



**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

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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	
		Total			30	17				500	
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	
		Total			30	24				700	
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							
		Total			30	18				600	

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	Physiology of Exercise	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	
Total				30	24				800	
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
	Total				30	30				800
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
Total				30	27				700	
				180	140				4100	

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	18UPE4SBE1	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. -Scientific of physical Education in Sports

UNIT: II

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

Local	Regional	National	Global	Total
3	4	19	22	42

Colour code: Local-Green Regional-pink National –Blue Global -Brown

SEMESTER – I

CORE COURSE 1 - YOGA FOR HEALTH EDUCATION

Course Code: 18UPE1AC1

Hours: 6

Credit: 4

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.

Total Marks: 100

External Marks: 75

Internal Marks: 25

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- Yoga Diets

UNIT - II

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

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. 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.Mariayyah, Suriyanamaskar Jaya Publishing House, Perunthurai, Erode.
5. Dr. P. Mariayyah, Asanas, Sports Publishers, Raja Street, Coimbatore-1

Local	Regional	National	Global	Total
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9	3	5	45	53
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Colour code: Local-Green Regional-pink National –Blue Global -Brown

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

Testing on:

Fundamental Skills- Technique

Specific Skills- Technique

Playing Ability - Performance

Officiating

Books for Reference:

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

Local	Regional	National	Global	Total
-	-	-	7	7

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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 - Meaning of Anatomy and Physiology-Need and Importance of Anatomy and Physiology- Cell – Structure & Functions part of the cell- Tissues – Definition - Types and Function

UNIT-II

Meaning and Functions of Skeletal System- Type of Bones -Classification 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- adrenal Glands their role- growth development- 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.

Local	Regional	National	Global	Total
-	-	-	36	36

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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- Technique

Specific Skills- Technique

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.

Local	Regional	National	Global	Total
-	-	-	7	7

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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- 1500 M - Long distance. -. walking

UNIT – III

Cross country- Steeple Chase- Marathon.

UNIT – IV

Combined Events: Decathlon - Pentathlon- Heptathlon.

UNIT – V

Officiating- Standard – non standard Track marking.

Books for Reference:

1. Dr. P. Mariayah, 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

Local	Regional	National	Global	Total
1	-	-	14	15

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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- Budget

UNIT-III

Types of Tournament: Knock out Tournaments- League Tournaments- Round Robin Tournaments-challenge Tournament- Merits and Demerits of Knock out-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- Part method 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- 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. Lolis: 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. Pandy, L. K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depo.
5. Sharma, V. M. and Tiwario, R. H. (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
6. Walia, J. S. (1999). Principles and methods of education. Jullandhar: Paul Publishers.

Local	Regional	National	Global	Total
19	4	2	31	50

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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- Discus Throw- shot-put- Hammer Throw -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.

Local	Regional	National	Global	Total
13	8	8	28	34

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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- Technique

Specific Skills- Technique

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

Local	Regional	National	Global	Total
-	-	-	7	7

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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- Balasana-Chakrasana

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 Kuvalayananda, Asanas, Kaivalyadhama, Lonavala, Pune.

Local	Regional	National	Global	Total
1	1	1	31	34

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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.

Local	Regional	National	Global	Total
1	5	2	18	26

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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 – III

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.

Local	Regional	National	Global	Total
6	3	2	10	18

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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- Sugasana-Mayurasana-Thadasana

Pranayama - Naddi Suddhi - Nadi Shodhana.

Kriyas-Kaphalabhathi- Trataka- Neti.

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

Local	Regional	National	Global	Total
-	-	-	20	20

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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- Technique

Specific Skills- Technique

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.

Local	Regional	National	Global	Total
-	-	-	8	8

Colour code: Local-Green Regional-pink National –Blue Global -Brown

SEMESTER – IV
CORE COURSE 1V- PHYSIOLOGY OF EXERCISES

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 – Definition –Nature - Physiology of exercise- Structure-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- Pulse Rate

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.

Local	Regional	National	Global	Total
-	-	-	32	32

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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 - Technique– 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.

Local	Regional	National	Global	Total
5	3	7	11	20

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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 - Sukhasana- Cultural Asanas: Bhujangasana- Salabhasana- Dhanurasana- Pascimottanasana- Vakrasana- Ardha Matsyendrasana- Yogamudra- Viparita Karani- Sarvangasana- Halasana- Mayurasana- Sirshasana- Chakrasana- Parvatasana- Bakasana- Suryanamaskar- Relaxative Asanas : shanthy asana - Savasana.

UNIT-III

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

UNIT-IV

Meaning of Kriya – Types of Kriyas: Kaphalabhati- Trataka- Neti- Dhauti- Nauli- Basti.
Trataka: Practicing Method – Benefits.

UNIT-V

Neti- Jala Neti- Sutra Neti – Methods of Practicing Neti and its benefits- Dhauti- Vamana Dhauti- Vastra Dhauti – Methods of Practicing Dhauti and its benefits.

Books for Reference:

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

Local	Regional	National	Global	Total
-	-	-	49	49

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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 Glasgow, 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”

Local	Regional	National	Global	Total
0	0	0	23	23

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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- 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- Shot put - 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

Local	Regional	National	Global	Total
4	4	10	22	28

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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- Score sheet of games- -Football-Hockey - Kabaddi- Throw events.

UNIT – V

Specific Skills and techniques - Lead up games to develop the skill/technique - Football-Hockey - 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, 2nd 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.

Local	Regional	National	Global	Total
12	12	12	22	22

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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.

UNIT-V

Structure of sports bulletin – Cam- piling a bulletin – Type of bulletin – hourly bulletin & special bulletin – external bulletin – internal bulletin.

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.

Local	Regional	National	Global	Total
6	6	5	20	30

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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.

Local	Regional	National	Global	Total
7	7	8	21	22

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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

Course Code: 18UPE5CC 7

Hours: 5

Credit: 5

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.

Local	Regional	National	Global	Total
8	4	7	16	35

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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- Fundamental Skills - 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.

Local	Regional	National	Global	Total
-	-	-	33	33

Colour code: Local-Green Regional-pink National –Blue Global -Brown

SEMESTER – V

MAJOR BASED ELECTIVE-1-STATISTICAL TECHNIQUES

Course Code: 18UPE5MBE 1

Hours: 5

Credit: 5

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)

Total Marks: 100

External Marks: 75

Internal Marks: 25

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.

Local	Regional	National	Global	Total
-	-	-	34	34

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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. Ujjiayi
2. Sitali
3. Sitkari

KRIYAS :- Agnisara, -.Neti, -Jala

BANDHA:

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.Mariyyah, Suriyanamaskar Jaya Publishing House, Perunthurai, Erode.
5. Dr. P. Mariyyah, Asanas, Sports Publishers, Raja Street, Coimbatore-1

Local	Regional	National	Global	Total
-	-	-	17	17

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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- Skills,-Technicque

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.

Local	Regional	National	Global	Total
-	-	-	6	6

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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:

LONG JUMP -Skills,-Technicque

HIGH JUMP

TRIPLE JUMP

POLE VAULT

Books for Reference:

1. Dr. P. Mariayah, 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.

Local	Regional	National	Global	Total
-	-	-	6	6

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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 - 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.

Local	Regional	National	Global	Total
6	11	8	13	38

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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

Course Code: 18UPE6CC 10

Hours: 5

Credit: 4

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.

Total Marks : 100

External Marks: 75

Internal Marks: 25

UNIT: I

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

UNIT: II

Fundamental Skills - Technique– 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.

Local	Regional	National	Global	Total
-	1	1	16	18

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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:

Fundamental Skills- Technique

Specific Skills

Playing Ability – Performance

Rules and regulations

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. Mariayah, Volleyball, Sports Publications, Raja Street, Coimbatore.

Local	Regional	National	Global	Total
-	-	-	7	7

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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- HIV- 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 - 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”.

Local	Regional	National	Global	Total
1	4	4	31	40

Colour code: Local-Green Regional-pink National –Blue Global -Brown

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 - 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”, NewYork: 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.

Local	Regional	National	Global	Total
-	-	1	31	32

Colour code: Local-Green Regional-pink National –Blue Global -Brown