journalism	5	5	3	25	75	100
	III	Core Course-VI	18UPE5CC6	Test, Measurement and Evaluation in Physical Education	5	5	3	25	75	100
		Core Course-VII	18UPE5CC7	Computer Applications in Sports Science	5	5	3	25	75	100
		Core Course VIII	18UPE5CC8	Theories of Jump Events	4	4	3	25	75	100

	Major Based Elective -I	18UPE5MBE1	Statistical Techniques	5	5	3	25	75	100	
	Skill Based Elective Practical-I	18UPE5SBEP1	Practical-Yoga Practices-2	2	2	3	40	60	100	
	Skill Based Elective Practical-II	18UPE5SBEP2	Practical- Track & Field-II	2	2	3	40	60	100	
	Soft Skills	18USSD	Soft Skills Development	2	2	3	25	75	100	
			Total	30	30				800	
VI	III	Core Course-IX (CC)	18UPE6CC9	Science of Sports Training	5	4	3	25	75	100
	III	Core Course-X	18UPE6CC10	Rules of Games and Sports-II	5	4	3	25	75	100
		Core Practical - IV (CP)	18UPE6CP4	Practical- Track & Field-III	4	4	3	40	60	100
		Core Practical - V (CP)	18UPE6CP5	Practical-(Specialization Major Games)	4	3	3	40	60	100
		Major Based Elective - II	18UPE6MBE2	Health Education and First Aid	6	5	3	25	75	100
		Major Based Elective - III	18UPE6MBE3	Sports psychology and Sociology	5	5	3	25	75	100
		Gender Studies	18UGS	Gender studies	1	1	3	25	75	100
				Total	30	27				700
<b>Grand Total</b>				<b>180</b>	<b>140</b>				<b>4100</b>	

### List of Allied Courses:

First Allied Course I Yoga for Health Education

Second Allied Course II Theories of Track & Field

Third Allied Course III Theories of Throw Events

Fourth Allied Course IV Rules of Games and Sports-I

### List of Non Major Elective (For 2018 – 2019)

Elective	Semester	Course Code	Title of the Course
NME-I	III	18UPE3NME1	Fundamentals of Yoga
NME-II	IV	18UPE4NME2	Basic of Yoga Education

**List of Skill Based Elective (For 2018 – 2019)**

Elective	Semester	Course Code	Title of the Course
SBE-I	IV	18UPE4SBEI	Principles and Techniques of Officiating and Coaching
SBE-II	V	18UPE5SBEP1	Practical-Yoga Practices-2
SBE-III	V	18UPE5SBEP2	Practical- Track & Field-II

**List of Major Based Elective (For 2018 – 2019)**

Elective	Semester	Course Code	Title of the Course
Elective-I	V	18UPE5MBE1	Statistical Techniques
Elective-II	VI	18UPE6MBE2	Health Education and First Aid
	VI	18UPE6MBE3	Sports psychology and Sociology

**Paper Details:**

Tamil Part I	- 4
English Part II	- 4
Core Paper	- 10
Core Practical	- 5
Allied Paper	- 4
Allied Practical	- 2
Non-Major Elective	- 2
Skill Based Elective	- 1
Skill Based Elective Practical	- 2
Major Based Elective	- 3
Environmental Studies	- 1



Value Education - 1  
Soft Skill Development- 1  
Gender Studies - 1  
Extension Activities - 1 (Credit Only)

\* for those who studied Tamil up to 10th +2 (Regular Stream)

+ Syllabus for other Languages should be on par with Tamil at degree level

# those who studied Tamil up to 10th +2 but opt for other languages in degree level under Part I should study special Tamil in Part IV

\*\* Extension Activities shall be outside instruction hours

Non Major Elective I & II – for those who studied Tamil under Part I

a) Basic Tamil I & II for other language students

b) Special Tamil I & II for those who studied Tamil up to 10th or +2 but opt for other languages in degree programme.

**Note:**

	Internal Marks	External Marks
1. Theory	25	75
2. Practical	40	60
3. Separate passing minimum is prescribed for Internal and External marks		

**FOR THEORY**

The passing minimum for CIA shall be 40% out of 25 marks [i.e. 10 marks]

The passing minimum for Semester Examinations shall be 40% out of 75 marks [i.e. 30 marks]

**FOR PRACTICAL**

The passing minimum for CIA shall be 40% out of 40 marks [i.e. 16 marks]

The passing minimum for Semester Examinations shall be 40% out of 60 marks [i.e. 24 marks]

**SEMESTER – I**  
**CORE COURSE 1 - HISTORY OF PHYSICAL EDUCATION**

**Course Code: 18UPE1CC1**

**Hours: 6**

**Credit: 5**

**Total Marks: 100**

**External Marks: 75**

**Internal Marks: 25**

General Objective:

- To Know the history, Awards and sports scheme of Physical Education

Specific Objectives:

- To define the aims and objectives of Physical Education
- List out the various awards, sports scheme and important tournaments
- To describe about the Olympic game and import tournaments

UNIT: I

Meaning and definition of Education- Aims and objectives of Education- Meaning and definition of Physical Education- Aims and objectives of Physical Education - Scopes of Physical Education - Need and importance of Physical Education.

UNIT: II

History of Physical Education in Sparta and Athens- Olympic Games – Ancient and Modern- Olympic flag, Torch, Oath, Emblem and Motto- Marathon Race .

UNIT: III

Sports organization in India: Physical Education in India- Y.M.C.A - NIS, LNIPE and its contribution- Recent developments – SAI, IOA and its Objectives –SDAT (structure and schemes)-AIU-SGFI-RDS-BDS-Asian games-commonwealth games-SAF.

UNIT: IV

Awards and Honors: Arjuna award- Dronacharya award- Rajiv Gandhi Khel Ratna award - Abulkalam Azad award- Dyanchand award.

UNIT: V

Important National and International Trophies: Santhosh Trophy- Ranji Trophy- Rangasamy Cup- Thomas Cup- Davis cup.

Books for Reference:

1. Bucher, Charles A. Foundation of Physical Education, St.Louis: The C.V. Mosby Company, 1983.
2. Oberteuffer, Delbert, Physical Education New York: Herpor and Brothers Publishers, 1974.
3. Williams, Jerse, Feiring – The Principles of Physical Education, London: W.B. Saunders Company, 1964.
4. Sharman, Jaksan R. Introduction in Physical Education, New York: Harpor and Brothers Publishers, 1970.
5. Kamiesh M.L. and M.S Sargral, Principles and History of Physical Education, Prakash Brothers Educational Publishers, 1981.
6. Tirunarayanan C. and S.Hariharasarma, An Analytical History of Physical Education, The South India Press, Karaikudi, 1981.

**SEMESTER – I**  
**CORE COURSE 1 - YOGA FOR HEALTH EDUCATION**

**Course Code: 18UPE1AC1**

**Hours: 6**

**Credit: 4**

**Total Marks: 100**

**External Marks: 75**

**Internal Marks: 25**

General Objective:

- To know about the uses of yoga for life

Specific Objectives:

- Define Yoga need and importance of Yoga
- List out the various types of yoga and its benefits
- Illustrate the physiological and psychological changes during yoga
- To learn and live with Nature for their health.

UNIT - I

Meaning and definition of Yoga- History of Yoga- Yoga in India-Yogic institution in India- Aims & objectives of yoga- Scope of Yoga- Eight Limbs of Yoga.

UNIT - II

**Asanas:** Types of Asanas-Testing the listed Asanas: Padmasana- Vajrasasna- Sukhasana- Bhujangasana-Halasana-Sarvangasana-Salabhasana-Dhanurasana-Chakraasana-Tadasana- Utkatasana-Padahastasana-Paschimothanasana-Navasana-Viparaitthakarni-Shirshasana-Shavasana.

UNIT - III

Definition – Meaning of Pranayama – Types of Pranayama: Naddi Suddhi- Nadi Shodhana,- Kaphalabhathi- Ujjiayi- Sitali- Sitkari- General principles of practicing Asana- Pranayama- Meditation.

UNIT- IV

Kriyas- Type of Kriyas- Kaphalabhathi- Trataka –Neti- Dhauthi- Nauli- Basti.

UNIT - V

Rehabilitation Exercise – Asthma- Back Pain-Stress-Anxiety.

Books for Reference:

1. Swami Kuvalayananda, Asanas, Kaivalyadhama, Lonavala, Pune.
2. B.K.S. Iyankar, Light on Yoga Harper Collins Publications, Delhi.
3. Dr. K. Chandrasekaran, Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti, Madurai, 1999.
4. Dr.P.Mariayyah, Suriyanamaskar Jaya Publishing House, Perunthurai, Erode.
5. Dr. P. Mariayyah, Asanas, Sports Publishers, Raja Street, Coimbatore-1

**SEMESTER – II**  
**CORE PRACTICAL 1 - MAJOR GAME -I**  
(Kabaddi & Volleyball)

**Course Code: 18UPE2CP1**  
**Hours: 3**  
**Credit: 5**

**Total Marks: 100**  
**External Marks: 60**  
**Internal Marks: 40**

General Objective:

- To know the various techniques of games

Specific Objectives:

- To improve the practical knowledge towards the major games.
- To implement the basic skills through practicals.

Testing on:

Fundamental Skills

Specific Skills

Playing Ability / Performance

Officiating

Books for Reference:

1. Dr. P. Mariayah, Volleyball, Sports Publications, Raja Street, Coimbatore.
2. Dr. P. Mariayah, Kabaddi, Sports Publications, Raja Street, Coimbatore.
3. Dr. P. Mariayah, Football, Sports Publications, Raja Street, Coimbatore.
4. Dhanaraj V. Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.

**SEMESTER – II**  
**CORE COURSE 1I- ANATOMY AND PHYSIOLOGY**

**Course Code: 18UPE2CC2**

**Hours: 6**

**Credit: 5**

**Total Marks: 100**

**External Marks: 75**

**Internal Marks: 25**

General Objective:

- To know the human body structure and functions

Specific Objectives:

- Define anatomy and physiology
- To state the need and importance of anatomy and physiology
- To list the various systems and functions of the body
- To describe the functional organization of the nervous system

**UNIT-I**

Definition and Meaning of Anatomy and Physiology-Need and Importance of Anatomy and Physiology- Cell – Structure and Functions-Tissues – Definition- Types and Function,

**UNIT-II**

Meaning and Functions of Skeletal System- Type of Bones – Definition and Classification of Joints – structure and functions of joint- Muscular System – Types of Muscles..

**UNIT-III**

Circulatory System – Structure and Function of heart - Cardiac Output- Cardiac Cycle- Stroke Volume and Athletic heart- Respiratory System- Meaning of Respiration, Respiratory Organs- Lungs – Structure and functions of Lungs – Vital Capacity.

**UNIT-IV**

Nervous System – Structure of Neuron- Central Nervous System (CNS) – Brain and Spinal Cord- Peripheral Nerves System (PNS).

**UNIT-V**

Endocrine System- Structure of Pituitary, Thyroid and adrenal Glands – their role- growth- development and regulations of body functions.

Books for Reference:

1. Pearce Evelyn, Anatomy and Physiology for Nurses, Jaypee. Brothers Medical Publishers, New Delhi, 1997.
2. Chaurasia B.D. Human Anatomy, CBS Publishers, 1982.
3. Chatterjee Chandicharan, Human Physiology, Medical Allied Agency Volume I and II, Calcutta, 1980.

**SEMESTER – II**  
**CORE PRACTICAL 1 – (TRACK & FIELD I)**

(Sprint Event & Middle Distance Race)

**Allied Code: 18UPE2AP1**  
**Hours: 3**  
**Credit: 3**

**Total Marks: 100**  
**External Marks: 60**  
**Internal Marks: 40**

General Objective:

- To know the various techniques of events

Specific Objectives:

- To improvise the practical knowledge towards the events.
- To implement the basic skills through practicals.

Testing on:

Fundamental Skills

Specific Skills

Playing Ability / Performance

Officiating

Books for Reference:

1. Conling David, Athletics, London, Robert Hale, 1980.
2. Prabhakar Eric, The way to Athletic Gold, Madras East–West Press Pvt. Ltd, 1995.
3. Dr. P. Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore.
4. Viswanath, M.1. Track and Field Marking & Athletics Officiating Manual, Silver Star Publication, 2002.
5. Wright Gary, A Step by Step guide- Traex & Field, Troll Associates mahwan, New Jeysey, 1990.

**SEMESTER – II**  
**ALLIED COURSE II – THEORIES OF TRACK & FIELD**  
(Sprint Event, Middle Distance Race, Steeple Chase, & Combined Events)

**Allied Code: 18UPE2AC2**

**Hours: 4**

**Credit: 3**

**Total Marks: 100**

**External Marks: 75**

**Internal Marks: 25**

General Objective:

- To know the various event history, rules and regulations

Specific Objectives:

- To identify the sprint and middle distance race
- To distinguish about the combined events
- Classify the system of officiating

UNIT – I

History of Track and Field Events

UNIT – II

Track Events- Sprint Events- Middle Distance Race- Long distance.

UNIT – III

Cross country-Steeple Chase- Marathon.

UNIT – IV

Combined Events- Decathlon - Pentathlon- Heptathlon.

UNIT – V

Officiating- Standard and non-standard Track marking.

Books for Reference:

1. Dr. P. Mariayyah, Track and Field, Coimbatore, Teachers publication.
2. Dr. Anil Sharma, O.P. Sharma, Rules of sports, sports publication, Ansari Road, New Delhi.
3. Ken O. Bosen, Track & Field Fundamental Techniques, MS Publication Patiala.
4. Conling David, (1980). Athletics, London Robert Hale.
5. Chauhan, B. S., Khel Jagat Mein Athletics, Jalandhar: A.P.Pub.,1999.
6. Gothi, Ekta, Teaching and Coaching Athletics, ND: Sports Pub.1997.
7. Viswanath, M.1. Track and Field Marking & Athletics Officiating Manual, Silver Star Publication, 20

**SEMESTER – III**  
**CORE COURSE III- ORGANIZATION, ADMINISTRATION AND METHODS OF**  
**TEACHING IN PHYSICAL EDUCATION**

**Course Code: 18UPE3CC3**

**Hours: 6**

**Credit: 5**

**Total Marks: 100**

**External Marks: 75**

**Internal Marks: 25**

General Objective:

- To know the organization, administration and methods of teaching in physical education

Specific Objectives:

- To define the importance of organization and administration
- To list out the types and merits of tournaments
- To identify the teaching method of physical activities

UNIT-I

Meaning and importance of Organization and Administration in physical education- Scheme of Physical Education in schools- colleges-Universities- Program planning: Meaning-Importance- Principles of program planning in physical education.

UNIT-II

Facilities and equipment management: Types of facilities Infrastructure – indoor- outdoor- Care of Gymnasium, swimming pool- Play fields- Play grounds- Equipment: Purchase- care and maintenance.

UNIT-III

Types of Tournament - Knock-out Tournaments- League Tournaments- Round Robin Tournaments-challenge Tournament- Merits and Demerits of Knock-out and League Tournaments- Organization structure of Athletic Meet- Planning - Intramural and Extramural Tournament.

UNIT-IV

Teaching method of physical activities – Command method-Oral method-Demonstration- Imitation method- At-will method- Set-Drill method- Whole method- Partmethod-Whole-Part- Whole- Progressive Part method, Observation and Visualization method- Class Management- Presentation Technique – Personal and technical preparation- Teaching aids – Audio aids- Visual aids- Audio – visual aids.

UNIT-V

Lesson Plan – Meaning and principles of lesson plan- Types of lesson plan - General and specific lesson plan.



Books for Reference:

1. Broyles, F. J. and Rober, H. D. (1979). Administration of sports, Athletic programme: A managerial Approach. New York: Prentice hall Inc.
2. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C. V. Hosby Co.
3. Kozman, H. C. Cassidy, R. and Jackson, C. (1960). Methods in Physical Education London: W. B. Saunders Co.
4. Pandey, L. K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depot.
5. Sharma, V. M. and Tiwari, R. H. (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
6. Walia, J. S. (1999). Principles and methods of education. Jalandhar: Paul Publishers.

**SEMESTER – III**  
**THEORIES OF THROW EVENTS**

**Course Code: 18UPE3AC3**

**Hours: 6**

**Credit: 3**

**Total Marks: 100**

**External Marks: 75**

**Internal Marks: 25**

General Objective:

- To know the various history of events, rules and regulation and techniques

Specific Objectives:

- To analyze the various training methods
- To apply the techniques in throw events
- To familiarize with the rules of events.

**UNIT - I**

DISCUS THROW- Layout - History of the Event -Specific Conditioning exercise-Fundamentals skills and Technique- System of Officiating.

**UNIT – II**

SHOT PUT- Layout - History of the Event -Specific Conditioning exercise-Fundamentals skills and Technique- System of Officiating.

**UNIT - III**

HAMMER THROW - Layout - History of the Event -Specific Conditioning exercise-Fundamentals skills and Technique- System of Officiating.

**UNIT - IV**

JAVELIN THROW- Layout - History of the Event -Specific Conditioning exercise-Fundamentals skills and Technique- System of Officiating.

**UNIT – V**

Training- Warm-Up- Warm-down-Olympics records of Discus Throw- shot-put- Hammer Throw and Javelin Throw.

Books for Reference:

1. Conling David, Athletics, London, Robert Hale, 1980
2. Prabhakar Eric, The way to Athletic Gold, Madras East – West Press Pvt. Ltd, 1995.
3. Dr. P. Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore.
4. Gothi, Ekta, Teaching and Coaching Athletics, ND: Sports Pub.1997.
5. Chauhan, B.S.,Khel Jagat Mein Athletics, Jalandhar: A.P.Pub.,1999.

**SEMESTER – III**  
**ALLIED PRACTICAL –II- MAJOR GAME – II**  
**(Basketball and Hockey)**

**Course Code: 18UPE3AP2**  
**Hours: 4**  
**Credit: 2**

**Total Marks: 100**  
**External Marks: 60**  
**Internal Marks: 40**

General Objective:

- To know the various techniques of games

Specific Objectives:

- To improvise the practical knowledge towards the major games.
- To implement the basic skills through practicals.

Testing on:

Fundamental Skills

Specific Skills

Playing Ability / Performance

Officiating

Books for Reference:

1. Human Kinetics, (2005) Field Hockey Techniques & Tactics. Human Kinetics, ISBN 0736054375
2. Katrin Barth, (2007) Learning Field Hockey. Meyer & Meyer Sport, ISBN 978-1841262109
3. Katrin Barth, (2008) Learning Basketball. Meyer & Meyer Fachverlag und Buchhandel GmbH, ISBN - 978-1841262505
4. Katrin Barth, (2009) Training Basketbal. Meyer & Meyer Fachverlag und Buchhandel GmbH, ASIN: B01FEP18HO

**SEMESTER – III**  
**NON MAJOR ELECTIVE-1- FUNDAMENTALS OF YOGA**

**Course Code: 18UPE3NME1:1**

**Hours: 2**

**Credit: 2**

**Total Marks: 100**

**External Marks: 75**

**Internal Marks: 25**

General Objective:

- To know the meaning, aim and objectives of yoga

Specific Objectives:

- List out the various types of asanas and its benefits
- To understand about the pranayama and kriya

**UNIT-I**

History of Yoga- Meaning and definition of Yoga- Aims and Objectives of Yoga- Eight Limbs of Yoga- Suryanamaskar.

**UNIT-II**

Asanas: Cultural Asanas- Padahasthasana-Trikonasana- Pascimottanasana- Vakrasana- Shalabasana- Bhujanganasa- Sarvangasana- Halasana.

**UNIT-III**

Pranayama: Naddi Suddhi -Nadi Shodhana -Kaphalabhathi- Ujjiayi- Sitali- Sitkari.

**UNIT-IV**

Meaning of Kriya – Types of Kriyas: Kaphalabhathi- Trataka- Neti- Dhauthi-Nauli- Basti.

**UNIT-V**

Benefits of Yogic practices – physiological – psychological – spiritual – sociological benefits.

Books for Reference

1. Dr. K. Chandrasekaran, Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti, Madurai, 1999.
2. Dr. P. Mariayyah, Suriyanamaskar Jaya Publishing House, Perunthurai, Erode.
3. Dr. P. Mariayyah, Asanas, Sports Publishers, Raja Street, Coimbatore-1
4. B.K.S. Iyankar, Light on Yoga Harper Collins Publications, Delhi.
5. Swami Kavalayananda, Asanas, Kaivalyadhama, Lonavala, Pune.

**SEMESTER – III**  
**NON MAJOR ELECTIVE-1- EVALUATION AND MEASUREMENT**

**Course Code: 18UPE3NME1:2**  
**Hours: 2**  
**Credit: 2**

**Total Marks: 100**  
**External Marks: 75**  
**Internal Marks: 25**

General Objective:

- To know the individual's ability and capability.

Specific Objectives:

- List out the various test and physical fitness.
- To describe about the cardio vascular test.

UNIT – I

Meaning of the Terms Evaluation and Measurement- Need and Importance of Evaluation and Measurement- Principles of evaluation and Measurement- Criteria for a Good Test -Validity- Reliability- Objectivity- Norms.

UNIT – II

Test Classification, Individual and Group- Standard and Teacher made Test- Objective and Subjective Test- Duties before the Tests- During the Test and Post Test Procedures.

UNIT – III

Physical Fitness - Meaning – Definition- Components of Physical Fitness- AAPHERD Youth Fitness Test- Motor Fitness Test - JCR Test

UNIT – IV

Cardio Vascular Test: Harvard Step Test- Cooper's Test 12 minutes run/walk Test

UNIT - V

Test of Specific Sports Skills: Basketball - Johnson Basketball Test- Football – Mc Donald Football Test- Volleyball - Russell Lange Volleyball Test

Books for Reference:

1. Harold M. Barrow & Rosemary Megee. "A Practical Approach to Measurement in Physical Education", 1979.
2. Clarke, H. Harrison and David H. Clarke, "Application of Measurement of Physical Education".
3. Barry L. Johnson and Jack K. Nelson, "Practical Measurements for Evaluation in Physical Education".
4. Gureton, Thomas K. "Physical Fitness Appraisal and Guidance" St. Louis, The Mosby Company; 1947.

**SEMESTER – III**  
**NON MAJOR ELECTIVE-1- CURRICULUM DESIGN IN PHYSICAL EDUCATION AND SPORTS**

**Course Code: 18UPE3NME1:3**

**Hours: 2**

**Credit: 2**

**Total Marks: 100**

**External Marks: 75**

**Internal Marks: 25**

General Objective:

- To analyze the structural configuration of the physical education.

Specific Objectives:

- List out the principles for Curriculum Development in Physical Education
- Define Curriculum Appraisal or Evaluation program in physical education

UNIT – I

Meaning and Definition of Curriculum Design- Concept of the Curriculum – school – college – university.

UNIT – II

Philosophical- Psychological and Sociological Foundations of Curriculum Planning- Nature and Meaning of Curriculum Design in Physical education – elementary – middle – high – higher secondary school.

UNIT – II

Basic Principles for Curriculum Development in Physical Education- Sources of Curriculum Materials.

UNIT – IV

Integration of Physical Education with other Faculties - Curriculum design in Physical Education research.

UNIT – V

Curriculum Appraisal or Evaluation program in physical Education Follow-up Work – developing Physical Education.

Books for Reference:

1. Samraj. PCurriculum Design in Physical Education and Sports. Saras Publication, Nagercoil, 1998.
2. Black, P., & Wiliam, D. (1998). Assessment and classroom learning. Assessment in Education, 5(1), 7-74.
3. Curriculum Planning & Development Division, Ministry of Education. (1999). Revised PE syllabus for primary, secondary and pre-university levels. Singapore: Curriculum Planning & Development Division Ministry of Education.
4. Hodgson, B. (2001). Sport and PE: A complete guide to GCSE. Oxon: Bookpoint Ltd.
5. Honeybourne, J., Hill, M., & Moors, H. (2001). Advanced physical education & sport teacher resource pack. Cheltenham: Nelson Thornes Ltd.

**SEMESTER – IV**  
**CORE PRACTICAL 2- YOGA PRACTICES – 1**  
Testing the Listed Asanas, Pranayamas, Kriyas and Sury Namaskara.

**Course Code: 18UPE4CP2**

**Hours: 3**

**Credit: 3**

**Total Marks: 100**

**External Marks: 60**

**Internal Marks: 40**

General Objective:

- To know the types of asanas and its benefits

Specific Objectives:

- To comprehend the practical knowledge in yoga.
- To apply the Practical which helps them observe quickly.

Surya Namaskara.

**Asanas:**

Types of asanas- Testing the listed asanas: Padmasana- Vajrasasna- Sukhasana- Bhujangasana- Halasana- Sarvangasana- Salabhasana- Dhanurasana.

**Pranayama:**

Nadi Suddhi- Nadi Shodhana.

**Kriyas**

Kaphalabhathi- Trataka- Neti.

Books for Reference:

1. Swami Kuvalayananda, Asanas, Kaivalyadhama, Lonavala, Pune.
2. B.K.S. Iyengar, Light on Yoga Harper Collins Publications, Delhi.
3. Dr. K. Chandrasekaran, Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti, Madurai, 1999.
4. Dr.P.Mariyyah, Suriyanamaskar Jaya Publishing House, Perunthurai, Erode.
5. Dr. P. Mariyyah, Asanas, Sports Publishers, Raja Street, Coimbatore-1

**SEMESTER – IV**  
**CORE PRACTICAL III – (MAJOR GAME III)**

(Football & Handball)

**Course Code: 18UPE4CP3**

**Hours: 3**

**Credit: 3**

**Total Marks: 100**

**External Marks: 60**

**Internal Marks: 40**

General Objective:

- To know the basic skills through the practical for learning in detail.

Specific Objectives:

- To apply the practical knowledge towards the major games.
- To describe the rules and regulations for the major games.

Testing on:

Fundamental Skills

Specific Skills

Playing Ability / Performance

Rules and regulations

Officiating Technique.

Books for Reference:

1. Thompson William, Teaching Soccer, Delhi, Surjeet Publications, 1996.
2. Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company, 1972.
3. Dr. Anil Sharma O. P. Sharma Rules of games sports publication 4264/3
4. Dr. P. Mariayyah, *Sports & Games*, Coimbatore. Teachers Publication.



**SEMESTER – IV**  
**CORE COURSE 1V- EXERCISE PHYSIOLOGY**

**Course Code: 18UPE4CC4**

**Hours: 4**

**Credit: 4**

**Total Marks: 100**

**External Marks: 75**

**Internal Marks: 25**

General Objective:

- To know the scope of Physiology of exercise in physical education

Specific Objectives:

- To understand the functions of the human body and its organs.
- To help understand the design of training program and intensity.

UNIT – I

Meaning - Scope - Physiology of exercise- Structure and function of skeletal Muscles-Types of Muscle fibers.

UNIT – II

Cardiac Cycle- Stroke Volume- Cardiac Output- Heart Rate- Blood pressure – Systolic- Diastolic- Effect of exercise on Circulatory system.

UNIT – III

Central Nervous System (CNS)- Peripheral Nervous System (PNS)- Effect of exercise on Nervous system.

UNIT – IV

Metabolism – ATP - Anaerobic Metabolism- Aerobic Metabolism- Fat metabolism- Protein metabolism.

UNIT – V

Sports performance in different atmosphere – weather- Sports performance in high altitude- Sports performance in cold climate and hot climate- Sex differences on exercise- Aging and exercise.

Books for Reference:

1. Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam
2. Devrises H.A Physiology of exercise for physical Education and Athletics London, Staples Press – 1976.
3. More house LE and Milter A.T. Physiology of exercise St Louis, The CV Mosby Company 1976.
4. Jonson W.R. Science and Medicine of exercise and sports London Harper & Bros 1974.
5. Guyton AC Text book of Medical Physiology W.B. Soundars Company Philadelphia.
6. Bourne GH the Structure and function of Muscle London Academic Press.

**SEMESTER – IV**  
**ALLIED COURSE- IV-RULES OF GAMES AND SPORTS – I**  
(Football, Handball, Hockey& Kabaddi)

**Course Code: 18UPE4AC4**  
**Hours: 4**  
**Credit: 4**

**Total Marks: 100**  
**External Marks: 75**  
**Internal Marks: 25**

General Objective:

- To know the various games history and its rules and regulations

Specific Objectives:

- To understand the rules of events theoretically.
- To know the duties of officials in football, handball, hockey and kabaddi.

**UNIT: I**

Origin- History and Development of the Game – International- National and State Level Organizations

**UNIT: II**

Fundamental Skills – Lead-Up Games- Various System of play – Selection of Players.

**UNIT: III**

Training: Warm up – cool down – Technical Training - Coaching Program.

**Unit – IV**

Layout of Playfield –equipment and its specifications - Important Tournaments Trophy -Cups.

**Unit – V**

Rules and Interpretations – Duties of Officials – System of officiating.

Books for Reference:

1. Rowland. B.J. “Handball a complete guide”. London, Faber and -4- Faber Ltd, 24, Runset Square, 1970.
2. Mund, Charler.L. “Handball Fundamentals” Charles, E. Merri Company Columbus, Chio, 1970.
3. FIH, Rules of Hockey,
4. IHF, Rules of the game,
5. FIFA, Laws of the game,
6. FIBA, Official Basketball rules book.

**SEMESTER – IV**  
**NON-MAJOR ELECTIVE-II- BASIC OF YOGA EDUCATION**

**Course Code: 18UPE4NME2:1**  
**Hours: 2**  
**Credit: 2**

**Total Marks: 100**  
**External Marks: 75**  
**Internal Marks: 25**

General Objective:

- To know the types of asanas and its benefits

Specific Objectives:

- To comprehend the practical knowledge in yoga.
- To apply the Practical which helps them observe quickly.
- To analyse the concentration and flexibility of the students through Yoga.
- To understand and live with Nature for their healthiness.

UNIT-I

Meaning and definition of Yoga- History of Yoga- Aims and Objectives of Yoga- Eight Limbs of Yoga.

UNIT-II

Asanas: Meaning and definition of Asanas- Type of Asanas- Meditative Asanas: Padmasana- Vajrasana and Sukhasana- Cultural Asanas: Bhujangasana- Salabhasana- Dhanurasana- Pascimottanasana- Vakrasana- ArdhaMatsyendrasana- Yogamudra-ViparitaKarani- Sarvangasana- Halasana- Mayurasana- Sirshasana- Chakrasana- Parvatasana- Bakasana & Suryanamaskar- Relaxative Asanas : shanthi asana or Savasana.

UNIT-III

Pranayama: Naddi Suddhi- Nadi Shodhana- Ujjayi- Sitali, Sitkari.

UNIT-IV

Meaning of Kriya – Types of Kriyas: Kaphalabhathi- Trataka- Neti-Dhauthi- Nauli-Basti.

Trataka: Practicing Method – Benefits.

UNIT-V

Neti: Jala Neti-Sutra Neti – Methods of Practicing Neti and its benefits- Dhauthi: Vamana Dhauthi, Vastra Dhauthi – Methods of Practicing Dhauthi and its benefits.

Books for Reference:

1. Dr. K. Chandrasekaran, Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti, Madurai, 1999.
2. Dr. P. Mariayyah, Suriyanamaskar Jaya Publishing House, Perunthurai, Erode.
3. Dr. P. Mariayyah, Asanas, Sports Publishers, Raja Street, Coimbatore-1
4. B.K.S. Iyankar, Light on Yoga Harper Collins Publications, Delhi.
5. Swami Kuvalayananda, Asanas, Kaivalyadhama, Lonavala, Pune.

**SEMESTER – IV**  
**NON-MAJOR ELECTIVE-II- APPLIED KINESIOLOGY**

**Course Code: 18UPE4NME2:2**  
**Hours: 2**  
**Credit: 2**

**Total Marks: 100**  
**External Marks: 75**  
**Internal Marks: 25**

General Objective:

- To know the Application of Kinesiology to the Concept and Principles in sports activities

Specific Objectives:

- To understand the awareness of joints and range of movement.
- Describe the new techniques invented and enhance the performance.

UNIT – I

Introduction: Meaning of Kinesiology- History and Development of Kinesiology- Academic and professional objective of Kinesiology.

UNIT – II

Structure and functions of human articulation: Major body articulation -Structure and functions of articulations.

UNIT – III

Origins Insertion and actions of the following muscles: Pectoralis Major- Pectoralis Minor- Deltoid- Biceps Brachii- Triceps Brachii- Trapezius- Latissimus Dorsi- Rectus Abdominus- Quadriceps - Hamstring Group of Muscles.

UNIT – IV

Application of Kinesiology to Basic Pattern of Performance in Walking- Running- Jumping- Throwing.

UNIT – V

Application of Kinesiology to the Concept and Principles in sports activities- Application of Kinesiology to the Motor skills and daily living – Pushing, Pulling and lifting

Books for Reference:

1. Coper and Glassgow, Kinisiology joint, Louis C.V.Mosby Company 1976.
2. Dr.Dhavanjoy Shah Pedagogic Kinesiology sports publications New Delhi 1998.
3. Logan and McKinney “Anatomic Kinesiology”
4. Raschi and Burke “Kinesiology and Applied Anatomy
5. Walks and Lutt gens “Kinesiology”

**SEMESTER – IV**  
**NON-MAJOR ELECTIVE-II- SCIENTIFIC PRINCIPLES OF COACHING AND OFFICIATING**

**Course Code: 18UPE4NME2:3**  
**Hours: 2**  
**Credit: 2**

**Total Marks: 100**  
**External Marks: 75**  
**Internal Marks: 25**

General Objective:

- To know the scientific principles of teaching, training and coaching

Specific Objectives:

- To apply the techniques, tactics and strategy by knowing the principles of coaching.
- To understand the scientific principles, and improve the knowledge of innovation techniques.

UNIT – I

Motion: Meaning and Definition- Laws of Motion- Equilibrium- Centre of gravity- Factors determining stability- Levers- Types of Lever.

UNIT – II

Teaching, Training and Coaching: Meaning and Definition- Meaning and Definition- Philosophy of Coaching- Qualification and qualities of Coach.

UNIT – III

General Principles of Ground Marking – football – hockey: Standard Equipment- Rules and Interpretation- Duties of officials.

UNIT – IV

Positional Play - football – hockey: Tactics - Attack and defense- strategy.

UNIT – V

Construction and Marking Field: Construction and marking of Field (Long jump, High jump, Shotput and Javelin Throw)- Rules and Interpretation- Duties of Officials

Books for Reference:

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 “Fundamentals of sports Bio-Mechanics Techniques.
4. Hay, James G “The Biomechanics of sports.
5. T.Mc Clurg Anderson Bio Mechanics of Human Motion

**SEMESTER – IV**  
**SKILL BASED ELECTIVE-1-PRINCIPLES AND TECHNIQUES OF OFFICIATING AND**  
**COACHING**

(Football, Hockey, Kabaddi & Throw Events)

**Course Code: 18UPE4SBE 1**

**Hours: 2**

**Credit: 2**

**Total Marks: 100**

**External Marks: 75**

**Internal Marks: 25**

General Objective:

- To know the Rules of Football, Hockey, Kabaddi and throw events.

Specific Objectives:

- To learn the Philosophy of officiating.
- To define the Official Signals
- To describe the Specifications of equipment.

UNIT – I

Philosophy of officiating- Qualification and Qualities of officials- General principles of officiating.

UNIT – II

Pre, during and post Duties of official- Mechanism of officiating- Official Signals- Position of officiating.

UNIT – III

Dimensions of play field / event- Dimensions and layout of the play field and throw events- Specifications of equipment

UNIT – IV

Rules of games: Football- Hockey and Kabaddi- Throw events- Score sheet of games –Football- Hockey and Kabaddi -Throw events.

UNIT – V

Specific Skills and techniques : Football-Hockey and Kabaddi- Throw events- Lead up games to develop the skill/technique - Football, Hockey and Kabaddi- Throw events.

Books for Reference:

1. Buck Rules of Sports and Games, Published by NCY sI, New Delhi.
2. Jenson G. and Fisher AG, (1972). Scientific Basis of Athletic Conditioning, 2<sup>nd</sup> edition, Lea and Febiger, Philadelphia.
3. Jones RJ and et.al., (1982). Guide to Effective Principles and Practices, Allyn and Bacon, Inc.
4. Lawther JD (1951). Psychology of Coaching, Prentice Hall, Inc, Englewood Cliffs, New Jersey.
5. Singh H (1984). Sports Training, General Theory and Physical Fitness, NIS, Patiala.
6. Thomas JP (1971). Scientific Weight Training for Sports and Games, Gnanodaya Press, Madras.

**SEMESTER – V**  
**CORE COURSE V- SPORTS JOURNALISM**

**Course Code: 18UPE5CC 5**  
**Hours: 5**  
**Credit: 5**

**Total Marks: 100**  
**External Marks: 75**  
**Internal Marks: 25**

General Objective:

- To know about the historical achievements and updates.

Specific Objectives:

- To analyse better performance and clear idea about the game and event.
- To define the difference between general news reporting and sports reporting.
- 

UNIT – I

Meaning & Definition - Sports Journalism - Mass Communication- Theories of Mass Communication - Sports coverage- Sports Coverage of AIR, T.V. and Films.

UNIT – II

Basic principles of sports reporting- Difference between the general news reporting and sports reporting- Sources of sport news- Advance story and flash back- Follow – up stories.

UNIT – III

Running Commentary on the Radio- Difference between the Radio and T.V. Commentary- Experts Comments- Sports Reviews for the Radio and T.V.

UNIT – IV

Advertisement-Print-Electronic- Theory of Advertising in newspaper and in magazine- Radio and T.V. advertising - Newspaper organization and management of newspaper circulation.

Books for Reference:

1. Kathryn T. Stofer, James R. Schaffer, Brian A. Rosenthal (2009). Sports Journalism: An Introduction to Reporting and Writing. Rowman & Littlefield Publishers, Inc.
2. David Halberstam (2009). Everything They Had: Sports Writing. Rowman & Littlefield Publishers, Inc.

**SEMESTER – V**  
**CORE COURSE VI- TEST, MEASUREMENT AND EVALUATION IN PHYSICAL  
EDUCATION**

**Course Code: 18UPE5CC 6**

**Hours: 5**

**Credit: 5**

**Total Marks: 100**

**External Marks: 75**

**Internal Marks: 25**

General Objective:

- To know the importance of test and measurement in physical education.

Specific Objectives:

- To learn the need and importance of evaluation and its basics.
- To understand the skills of evaluation

UNIT – I

Meaning of Test, Measurement and Evaluation- Need and importance of test, measurement and evaluation in physical education.

UNIT – II

Criteria of test, Scientific authenticity (Reliability – Validity - Objectivity –Practicability - norms) administrative feasibility and educational application.

UNIT – III

AAPHER youth fitness test- Indiana Motor Fitness Test- JCR test- Harvard step test-12 minutes run or Walk test.

UNIT – IV

Johnson Basketball ability test- Mc Donald Soccer test- Broer Miller Tennis Test- Russell-Lange Volleyball Test- Dribbling and goal shooting test in Hockey.

UNIT – V

Need and importance of evaluation – principles of evaluation- Basic methods of evaluation.

Books for References

1. Barrow, H.M. and McGee, R.,A Practical Approach to Measurement in Physical Education, Lea andFebiger, Philadelphia, 1964.
2. Bovard, J.E, Cozens, E, W. and Hagman, P.E., Test and Measurements in Physical Education, W.B.Sunders Company, Philadelphia, 1949.



3. Campbell, W.R. and Tucker, N.M. An Introduction in Physical Education, GBell and Sons Ltd., London,1967
4. Cureton, T.K. Physical Fitness Appraisal and Guidance, The C.Mosby Company, St.Louis 1947.
5. Hunsicker, P.A. and Montoye, H.J. Applied Test and Measurements in Physical Education, PrenticeHall Inc., New York, 1953.
6. Meyers, C.R. and Belsh, E.T. Measurement in physical Education, The Ronald press Company. NewYork, 1962.
7. Wilgoose, C.E, Evaluation in Health Education and physical Education, McGraw Hill Book Company,Inc, New York.

**SEMESTER – V**  
**CORE COURSE VII - COMPUTER APPLICATIONS IN SPORTS SCIENCE**

**Course Code: 18UPE5CC 7**  
**Hours: 5**  
**Credit: 5**

**Total Marks: 100**  
**External Marks: 75**  
**Internal Marks: 25**

General Objective:

- To know the basics of computer applications in sports science.

Specific Objective:

- To impart the basic concepts of Computer System, Software packages and Internet.

UNIT – I

Introduction to computer – Components of Computer System – Types of Computer - Hardware – Software.

UNIT – II

Word Processing Basic – Opening Documents and Closing documents – Moving Around in a Document – Text Creation and Manipulation - Formatting the Text -Handling Multiple Documents - Table Manipulation – Printing.

UNIT – III

Basics – Creation of Presentation - Preparation of Slides – Providing aesthetics - Slide Manipulation and Slide Show - Presentation of the Slides - Spread sheets for Small accountings.

UNIT – IV

**Basics** – Elements of Electronics Spread Sheet- Manipulation of cells – Providing Formulas

UNIT – V

Internet - Service on InterNet – Web –Browsing software - Surfing the Internet. **E-mail:** Basic of electronic mail - Viewing an email - Sending an Email - Saving mails - Sending same mail to various users – softcopy as attachment - - Role of e-sources in teaching, training and coaching in Sports.

**Text Book(s):**

1. Misty E. Vermaat,"Discovering Computers & Microsoft Office 2013: A Fundamental Combined Approach",Cengage Learning, 2013.

**Reference Book(s):**

1. V. Rajaraman, Neeharika Adabala, “Fundamentals of Computers”, PHI Learning Pvt. Ltd., 2014.
2. Reema Thareja, "Fundamentals of Computers", Oxford University Press India, 2014.



**SEMESTER – V**  
**CORE COURSE VIII – THEORIES OF JUMP EVENTS**

**Course Code: 18UPE5CC 8**  
**Hours: 4**  
**Credit: 4**

**Total Marks: 100**  
**External Marks: 75**  
**Internal Marks: 25**

General Objective:

- To know the specific rules of jump events.

Specific Objectives:

- To comprehend the rules of field events.
- To understand conditioning in the field events.

UNIT - I

LONG JUMP: Layout- Fundamental Skills- Approach Run- Take off- Flying Phase – Technique- Landing.

UNIT -II

HIGH JUMP: Layout- Approach Run- Take off- Flying Phase – Technique- Landing.

UNIT - III

TRIPLE JUMP: Layout- Approach Run- Take off- Hop-Step-Jump- Flying Phase – Technique- Landing.

UNIT - IV

POLE VAULT: Layout- Approach Run- Planting- Vaulting- Crossing the bar – Technique - Landing.

UNIT – V

Warm-Up- General Conditioning - Specific Conditioning - Need and importance of conditioning- Warm-down.

Books forReference:

1. Chauhan, B. S. Khel Jagat Mein Athletics, Jalandhar: A.P.Pub.,1999.
2. Gothi, Ekta, Teaching and Coaching Athletics, ND: Sports Pub.1997.
3. Fox, E. L., Physiological Basis of Physical Education and Athletics, Brown Pub.,1989.
4. IAAF, Competition rules book,

5. Viswanath, M.1. Track and Field Marking & Athletics Officiating Manual, Silver Star Publication, 2002.

**SEMESTER – V**  
**MAJOR BASED ELECTIVE-1-STATISTICAL TECHNIQUES**

**Course Code: 18UPE5MBE 1**  
**Hours: 5**  
**Credit: 5**

**Total Marks: 100**  
**External Marks: 75**  
**Internal Marks: 25**

General Objective:

- To acquaint students with various statistical methods and their applications in real times.

Specific Objective:

- To develop skills in handling complex problems in quantitative data.  
(50% Theory and 50% Problem)

UNIT– I

Definition of Statistics and its scope- Types of statistics- Collection of data and Classification of data - Frequency distribution- Diagrammatic representation – Bar diagram- Pie diagram- Histogram.

UNIT – II

Measure of Central Tendency- Mean- Median- Mode- Definition- Merits and Demerits- Computing Mean- Median and Mode from grouped and ungrouped data.

UNIT – III

Measures of Dispersions- Range- Mean deviation- Quartile deviation and Standard Deviation- Definition, Merits and Demerits - Computing Range- M.D- Q.D- S.D. from Discrete data only.

UNIT – IV

Meaning and Definition of Correlation and its types-Merits and demerits Karl Pearson and Rank Correlation- Meaning and Definition of Regression and its uses. (Only theory)

UNIT – V

Population- Sample- Sampling- Sampling techniques- Type I Error and Type II Error- Merits and demerits of Independent and dependent test.

Books for Reference:

1. Gupta, S.C., Kapoor ,V.K.,Fundamentals of Mathematical Statistics, New Delhi S. Chand & Co. 1982.
2. Suresh kumar. M. Statistics for Physical Education Researchers. Karunanithi Publishers. 2012.
3. Larson L.A. and Yocom R.D. Measurement and Evaluation in Physical Health and Recreation Education St. Louis, C.W. Mosby Co. 1951.

**SEMESTER – V**  
**SKILL BASED ELECTIVE PRACTICAL -1- YOGA PRACTICES – 2**

**Course Code: 18UPE5SBEP 1**

**Hours: 2**

**Credit: 2**

**Total Marks: 100**

**External Marks: 60**

**Internal Marks: 40**

General Objective:

- To know the various aspects of yoga practices

Specific Objective:

- To analyse the various techniques in Yoga.

ASANAS:

1. Chakraasana
2. Tadasana
3. Utkatasana
- 4 .Padahastasana
5. Paschimothanasana
6. Navasana
7. Viparaithakarni
8. Shirshasana
9. Shavasana

PRANAYAMA:

1. Ujjiyai
2. Sitali
3. Sitkari

KRIYAS and BANDHA

Books for Reference:

1. Swami Kunalayananda, Asanas, Kaivalyadhama, Lonavala, Pune.
2. B.K.S. Iyengar, Light on Yoga Harper Collins Publications, Delhi.
3. Dr. K. Chandrasekaran, Sound Health Through Yoga, Prem Kalyan Publications, Sedapatti, Madurai, 1999.
4. Dr.P.Mariyyah, Suriyanamaskar Jaya Publishing House, Perunthurai, Erode.
5. Dr. P. Mariyyah, Asanas, Sports Publishers, Raja Street, Coimbatore-1

**SEMESTER – V**  
**SKILL BASED ELECTIVE PRACTICAL -II- TRACK AND FIELD II**  
**(Throws)**

**Course Code: 18UPE5SBEP 1**  
**Hours: 2**  
**Credit: 2**

**Total Marks: 100**  
**External Marks: 60**  
**Internal Marks: 40**

General Objective:

- To know the practical knowledge in throws events.

Specific Objectives:

- To define the specific rules of throws events
- To list out the techniques of throws events.

Testing on:

DISCUS THROW

SHOT PUT

HAMMER THROW

JAVELIN THROW

Books for Reference:

1. Dr. P. Mariayyah, Track and Field, Coimbatore, Teachers publication.
2. Dr. Anil Sharma, O.P. Sharma, Rules of sports, sports publication, Ansari Road, New Delhi.
3. Conling David, (1980). Athletics, London Robert Hale.
4. Ken O. Bosen, Track & Field Fundamental Techniques, MS Publication Patiala.
5. Viswanath, M.1. Track and Field Marking & Athletics Officiating Manual, Silver Star Publication, 2002.
6. Wright Gary, A Step by Step guide- Traex & Field, Troll Associates mahwan, New Jeysey, 1990.



**SEMESTER – VI**  
**CORE PRACTICAL - IV- TRACK AND FIELD III**  
**(Jumps)**

**Course Code: 18UPE6CP4**  
**Hours: 4**  
**Credit: 4**

**Total Marks: 100**  
**External Marks: 60**  
**Internal Marks: 40**

General Objective:

- To know the practical knowledge in Jump events.

Specific Objectives:

- To define the specific rules of Jump events
- To list out the techniques of Jump events.

Testing on:

1. LONG JUMP
2. HIGH JUMP
3. TRIPLE JUMP
4. POLE VAULT

Books for Reference:

1. Dr. P. Mariayyah, Track and Field, Coimbatore, Teachers publication.
2. Dr. Anil Sharma, O.P. Sharma, Rules of sports, sports publication, Ansari Road, New Delhi.
3. Conling David, (1980). Athletics, London Robert Hale.
4. Ken O. Bosen, Track & Field Fundamental Techniques, MS Publication Patiala.
5. Viswanath, M.1. Track and Field Marking & Athletics Officiating Manual, Silver Star Publication, 2002.
6. Wright Gary, A Step by Step guide- Traex & Field, Troll Associates mahwan, New Jeysey, 1990.

**SEMESTER – VI**  
**CORE COURSE-IX- SCIENCE OF SPORTS TRAINING**

**Course Code: 18UPE6CC 9**

**Hours: 5**

**Credit: 4**

**Total Marks : 100**

**External Marks: 75**

**Internal Marks: 25**

General Objective:

- To know the meaning and definitions of sports training

Specific Objectives:

- To understand the basic knowledge about training program.
- To analyse the scientific approach to improve the techniques and tactics.

Unit – I

Meaning and Definitions of Sports Training- Aim and Objectives of Sports Training- Principles of Sports Training- Importance of Warm-up and Warm-down.

Unit – II

Training Load – Intensity- Density and Volume- Load adaptation-Over load and recovery - Factors of load- Types of training- Circuit training- Fartlek training -Plyometric training –Interval training.

UNIT – III

Meaning and Development of motor Components: Speed- Strength- Endurance- Flexibility- Agility- Co-Ordination.

UNIT – IV

Periodization- Meaning of Periodization- Aim and content of periods –preparatory-Competition- Transitional- Single Periodization- Double Periodization- Long Term- Short Term.

UNIT – V

Meaning and Definition of Techniques and Tactics- Technical and tactical preparation of athletes - Type of Training Plans Chat- Micro Cycle– Meso Cycle –MacroCycle.

Books for Reference:

1. Arnheim D. Daniel, Pretice (William. E) (1963). Principles of Athletic Training, Mosby year book.
2. Hardayal Singh (1991). Science of sports Training. New Delhi. D.V.S Publications.
3. Preiffer (Ronaldp, Mangasl Brentc) (2005). Concepts of Athletic Training. Jones and Bartlett, Sudbury, Mansachsetti Boston, Tornado London, Singapore.
4. Strand (1996), Fitness Education. Benjamin Cumming.

**SEMESTER – VI**  
**CORE COURSE-X- RULES OF GAMES AND SPORTS – II**  
(Badminton, Ball badminton & Volleyball)

**Course Code: 18UPE6CC 10**  
**Hours: 5**  
**Credit: 4**

**Total Marks : 100**  
**External Marks: 75**  
**Internal Marks: 25**

General Objective:

- To know the rules of games theoretically.

Specific Objectives:

- To analyse the duties of officials in Badminton, Ball badminton and Volleyball.
- To describe the history and development of the game.

**UNIT: I**

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

**UNIT: II**

Fundamental Skills – Lead-Up Games, Various System of play – Selection of Players.

**UNIT: III**

Training: Warm up – Technical Training, Coaching Program.

**Unit – IV**

Layout of Playfield – Equipment and its specifications - Important Tournaments and Cups.

**Unit – V**

Rules and their Interpretations – Duties of Officials – system of officiating (Badminton, Ball badminton & Volleyball)

Books for Reference:

1. Rules of Games and sports, Y. M.C.A Publishing House, Masse Hall, New Delhi; 2001.
2. Boga, Steve (2008), Badminton, Paw Prints, ISBN 1439504784.
3. Downey, Jake; et al. (1982), Better Badminton for All, Pelham Books, ISBN 978-0-7207-1438-8.
4. Grice, Tony (2008), Badminton: Steps to Success, Human Kinetics, ISBN 978-0-7360-7229-8.

**SEMESTER – VI**  
**CORE PRACTICAL –V (SPECIALIZATION MAJOR GAMES)**  
(Basketball, Volleyball, Football & Hockey)

**Course Code: 18UPE6CP5**

**Hours: 4**

**Credit: 3**

**Total Marks: 100**

**External Marks: 60**

**Internal Marks: 40**

General Objective:

- To improve the basic skills through the practicals.

Specific Objectives:

- To improvise the practical knowledge towards the major games.
- To describe the rules and regulations of games

Testing on:

1. Fundamental Skills
2. Specific Skills
3. Playing Ability / Performance
4. Rules and regulations
5. Officiating

Books for Reference:

1. Thompson William, Teaching Soccer, Delhi, Surjeet Publications, 1996.
2. Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company, 1972.
3. Dr. P. Mariayyah, Volleyball, Sports Publications, Raja Street, Coimbatore.

**SEMESTER – VI**  
**MAJOR BASED ELECTIVE-II- HEALTH EDUCATION AND FIRST AID**

**Course Code: 18UPE6MBE 2**  
**Hours: 6**  
**Credit: 5**

**Total Marks: 100**  
**External Marks: 75**  
**Internal Marks: 25**

General Objective:

- To know about first aid and its importance.

Specific Objective:

- To comprehend themselves and help others who are in need.

**UNIT – I**

Meaning of Health Education- Definition of Health Education- Aim and objective of Health Education- Scope of Health Education- Need and importance of Health education.

**UNIT – II**

Communicable Diseases – Causes- modes of spread and Prevention - Tuberculosis –Malaria- Filaria- Small pox- Chicken pox- and AIDS- Diabetes and its prevention.

**UNIT –III**

Physical Health- Physical Fitness- Health related fitness- Performance related fitness.

**UNIT – IV**

Athletic injuries: Sprain-Strain-contusion-Fracture-Dislocation-Muscle Cramp-Abrasion- Laceration and Puncture wound.

**UNIT – V**

Aim of first aid- Meaning of ordinary first aid- Psychological First aid- Definition and Importance of First Aid- ABC rule of first aid – an open airway – Breathing – Circulation – Check for Bleeding- Equipments of first aid box.

Books for Reference:

1. Park and Park “Preventive and social medicine”
2. Anderson “School Health Practice”.
3. Bedi Yashpal “Social and Preventive medicine”.
4. First Aid to the Injured “St John Ambulance Association”.

**SEMESTER – VI**  
**MAJOR BASED ELECTIVE-III- SPORTS PSYCHOLOGY AND SOCIOLOGY**

**Course Code: 18UPE6MBE 2**  
**Hours: 5**  
**Credit: 5**

**Total Marks: 100**  
**External Marks: 75**  
**Internal Marks: 25**

General Objective:

- To know the sportsmen behaviors.

Specific Objectives:

- To understand the importance of sports psychology in physical education and sports.
- To describe the sports psychology and sociology.

**UNIT-I**

Meaning and definition of Sports Psychology - Need and importance of Sports Psychology in Physical Education and Sports -History of Sports Psychology in India- Scope of Sports Psychology.

**UNIT-I**

Basic Considerations in Motor Learning and Performance: Reaction Time- Movement Time- Reflex Time- Response Time.

**UNIT-III**

Meaning and Definitions of Personality- Composition of Personality- State and Traits of Sports Person- Learning – Theories of Learning- Law of Learning.

**UNIT-IV**

Motivation- Psychological factors affecting Sports Performance – Tension – Anxiety – Stress – Aggression- Psychotonic or Autogenic training – Preparation Phase – Relaxation Phase – Motivation Phase.

**UNIT-V**

Meaning- Nature and scope of sociology in physical Education and sports- Scope of Sports Sociology-Sports culture-Sports as a means of national integration-. Evolution of Sports Sociology- Socialization in Sports.

Books for Reference:

1. John D. Lauther, “Sports Psychology”, Englewood, Prentice Hall Inc.
2. Robert N. Singer, “Motor Learning and Human Performance”, New York: The Macmillan Co.

3. Miroslaw Vauks and Bryant Cratty, "Psychology and the Superior Athlete", London, The Macmillan Co.
4. Robert N. Singer, "The Psychology Domain Movement Behaviour" Philadelphia - Lea and Febiger.
5. John D Lauther, "Psychology of Coaching" Englewood Cliffs, Ner Jersey Prentice Hall Inc 1983.