

B.Sc PHYSICAL EDUCATION

Course Structure and Syllabus

(For the candidates admitted from the academic year 2020-2021 onwards)

CHOICE BASED CREDIT SYSTEM (CBCS)



THANTHAI HANS ROEVER COLLEGE (AUTONOMOUS)

(Nationally Re-Accredited by NAAC with B⁺⁺)

(Affiliated to Bharathidasan University, Tiruchirappalli)

ELAMBALUR, PERAMBALUR – 621 220



VISION

To blossom as an institution of excellence, enabling, empowering and enlightening the youth and shaping them as fully developed human beings with the capacity to unfold their full mental potentiality resulting in the attainment of the wisdom to live constructively and meaningfully

MISSION

- To provide congenial and stress- free environment and opportunities for the enhancement of knowledge and acquisition skills through the best exposure and training possible.
- To offer multifaceted and need-based academic programmes and to promote extension activities.
- To adopt technology-enabled new methods, approaches and techniques so that the teaching-learning process becomes learner-centred and learner-friendly.
- To maximize the participation of all the stakeholders in the development of the institution and the region.
- To sensitize the youth towards inclusive growth for socio-economic change, sustainable development, gender equality, eco-friendliness, etc.
- To enable the youth to experience the effects of globalization and facilitate them to grow as responsible citizens and leaders.
- To inspire them, through value-based education, to embrace the entire humanity while firmly rooted in the Indian ethos.
- To provide regular placement training and placement opportunities.
- To kindle the spirit of creativity and enhance research activities and enable them to attain international standards.

PROGRAMME OUTCOMES (POs)

1. Acquire knowledge, understand concepts and apply new ideas which enable them to be employable or self employed.
2. Demonstrate motivation in advancing to higher learning programmes
3. Engage in socially responsible behavior and have value added education
4. Have exposure to technical proficiency, analytical, soft skills and life skills development.
5. Develop broad understanding in the basic concepts of languages/ Commerce/ Management studies/physical Sciences/Biological Science/Life Science.

PROGRAMME SPECIFIC OUTCOMES (PSOs)

PSO1: Become Physically, Mentally, Emotionally and Socially strong individual to the society

PSO2: Utilize the Physical activities as a tool to manage stress in their life

PSO3: Basic knowledge on Human Anatomy and Physiology, Bio-Mechanics.

Training methods various areas in physical education

PSO4: Capability to get employment in uniform service jobs

PSO5: Study the teaching oriented physical education courses

Thanthai Hans Roever College (Autonomous), Elambalur, Perambalur - 621 220
Bachelor of Science Physical Education - UG Course Structure under CBCS
(For the candidates admitted from the academic year 2020-2021 onwards)

Semester	Part	Course Code	Title of the Course	Ins. Hours/ Weeks	Credits	Exam Hours	CIA (Max)	ESE (Max)	Total (Max)
1	I	20UT1	Tamil - I (Ikkala Ilakkiyam - Kavithai, Sirukathai, Urainadai, Ilakkiya Varalaru)	6	3	3	25	75	100
1	II	20UE1	English-I (Communicative English-I)	6	3	3	25	75	100
1	III	20UPE1CC1	History of Physical Education	5	5	3	25	75	100
1	III	20UPE1AC1	Yoga for Health Education	5	4	3	25	75	100
1	III	20UPE1AP1	Practical- Track and Field-I	4	3	3	40	60	100
1	III	20UPE1PE1	Professional English for Arts and Social Sciences - I	2	2	3	25	75	100
1	IV	20UVE	Value Education	2	2	3	25	75	100
Total				30	22	-	-	-	700
2	I	20UT2	Tamil - II (Idaikkala Ilakkiyam - Bakthi, Puthinam, Ilakkiya Varalaru)	6	3	3	25	75	100
2	II	20UE2	English-II (Communicative English-II)	6	3	3	25	75	100
2	III	20UPE2CC2	Anatomy and Physiology	6	5	3	25	75	100
2	III	20UPE2AC2	Theories of Track and Field	4	3	3	25	75	100
2	III	20UPE2CP1	Practical- Major Game-I	4	4	3	40	60	100
2	III	20UPE2PE2	Professional English for Arts and Social Sciences - II	2	2	3	25	75	100
2	IV	20UES	Environmental Studies	2	2	3	25	75	100
Total				30	22	-	-	-	700
3	I	20UT3	Tamil-III (Kappiya Ilakkiyam, Nadagam, Ilakkiya Varalaru)	6	3	3	25	75	100
3	II	20UE3	English-III (Language Through Literature and Communicative Skills – I)	6	3	3	25	75	100
3	III	20UPE3CC3	Organization, Administration and Methods of Teaching in Physical Education.	5	4	3	25	75	100
3	III	20UPE3AC3	Theories of Throw Events	6	4	3	25	75	100
3	III	20UPE3AP2	Practical – Major Games-II	5	4	3	40	60	100

3	IV	NME1	-	2	2	3	25	75	100
Total				30	20	-	-	-	600
4	I	20UT4	Tamil-IV (Pazhanthamizh Ilakkiyam, Ilakkiya Varalaru & Pothukkatturai)	6	3	3	25	75	100
4	II	20UE4	English-IV (Language Through Literature and Communicative Skills – II)	6	3	3	25	75	100
4	III	20UPE4CP2	Practical- Yoga Practices 1	3	3	3	40	60	100
4	III	20UPE4CP3	Practical- Major Games III	3	3	3	40	60	100
4	III	20UPE4CC4	Exercise Physiology	4	4	3	25	75	100
4	III	20UPE4AC4	Rules f Games and Sports	4	4	3	25	75	100
4	IV	NME 2	-	2	2	3	25	75	100
4	IV	20UPE4SBE1	Principles and Techniques of Officiating and Coaching	2	2	3	25	75	100
Total				30	24	-	-	-	800
5	III	20UPE5CC5	Sports Journalism	5	4	3	25	75	100
5	III	20UPE5CC6	Test, Measurement and Evaluation of Physical Education	5	4	3	25	75	100
5	III	20UPE5CC7	Computer Application in Sports Science	5	4	3	25	75	100
5	III	20UPE5CC8	Theories of Jump Events	4	4	3	25	75	100
5	III	20UPE5MBE1	Statistical Techniques	5	4	3	25	75	100
5	IV	20UPE5SBE2	Practical- Yoga Practices 2	2	2	3	40	60	100
5	IV	20UPE5SBE3	Practical- Track and Field-II	2	2	3	40	60	100
5	IV	20USSD	Soft Skill Development	2	2	3	25	75	100
Total				30	26	-	-	-	800
6	III	20UPE6CP4	Practical- Track and Field-III	5	4	3	40	60	100
6	III	20UPE6CC9	Science of Sports Training	5	5	3	25	75	100
6	III	20UPE6CC10	Games and Rules of Sports- II	5	4	3	25	75	100
6	III	20UPE6CP5	Practical- (Specialization Major Games)	5	4	3	40	60	100
6	III	20UPE6MBE2	Health Education and First Aid	5	4	3	25	75	100
6	III	20UPE6MBE3	Sports Psychology and Sociology	4	3	3	25	75	100
6	V		Extension Activities	-	1	-	-	-	-
6	V	18UGS	Gender Studies	1	1	3	25	75	100
Total				30	26	-	-	-	700
Grand Total				180	140				4300

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 Skill Based Elective (For 2020 – 2021)

Elective	Semester	Course Code	Title of the Course
SBE-I	IV	20UPE4SBEI	Principles and Techniques of Officiating and Coaching
SBE-II	V	20UPE5SBEP1	Practical-Yoga Practices-2
SBE-III	V	20UPE5SBEP2	Practical- Track & Field-II

List of Major Based Elective (For 2020 – 2021)

Elective	Semester	Course Code	Title of the Course
Elective-I	V	20UPE5MBE1	Statistical Techniques
Elective-II	VI	20UPE6MBE2	Health Education and First Aid
Elective-III	VI	20UPE6MBE3	Sports psychology and Sociology

List of Non Major Based Elective (For 2020 – 2021)

Elective	Semester	Course Code	Title of the Course
NME 1	III	20UPE3NME1:1	Fundamentals of Yoga
		20UPE3NME1:2	Evaluation and Measurement
		20UPE3NME1:3	Curriculum Design in Physical Education and Sports
NME 2	IV	20UPE4NME2:1	Basic of Yoga Education
		20UPE4NME2:2	Applied Kinesiology
		20UPE4NME2:3	Scientific Principles of Coaching and Officiating

Paper Details:

Tamil Part I	- 4
English Part II	- 4
Core Course	- 10
Core Course Practical	- 5
Allied Paper	- 4
Allied Course Practical	- 2
Non-Major Elective	- 2
Skill Based Elective	- 3
Major Based Elective	- 3
Environmental Studies	- 1
Value Education	- 1
Soft Skill Development	- 1
Gender Studies	- 1
Extension Activities	- 1 (Credit Only)

SEMESTER – I
CORE COURSE 1 - HISTORY OF PHYSICAL EDUCATION

Course Code: 20UPE1CC1

Hours: 5

Credit: 5

Exam Hours: 3

External Marks: 75

Internal Marks: 25

Course outcome

- Know the fundamental concepts of physical education.
- Learn the Historical development of physical education in India
- Attain knowledge about the sports organization in India Physical Education.
- Enhance knowledge about sports organization, Sports awards.
- Have a Fair ideas about national sports federation/ association is a highlight in physical education.

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-NSNIS-LNIPE** and its contribution-Recent developments **SAI - IOA - and its Objectives SDAT** - Structure and schemes **AIU-SGFI-Youth Games- 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. , Khelo India- Fit India –movement national sports day.**

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 BrotheRelationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE1CC1	HISTORY OF PHYSICAL EDUCATION					5	5			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓		✓	✓	✓	✓		✓	✓	
CO2	✓	✓	✓	✓		✓	✓	✓	✓		
CO3	✓	✓	✓			✓	✓			✓	
CO4	✓	✓	✓			✓	✓		✓	✓	
CO5	✓	✓		✓		✓	✓	✓	✓	✓	
Number of Matches(✓) = 37 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
3	4	24	22	47

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

SEMESTER – I

CORE COURSE 1 - YOGA FOR HEALTH EDUCATION

Course Code: 20UPE1AC1

Hours: 5

Credit: 4

Course outcome

Exam Hours: 3

External Marks: 75

Internal Marks: 25

- Know the history of yoga and Upanishads
- Study the various concepts of yoga in eight limbs
- Learn the concept of Pranayama and meditation and practice it.
- Learn about other meditation events.
- Difference between yogi practices and physical exercise.

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-Suryanamaskara-Balāsana-Siddhasana Padmasana- Vajrasana- Sukhasana- Bhujangasana-Halasana-Sarvangasana-Salabhasana-Dhanurasana-Chakrasana-Tadasana-Utkatasana-Padahastana-Paschimothanasana-Navasana-Viparaithakarni-Shirshasana-Shavasana.

UNIT - III

Definition – Meaning of Pranayama – Types of Pranayama: Nadi Suddhi- Nadi Shodhana,- Kaphalabhathi- Ujjayi- 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. Yogic Practices and Physical Exercise

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

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE1AC1	YOGA FOR HEALTH EDUCATION					5	4			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓		✓	✓	✓	✓	✓		✓	
CO2	✓	✓	✓		✓	✓	✓	✓		✓	
CO3	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO4	✓	✓	✓			✓		✓	✓		
CO5		✓	✓	✓	✓		✓	✓	✓	✓	
Number of Matches(✓) = 40 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
9	3	5	48	58

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

SEMESTER – I

ALLIED PRACTICAL 1 – (TRACK & FIELD- I)

(Sprint Event & Middle Distance Race)

Allied Code: 20UPE1AP1

Hours: 4

Credit: 3

Exam Hours: 3

External Marks: 60

Internal Marks: 40

Course outcome

- Known about track and field events activities sprint and middle distance
- Implement various specific technique involved sprint and middle distance
- Gain the knowledge of Marking a 200M and 400M track specific marking sprint and middle
- Attain the knowledge officiating and technique and rules for sprint and middle distance events.
- Give preparation of record of history in sprint and middle distance events in Olympic record

UNIT – I FUNDAMENTAL AND ADVANCE SKILLS

Fundamental and advance skills- techniques,-drills and lead up games - activities – Sprints,-Middle distance.

UNIT – II PERFORMANCE

Assessment of performance - Sprints- Middle distance- Specific conditioning - training for above said events.

UNIT – III MARKING

Markings of 200 m - 400 m track. Specific marking for Sprints-, Middle distance events. - Equipment's -their specifications.

UNIT - IV OFFICIATING

Rules and interpretations- duties of the officials- official signals -and score sheet -for Sprints, Middle distance events.

UNIT – V RECORD NOTE

Preparation of record for Sprints- Middle distance events-History,-organizational setup at International-national - state level athletic federation -association- technique-World records - Olympic records -and other major competitions.

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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE2AP1	ALLIED PRACTICAL 1 – (TRACK & FIELD- I)					3	3			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1		✓	✓	✓	✓	✓	✓		✓	✓	
CO2		✓	✓	✓	✓	✓	✓		✓	✓	
CO3		✓	✓	✓	✓	✓	✓		✓	✓	
CO4	✓	✓	✓	✓	✓	✓	✓		✓	✓	
CO5		✓	✓	✓	✓		✓		✓		
Number of Matches(✓) = 39 Relationship: High											

1.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
6	4	9	23	32

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

SEMESTER – II

CORE COURSE II-ANATOMY AND PHYSIOLOGY

Course Code: 20UPE2CC2

Hours: 5

Credit: 5

Course outcome

Exam Hours: 3

External Marks: 75

Internal Marks: 25

- Gain basic knowledge about the human anatomy and physiology
- Know about the structure of Human body and the system
- Know about the various systems in the human body and the system.
- Highlight the need and importance of anatomy and physiology in the field of physical education.
- Highlight on select systems in the human body.

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- oxygen dept-Second wind

UNIT-IV

Nervous System – Structure of Neuron- Central Nervous System (CNS) – Brain and Spinal Cord- Peripheral Nerves System (PNS).- Consuls of Nervus,-Function of neuron

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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course	Hours	Credits						
I	20UPE2CC2	CORE COURSE II- ANATOMY AND PHYSIOLOGY	5	5						
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	✓		✓	✓	✓	✓	✓	✓		✓
CO2	✓	✓	✓			✓		✓		✓
CO3	✓		✓	✓	✓	✓	✓	✓	✓	✓
CO4			✓	✓	✓	✓		✓	✓	✓
CO5	✓		✓		✓	✓		✓		✓
Number of Matches(✓) = 36 Relationship: High										

4.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
-	-	-	40	40

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: 20UPE2AC2

Hours: 3

Credit: 3

Course outcome

Exam Hours: 3

External Marks: 75

Internal Marks: 25

- Learn about the track and field and its organizations.
- Gain basic knowledge about Sprint, Hurdles, Relay and Field events.
- Attain knowledge about long distance in track and field events.
- Understand the important concepts of coaching combined events.
- Gain the knowledge of Marking a 200M and 400M track and all field events.

UNIT – I

History of Track and Field Events, 4X100m- 4X400m Relay Marking

UNIT – II

Track Events: Sprint Events- Middle Distance Race -1500M -3000M, -

Long distance-5000M-10000M. - 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

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE2AC2	ALLIED COURSE II– THEORIES OF TRACK & FIELD					3	3			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓		✓	✓	✓	✓			✓	
CO2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO3	✓	✓	✓	✓	✓	✓	✓			✓	
CO4	✓	✓		✓	✓	✓	✓			✓	
CO5	✓	✓	✓	✓	✓					✓	
Number of Matches(✓) = 38 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
1	-	-	19	20

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

SEMESTER – II

CORE PRACTICAL 1 - MAJOR GAME -I

(Kabaddi & Volleyball)

Course Code: 20UPE2CP1

Hours: 3

Credit: 3

Course Outcome

Exam Hours: 3

External Marks: 60

Internal Marks: 40

- Gain fundamental knowledge about the ground preparation, its dimensions and markings.
- Know about various physical fitness components and its types thoroughly
- Understand the concept of conditioning exercises and warming up.
- Attain basic knowledge of rules and interpretation of games and sports.
- Implement team and individual tactics in game situations.

UNIT – I FUNDAMENTAL AND ADVANCE SKILLS

Fundamental and advance – skills- techniques,-drills- and lead up games in Kabaddi and Volleyball.

UNIT - II PLAYING ABILITY / PERFORMANCE

Assessment of playing ability / performance – Kabaddi and Volleyball. Specific conditioning - training for above said sports disciplines.

UNIT – III MARKING

Layout & markings of court/field - Kabaddi and Volleyball.

UNIT – IV OFFICIATING

Rules and interpretations,-duties of the officials- official signals- and system of officiating,- equipment specification- and score sheet for above said sports disciplines.

UNIT – V RECORD NOTE

Preparation of record for Kabaddi and Volleyball.- History, organizational set-up at International-national -and state level sports bodies-skill – technique - tactics- and major competitions for above said sports disciplines.

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 Modern Approach, Patiala, Sainoris, 1991.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE2CP1	CORE PRACTICAL 1MAJOR GAME -I					3	3			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓	✓	✓	✓	✓	✓	✓	✓		
CO2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO3	✓	✓		✓	✓	✓	✓	✓		✓	
CO4	✓	✓		✓		✓	✓			✓	
CO5		✓		✓		✓	✓	✓		✓	
Number of Matches(✓) = 39 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
6	7	10	18	24

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: 20UPE3CC3

Hours: 6

Credit: 5

Course outcome

Exam Hours: 3

External Marks: 75

Internal Marks: 25

- Attain Fair idea about teaching techniques and teaching aids.
- Ton know maintenance and of play field and equipment .
- Know how to draw fixtures for various Tournaments.
- The known method of physical activates and demonstrations
- Attain the basic knowledge about the teaching innovations & teaching lesson plan.

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, Bulletin, Supervisor

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- 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 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. 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. Pandey, 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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE3CC3	CORE COURSE III- ORGANIZATION, ADMINISTRATION AND METHODS OF TEACHING IN PHYSICAL EDUCATION					6	5			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓	✓	✓	✓	✓	✓			✓	
CO2	✓	✓	✓	✓	✓	✓	✓		✓	✓	
CO3	✓	✓		✓	✓	✓	✓	✓		✓	
CO4	✓	✓	✓	✓	✓	✓	✓			✓	
CO5	✓	✓		✓		✓				✓	
Number of Matches(✓) = 38 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High
	Local	Regional	National	Global	Total
	21	4	2	31	52

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

SEMESTER – III

THEORIES OF THROW EVENTS

Course Code: 20UPE3AC3

Hours: 6

Credit: 3

Course outcome

Exam Hours: 3

External Marks: 75

Internal Marks: 25

- Learn about the field events its organizations.
- Gain basic knowledge about history of Shot put and technique
- Attain the knowledge about history of hammer throw technique
- Attain the knowledge about history of javelin throw technique
- Give the field events warm up cooling down and Olympic record

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-Cooling-down-Olympics records and - state ,- national -, international 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.

✓**PHYSICAL EDUCATION**

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE3AC3	THEORIES OF THROW EVENTS					6	3			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓	✓	✓	✓	✓	✓		✓	✓	
CO2	✓	✓		✓	✓	✓	✓			✓	
CO3	✓	✓		✓	✓	✓	✓			✓	
CO4	✓	✓		✓	✓	✓	✓			✓	
CO5	✓	✓		✓	✓	✓	✓			✓	
Number of Matches(✓) = 37 Relationship: High											

1.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
18	9	9	25	37

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

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

Course Code: 20UPE3AP2
Hours: 4
Credit: 2

Exam Hours: 3
External Marks: 60
Internal Marks: 40

Course outcome

- **Gain fundamental knowledge about the ground preparation, its dimensions and markings.**
- **Know about various physical fitness components and its types thoroughly**
- **Understand the concept of conditioning exercises and warming up.**
- **Attain basic knowledge of rules and interpretation of games and sports.**
- **Implement team and individual tactics in game situations.**

UNIT – I FUNDAMENTAL AND ADVANCE SKILLS

Fundamental and advance – skills-techniques- drills - lead up games in Basketball and Hockey.

UNIT - II PLAYING ABILITY / PERFORMANCE

Assessment of playing ability / performance – Basketball and Hockey. Specific conditioning - training for above said sports disciplines.

UNIT – III MARKING

Layout & markings of court field - Basketball and Hockey.

UNIT – IV OFFICIATING

Rules and interpretations- duties of the officials- official signals-and system of officiating- equipment specifications - and score sheet for above said sports disciplines.

UNIT – V RECORD NOTE

Preparation of record for Basketball and Hockey- History, organizational set-up at International-national -and state level sports bodies - skill-technique,- tactics- and major competitions for above said sports disciplines.

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 Basketball. Meyer & Meyer Fachverlag und Buchhandel GmbH, ASIN: B01FEP18HO

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE3AP2	ALLIED PRACTICAL –II- MAJOR GAME – II					4	2			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓		✓	✓	✓	✓		✓	✓	
CO2	✓	✓	✓			✓	✓		✓	✓	
CO3	✓			✓	✓	✓	✓		✓	✓	
CO4	✓	✓	✓	✓	✓		✓		✓		
CO5	✓	✓	✓	✓	✓	✓	✓			✓	
Number of Matches(✓) = 37 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
6	7	10	18	24

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

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

Course Code: 20UPE3NME1:1

Hours: 2

Credit: 2

Course outcome

Exam Hours: 3

External Marks: 75

Internal Marks: 25

- Understand the fundamental concepts of yogic practice.
- Have a fair idea about the Foundation of Yoga
- Learn the principles of practicing asana, pranayama and meditation.
- Learn the selected kriyas, mudras and bandhas.
- Have a knowledge about the leading yoga school both in Indian and foreign soil.

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, sirasasana

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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course	Hours	Credits						
I	20UPE3NME1:1	NON MAJOR ELECTIVE- 1-FUNDAMENTALS OF YOGA	2	2						
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	✓	✓		✓	✓	✓	✓	✓		✓
CO2	✓	✓	✓		✓	✓	✓	✓		✓
CO3	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
CO4	✓	✓	✓			✓		✓	✓	
CO5		✓	✓	✓	✓		✓	✓	✓	✓
Number of Matches(✓) = 40 Relationship: High										

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
1	1	1	35	35

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

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

Course Code: 20UPE3NME1:2

Hours: 2

Credit: 2

Exam Hours: 3

External Marks: 75

Internal Marks: 25

Course outcome

- Know the fundamentals of test, measurement and evaluation.
- Learn the need and importance of test, measurements and evaluation.
- Gain basic knowledge of criteria for administration of test.
- Attain knowledge about classification of test.
- Learn how to measure Physiological, Anthropometrical and Psychological aspects

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.

5. Gureton, Thomas K. "Physical Fitness Appraisal and Guidance" St. Louis, The Mosby Company; 1947.

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE3NME1:2	NON MAJOR ELECTIVE- 1- EVALUATION AND MEASUREMENT					2	2			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓	✓	✓	✓	✓	✓		✓	✓	
CO2	✓	✓		✓	✓	✓	✓		✓	✓	
CO3	✓	✓		✓	✓	✓			✓	✓	
CO4	✓	✓	✓		✓	✓	✓			✓	
CO5	✓	✓		✓	✓	✓	✓	✓		✓	
Number of Matches(✓) = 39 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

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: 20UPE3NME1:3

Hours: 2

Credit: 2

Course outcome

- Realize and apply basic principles, Design and Concept of curriculum construction.
- To Know the Curriculum Planning and Curriculum Design in Physical education for all type of schools.
- To Know the Development of Physical Education and Curriculum Materials.
- Realize and develop Faculties of Physical Education research.
- How to follow up developing Physical Education Curriculum

Exam Hours: 3

External Marks: 75

Internal Marks: 25

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. P Curriculum 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.

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course	Hours	Credits						
I	20UPE3NME1:3	NON MAJOR ELECTIVE- 1- CURRICULUM DESIGN IN PHYSICAL EDUCATION ANDSPORTS	2	2						
Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes(PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	✓	✓		✓	✓	✓	✓		✓	✓
CO2	✓	✓							✓	✓
CO3	✓	✓	✓	✓	✓	✓	✓			✓
CO4	✓	✓	✓	✓	✓	✓	✓		✓	✓
CO5	✓	✓	✓	✓	✓	✓	✓		✓	✓
Number of Matches(✓) = 38 Relationship: High										

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

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, Mudras and Suryanamaskara.

Course Code: 20UPE4CP2

Hours: 3

Credit: 3

Exam Hours: 3

External Marks: 60

Internal Marks: 40

Course outcome

- Learn the technique of Suryanamaskar.
- Attain basic knowledge of corrective Asana.
- Have a knowledge about the relaxative, cultural and meditative asanas.
- Gain knowledge about pranayama, meditation, kriyas and Bandhas techniques.
- Have a knowledge mediations values system of the body and difference of mudras.

UNIT I

Surya Namaskara.

UNIT II

Asanas:

Types of asanas- Testing the listed asanas: Padmasana- Vajrasasna- Sukhasana- Bhujangasana- Halasana- Sarvangasana- Salabhasana- Dhanurasana- Sugasana-Mayurasana-Thadasana – karudasana -sakrasana

UNIT III

Pranayama - Naddi Suddhi - Nadi Shodhana

UNIT IV

Kriyas- Kaphalabhathi – Trataka - Neti.

UNIT V

Mudras- Chin Mudra- Shanmuki Mudra,-Nasikagra Mudra,-Yoga Mudra-Maha Mudra.

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

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE4CP2	CORE PRACTICAL 2- YOGA PRACTICES – 1					3	3			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓		✓	✓	✓	✓	✓		✓	
CO2	✓	✓	✓		✓	✓	✓	✓		✓	
CO3	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO4	✓	✓	✓			✓		✓	✓		
CO5		✓	✓	✓	✓		✓	✓	✓	✓	
Number of Matches(✓) = 40 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
-	-	-	28	28

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

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

(Football & Handball)

Course Code: 20UPE4CP3

Hours: 3

Credit: 3

Course outcome

Exam Hours: 3

External Marks: 60

Internal Marks: 40

- **Gain fundamental knowledge about the ground preparation, its dimensions and markings.**
- **Know about various physical fitness components and its types thoroughly**
- **Understand the concept of conditioning exercises and warming up.**
- **Attain basic knowledge of rules and interpretation of games and sports.**
- **Implement team and individual tactics in game situations.**

UNIT – I FUNDAMENTAL AND ADVANCE SKILLS

Fundamental and advance – skills- techniques- drills -and lead up games in Football & Handball.

UNIT - II PLAYING ABILITY / PERFORMANCE

Assessment of playing ability performance – Football & Handball. Specific conditioning -training for above said sports disciplines.

UNIT – III MARKING

Layout & markings of court-field - Football & Handball.

UNIT – IV OFFICIATING

Rules and interpretations- duties of the officials- official signals- system of officiating,- equipment specifications -score sheet for above said sports disciplines.

UNIT – V RECORD NOTE

Preparation of record for Football & Handball.- History, organisational set-up at International-national- and state level sports bodies- skill- technique- tactics-major competitions for above said sports disciplines.

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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE4CP3	CORE PRACTICAL III – (MAJOR GAME III)					3	3			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓	✓	✓	✓	✓	✓	✓	✓		
CO2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO3	✓	✓		✓	✓	✓	✓	✓		✓	
CO4	✓	✓		✓		✓	✓	✓		✓	
CO5		✓		✓		✓	✓	✓		✓	
Number of Matches(✓) = 39 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
6	7	10	18	24

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

SEMESTER – IV
CORE COURSE IV- EXERCISE PHYSIOLOGY

Course Code: 20UPE4CC4

Hours: 4

Credit: 4

Exam Hours: 3

External Marks: 75

Internal Marks: 25

Course outcome

- Learn about the various systems in the human body and their functions.
- Know the need and importance of exercise physiology in the field of Physical Education.
- Highlight on selected systems changes occur during exercises.
- Know the basic concept of balanced diet.
- Have a fair idea about the effect of exercise and training on selected system.

UNIT – I

Meaning - Scope - Definition –Nature - Aim and Scope- Physiology of exercise- Structure and function of skeletal Muscles-Types of Muscle fibers.- Terminology- Muscle fiber Distribution- Muscle Tone

UNIT – II

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

UNIT – III

Central Nervous System (CNS)-Peripheral Nervous System (PNS)-Effect of exercise on Nervous system.- Structure of Neuron- Function of neuron

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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE4CC4	CORE COURSE IV- EXERCISE PHYSIOLOGY					4	4			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓		✓	✓	✓	✓	✓	✓		✓	
CO2	✓	✓	✓			✓	✓	✓		✓	
CO3	✓		✓	✓	✓	✓		✓	✓	✓	
CO4			✓		✓	✓		✓	✓	✓	
CO5	✓		✓	✓	✓	✓		✓		✓	
Number of Matches(✓) = 36 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
-	-	-	39	39

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: 20UPE4AC4
Hours: 4
Credit: 4

Exam Hours: 3
External Marks: 75
Internal Marks: 25

Course outcome

- Gain knowledge about various sports and games and its organizations.
- Gain fundamental knowledge about the ground preparation, its dimensions and markings.
- Have a basic knowledge of rules and interpretation of games and sports.
- Have a knowledge of equipments and its specifications.
- Have a basic knowledge about system of officiating techniques of games and sports.

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.- History Preparation of record for Football – Handball- Hockey- Kabaddi,

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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE4AC4	ALLIED COURSE - IV- RULES OF GAMES AND SPORTS – I					4	4			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓	✓	✓	✓	✓	✓	✓	✓		
CO2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO3	✓	✓		✓	✓	✓	✓	✓		✓	
CO4	✓	✓		✓		✓	✓	✓		✓	
CO5		✓		✓		✓	✓	✓		✓	
Number of Matches(✓) = 39 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
5	3	7	15	24

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

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

Course Code: 20UPE4NME2:1

Hours: 2

Credit: 2

Exam Hours: 3

External Marks: 75

Internal Marks: 25

Course outcome

- Understand the fundamental concepts of yogic practice.
- Have a fair idea about the Foundation of Yoga
- Learn the principles of practicing asana, pranayama and meditation.
- Learn the selected kriyas, mudras and bandhas.
- Have a knowledge about the leading yoga school both in Indian and foreign soil.

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- ArdhaMatsyendrasana- Yogamudra- ViparitaKarani- Sarvangasana- Halasana- Mayurasana- Sirshasana- Chakrasana- Parvatasana- Bakasana- Suryanamaskar- Relaxative Asanas : shanthy asana - Savasana.

UNIT-III

Pranayama: NadiSuddhi- NadiShodhana- Ujjayi- Sitali- Sitkari.

UNIT-IV

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

UNIT-V

Neti- JalaNeti- 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 Kuvalayananda, Asanas, Kaivalyadhama, Lonavala, Pune+

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE4NME2:1	NON - MAJOR ELECTIVE - II - BASIC OF YOGA EDUCATION					2	2			
Course Outcomes (COs)	Programme Outcomes(POs)Programme Specific Outcomes(PSOs)										
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓		✓	✓	✓	✓	✓		✓	
CO2	✓	✓	✓		✓	✓	✓	✓		✓	
CO3	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO4	✓	✓	✓			✓		✓	✓		
CO5		✓	✓		✓		✓	✓	✓	✓	
Number of Matches(✓) = 40 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

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: 20UPE4NME2:2

Hours: 2

Credit: 2

Exam Hours: 3

External Marks: 75

Internal Marks: 25

Course outcome

- Gain Knowledge about the human movements through Kinesiology.
- Attain Knowledge about the joints and muscles classification.
- Gain the basic knowledge on Kinetics and Kinematics.
- Have a fair idea about the role of Kinesiology and Biomechanics in Physical Education.
- Knows the mechanical advantages applied in Sports.

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”

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE4NME2:2	NON-MAJOR ELECTIVE – II - APPLIED KINESIOLOGY					2	2			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓		✓	✓	✓	✓	✓	✓		✓	
CO2	✓	✓	✓			✓		✓		✓	
CO3	✓		✓	✓	✓	✓	✓	✓	✓	✓	
CO4			✓	✓	✓	✓		✓	✓	✓	
CO5	✓		✓		✓	✓		✓		✓	
Number of Matches(✓) = 36 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
-	-	-	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: 20UPE4NME2:3
Hours: 2
Credit: 2

Exam Hours: 3
External Marks: 75
Internal Marks: 25

Course outcome

- Know the Newton laws ,Centre of gravity and levers.
- Know the qualifications of a coach.
- Know the Ground Marking,use of EquipmentRules andDuties of officials.
- Know the classification and systematic play of hockey
- Familiar with the rules pertaining inter collegiate and inter university tournaments.

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- 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

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE4NME2:3	NON-MAJOR ELECTIVE – II- SCIENTIFIC PRINCIPLES OF COACHING AND OFFICIATING					2	2			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓		✓	✓	✓	✓	✓		✓	
CO2	✓	✓	✓		✓	✓	✓	✓	✓	✓	
CO3	✓	✓	✓	✓	✓	✓	✓			✓	
CO4	✓	✓	✓	✓	✓	✓	✓			✓	
CO5	✓	✓		✓	✓	✓	✓			✓	
Number of Matches(✓) = 40 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

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: 20UPE4SBE 1
Hours: 2
Credit: 2

Exam Hours: 3
External Marks: 75
Internal Marks: 25

Course outcome

- Understand the need of officiating and coaching
- Understand the need of Duties of official-Official Signals-Position of officiating.
- To Realize play field Dimensions and throw events Specification
- To know rules and scoring system of selected games
- To Realize Skills and techniques of selected games and throw events.

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.. Discuss -,hammer -,javelin- shot put

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 andFebiger, 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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE4SBE 1	SKILL BASED ELECTIVE-1- PRINCIPLES AND TECHNIQUES OF OFFICIATING AND COACHING					2	2			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓	✓	✓	✓	✓	✓	✓	✓		
CO2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO3	✓	✓		✓	✓	✓	✓	✓		✓	
CO4	✓	✓		✓		✓	✓	✓		✓	
CO5		✓		✓		✓	✓	✓		✓	
Number of Matches(✓) = 39 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
12	12	12	26	26

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

SEMESTER – V
CORE COURSE V-SPORTS JOURNALISM

Course Code: 20UPE5CC 5

Hours: 5

Credit: 5

Course outcome

Exam Hours: 3

External Marks: 75

Internal Marks: 25

- The ability to think critically, creatively and independently the ability to express one self clearly both in writing and reading
- Demonstrate analysis skill in relation to reporting sporting events.
- Produce a number of assignment that demonstrate their own styles and perception of event ration and television.
- Analysis and create journalism on contemporary issues for print board cast and other digital media write and edit clear careful
- The graduate level course in physical education course contain subject waring from structure of sports bulletin compelling bulleting

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. Photo-interview

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.

3. .

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE5CC 5	CORE COURSE V- SPORTS JOURNALISM					5	5			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓	✓		✓	✓	✓		✓	✓	
CO2	✓	✓		✓	✓	✓	✓			✓	
CO3	✓	✓		✓	✓	✓	✓	✓		✓	
CO4	✓	✓	✓	✓	✓	✓	✓		✓	✓	
CO5	✓	✓		✓		✓	✓			✓	
Number of Matches(✓) = 38 Relationship: High											

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
7	6	5	22	32

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

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

Course Code: 20UPE5CC 6

Hours: 5

Credit: 5

Exam Hours: 3

External Marks: 75

Internal Marks: 25

Course outcome

- Know the fundamentals of test, measurement and evaluation.
- Learn the need and importance of test, measurements and evaluation.
- Gain basic knowledge of criteria for administration of test.
- Attain knowledge about classification of test.
- Learn how to measure Physiological, Anthropometrical and Psychological aspects.

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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE5CC 6	CORE COURSE VI- TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION					5	5			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓	✓	✓	✓	✓	✓		✓	✓	
CO2	✓	✓		✓	✓	✓	✓		✓	✓	
CO3	✓	✓		✓	✓	✓			✓	✓	
CO4	✓	✓	✓		✓	✓	✓			✓	
CO5	✓	✓		✓	✓	✓	✓	✓		✓	
Number of Matches(✓) = 39 Relationship: High											

8.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

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: 20UPE5CC 7

Hours: 5

Credit: 5

Exam Hours: 3

External Marks: 75

Internal Marks: 25

Course outcome

- To exhibit improved understanding of computer operations
- Student to gain practical exposure on Ms-Office
- Student to gain practical exposure on power point
- Student to gain practical exposure on spread sheet
- To gain practical knowledge on Internet

UNIT – I

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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE5CC 7	CORE COURSE VII - COMPUTER APPLICATIONS IN SPORTS SCIENCE					5	5			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓	✓	✓	✓	✓	✓		✓	✓	
CO2	✓	✓		✓	✓	✓	✓		✓	✓	
CO3	✓	✓		✓		✓	✓		✓	✓	
CO4	✓	✓		✓	✓	✓	✓		✓	✓	
CO5	✓			✓	✓	✓	✓		✓	✓	
Number of Matches(✓) = 39 Relationship: High											

1.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

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: 20UPE5CC 8

Hours: 4

Credit: 4

Exam Hours: 3

External Marks: 75

Internal Marks: 25

Course outcome

- Gain basic knowledge about history of Long jump and technique
- Gain basic knowledge about history of High Jump and technique
- Attain the knowledge about history of Triple Jump technique
- Attain the knowledge about history of Pole vault technique
- Give the field events warm up cooling down and specific technique

UNIT-I

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

UNIT -II

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

UNIT - III

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

UNIT - IV

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

UNIT – V

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

Books for Reference:

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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE5CC 8	CORE COURSE VIII – THEORIES OF JUMP EVENTS					4	4			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓		✓	✓	✓	✓			✓	
CO2	✓	✓		✓	✓	✓	✓			✓	
CO3	✓	✓		✓	✓	✓	✓			✓	
CO4	✓	✓		✓	✓	✓	✓			✓	
CO5	✓	✓		✓	✓	✓	✓			✓	
Number of Matches(✓) = 35 Relationship: High											

1.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
-	-	-	39	39

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

SEMESTER – V
MAJOR BASED ELECTIVE -1- STATISTICAL TECHNIQUES

Course Code: 20UPE5MBE 1

Hours: 5

Credit: 5

Exam Hours: 3

External Marks: 75

Internal Marks: 25

Course outcome

- Know the fundamentals in statistics and diagrams.
- To use and apply a wide variety of grouped and ungrouped data
- .Know the advanced statistics in Range- Mean deviation- Quartile deviation and Standard Deviation and their uses.
- To Realize Correlation methods, Regression and its uses.
- To know of various Sampling techniques, hypotheses types, Independent and dependent variations

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 EducationSt. Louis, C.W. Mosby Co. 1951

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course	Hours	Credits						
I	20UPE5MBE 1	MAJOR BASED ELECTIVE -1- STATISTICAL TECHNIQUES	5	5						
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	✓	✓		✓	✓	✓			✓	✓
CO2	✓	✓		✓	✓	✓	✓		✓	✓
CO3	✓		✓	✓	✓	✓				✓
CO4	✓				✓	✓	✓		✓	✓
CO5	✓	✓	✓		✓	✓	✓		✓	✓
Number of Matches(✓) = 35 Relationship: High										

1.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

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: 20UPE5SBEP 1

Hours: 2

Credit: 2

Exam Hours: 3

External Marks: 60

Internal Marks: 40

Course outcome

- Learn the technique of Suryanamaskar.
- Attain basic knowledge of corrective Asana.
- Have a knowledge about the relaxative, cultural and meditative asanas.
- Gain knowledge about pranayama, meditation, kriyas and Bandhas techniques.
- Would become able to practice the difficult are advance asanas

Objectives:

- To know the various aspects of yoga practices.
- To analyse the various techniques in Yoga.

Learning Outcomes:

- Students would be familiar with the advanced Kriyas Practical Examination such as Shuddhi Kriyas. Agnisara, Neti-Jala and Sutra, Vamandhanti.
- Students would be familiar with the techniques and benefits of the Pranayama as described in Hathyoga and Yoga Sutra.
- Students would be acknowledged about the verities of basic Asans and about their effect on body as prescribe in the Syllabus of Asans.
- Students would become able to practice the difficult or advanced Bandhas

ASANAS:

Chakraasana, -Tadasana, - Utkatasana, -Padahasthasana, -Paschimothanasana- Navasana -
Viparaithakarni,- Shirshasana,- Shavasana

PRANAYAMA:

Ujjayi,- Sitali,- Sitkari

KRIYAS - Agnisara, -Neti, -,Jala

BANDHA-.Jalandhar -.Uddiyana -.Moola

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

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course	Hours	Credits						
I	20UPE5SBEP 1	SKILL BASED ELECTIVE PRACTICAL -1- YOGA PRACTICES – 2	2	2						
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	✓	✓		✓	✓	✓	✓	✓		✓
CO2	✓	✓	✓		✓	✓	✓	✓		✓
CO3	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
CO4	✓	✓	✓			✓		✓	✓	
CO5		✓	✓	✓	✓		✓	✓	✓	✓
Number of Matches(✓) = 40 Relationship: High										

1.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
-	-	-	20	20

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

SEMESTER – V
SKILL BASED ELECTIVE PRACTICAL -II- TRACK AND FIELD II
(Throws)
DISCUS THROW, SHOT PUT, HAMMER THROW AND JAVELIN THROW

Course Code: 20UPE5SBEP 1
Hours: 2
Credit: 2

Exam Hours: 3
External Marks: 60
Internal Marks: 40

Course outcome

- Gain basic knowledge about fundamental skill and technique for throws
- The known skill performance for specific training for throw events.
- Known the marking and equipment of throws events
- Attain the knowledge officiating and technique and rules for throw events.
- Give the field events preparation of record for throwing events in Olympic record

UNIT – I FUNDAMENTAL AND ADVANCE SKILLS

Fundamental and advance skills,- techniques,- drills- and lead up games for throws.

UNIT – II PERFORMANCE

Assessment of performance in throws Events- Specific conditioning - training for above said events.

UNIT – III MARKING

Markings of throws.- Specific marking for throws.- Equipment's and their specifications.

UNIT – IV OFFICIATING

Rules and interpretations,- duties of the officials,- official signals- score sheet for throwing events.

UNIT – V RECORD NOTE

Preparation of record for throwing events-Technique and major competitions for throws events- Organizational set-up at International,- national- and state level- Olympic association History,- World & Olympic records and other major competitions.

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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE5SBEP 1	SKILL BASED ELECTIVE PRACTICAL - 1I- TRACK AND FIELD II (Throws) DISCUS THROW, SHOT PUT, HAMMER THROW AND JAVELIN THROW					2	2			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓	✓	✓	✓	✓	✓	✓	✓		
CO2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO3	✓	✓		✓	✓	✓	✓	✓		✓	
CO4	✓	✓		✓		✓	✓	✓		✓	
CO5		✓		✓		✓	✓	✓		✓	
Number of Matches(✓) = 39 Relationship: High											

1.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
2	6	6	13	21

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

SEMESTER – VI
CORE PRACTICAL -IV- TRACK AND FIELD III (Jumps)
LONG JUMP, HIGH JUMP, TRIPLE JUMP AND POLE VAULT

Course Code: 20UPE6CP4

Hours: 4

Credit: 4

Exam Hours: 3

External Marks: 60

Internal Marks: 40

Course outcome

- Gain basic knowledge about history of jumping events and technique
- The known skill performance for specific training for jumping events.
- Known the marking and equipment of jump events.
- Attain the knowledge officiating and technique and rules for throw events.
- Give the field events preparation of record for jumping events in Olympic record

UNIT – I FUNDAMENTAL AND ADVANCE SKILLS

Fundamental and advance skills,- techniques,- drills- and lead up games for jumps

UNIT – II PERFORMANCE

Assessment of performance in jumps Events- Specific conditioning - training for above said events.

UNIT – III MARKING

Markings of jumps.- Specific marking for jumps.- Equipment's and their specifications.

UNIT – IV OFFICIATING

Rules and interpretations,- duties of the officials,- official signals- score sheet for jumps events.

UNIT – V RECORD NOTE

Preparation of record for jumps events-Technique and major competitions for jumps events- Organizational set-up at International,- national- and state level- Olympic association History,- World & Olympic records and other major competitions.

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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE6CP4	CORE PRACTICAL - IV- TRACK AND FIELD III (Jumps) LONG JUMP, HIGH JUMP, TRIPLE JUMP AND POLE VAULT					4	4			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓	✓	✓	✓	✓	✓	✓	✓		
CO2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO3	✓	✓		✓	✓	✓	✓	✓		✓	
CO4	✓	✓		✓		✓	✓	✓		✓	
CO5		✓		✓		✓	✓	✓		✓	
Number of Matches(✓) = 39						Relationship: High					

1.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
2	6	6	13	21

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

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

Course Code: 20UPE6CC 9
Hours: 5
Credit: 4

Exam Hours: 3
External Marks: 75
Internal Marks: 25

Course outcome

- Have a basic knowledge in sports training.
- Elaborate the training components.
- Learn about the training process, components of load and overload.
- Attain knowledge about technical training and tactical training concept.
- Use various methods in sports training for preparation of the sports persons.

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.

Strand (1996), Fitness Education. Benjamin Cumming.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE6CC 9	CORE COURSE-IX- SCIENCE OF SPORTS TRAINING					5	4			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓	✓		✓	✓	✓	✓		✓	
CO2	✓	✓		✓	✓	✓	✓		✓	✓	
CO3	✓	✓		✓	✓	✓	✓			✓	
CO4	✓	✓			✓	✓			✓	✓	
CO5	✓	✓	✓		✓	✓				✓	
Number of Matches(✓) = 35 Relationship: High											

2.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

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: 20UPE6CC 10

Hours: 5

Credit: 4

Exam Hours: 3

External Marks: 75

Internal Marks: 25

Course outcome

- To gain knowledge of the game / sport history and development various organization
- Attain the basic knowledge of fundamental skill lead up games various system of play selection of player
- Under stand the concept of condition exercises and warming up and coaching programme
- Gain the fundamental knowledge about the ground preparation its dimensions and marking equipment and impartment Tourmamunt .
- Attain basic knowledge of rules and interpretation of games and sports official and system of officiating.

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

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course	Hours	Credits						
I	20UPE6CC 10	CORE COURSE-X- RULES OF GAMES AND SPORTS – II (Badminton, Ball badminton & Volleyball)	5	4						
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)				
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
CO3	✓	✓		✓	✓	✓	✓	✓		✓
CO4	✓			✓		✓	✓	✓		✓
CO5	✓	✓		✓		✓	✓	✓		✓
Number of Matches(✓) = 39 Relationship: High										

1.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

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: 20UPE6CP5

Hours: 4

Credit: 3

Course outcome

External Marks: 60

Internal Marks: 40

- Gain fundamental knowledge about the ground preparation, its dimensions and markings.
- Know about Various physical fitness components and its types thoroughly.
- Understand the concept of conditioning exercises and warming up.
- Attain basic knowledge of rules and interpretation of games and sports.
- Implement team and individual tactics in game situations.

UNIT – I FUNDAMENTAL AND ADVANCE SKILLS

Fundamental and advance – skills, techniques, drills and lead-up games in Basketball, Volleyball, Football & Hockey.

UNIT - II PLAYING ABILITY / PERFORMANCE

Assessment of playing ability / performance – Basketball, Volleyball, Football & Hockey. Specific conditioning / training for above said sports disciplines.

UNIT – III MARKING

Layout & markings of court/field - Basketball, Volleyball, Football & Hockey.

UNIT – IV OFFICIATING

Rules and interpretations, duties of the officials, official signals, and system of officiating, equipment specifications and score sheet for above said sports disciplines.

UNIT – V RECORD NOTE

Preparation of record for Basketball, Volleyball, Football & Hockey- History, organizational set-up at International- national -and state level sports bodies,- skill,- technique,- tactics,- major competitions for above said sports disciplines.

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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE6CP5	CORE PRACTICAL –V (SPECIALIZATION MAJOR GAMES) (Basketball, Volleyball, Football & Hockey)					4	3			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓	✓	✓	✓	✓	✓	✓	✓		
CO2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
CO3	✓	✓		✓	✓	✓	✓	✓		✓	
CO4	✓	✓		✓		✓	✓	✓		✓	
CO5		✓		✓		✓	✓	✓		✓	
Number of Matches(✓) = 39 Relationship: High											

1.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
-	-	-	27	27

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

SEMESTER – VI

MAJOR BASED ELECTIVE – II - HEALTH EDUCATION AND FIRST AID

Course Code: 20UPE6MBE2

Hours: 6

Credit: 5

Exam Hours: 3

External Marks: 75

Internal Marks: 25

Course outcome

- Gain knowledge about the fundamental concepts of Health Education.
- Understand the various communicable and non-communicable diseases.
- Have a fair idea about the social issues and First Aid.
- Attain knowledge about Food and nutrition
- Gain Knowledge about First Aid and Uses of first Aid.

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”.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE6MBE 2	MAJOR BASED ELECTIVE – II - HEALTH EDUCATION AND FIRST AID					6	5			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓		✓	✓	✓	✓	✓		✓	
CO2	✓		✓		✓	✓	✓	✓		✓	
CO3	✓	✓		✓	✓	✓	✓	✓	✓	✓	
CO4	✓		✓	✓	✓	✓	✓			✓	
CO5	✓	✓	✓	✓	✓		✓			✓	
Number of Matches(✓) = 38 Relationship: High											

1.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
2	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: 20UPE6MBE3

Hours: 5

Credit: 4

Exam Hours: 3

External Marks: 75

Internal Marks: 25

Course outcome

- Learn the importance and Scope of Sports Psychology and Sociology.
- Understand the characteristics of personality, its dimension and types.
- Gain a fair idea about the methods of practice in sports psychology.
- Have a knowledge about Leadership and Group Dynamics
- Learned the need, importance and scope of sport 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-II

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. Mirosław 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.

PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course					Hours	Credits			
I	20UPE6MBE3	MAJOR BASED ELECTIVE-III- SPORTS PSYCHOLOGY AND SOCIOLOGY					5	4			
Course Outcomes (COs)	Programme Outcomes(POs)					Programme Specific Outcomes(PSOs)					
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	✓	✓		✓	✓	✓	✓		✓	✓	
CO2	✓	✓	✓	✓	✓	✓	✓	✓		✓	
CO3	✓			✓		✓		✓	✓	✓	
CO4	✓			✓	✓	✓	✓				
CO5	✓	✓		✓	✓	✓	✓	✓	✓	✓	
Number of Matches(✓) = 37 Relationship: High											

1.

Mapping	1-29%	30-59%	60-69%	70-89%	90-100%
Matches	1-14	15-29	30-34	35-44	45-50
Relationship	Very Poor	Poor	Moderate	High	Very High

Local	Regional	National	Global	Total
-	-	1	31	32

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