

# **BSc 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<sup>++</sup>)**

**(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
<b>Total</b>				<b>30</b>	<b>22</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>700</b>
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
<b>Total</b>				<b>30</b>	<b>22</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>700</b>
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
<b>Total</b>				<b>30</b>	<b>20</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>600</b>
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
<b>Total</b>				<b>30</b>	<b>24</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>800</b>
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
<b>Total</b>				<b>30</b>	<b>26</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>800</b>
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	Rules of Games and 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
<b>Total</b>				<b>30</b>	<b>26</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>700</b>
<b>Grand Total</b>				<b>180</b>	<b>140</b>				<b>4300</b>

**List of Allied Courses**

First Allied Course I -Yoga for Health Education

Second Allied Course II- Theories of Track &amp; 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)
Professional English	- 2

**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

Basic of Physical Education-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-South Asian Game-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
03	04	25	23	49

**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,- Balasana,- Siddhasana-Padmasana- Vajrasasna- Sukhasana- Bhujangasana-Halasana-Sarvangasan-Salabhasana-Dhanurasana-Chakraasana-Tadasana-Utkatasana-Padahastasana-Paschimothanasana-Navasana-Viparaithakarni-Shirshasana-Shavasana.

#### UNIT - III

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

#### UNIT- IV

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

#### UNIT – V

Rehabilitation Exercise – Asthma- Back Pain-Stress-Anxiety. Yogic Practics and Physical Exercise

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	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	59

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. - 4X100mts and -4X400mts relay marking

#### 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. Mariayah, 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.

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

Local	Regional	National	Global	Total
06	04	11	25	34

Colour code: Local-Green    Reginoal-pink    National –Blue    Globel-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 - Reflex arc

#### UNIT-V

Endocrine System- Structure of Pituitary-Thyroid- adrenal Glands their role- growth development-regulations of body functions - Sense Organs

#### Books for Reference:

Pearce Evelyn, Anatomy and Physiology for Nurses, Jaypee. Brothers Medical Publishers, New Delhi, 1997.

1.

Chaurasia B.D. Human Anatomy, CBS Publishers, 1982.

2.

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
-	-	-	42	42

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- Standard Track-  
Layout of 200m track Marking–Stagger Start-, Arc Start- 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.- octathlon

**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.
- Gothi, Ekta, Teaching and Coaching Athletics, ND: Sports Pub.1997. .
- 6.
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	-	-	25	26

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, Sainsoris, 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	
06	07	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, care and maintenance 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. Teaching practices

Books for Reference:

1. Broyles, F. J. and Rober, H. D. (1979). Administration of sports, Athletic programme:

A managerial Approach. New York: Prentice hall Inc.

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

### PHYSICAL EDUCATION

Relationship Matrix for COs, POs and PSOs

Semester	Code	Title of the Course	Hours	Credits						
I	20UPE3CC3	<b>CORE COURSE III- ORGANIZATION, ADMINISTRATION AND METHODS OF TEACHING IN PHYSICAL EDUCATION</b>	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
23	04	02	32	54

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	<b>THEORIES OF THROW EVENTS</b>					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	09	09	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
06	07	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, PremKalyan 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.

## 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										

<b>Mapping</b>	1-29%	30-59%	60-69%	70-89%	90-100%
<b>Matches</b>	1-14	15-29	30-34	35-44	45-50
<b>Relationship</b>	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.

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											

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

Local	Regional	National	Global	Total
01	05	02	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	<b>NON MAJOR ELECTIVE- 1- CURRICULUM DESIGN IN PHYSICAL EDUCATION ANDSPORTS</b>	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- sidhasana

UNIT III

Pranayama - Naddi Suddhi - Nadi Shodhana-Vamandhauti

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
-	-	-	30	30

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. Mariayah, *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											

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

Local	Regional	National	Global	Total
06	07	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 -.vital capacity , -lung volume,-respiratory system -Tidal Volume

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
-	-	-	43	43

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 – Officials signal-System of officiating -History Preparation of record for Football – Handball- Hockey- Kabaddi, -State - National -International ,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											

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

Local	Regional	National	Global	Total
05	03	09	19	28

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**

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.

**Exam Hours: 3**

**External Marks: 75**

**Internal Marks: 25**

**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: Kaphalabhati- 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- Vastri Dhauti – Methods of Practicing Dhauti and its benefits.

Books for Reference:

1. Dr. K. Chandrasekaran, Sound Health Through Yoga, PremKalyan 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											

<b>Mapping</b>	1-29%	30-59%	60-69%	70-89%	90-100%
<b>Matches</b>	1-14	15-29	30-34	35-44	45-50
<b>Relationship</b>	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 Glassgow, Kinisiology joint, Louis C.V.Mosby Company 1976.
2. Dr.Dhavanjoy Shah Pedagogic Kinesiology sports publications New Delhi 1998.
3. Logan and McKinney “Anatomic Kinesiology”
4. Raschi and Burke “Kinesiology and Applied Anatomy
5. Walks and Lutt gens “Kinesiology”

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, Shotput - Javelin Throw)-Rules and Interpretation-Duties of Officials

Books for Reference:

1. Greiremiller, 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.McClurg 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
04	04	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- marking 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, 2<sup>nd</sup> edition, Lea andFebigeer, 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	13	26	27

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- News,- Tit ,- Bits

**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. Parthasarathy, R. (1991). Journalism in India from the Earliest Time to the President Day II road, Sterling Publication Pvt., Ltd.
4. Varma, A.K. (1993.). Advanced Journalism, New Delhi: Har Anand publications.

## 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	25	35

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.- barrow motor ability 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.- Badminton test

UNIT – V

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

Books for Reference:

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	22	24

Colour code: Local-Green Reginoal-pink National –Blue Globel-Brown

## SEMESTER – V

### CORE COURSE VII - COMPUTER APPLICATIONS IN SPORTS SCIENCE

**Course Code: 20UPE5CC 7**

**Hours: 5**

**Credit: 5**

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

**Exam Hours: 3**

**External Marks: 75**

**Internal Marks: 25**

#### 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

**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.- State, -national,- international -and Olympic records**

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
-	-	-	43	43

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 Education St. 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.

<b>Mapping</b>	1-29%	30-59%	60-69%	70-89%	90-100%
<b>Matches</b>	1-14	15-29	30-34	35-44	45-50
<b>Relationship</b>	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**

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 .

UNIT I

ASANAS:

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

UNIT II

PRANAYAMA:

Ujjiayi,- Sitali,- Sitkari

UNIT III

KRIYAS-Agnisara,- Neti-Jala and Sutra,- Vamandhanti

UNIT IV

BANDHAS-Jalandhar Bandha,- Uddiyana Bandha,- Moola Bandha

UNIT V

Balasana,- Siddhasana,- mayurasana

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.

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

Local	Regional	National	Global	Total
-	-	-	24	24

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	<b>SKILL BASED ELECTIVE PRACTICAL - 1I- TRACK AND FIELD II (Throws) DISCUS THROW, SHOT PUT, HAMMER THROW AND JAVELIN THROW</b>					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.

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

Local	Regional	National	Global	Total
02	06	06	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 jump 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 jump events.

UNIT – V RECORD NOTE

Preparation of record for jump events-Technique and major competitions for jump 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	<b>CORE PRACTICAL - IV- TRACK AND FIELD III (Jumps)</b> 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.

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

Local	Regional	National	Global	Total
02	06	06	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, Tornoto 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.

<b>Mapping</b>	1-29%	30-59%	60-69%	70-89%	90-100%
<b>Matches</b>	1-14	15-29	30-34	35-44	45-50
<b>Relationship</b>	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 kabaddi cricket )

**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 –Warm down- Technical Training- Coaching Program.

Unit – IV

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

Unit – V

Rules and their Interpretations – Duties of Officials- Official Signal – 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	<b>CORE COURSE-X- RULES OF GAMES AND SPORTS – II</b> (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	19	21

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	<b>CORE PRACTICAL –V (SPECIALIZATION MAJOR GAMES)</b> (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.

<b>Mapping</b>	1-29%	30-59%	60-69%	70-89%	90-100%
<b>Matches</b>	1-14	15-29	30-34	35-44	45-50
<b>Relationship</b>	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	<b>MAJOR BASED ELECTIVE – II - HEALTH EDUCATION AND FIRST AID</b>					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.

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

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: 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-I

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

#### UNIT-III

Person Meaning and Definitions of Personality- Composition of Personality- State and Traits of Sports - 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