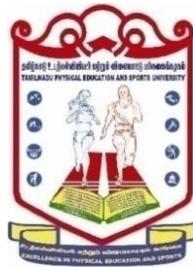


# **TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY CHENNAI – 127**



## ***B.Sc. SPORTS COACHING***

### **REGULATION AND SYLLABUS 2020-21**

# DEPARTMENT OF ADVANCED TRAINING AND TECHNOLOGY

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY CHENNAI****DEPARTMENT OF ADVANCED SPORTS TRAINING AND TECHNOLOGY*****B.Sc., SPORTS COACHING (REGULAR)*  
CHOICE BASED CREDIT SYSTEM (CBCS)  
SUBJECT MATTER AND EVALUATING SYSTEM  
NORMS RULES AND REGULATIONS****1. PREAMBLE**

The Bachelor of Sports Coaching B.Sc., (Sports Coaching )programme in intended for candidates who desirous to pursuing bachelor degree in Sports Coaching and for preparing a professional cadre of Sports Coaches.

**2. REGULATION**

The syllabus is for three year B.Sc., Degree programme under CBCS system – Regular and it was implemented form the academic year 2020-21onwards.

**3. ELIGIBILITY FOR ADMISSION**

Candidates shall be admitted to the B.Sc., degree in Sports Coaching in he/she produces satisfactory evidence to the effect that he/she has successfully completed plus two examinations or is equivalent approved by the syndicate of the Tamil Nadu Physical Education and Sports University, Chennai with sports background, at least School District Level Participation.

**4. SCHEME OF SELECTION**

Physical fitness, skill test will be conducted to all the applicants, and the tests carry 80 marks. Sports participation performance in the specified sport/game will be assessed according to the level of participation as listed below concedes maximum of 20 marks. In physical fitness tests, five tests will be conducted, each test carries 10 marks, (5 X 10 = 50), and three skill tests of specified sport/game will be assessed and it carries 10 marks (3 X 10 = 30)

Marks distributed for Sports participation is given below.

	Gold	Silver	Bronze	Participation
National	20	18	16	10
state	15	13	11	7
Divisional	10	9	8	5
District	8	7	6	4
zonal	5	4	3	2

The Rank list will be prepared after conducting the tests. If the applicants are more than 50 in numbers, the rank list will be prepared as per admission roaster system following the Tamil Nadu state government admission rules.

### 5. COURSE OF STUDY

B. Sc., (Sports Coaching), Programme shall be of duration of three Academic years with six semesters. A student should complete. B. Sc., (Sports Coaching) Programme within five years from the date of registration. The total working days of each semester shall be 90 days exclusive of the period of the admission and examination etc., the medium of Instruction and examination shall be English.

### 6. SEMESTERS

An academic year is of two semesters.

Odd Semester - July to November

Even Semester - December to April

In each semester, the courses are taught for 18 weeks with each week having 5 working days.

### 7. CHOICE BASED CREDIT SYSTEM (CBCS)

The CBCS in BSc, (Sports Coaching) programme would have the following components and the minimum credit requirements for each component to be completed in three years are:

Languages	-	32 Credits
Core Subjects & Practical	-	72 Credits
Elective	-	24 Credits
Ability Enhancement compulsory course (AECC)	-	02 Credits
Extra curricular	-	12 Credits
Soft skill	-	04 Credits

**Total** - 146 Credits

**8. COURSE WEIGHT**

Course will be designed with weightage depending upon the content, duration and specialization.

**9. MARKS/CREDIT DISTRIBUTION**

**I SEMESTER**

<b>PART</b>	<b>Subject code</b>	<b>Name of the paper/components</b>	<b>L</b>	<b>C</b>	<b>Int</b>	<b>Ext</b>	<b>Total</b>
I - Language	USC18CT101A USC18CT101B USC18CT101C	Tamil I Hindi I special English I	4	4	25	75	100
II Language	USC18CT102	English I	4	4	25	75	100
Core Subject	USC18CT103	Anatomy and Physiology	4	4	25	75	100
	USC18CT104	History and administration of Sport/Game	4	4	25	75	100
Discipline Specific Elective -	USC18DSE101	Choose any one of the subject from the pool from odd semester	4	4	25	75	100
Core Practical	USC18CP101 A USC18CP101 B USC18CP101 C USC18CP101 D USC18CP101 E	Practical – skill test – sport/Game A.Volleyball/ B. Football/ C.Kabaddi / D Athletics E.Hockey	8	4	25	75	100
Co-curricular Activities	USC18CC101	NSS/NCC		2	-	-	-
<b>Total Credit / marks</b>				<b>26</b>	<b>-</b>	<b>-</b>	<b>600</b>

**II Semester**

<b>PART</b>	<b>Subject code</b>	<b>Name of the paper/components</b>	<b>L</b>	<b>C</b>	<b>Int</b>	<b>Ext</b>	<b>Total</b>
I - Language	USC18CT201A	Tamil II	4	4	25	75	100
	USC18CT201B	Hindi II					
	USC18CT201C	Special English II					
II Language	USC18CT202	English II	4	4	25	75	100
Core Subject	USC18CT203	Science of Sports Training	4	4	25	75	100
	USC18CT204A USC18CT204B USC18CT204C USC18CT204D USC18CT204E	Rules and Regulation of Sport/Game A.Volleyball/ B. Football/ C.Kabaddi / D Athletics E.Hockey	4	4	25	75	100
Discipline Specific Elective	USC18DSE201	Choose any one of the subject from the pool from even semester	4	4	25	75	100
Core Practical	USC18CP201A USC18CP201B USC18CP201C USC18CP201D USC18CP201E	Practical – II, Specified sport/Game – coaching Level – I A.Volleyball/ B. Football/ C.Kabaddi / D Athletics E.Hockey	8	4	25	75	100
Ability Enhancement compulsory course (AECC) III - Co-curricular Activities	USC18AE201	Environmental studies (Foundation Course)	2	2	-	-	-
	USC18CC201	Community engagement (Swatch Bharath)		2	-	-	-
Total Credit / Marks				28			600

**III SEMESTER**

<b>PART</b>	<b>Subject code</b>	<b>Name of the paper/components</b>	<b>L</b>	<b>C</b>	<b>Int</b>	<b>Ext</b>	<b>Total</b>
I - Language	USC18CT301A	Tamil III	4	4	25	75	100
	USC18CT301B	Hindi III					
	USC18CT301C	Special English III					
II Language	USC18CT302	English III	4	4	25	75	100
Core Subject	USC18CT303	Sports Medicine and Nutrition	4	4	25	75	100
	USC18CT304A	Techniques and technical training of Sports/ Games A.Volleyball/ B. Football/ C.Kabaddi / D Athletics E.Hockey	4	4	25	75	100
	USC18CT304B						
	USC18CT304C						
	USC18CT304D						
USC18CT304E							
Discipline Specific Elective	USC18DSE301	Choose any one of the subject from the pool from odd semester	4	4	25	75	100
Core Practical	USC18CP301	Teaching and Coaching of Techniques and technical training	8	4	25	75	100
Co Curricular Activities	USC18CC301	Pedagogy competition		2	-	-	-
Total Credit / Marks				26			600

**IV SEMESTER**

<b>PART</b>	<b>Subject code</b>	<b>Name of the paper/components</b>	<b>L</b>	<b>C</b>	<b>Int</b>	<b>Ext</b>	<b>Total</b>
I - Language	USC18CT401A	Tamil IV	4	4	25	75	100
	USC18CT401B	Hindi IV					
	USC18CT401C	Special English IV					
II Language	USC18CT402	English IV	4	4	25	75	100
Core Subject	USC18CT403	Sports Psychology and Sociology of Sport	4	4	25	75	100
	USC18CT404A USC18CT404B USC18CT404C USC18CT404D USC18CT404E	Tactics and tactical development of specified Sport/game A.Volleyball/ B. Football/ C.Kabaddi / D Athletics E.Hockey	4	4	25	75	100
Discipline Specific Elective	USC18DSE401	Choose any one of the subject from the pool from even semester	4	4	25	75	100
Core Practical	USC18CP401	Specified Sports / Games, coaching Level – II,	8	4	25	75	100
Extra-curricular Activities	USC18CC401	Sports center /Industrial Visit		2	-	-	-
<b>Total Credits/Marks</b>				<b>26</b>			<b>600</b>

**V SEMESTER**

<b>PART</b>	<b>Subject code</b>	<b>Name of the paper/components</b>	<b>L</b>	<b>C</b>	<b>Int</b>	<b>Ext</b>	<b>Total</b>
Core Subject	USC18CT501	Kinesiology and sports Bio Mechanics	4	4	25	75	100
	USC18CT502A USC18CT502B USC18CT502C USC18CT502D USC18CT502E	Specific Motor qualities of sport/game A.Volleyball/ B. Football/ C.Kabaddi / D Athletics E.Hockey	4	4	25	75	100
Discipline Specific core	USC18DSE501	Choose any one of the subject from the pool from odd semester	4	4	25	75	100
II - Core Practical	USC18CP501	Specific training – coaching	8	4	25	75	100
III - Soft Skill	USC18SS501	Sports Massage	2	2	25	75	100
Co – curricular activities	USC18CC501	Disaster management		2	-	-	-
Total Credit/ marks				20			500

**VI SEMESTER**

<b>PART</b>	<b>Subject code</b>	<b>Name of the paper/components</b>	<b>L</b>	<b>C</b>	<b>Int</b>	<b>Ext</b>	<b>Total</b>
Core Subjects	USC18CT601A USC18CT601B USC18CT601C USC18CT601D USC18CT601E	Team Preparation , Coaching And Match Analysis of Sport/Game A.Volleyball/ B. Football/ C.Kabaddi / D Athletics E.Hockey	4	4	25	75	100
	USC18CT602	philosophy of coaching	4	4	25	75	100
Discipline Specific Elective	USC18DSE601	Choose any one of the subject from the pool from even semester	4	4	25	75	100
II – Core Practical	USC18CP601	Specified Sports / Games – coaching level – III	8	4	25	75	100
III - Soft Skill	USC18SS601	Gym Management	2	2	25	75	100

Co – curricular activities	USC18CC601	Internship training	2	--	---	--
Total credit/ Marks			20		--	500

The final year students will be required to coach a team of game of their choice, either with a mentor coach as an 'expert' or under the supervision of the Head Coach for 15 days. And in the final semester the students should undergo the internship practice in any one of the schools, in order to get the coaching exposure. And they have to produce the records for their coaching programme. This internship is designed to assist students to enter the sport-related work environment.

#### 10. ASSESSMENT

Assessment of the students is consists of continuous Internal Assessment (CIA) and End Semester Examination (ESE). The ratio between CIA and ESE will normally be 25:75.

#### 11. PRACTICAL COMPONENT

In each year students are required to undertake a practicum including in a variety of contexts. In their first year, students will coach in a primary school. In the second year students are expected to coach an under-15-year- team in sport of their choice. Third-year students will be required to coach a team of their choice, either with a mentor coach as an 'expert' or under the supervision of College tutor. In their final year students have a workplace internship to apply their skills and learning. This internship is designed to assist students to enter the sport-related work environment.

#### 12. CONTINUOUS INTERNAL ASSESSMENT (CIA)

The CIA marks shall be awarded based on the following:

THEORY	MARKS
Best Scores of two test out of three test	20
Model Exam	20
Seminar	05
Attendance	05
Total	50

50 percentage of CIA marks will be taken for scoring.

**13. END SEMESTER EXAMINATION (ESE)**

Except in the case of internship and exclusively practical/field placement courses, the ESE will consist of a written examination of three hours duration for a maximum score of 75. Practical examination for 75 marks will be conducted with external examiner during even semester of all the three years.

**14. EVALUATION**

The following procedure will be followed for evaluation

a) The answer scripts are evaluated by internal/external examiners

b) Theory papers : Duration Three Hours – External

Part A ( 10 x 2 ) - 20 (Question Type)

Part B ( 5 x 5 ) - 25 (Either or Type)

Part C( 3 x 10 ) - 30 (Essay type –3 Question)

	75 Marks
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c) For a pass in each paper, the candidate is required to secure at least 50% in semester examination.

**15. ATTENDANCE**

Attendance is compulsory for the students with minimum of 80%, since this course is practical based. If the attendance is less than 80% to 70%, he/she can move to the next year but he/she is not allowed to write the examination, if he/she compensate the shortage of attendance in the next academic session and he/she will be allowed to write the examination in the next semester. If any student is having less than 70% he/she has redo the course.

**16. The Award of Grades is as follows**

MARKS	GRADE	DESCRIPTION	GRADE POINTS
90 and above	S	Superior	9.0 - 10.0
80 to 89	A	Very Good	8.0 - 8.9
70 to 79	B	Good	7.0 - 7.9
60 to 69	C	Very Fair	6.0 - 6.9
50 to 59	D	Satisfactory	5.0 – 5.9
Less than 50 ‘	RA	Re Appear	

If a student has any grievance over CIA he/she may submit a appeal

through his/her class advisor to appeal committee, which consist of the HOD, class Advisor and course teacher within seven working days of the declaration of the Score. The Appeals committee will review/peruse the student's records work. Any appeal should be made along with an appeal fee as per university norms. The decision of the appeals committee shall be final.

## 16 CAREER OPPORTUNITIES

In addition to preparing students for sport coaching positions, the B.Sc., allows students to develop skills which can be useful in sport related fields and roles beyond coaching. These include role as coach educators and sport development officers in national organizations, community groups and sporting federations, managerial and development roles skills trainer, exercise scientists, and recreation officers personal trainer, free lancer, project officer and match analyst.

## 17 FURTHER STUDY

Postgraduate opportunities exist here in Tamil Nadu Physical Education and Sports University, Chennai, in areas such as Physical Education, Sports Coaching, Sports Psychology, Yoga, Bio Mechanics, Exercise Physiology and Sports Management.

Following the B. Sc., one further year of study towards a Post Graduate Diploma in Coaching enables to become a coach or Bachelor of Physical education enables to become a physical education teacher.

### CREDIT AND MARKS ABSTRACT

SEMESTER	CREDITS	TOTAL MARKS
I	26	600
II	28	600
III	26	600
IV	26	600
V	20	500
VI	20	500
<b>Grand Total</b>	<b>146</b>	<b>3400</b>

**CREDIT ABSTRACT**

<b>Semester - Credits Subject</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>	<b>V</b>	<b>VI</b>	<b>Total Credit</b>
Languages - I	4	4	4	4	-	-	16
Languages - II	4	4	4	4	-	-	16
Core –Theory	8	8	8	8	8	8	48
Core – Practical	4	4	4	4	4	4	24
Discipline Specific Elective	4	4	4	4	4	4	40
Ability Enhancement compulsory course (AECC)	-	2	-	-	-	-	02
Co - curricular	2	2	2	2	2	2	12
Soft Skill	-	-	-	-	2	2	4
<b>Grand Total</b>	<b>26</b>	<b>28</b>	<b>26</b>	<b>26</b>	<b>20</b>	<b>20</b>	<b>146</b>

**MARKS ABSTRACT**

<b>Semester - Credits Subject</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>IV</b>	<b>V</b>	<b>VI</b>	<b>Total Credit</b>
Languages - I	100	100	100	100	-	-	400
Languages - II	100	100	100	100	-	-	400
Core –Theory	200	200	200	200	200	200	1200
Core – Practical	100	100	100	100	100	100	600
Elective	100	100	100	100	100	100	600
Ability Enhancement compulsory course (AECC)	-	--	-	-	-	-	---
Extra - curricular	-	-	-	-	-	-	-
Soft Skill	-	-	-	-	100	100	200
<b>Grand Total</b>	<b>600</b>	<b>600</b>	<b>600</b>	<b>600</b>	<b>500</b>	<b>500</b>	<b>3400</b>

**DICIPLINE SPECIFIC ELECTIVE**

<b>ODD SEMESTER</b>	<b>EVEN SEMESTER</b>
Strength and conditioning	Sports Law
Women in Olympic movement	Test and Measurement
Talent Identification	Play field and Equipment Management
Project Event Management	Doping and its classification
Computer Application & Sports Communication	Management of Special Olympic sports
On field Sports injury Management	Exercises and sports for women

**SEMESTER- I- PAPER CODE - UEN18CT101A****TAMIL I**

முதலாம் ஆண்டு இளம் அறிவியல் தாள் -1

முதற் பருவம்

இலக்கியமும் மொழித்திறனும்

அலகு:1

காணிநிலம் வேண்டும் : பாரதியார்  
நல்லதோர் வீணை  
சிக்கனம் : சுரதா

அலகு : 2

புதுமைப்பித்தன் சிறுகதைகள்  
1 கடவுளும் கந்தசாமி பிள்ளையும் .  
2 .சாப விமோசனம்  
3 பென்னாகரம் .

அலகு :3

உரைநடை - விளையாட்டுகள் தோற்றமும் வளர்ச்சியும்  
விளையாட்டு வரையறை தமிழர் வாழ்வில் - விளையாட்டின் தோற்றம்-  
விளையாட்டு - விளையாட்டு வகை தொகை- விளையாட்டு  
கொள்கைகள்

அலகு :4

மொழிப் பயிற்சி  
1. பொருந்தியசொல் தருதல்  
2. மரபுத்தொடர்கள்  
3. கலை சொற்கள்

அலகு -5

1. தமிழ் இலக்கிய வரலாறு  
2. நாட்டுப்புற இலக்கிய வரலாறு - நாட்டுப்புற பாடல்கள்-  
- பழமொழிகள்-நாட்டுப்புற கதைகள்  
புதினங்கள் தோற்றமும் - விடுகதைகள்சிறுகதைகள்  
வளர்ச்சியும்  
3. கவிதை இலக்கிய  
வரலாறுமரபுக்கவிதைகள்புதுக்கவிதைகள்தோற்றமும்வளர்ச்சி  
யும்  
4. நாடக இலக்கியத்தின் தோற்றமும் வளர்ச்சியும்

**பார்வை நூல்கள்:**

1. பேரா. எம் . ஆர். அடைக்கலசாமி,(2000 தமிழ் இலக்கிய வரலாறு ( ,ராசி பதிப்பகம் - சென்னை.73

2. த.மலையரசி,(2013தமிழ் இலக்கியங்களில் ( - பாவை பதிப்பகம் மதுரை- விளையாட்டுக்கூறுகள்1
3. சொ.பரமசிவம்,(2000 நற்றமிழ் இலக்கணம்,(பட்டுப்பதிப்பகம் சென்னை -40
4. சங்க இலக்கிய நூல்கள் .கழக வெளியீடு-

**SEMESTER- I- PAPER CODE - UEN18CT101**

**HINDI I (B)**

**UNIT- I**

Prose: SabhayataKaRashasya by Premchand

Business & Administrative Terminology – Translation from Hindi to English Business Letters – Enquires, Orders and Complaints

**UNIT – II**

Prose: Mitratha by AcharyaRamchandraShukla

Business & Administrative Terminology – Translation from Hindi to English Letters to the Editor for Social cause

**UNIT – III**

Prose: Nayasamaj by Hari Krishna “Premi”

Official Letters: Memorandum, Circular

**UNIT – IV**

Prose: BadtheshoreKaGehrataSankat by Ravendra Kumar

Applied Grammar: Change the Tense

Official Letters: Reminder, Notice, Office Order

**UNIT V**

Prose: TootiHuyiZindagi by Sri RajjanTrivedi

Applied Grammar: Correction of Sentence

Letters of Application: Leave Letter & Banking Letters – Opening an account closing an account, issue of cheque book

**Reference Books:**

1. Prose (Detailed Study) HINDI GADHYA MALA, Syed Rahamathullah PoornimaPrakashan Publications
2. Applied Grammer , HINDI GRAMMER, Sastri&Apte, Dakshin Bharat Hindi PracharSabha publications
3. Functional Hindi & Letter Writing, PRAYOJAN MOOLAK HINDI, Syed Rahamathullah & ChittiAnnapoorna, PoornimaPrakashan publication

**SEMESTER- I- PAPER CODE - UEN18CT101****SPECIAL ENGLISH I (C)****OBJECTIVES:**

To improve Four Primary Skills though prose, poem, short story, one act play and grammar.

To make learners comprehend and appreciate various cultures and varieties of presentation in the representative texts

**LEARNING OUTCOMES:**

1. Students can analyze a poem, prose short story etc.
2. Students can describe, explicate, poem. Prose, short stories etc.
3. Students can be participating all kinds of grammatical practice and exercise in the beginning level.
4. To help learners understand the salient features of one-act plays
5. To expose learners to the sociological and psychological dimensions of characterization

**UNIT-I- PROSE**

- A) My Greatest Olympic Prize - Jesse Owens  
B) If, you are wrong, admit it - Dale Carnegie

**UNIT-II- POEM**

- A. Pulley - George Herbert  
A) La Belle Dame Sans Merci - John Keats

**UNIT-III- SHORT STORIES**

- A) The Snake in the Grass - R.K. Narayan  
B) Three Questions - Leo Tolstoy

**UNIT-IV- ONE ACT PLAY**

- A) A Marriage proposal - Anton Chekhov  
B) The Goat - Edward Albee

**UNIT-V- BASIC ENGLISH GRAMMAR**

- a) Parts of Speech
- b) Kinds of Sentence
- c) Tense and their forms.
- d) Sentence Patterns

**Reference:**

1. Bhongle, Rangrao. (Ed) Contemporary American Literature: Poetry, Fiction, Drama and Criticism..
2. Collins - An Introduction to American Literature Crawford, Bartholow V et al. American Literature.

3. Mathiessew, F.O. American Literature up to Nineteenth Century  
Spiller - Cycle of American Literature - A New Harvest of  
American Literature
4. Great Indian “Twentieth Century writers and their works” by  
Emerald publications.

**SEMESTER- I- PAPER CODE - USC18CT 102**

**ENGLISH – I BASIC LANGUAGE SKILL**

**OBJECTIVES:**

1. To make students involved in Listening and writing for developing  
Basic Learning Skills.

2. To make academic presentations precisely, logically and effectively

**LEARNING OUT COMES:**

1. Students can learn theme, ideas and information from Listening from a poem, prose, short story etc...
2. This enhance students to know how to write in basic level,
3. Students can gain knowledge on both uses and usage of grammar section.

**LISTENING & SPEAKING****UNIT-I**

- A) Greeting people & responding to greetings
- B) Introducing oneself & Other People
- C) Asking for and giving personal Details (Name, Occupation, etc.,)

**UNIT-II**

- A) Using the Telephone- exchanging information & taking messages
- B) Describing a visual clipping

**WRITING****UNIT-III**

- A) Completing forms with personal details bio-data & curriculum vitae
- B) Paragraph writing converting note making to paragraph.
- C) Interpreting advertisements

**UNIT-IV**

- A) Grammar in Usage
- B) Descriptive writing- describe a scene / a person/ a situation
- C) Translate 50 words

**UNIT-V**

- A) Cabuliwallah - Rabindranath Tagore
- B) The last Leaf - O.Hentry
- C) Upper division Love - ManoharMalgankar

**REFERENCE:**

1. The last leaf and others stories by AnandkumarRaju (Blackie Books)

2. Great Indian “Twentieth Century writers and their works” by Emerald Publications.
3. Ramachandran, T. N., trans. The Hymns of KaaraikkaalAmmaiyaar. Dharmapuram: International Institute of SaviaSiddhanta Research,
4. English Grammer in use by Raymond Murphy, Cambridge publication 3<sup>rd</sup> edition.
5. Basic English Grammer by Betty.S.Azar and Stacy A.Hagen Pearson Publication 4<sup>th</sup> edition

**SEMESTER- I- PAPER CODE - USC18CT 103**

**ANATOMY AND PHYSIOLOGY**

**UNIT – I**

Anatomy: meaning – definition- need - importance. Physiology: meaning - importance - Cell – structure – function - types - Tissue - structure - Skin – Structure – function

### **UNIT – II**

Muscular system: meaning - structure: skeletal, cardiac, smooth. – hypertrophy. Functions - contraction: isotonic - isometric - concentric – eccentric- cycle. Muscular fiber: type 1- type II A – type II B. Effect of exercise

### **UNIT – III**

Cardio vascular system - meaning. Organs - Heart - Structure - functions Cardiac cycle – Cardiac output - stroke volume. Pulmonary circulation - systemic circulation. Lungs: structure and functions - Spinal cord. Effect of exercise

### **UNIT – IV**

Respiratory system: meaning - structure - mechanism of breathing – Gas exchange. Effect of exercise. Endocrine - kidney - structure functions

### **UNIT - V**

Nerves system: meaning – types - central nervous system - brain and spinal cord - peripheral nervous system - cranial, spinal, peripheral nerves  
Function: sensory, integration, and motor.

### **REFERENCE**

1. Surrender H Singh, Krishna Garg, (2008), : Anatomy and Physiology for Nurses & Allied Health Sciences” CBS
2. Clerk.D.H.(1995) : Exercise Physiology Prentice-Hall,Inc., Englewood Clif, New jersy
3. Frank W Dick, Sports training principles, London, Lepus Book Co., 1980
4. Kara Rogers(2011), “The Respiratory System” Britanniacal educational publishers
5. S.B. Bhise and Yadan (2009) “Human anatomy and Physiology” Chelsea house publisher.

## **SEMESTER- I- PAPER CODE - USC18CT 104**

### **HISTORY AND ADMINISTRATION OF SPORTS/GAME**

#### **(ATHLETICS/FOOTBALL/KABADDI/HOCKEY/VOLLEYBALL)**

**UNIT – I**

History of Volleyball/Football/Kabaddi/hockey/Athletics - Origin - Development - International federation - National federation – organization Structure - functions and role - Recent Trends

**UNIT – II**

Competitions: School levels - Bharathiar day – Republic day – National level: SGFI – University level - State associations – District associations- Mini – Sub junior - Junior inter district – national championship - International competitions – method of organization – Drawing of fixtures – Knockout seeding - league

**UNIT - III**

Developmental schemes: Sports Authority of India - Aim- motto- vision- organizational set up. Schemes: academics - Kholo India – STC – SAG – NSTC – SPDA- NCOE- regional centers - Sports promotion - infrastructure facilities – selection of teams.

**UNIT - IV**

Developmental schemes: Sports Development Authority of Tamil Nadu - aim- motto- vision- schemes: Sports Hostel- Hostel of excellence –academies – World beaters - infrastructure facilities- organizational set up – recent trends -

**UNIT - V**

Sports awards: SDAT - Chief Minister’s award – Coach – Physical education teacher – players’ incentives – High cash incentives – pension - Sports scholarship – medal winners – Awards: Arjuna award – Dhronachariya award – Rajive Khel rathina award- Dhayan chand life time achievement award - eminent sports personalities in sports

**REFERENCES :**

1. FIVB coaches manual. FIFA manual , AAA Coaches book
2. www.sdat.tn.gov.in 3. www.sportsauthorityofindia.nic.in

**SEMESTER- II- PAPER CODE - UEN18CT201****TAMIL II (A)**

முதலாம் ஆண்டு இளம் அறிவியல் தாள் -2

இரண்டாம் பருவம்

## இலக்கியமும் மொழித்திறனும்

**அலகு :1**

- 1 நந்திக்கலம்பகம் .
- 2.தமிழ் விடு தூது

**அலகு: 2.**

- 1(குறத்தி மலை வளம் கூறல்) திருக்குற்றால குறவஞ்சி.
- 2 முக்கூடல் பள்ளு.

**அலகு:** 3 தமிழரின் வீர விளையாட்டுக்கள் ஏறுதழுவுதல்.  
மற்போர், விற்போர், வேட்டை, சிலம்பம் களரி

**அலகு:** 4 மொழிப் பயிற்சி.

1. பிழை நீக்கம்
2. விளம்பர வாசகங்களை உருவாக்குதல்
1. நேர்காணல்

**அலகு:** 5 தமிழ் இலக்கிய வரலாறு .

1. சிற்றிலக்கியவரலாறு
2. கிருத்துவ இலக்கிய வரலாறு
3. இசுலாமிய இலக்கிய வரலாறு
4. காப்பிய இலக்கிய வரலாறு

**பார்வை நூல்கள்:**

1. பேரா அடைக்கல சாமி. ஆர் . எம்.,(2000 தமிழ் இலக்கிய வரலாறு( ,ராசி பதிப்பகம் - சென்னை.73
2. த மலையரசி.,(2013தமிழ் இலக்கியங்களில் ( - பாவை பதிப்பகம் மதுரை- விளையாட்டுக்கூறுகள்1
3. சொ பரமசிவம்.,(2000 நற்றமிழ் இலக்கணம்,(பட்டுப்பதிப்பகம் சென்னை -40
4. சங்க இலக்கிய நூல்கள் .கழக வெளியீடு-

**SEMESTER- II- PAPER CODE - UEN18CT201****HINDI II (B)****PAPER – II: ONE ACTPLAY, SHORT STORY AND TRNSLATION  
PRACTICE****UNIT - I**

- Detailed Study : Deep Dan by Dr. Ram Kumar Verma  
Non – Detailed Study : MukthiDhan by Premchand

**UNIT – II**

- Detailed Study :DusHazar by Uday Shankar Bhatt

Non – Detailed Study :Tayee by VishambharNathSharmaKaushik

**UNIT – III**

Detailed Study:YehMeriJanmaBhoomiHai by Hari Krishna“Premi”Mera

Vatan by Vishnu Prabhakar

**UNIT –IV**

Detailed Study: Mai BhiManav Hun by Vishnu Prabhakar

Translation Practice : English to Hindi

**UNIT – V**

Non - Detailed Study : AadmiKaBaccha by Yashpal

Translation Practice : Hindi to English

**Reference Books:**

1. One Act Play (Detailed Study) Dr.Sridhar Singh EKANKI RATNAKAR  
VaniPrakashan
2. Short Story (Non-Detailed Study) ChittiAnnapoorna “KATHA MADHURI”  
Rajeswari Publications
3. Translation Practice Dr. Syed Rahamathullah & Dr.ChittiAnnapoorna, “  
“PRAYOJAN MOOLAK HINDI” , PoornimaPrakashan

**SEMESTER- II- PAPER CODE - UEN18CT201****SPECIAL ENGLISHII (C)****OBJECTIVES:**

1. To make students involved in Listening and writing for developing Basic Learning Skills and make familiar with Literary works and practice in analyze and describe literary works.

**LEARNING OUT COMES:**

1. To expose learners to short story writing over the centuries
2. To provide learners an insight into different cultures

3. To help learners appreciate different themes, strategies and techniques employed by the writers

**UNIT I - PROSE**

1. The Refugee - K.A. Abbas
2. The lion and the Lamb - Leonard Clark

**UNIT II – POEMS**

1. The solitary Reaper -William wordsworth
2. Gift - Alice Walker

**UNIT III- SHORT STORIES**

1. The Postmaster - Rabindranath Tagore
2. The Model millionaire - Oscar wilde

**UNIT IV- ONE ACT PLAYS**

1. The dear departed: A comedy in one-act Stanley Houghton
2. The Sherif's Kitchen - Ronald Gow

**UNIT V- COMMUNICATIVE GRAMMAR**

Grammar, Framing Questions, common errors, more Grammars, word building, prefix and suffix.

**REFERENCE**

1. Panorama English for communication by Emerald publications.
2. Effective Communication Skills prepared and published by MTD
3. English Grammar in use by Raymond Murphy, Cambridge publication 3<sup>rd</sup> edition.
4. Basic English Grammar by Betty.S.Azar and Stacy A.Hagen Pearson Publication 4<sup>th</sup> edition.

**SEMESTER- II- PAPER CODE - USC18CT202****ENGLISH -II DEVELOPING THE LANGUAGE SKILLS - LISTENING & SPEAKING****OBJECTIVES:**

To Develop the Language Skills through the skill of Listening and Speaking.

**LEARNING OUT COMES:**

Students can participate various speaking activates to improve their skill of speaking such as storytelling, Conversation, dialogue completing, debate etc...

These practices make students interesting on speaking English and they can speak without hesitation before peer group and others.

When students know about Features and necessities of Listening and speaking skill they can involve voluntarily to participate in activities of speaking and listening.

## **LISTENING AND SPEAKING**

### **UNIT-I**

- A) Asking for & Giving permission
- B) Inviting a person – accepting and / declining

### **UNIT-II**

- A) Grammar in usage
- B) Translation- idioms & phrases
- C) Filling up forms- Bank Chelans/ Pay in Slips/ Demand Draft, Railway Reservation/ Cancellation

### **UNIT-III**

- A) Welcoming a foreign visitor & describing region & country
- B) Letter writing
- C) Descriptive writing

### **UNIT-IV**

- A) Ode to the west wind - P.B. Shelley
- B) The Gift of India - Sarojini Naidu.

### **UNIT-V**

- A) The Man who could work Miracle - H.G.Wells
- B) The Verger - Somerset Maugham

### **REFERENCE:**

1. The Last leaf & Other stories by Anandkumar Faju ( Blackie Books)
2. The Silent Song- K.M.Tharangan(macmillans)
3. English: Grammar in use by Raymond Murphy, Cambridge publication 3<sup>rd</sup> edition.
4. Basic English Grammar by Betty.S.Azar and Stacy A.Hagen Pearson Publication 4<sup>th</sup> edition

**SEMESTER- II- PAPER CODE - USC18CT 202****SCIENCE OF SPORTS TRAINING:****UNIT - I**

Sports training: meaning - definition - aim - objective - characteristic - General principles – Progression of load – Individualizing - over load - specificity- reversibility. Warming up: types – general – special - importance and benefits. Cool down : importance and benefits.

**UNIT - II**

Physical fitness components: meaning definition- importance. Speed – strength- endurance – coordinative abilities – flexibility. Training load: over load – symptoms – causes – recovery. Forms of speed – reaction speed – Speed in movement- locomotors speed- sprinting speed – speed endurance. Factors affecting speed.

**UNIT - III**

Strength: Meaning – definition- types – maximum strength- explosive strength- strength endurance- factors affecting strength. Flexibility: meaning – definition – importance – factors affecting flexibility - types

**UNIT – 1V**

Coordinative abilities: meaning – definition – types - Differential ability - Orientation ability  
- Coupling ability- Reaction ability -Balance ability-Rhythm ability- adaptation ability.

Endurance: meaning – definition- types – Nature of activity – duration of activity – long term  
– middle term- short term- importance.

#### **UNIT - V**

Periodization : meaning – definition- types – single – double- multiple- Periods: preparatory –  
competitive – transition . Plan: annual plan - Micro – meso- macro – session plan

#### **REFERENCE**

1. Frank W. Dick, Sports training principles, London, Lepus Book Co., 1980
2. Hardy Singh Science of Sports training, DVS publication, New Delhi, 1995

### **SEMESTER- II- PAPER CODE - USC18CT 204A**

#### **RULES REGULATION OF SPORT/GAME – VOLLEYBALL**

#### **UNIT - I**

Facilities and equipment: Playing area - Dimensions measurements - layout – markings.-  
surface – zones –Temperature - lighting . Net and Post - balls. Teams: composition – captain  
– Coach – assistant coach (Rule No 1-5)

#### **UNIT - II**

Playing format: score - set – match – toss –starting lineup – Positions – rotations. Playing  
actions: start of play - playing the ball – ball at net – Player at the net. (Rule No 6 to 11)

#### **UNIT III**

Service: Service order- screening – fault. Attack hit: restriction – fault – Block: Contact – hit  
– service – fault. Interpretations: interruptions – time out – substitutions – illegal. Game  
delays – change of court. (Rule No 12 to 16)

#### **UNIT - IV**

Game delays: types - delay sanctions - exceptional interruptions – intervals change of court – libero – Participant contact – sportsman like contact – fair play – misconduct – sanctions (Rule No 17-21)

**UNIT - V**

Referrers : composition – procedure – I referee – II referee – scorer – assistant scorer – line judges- signals. (Rule no 22 – 28)

**REFERENCE**

1. Official volleyball rules – FIVB
2. [www.fivb.org](http://www.fivb.org)

**SEMESTER- II- PAPER CODE - USC18CT 204B**  
**RULES REGULATION OF SPORT/GAME – FOOTBALL**

**UNIT - I**

Facilities and equipment: Playing area - Dimensions measurements - layout – markings.- surface – zones –Temperature - lighting . Net and Post - balls. Teams: composition – captain – Coach – assistant coach (Rule No 1-5)

**UNIT - II**

Laws 1 – 5

**UNIT III**

Laws 6 - 11

**UNIT - IV**

Laws 12 - 17

**UNIT - V**

Referrers : composition – procedure – I referee – II referee – scorer – assistant scorer – line judges- signals. (Rule no 22 – 28)

**REFERENCE**

1. Official football rules – FIFA

**SEMESTER- II- PAPER CODE - USC18CT 204C**  
**RULES REGULATION OF SPORT/GAME – KABADDI**

**UNIT - I**

Facilities and equipment: Playing area - Dimensions measurements - layout – markings.- surface – zones –Temperature - lighting . Net and Post - balls. Teams: composition – captain – Coach – assistant coach (Rule No 1-5)

**UNIT - II**

Playing format: score - set – match – toss –starting lineup – Positions – rotations. Playing actions: start of play - playing the ball – ball at net – Player at the net. (Rule No 6 to 11)

**UNIT III**

Service: Service order- screening – fault. Attack hit: restriction – fault – Block: Contact – hit – service – fault. Interpretations: interruptions – time out – substitutions – illegal. Game delays – change of court. (Rule No 12 to 16)

**UNIT - IV**

Game delays: types - delay sanctions - exceptional interruptions – intervals change of court – libero – Participant contact – sportsman like contact – fair play – misconduct – sanctions (Rule No 17-21)

### **UNIT - V**

Referrers : composition – procedure – I referee – II referee – scorer – assistant scorer – line judges- signals. (Rule no 22 – 28)

### **REFERENCE**

1. AKFI Official I rules book

## **SEMESTER- II- PAPER CODE - USC18CT 204 D**

### **Rules and Regulation of specified sport (Athletics)**

#### **Unit 1**

Dimension & Marking of Track : -Layout of 400 m track marking - -Layout of 200 m track marking - -Different kind of staggers - -Marking for relay competitions (4x100 m, 4x400 m)

#### **Unit 2**

Marking for field events: -Layout for shot put, discus throw, hammer throw & Javelin throw arena -Layout for Long jump, Triple jump, High jump & Pole vault arena

#### **Unit 3**

Duties & Responsibilities of Officials: Technical delegates - Jury of appeal -Start coordinator, Starter & Recalls - Technical manager – Referees –Judges - Time keepers & photo finish judges - Lap scorers -Call room judges

#### **Unit 4**

Interpretation of rules & regulations: -Starts, Race & finish - -Hurdle races & steeple chase race --Relay races --Race walk --Cross country – road races - -Technical rules of combined events (Heptathlon & Decathlon)

#### **Unit 5**

Technical rules of field events: Throws (Shot put, Discus throw, Hammer throw & Javelin throw) -Horizontal jumps ( Long jump , Triple jump) -Vertical jumps ( High jump , Pole vault)

#### **References:**

- 1.Dr.George Emmanuel, Track and field events Layout and marking
- 2.World Athletics-Competition and technical rules-2020 edition

## **SEMESTER- II- PAPER CODE - USC18CT 204E RULES REGULATION OF SPORT/GAME – HOCKEY**

### **UNIT - I**

Facilities and equipment: Playing area - Dimensions measurements - layout – markings.- surface – zones –Temperature - lighting . Stick - ball - goal keeper

### **UNIT - II**

Field of play – composition of team- Playing format – captain - score - set – match – toss – starting lineup – Positions – players clothing and equipments.

### **UNIT III**

Match and results: start – re start – ball outside of the field –method of scoring conduct of play – player

**UNIT - IV**

Conduct of play – goal keeper – umpire – penalties – procedure – personal – personality

**UNIT - V**

Umpire – objective – apply the rules – skills – signals – style of officiating

**REFERENCE**

1. Rules of Hockey – International Hockey Federation

**SEMESTER III- PAPER CODE -UEN18CT301****TAMIL III (A)**

இரண்டாம் ஆண்டு இளம் அறிவியல் தாள் -3

முன்றாம்பருவம்

இலக்கியமும் மொழித்திறனும்

**அலகு: 1**

1 மாணிக்க வாசகர்- திருவாசகம்.

(திருவாசகம் முதல் ௫ செய்யுள் (

.

2. நாலாயிர திவ்விய பிரபந்தம் ஆண்டாள்-

வாரணம் ஆயிரம் தொடங்கி ௫ செய்யுள்

**அலகு: 2**

கம்பராமாயணம்

(சுந்தரகாண்டம் ஊர் தேடு படலம் முதல் எசு செய்யுள்-)

**அலகு:4**

சமுதாய நோக்கில் தமிழர் விளையாட்டுக்கள் க-

வாழ்க்கைக்கு பயன்படும் விளையாட்டுக்கள் விளையாட்டு -  
விளையாடுவதற்கு ஏற்ற வசதிகள் விலக்கையாட்டுப் - நெறிமுறைகள்  
விளையாட்டில் ஆண் பெண் பாகுபாடு விளையாடும் - பொது  
பெண்களும்

**அலகு:4.**

மொழிப பயிற்சி

1 வேலை வாய்ப்பு வேண்டி விண்ணப்பம் .

2 கடிதம் எழுதுதல்.

3 நேர்காணல் .

**அலகு:5.**

தமிழ் இலக்கிய வரலாறு

1 பல்லவர் கால பக்தி இலக்கிய வரலாறு

2 பிற்கால சோழர் கால இலக்கிய வரலாறு.

**பார்வை நூல்கள்:**

1. பேரா அடைக்கல சாமி. ஆர் .எம்.,(2000 தமிழ் இலக்கிய வரலாறு ( ,ராசி பதிப்பகம் - சென்னை.73
2. த மலையரசி.,(2013தமிழ் இலக்கியங்களில் ( - பாவை பதிப்பகம் மதுரை- விளையாட்டுக்கூறுகள்1
3. சொ பரமசிவம்.,(2000 நற்றமிழ் இலக்கணம்,(பட்டுப்பதிப்பகம் சென்னை -40
4. சங்க இலக்கிய நூல்கள் .கழக வெளியீடு-

**SEMESTER III- PAPER CODE -UEN18CT301**  
**HINDI III (B)**  
**OLD POETRY, HISTORY OF HINDI LITERATURE**  
**[UPTO REETHI KAAL]**

**Unit I:** Old Poetry: Kabir Das – Saakhi History of Hindi Literature: AadiKaal – KaalvibhajanvaNamkaran Ki Samsaya, Aadi Kaleen Pravritthiya&Repersentative Poets – AmerKhurso&Chandvardaya

**Unit II:** Old Poetry: Sur Das – BharamarGeetha History of Hindi Literature: BhakthiKaal – NirgunBhakthiSathya- Visheshatayen& Representative Poets- Kabir, Jayasee

**Unit III:** Old Poetry: Tulsi das – KevatPrasang History of Hindi Literature: BhakthiKaal – NirgunBhakthiSathya- Visheshatayen& Representative Poets- Tulsi, Surdas

**Unit IV:** Old Poetry: MeeraBai – Padh History of Hindi Literature: ReethiKaal – ReethikaaleenPavirithiya&Visheshatayen

**Unit V:** Old Poetry: Rahim – Padh, Tiruvalluvar History of Hindi Literature: ReethiKaal- ReethBadh, ReethiSidhKavya&ReethiMukthKavya, Representative Poets- Biharilal&Ghananandh

**Reference Book:**

1. Old Poetry: Poetry selection – 2001 University Publication,  
University of Madras
2. History of Hindi Literature:
  - [a] Hindi Sathiya Yu gaur Pravrithiya by Siva kumarsharma ,  
Ashok Prakashan ,
  - [b] Hindi SahithyaKaVivechanatmakIthihasByRAjNath Sharma,  
VinodPustakMandir , Agra

**SEMESTER III- PAPER CODE -UEN18CT301****SPECIAL ENGLISH III (C)****OBJECTIVES:**

1. To acquaint the students with different Kinds of Grammar.
2. To acquaint the students with different genres of Literature
3. To make students read and enjoy literature and to critically analyze the different forms.

**LEARNING OUT COMES:**

1. Should be aware of the characteristics of literature as a literary genre.
2. Should be able to pinpoint the linguistic qualities.
3. To unravel the many meanings of the text
4. Should develop acumen to read, appreciate and discuss literature and its ramifications at various levels.

**UNIT-I- PROSE**

- |                       |                    |
|-----------------------|--------------------|
| A) The life of Divine | - Sri Aurobindo    |
| B) From Home Coming   | - R. Parthasarathi |

**UNIT – II- POEM**

- A) My Grandmother's House - Kamala Das.
- B) Kubla Khan - S.T. Coleridge

**UNIT – III- SHORT STORIES**

- A) The English Teacher - R.K. Narayan.
- B) Clear Light of Day - Anita Desai.

**UNIT-IV-NOVELS**

- A) Tughlaq - GrishKarnad
- B) The Serpent and the Rope - Raja Rao

**UNIT-V- SOFT SKILLS**

- A) Interview Skills
  - a) Personal Interview
  - b) Subjective Interview
  - c) Group Discussion
  - d) Preparing for Interview.

**REFERENCE:**

1. Effective Communication Skills prepared and published by MTD Training
2. Ten Twentieth Century Indian poets Edited by K.Parthasarathi.

**SEMESTER- III- PAPER CODE - USC18CT 302****ENGLISH - III PROGRESSIVE LANGUAGE SKILLS – USC18CT 302****OBJECTIVES:**

1. To help students improve their thinking in a systematic way by familiarizing them with the major basic mental operations and skills through the names associated with them
2. To impart effective reading skills by giving extensive practice in reading comprehension exercises
3. To prepare students to master the art of condensation, and compose an effective letter and a successful résumé
4. To impart effective training in the logical mechanism of writing an essay
5. To acquaint the learners with the mechanics of Power Point Presentations

**LEARNING OUT COMES:**

1. Think in a logical way by identifying the fallacies in arguments and to appreciate the value of looking at an issue from various points of view without possible biases
2. Read and comprehend the major points discussed in various types of written texts

3. Make notes, write precise, letter and resume
4. Write an essay in a systematic manner

## **LISTENING & SPEAKING**

### **UNIT-I**

- A) Discussion interests & leisure activities
- B) Checking in & out of a hotel
- C) Complaint & apology

### **UNIT – II**

- A) Comprehension
- B) Developing hints

### **UNIT – III**

- A) Descriptive Writing
- B) Translation – Sentences – English to Tamil

### **UNIT- IV**

- A) Nissim Ezekiel : “Poet, Lover, Birdwatcher”
- B) A. K. Ramanujan : “Of Mothers, Among Other Things”

### **UNIT - V**

- A) Drama - Arthur Miller : Death of a Salesman
- B) Short Story - Edgar Allen Poe : The Fall of the House of Usher

## **REFERENCES:**

1. Narasimhaiah, C. D. “An Anthology of Commonwealth Poetry” India: Macmillan, 1990.
2. Ramanan, Mohan (Ed) Four Centuries of American Poetry: An Anthology.
3. Chennai: Macmillan. An Anthology of Poems in English. Chennai: Longman

- a) Discussion interests & leisure activities
- b) Checking in & out of a hotel
- c) Complaint & apology

**SEMESTER- III - PAPER CODE - USC18CT 303**  
**SPORTS MEDICINE AND NUTRITION**

**UNIT – I**

Sports medicine: meaning - aim - objective - need - importance - preventive - measures  
- First Aid - Safety - hygiene

**UNIT - II**

Injuries: Meaning - types – sprain- strain – contusions - tear - sports specific injuries -  
fracture - types - laceration - abrasion - dislocation - CPR

**UNIT - III**

Women in sports : anatomical - biological - physiological - psychological - factors  
affecting sports performance

**UNIT - IV**

Massage - types - importance - need - principles - doping – classifications.  
Rehabilitation – treatments.

**UNIT - V**

Nutrition - classification - sources - balance diet - Carbohydrate - fat - protein -  
vitamins - supplements - pre game meal - post game meal

**REFERENCE**

1. Lars Peterson and Per Restorn (2001) Sport Injuries – Their Prevention and treatment, United States, Human Kinetics
2. Richard B.Birrer (2004), Sports Medicine for the Primary care physician, Florida, United Stetes, Human Kinetics
3. Bruckner and Karim Khan (2006) Clinical Sports medicine, Australia Megraw Hill
4. Sports medicine by Richer H. strauss

**SEMESTER-III- PAPER CODE - USC18CT 304 A**  
**TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES**  
**(VOLLEYBALL)**

**UNIT – I**

Technique - Definition - fundamental skills - offensive skills – defensive skills - without equipment – positioning – movements - Principles of learning

**UNIT – II**

Technique: fundamental skills - with equipment/ball – offensive skills – defensive skills - simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

**UNIT - III**

Techniques: Teaching fundamental skills –offensive skills – anatomical aspect – applied biomechanics - technical training

**UNIT - IV**

Teaching: fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

**UNIT - V**

Training: advanced skills –offensive skills – training – corrections – analysis - defensive skills – training – corrections – analysis – testing

**REFERENCE :**

1. FIVB/FIFA/IHF/IAAF coaches manual
2. Ceile Reynand “ Coaching volleyball technical and tactical skills” Human kinetics
3. International sports Academy – Part I & Part II
4. Edward Spooner “The science of Volleyball Practice development and drill design” I universe Publications.

**SEMESTER-III- PAPER CODE - USC18CT 304 B**  
**TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES**  
**(FOOTBALL )**

**UNIT – I**

Technique - Definition - fundamental skills - offensive skills – defensive skills - without equipment – positioning – movements - Principles of learning

**UNIT – II**

Technique: fundamental skills - with equipment/ball – offensive skills – defensive skills - simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

**UNIT - III**

Techniques: Teaching fundamental skills –offensive skills – anatomical aspect – applied biomechanics - technical training

**UNIT - IV**

Teaching: fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

**UNIT - V**

Training: advanced skills –offensive skills – training – corrections – analysis - defensive skills – training – corrections – analysis – testing

**REFERENCE :**

1. Coaching manual by S. Subramanian & Richerd Bate Malayasia
2. FIFA coaches manual

**SEMESTER-III- PAPER CODE - USC18CT 304 C**  
**TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES**  
**(KABADDI )**

**UNIT – I**

Technique - Definition - fundamental skills - offensive skills – defensive skills - without equipment – positioning – movements - Principles of learning

**UNIT – II**

Technique: fundamental skills - with equipment/ball – offensive skills – defensive skills - simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

**UNIT - III**

Techniques: Teaching fundamental skills –offensive skills – anatomical aspect – applied biomechanics - technical training

**UNIT - IV**

Teaching: fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

**UNIT - V**

Training: advanced skills –offensive skills – training – corrections – analysis - defensive skills – training – corrections – analysis – testing

**REFERENCE :**

1. IKF coaches manual

**SEMESTER-III- PAPER CODE - USC18CT 304 D****TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES  
(ATHLETICS)****UNIT – I**

Technique - Definition - fundamental skills - throws event - without equipment – positioning – movements - Principles of learning

**UNIT – II**

Technique: fundamental skills – Jumps - with equipment/ball – simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

**UNIT - III**

Techniques: Track events - teaching fundamental skills – anatomical aspect – applied biomechanics - technical training

**UNIT - IV**

Teaching: Combined events - fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

**UNIT - V**

Training: Decathlon – heptathlon – road race – marathon – waling – ruining advanced skills– training – corrections – analysis - defensive skills – training – corrections – analysis – testing

**REFERENCE :**

1. Coaching manual by S. Subramanian & Richerd Bate Malayasia
2. IAAF coaches manual

**SEMESTER-III- PAPER CODE - USC18CT 304 E**  
**TECHNIQUE AND TECHNICAL TRAINING OF SPORTS/ GAMES**  
**(HOCKEY)**

**UNIT – I**

Technique - Definition - fundamental skills - offensive skills – defensive skills - without equipment – positioning – movements - Principles of learning

**UNIT – II**

Technique: fundamental skills - with equipment/ball – offensive skills – defensive skills - simple to complex exercises - positioning - movements - Technical training - simple - complex - pressure - training under physical aspects.

**UNIT - III**

Techniques: Teaching fundamental skills –offensive skills – anatomical aspect – applied biomechanics - technical training

**UNIT - IV**

Teaching: fundamental skills – defensive skills – anatomical aspect – applied biomechanics – means of identifying faults – correction s.

**UNIT - V**

Training: advanced skills –offensive skills – training – corrections – analysis - defensive skills – training – corrections – analysis – testing

**REFERENCE :**

1. Coaching manual by S. Subramanian & Richerd Bate Malayasia

2. HIF coaches manual
3. International sports Academy – Part I & Part II

**SEMESTER IV- PAPER CODE -UEN18CT401**

**TAMIL IV (A)**

இரண்டாம் ஆண்டு இளம் அறிவியல் தாள் -4

நான்காம் பருவம்

இலக்கியமும் மொழித்திறனும்

**அலகு:1** வாழ்க்கை த்துணை நலம் : திருக்குறள் அறத்துப்பால்.,மக்கள் பேறு

பொருட்பால் கல்வி:,கேள்வி காமத்துப் பால் குறிப்பு அறிதல்:,புணர்ச்சி மகிழ்தல்

**அலகு: 2** பத்துப் பாட்டு நெடுநெல் வாடை

**அலகு:3**

சமுதாய நோக்கில் தமிழர் விளையாட்டுகள் -2

கூட்டுணர்வு விளையாட்டுக்கள் சமயம் - சார்பு விளையாட்டுக்கள்- விளையாட்டில் நம்பிக்கையும் பழக்- சார்ந்த விளையாட்டுக்கள்க வழக்கங்களும் இயற்கையோடு இயைதல் விளையாட்டில் - அறிவியலும் விளையாட்டும் விளையாடும் வரலாற்று - அறஉணர்வு விளையாட்டில் குற்றமும் தண்டனையும் - நிகழ்வும்

அலகு -4 மொழிப பயிற்சி.

1ஆங்கிலத்திலிருந்து தமிழில் மொழிபெயர்த்தல்.

2. தமிழிலிருந்து ஆங்கிலத்தில் மொழிபெயர்த்தால்

**அலகு:5**தமிழ் இலக்கிய வரலாறு.

1. சங்க இலக்கிய வரலாறு

## 2. அறஇலக்கிய வரலாறு

### பார்வை நூல்கள்:

1. பேரா அடைக்கல சாமி. ஆர் . எம்.,(2000தமிழ் இலக்கிய ( வரலாறு,ராசி பதிப்பகம் - சென்னை.73
2. த மலையரசி.,(2013 தமிழ் இலக்கியங்களில் ( விளையாட்டுக்கூறுகள் - பாவை பதிப்பகம் மதுரை-1
3. சொ பரமசிவம்.,(200 நற்றமிழ் இலக்கணம்,(பட்டுப்பதிப்பகம் சென்னை -40

**SEMESTER IV- PAPER CODE -UEN18CT401****HINDI IV (B)****PAPER IV: MODERN POETRY, HISTORY OF HINDI LITERATURE****(ADHUNIK KAAL ONLY)****UNIT- I**

Modern Poetry: Apna Sansar by Mithili Sharan Gupta, Chinta by Jeya Shankar Prasad. History of Hindi Literature: Bharatendu Yag-Visheshatayen Arun Pravithiyan Representation Poet – Bharatendu

**UNIT -II**

Modern Poetry: Murjhaya Hua Phool by Mahadevi Verma. History of Hindi Literature: Dwivedi Yug- Visheshatayen Arun Pravithiyan, Representation Poet -Dwivedi Yug.

**UNIT -III**

Modern Poetry: Sneh Shapath by Bhavani Prasad Mishra. History of Hindi Literature: Chayaavad- Visheshatayen Arun Pravithiyan, Representation Poet Jeya Shankar Prasad, Suryakanth Tripathi Nirala, Sumithra Nandhan Panth, Mahadevi Varma.

**UNIT - IV**

Modern Poetry: Nimna Madhya Vargh by Prabhakar Machve. History of Hindi Literature: Nayi Kavitha - Visheshatayen Arun Pravithiyan, Representation Poet – Prabhakar Machve & Bharath Bhooshan Aharwal.

**UNIT - V**

Modern poetry: Anewa alone se eksavaal by Bharath Bhooshan Aharwal. History Hindi Literature: Upayans, Kahani Arun Nayak (Udbhau aur Vikkas)

**REFERENCE BOOKS:**

1. Modern Poetry: Poetry Selection-2001 University Publications University of Madras.
2. History of Literature: Hindi Sathyayug aur Pravirthiyan by Siva Kumar Sharma Ashok Prakashan Nayi Sadik, New Dhelhi – 6

3. Hindi SahithyaKaVivechanatmakIthihasBy Raj Nath Sharma  
VinodPustakMandir, Agra.

### **SEMESTER IV- PAPER CODE -UEN18CT401**

#### **SPECIAL ENGLISH IV (C)**

#### **OBJECTIVES:**

1. The aim of the course is to enhance the level of critical thinking of the students to such a degree that the students could critically interact with prose writings from different contexts

#### **LEARNING OUT COMES:**

1. To enable the students to identify the specificities of various modes of prose writing and to equip them to write prose in as many different modes as possible
2. To develop the critical thinking ability of the student to respond to various modes of prose writings in relation to their socio-historic and cultural contexts.

#### **UNIT-I- PROSE**

- A) Off Studies - Francis Bacon  
B) The South sea House - Charles Lamb

#### **Unit – II- POEM**

- A) The mending Wall -Robert frost.  
B) Summer in Calcutta - Kamala Dass

#### **UNIT – III- SHORT STORIES**

- A) The old man woman and the Cow- Mulk Raj Anand  
B) The Lottery Ticket - Anton Chekhov

#### **UNIT-IV- ONE ACT PLAYS**

- A) A Memory of Two Monday - Arther Miller  
B) Krapp's Last Tape - Raja Rao

#### **UNIT-V- PHONETICS**

- a) Speech System in English
- b) Vowels
- c) Consonants

**REFERENCE**

1. Put English Phonetics into Practice compiled by Szilagy Laszlo
2. The Last leaf & Other stories by AnandkumarFaju( Blackie Books)

**SEMESTER- IV- PAPER CODE - USC18CT 402****ENGLISH – IV CAREER LISTENING AND SPEAKING****OBJECTIVES**

1. To impart advanced training in standard pronunciation, word stress and intonation
2. To train students in the correct use of English in a formal way
3. To improve the learners' vocabulary by familiarizing them with the ways of word formation
4. To develop communication skills by providing theoretical knowledge of the mechanism of effective communication

**LEARNING OUT COMES:**

1. Speak English with an unaffected accent using stress and intonation
2. use acceptable English in academic writing
3. use English language in a more meaningful way with an enriched word power
4. communicate in a professional way using various communication strategies

**UNIT-I**

- A) Group discussion – predicting and describing future possibilities
1. Globalization
  2. Feminism
  3. Current event
- B) Interview- focus in personality development and body language

**WRITING****UNIT-II**

- A) Report writing
- B) Note making

**UNIT-III**

- A) How to write an e-mail
- B) Descriptive writing – writing with purpose

**UNIT-IV**

- B) Song on May Morning - John Milton
- C) Leave this Chanting - Rabindranath Tagore

**UNIT-V**

- A) Tintern Abbey - William Wordsworth
- B) She Stoops to Conquer - Oliver Goldsmith

**REFERENCE:**

1. A.K.RamanBhushanam “Human values through English prose”  
(Blackie)
2. English Grammar in use by Raymond Murphy, Cambridge  
publication 3<sup>rd</sup> edition.
3. Basic English Grammar by Betty.S.Azar and Stacy A.Hagen Pearson  
Publication 4<sup>th</sup> edition

**SEMESTER- IV- PAPER CODE - USC18CT 403**  
**SPORTS PSYCHOLOGY AND SOCIOLOGY OF SPORT -**

**UNIT - I**

Psychology - Definition – importance – branches - sports psychology - Definition – importance – role - development

**UNIT - II**

Personality – definition – theories - traits– neuroticism – extraversion – introvert- openness – agreeableness – conscientiousness - inter personal relation – temperament – sanguine – choleric – melancholic - phlegmatic.

**UNIT – III**

Motivation - definition – types – intrinsic – extrinsic – social influence – peer group - anxiety – cognition - stress - aggression – arousal – emotions

**UNIT - - IV**

Learning - Theories of learning - classical conditioning – gestalt learning theory – law and effect – operant conditioning - transfer of learning – self confidence – development - Psychological skill training – imagery – goal setting

**UNIT – V**

Sports sociology: meaning – definition - need - importance - scope - sociogram - audience effect

**REFERENCES :**

1. John.D,Lauther, (2001) Psychology of coaching, New jersy; Enginewood Cliffs, Prenticce Hall Inc.
2. Thelma Horn (2002) Advances in Sports Psychology, Human Kinetics.
3. Jay Coakley(2001), Sports in society – issues and conterouersies in International education, Mc-Craw Seventh.Ed.
4. Yobu A Sports sociology, Jehova Nissin Publication 2003
5. David Tod, “Sports Psychology” Macmillan international 2010
6. Ramalingam “Education Psychology” Mc Graw Hill Publication 2013

**SEMESTER- IV- PAPER CODE - USC18CT 404 A****TACTICS AND TACTICAL DEVELOPMENT OF SPORT/GAME – VOLLEYBALL****UNIT – I**

Tactics - definition – classification – importance – stages of teaching – descriptive analysis of offensive skills - Defensive skills

**UNIT - II**

Tactics – Offensive skills - advantage - disadvantage - individual tactics - tactical development - group tactics – tactical development - training under tactical and physical aspects

**UNIT - III**

Tactics – team tactics – tactical development – methods and means training - training under tactical aspects – Mental training to improve tactics

**UNIT - IV**

Strategies – meaning – importance – methods - factors affecting - System of play – formation - methods – importance - functional training – set plays - attacking - defense - importance

**UNIT - V**

Match practice – related practice – phase practice – minor games – small sided games

**REFERENCE :**

1. Coaches Manual : Erric Ribbeck, Germany
2. FIVB/FIFA/IHF/IAAF coaches manual
3. International Academy – Part I & Part II
4. Ceile Reynand “ Coaching volleyball technical and tactical skills” Human kinetics
5. Toni Faovzi “ Volleyball- Technique and Tactics” Lulu publications

**SEMESTER- IV- PAPER CODE - USC18CT 404 AB****TACTICS AND TACTICAL DEVELOPMENT OF SPORT/GAME – FOOTBALL****UNIT – I**

Tactics - definition – classification – importance – stages of teaching – descriptive analysis of offensive skills - Defensive skills

**UNIT - II**

Tactics – Offensive skills - advantage - disadvantage - individual tactics - tactical development - group tactics – tactical development - training under tactical and physical aspects

**UNIT - III**

Tactics – team tactics – tactical development – methods and means training - training under tactical aspects – Mental training to improve tactics

**UNIT - IV**

Strategies – meaning – importance – methods - factors affecting - System of play – formation - methods – importance - functional training – set plays - attacking - defense - importance

**UNIT - V**

Match practice – related practice – phase practice – minor games – small sided games

**REFERENCE :**

1. Coaches Manual : Erric Ribbeck, Germany
2. FIFA coaches manual
3. International Academy – Part I & Part II

**SEMESTER- IV- PAPER CODE - USC18CT 404 C****TACTICS AND TACTICAL DEVELOPMENT OF SPORT/GAME – KABADDI****UNIT – I**

Tactics - definition – classification – importance – stages of teaching – descriptive analysis of offensive skills - Defensive skills

**UNIT - II**

Tactics – Offensive skills - advantage - disadvantage - individual tactics - tactical development - group tactics – tactical development - training under tactical and physical aspects

**UNIT - III**

Tactics – team tactics – tactical development – methods and means training - training under tactical aspects – Mental training to improve tactics

**UNIT - IV**

Strategies – meaning – importance – methods - factors affecting - System of play – formation - methods – importance - functional training – set plays - attacking - defense - importance

**UNIT - V**

Match practice – related practice – phase practice – minor games – small sided games

**REFERENCE :**

1. Coaches Manual : Erric Ribbeck, Germany
2. AKFI coaches manual
3. International Academy – Part I & Part II

**SEMESTER- IV- PAPER CODE - USC18CT 404 D**  
**TACTICS AND TACTICAL DEVELOPMENT OF SPECIFIED SPORTS**  
**ATHLETICS**

**Unit 1**

Historical development - National and International level - National bodies controlling sports and their affiliated units - International bodies controlling sports and their affiliated units - Major National and International competition

**Unit 2**

Sprints: Crouch starts and its variation – finishing technique – Running stride and its - phases (drive, support and recovery phase) Hurdles: Technique of 100 m and 110 m hurdles – Technique of 400 m hurdles

**Unit 3**

Middle and long distance: Techniques – Strategy – Tactics - Race walk : Techniques – phases of walking stride

**Unit 4**

Technical characteristics of Jumps ; -Long jump --Triple jump --High jump -Pole vault

**Unit 5**

Technical characteristics of Throws: -Shot put --Discus throw --Javelin throw --Hammer throw – types of passing button

**References:**

- 1.Run, Jump, Throws, IAAF guide to teaching athletes
- 2.,Deberly, J.menneth, modern track and field
- 3.Will freeman, Track and field coaching essentials, Human kinetics

**SEMESTER- IV- PAPER CODE - USC18CT 404 E****TACTICS AND TACTICAL DEVELOPMENT OF SPORT/GAME – HOCKEY****UNIT – I**

Tactics - definition – classification – importance – stages of teaching – descriptive analysis of offensive skills - Defensive skills

**UNIT - II**

Tactics – Offensive skills - advantage - disadvantage - individual tactics - tactical development - group tactics – tactical development - training under tactical and physical aspects

**UNIT - III**

Tactics – team tactics – tactical development – methods and means training - training under tactical aspects – Mental training to improve tactics

**UNIT - IV**

Strategies – meaning – importance – methods - factors affecting - System of play – formation - methods – importance - functional training – set plays - attacking - defense - importance

**UNIT - V**

Match practice – related practice – phase practice – minor games – small sided games

**REFERENCE :**

1. Coaches Manual : Erric Ribbeck, Germany
2. IHF coaches manual

**SEMESTER- V- PAPER CODE -UEN18DE501****KINESIOLOGY AND SPORTS BIO MECHANICS****UNIT – I**

Kinesiology - meaning – definition – need – importance – role - Planes – Axis

Myology -structure - Muscles – origin – insertion – Osteology –structure - bones - joints – fundamental movements.

**UNIT – II**

Bio mechanics – definition - meaning - need - importance – kinematics – kinetics - speed - Velocity - Acceleration –displacement – equilibrium.

**UNIT – III**

Motion – meaning – definition – types – liner motion – curvilinear - Newton laws – first law – second law – third law - Lever – types – importance.

**UNIT – IV**

Force : concept – effects - types - factors determining - Projectile motion – importance – friction – advantage.

**UNIT – V**

Kinesiology and bio mechanical movements – walking – running – jumping – throwing

**REFERENCES :**

1. Bruce Aberethy, (2005). The Biophysical foundation of human movement. Human Kinetics
2. MC Clawaig, (2002). Biomechanics of human motion. Delhi : Sports publication
3. Rai Ramesh, (1998), Bio mechanics – Mechanical aspects of human motion, Delhi,
4. Peter Jain, (2006). Atlas of Human body. Delhi: Sports publication
5. Nancy Hamilton, (2002) Kinesiology. Scientific basis of human motion. Newyark: Mc Graw-Hall companies, Inc.
6. Paul Jackson Mansfield “ Essentials of Kinesiology” Elsevier 2014
7. Nichdas Stergiou, (2004). Innovative Analysis of human movement. Human Kinetics

**SEMESTER- V- PAPER CODE -UEN18DE502 A****SPECIFIC MOTOR QUALITIES OF SPORT/GAME : VOLLEYBALL****UNIT – I**

Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

**UNIT – II**

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training – Circuit training - up hill training – game specific exercises- development

**UNIT - III**

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

**UNIT - IV**

Coordinative abilities: classification - importance – need - means and method of development - game specific exercises – means and methods of development. Flexibility: types- stretching – active – passive – PNF stretch – sports specific exercises – development.

**UNIT - V**

Specific Plan: types – significance – micro – meso- macro. Specific Periodisation - aim – need – importance – Single – double – multiple - top form - various periods – preparatory – competitive - transitional - training schedules – daily – weekly monthly)

**REFERENCES :**

1. Frank W Dick, Sports training principles, London, Lepus Book Co., 1980
2. Hardy Singh Science of sports training, DVS Publication, New Delhi, 1995

**SEMESTER- V- PAPER CODE -UEN18DE502 B****SPECIFIC MOTOR QUALITIES OF SPORT/GAME : FOOTBALL****UNIT – I**

Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

**UNIT – II**

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training – Circuit training - up hill training – game specific exercises- development

**UNIT - III**

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

**UNIT - IV**

Coordinative abilities: classification - importance – need - means and method of development - game specific exercises – means and methods of development. Flexibility: types- stretching – active – passive – PNF stretch – sports specific exercises – development.

**UNIT - V**

Specific Plan: types – significance – micro – meso- macro. Specific Periodisation - aim – need – importance – Single – double – multiple - top form - various periods – preparatory – competitive - transitional - training schedules – daily – weekly monthly)

**REFERENCES :**

1. Frank W Dick, Sports training principles, London, Lepus Book Co., 1980
2. Hardy Singh Science of sports training, DVS Publication, New Delhi, 1995

**SEMESTER- V- PAPER CODE -UEN18DE502 C****SPECIFIC MOTOR QUALITIES OF SPORT/GAME : KABADDI****UNIT – I**

Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

**UNIT – II**

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training – Circuit training - up hill training – game specific exercises- development

**UNIT - III**

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

**UNIT - IV**

Coordinative abilities: classification - importance – need - means and method of development - game specific exercises – means and methods of development. Flexibility: types- stretching – active – passive – PNF stretch – sports specific exercises – development.

**UNIT - V**

Specific Plan: types – significance – micro – meso- macro. Specific Periodisation - aim – need – importance – Single – double – multiple - top form - various periods – preparatory – competitive - transitional - training schedules – daily – weekly monthly)

**REFERENCES :**

1. Frank W Dick, Sports training principles, London, Lepus Book Co., 1980
2. Hardy Singh Science of sports training, DVS Publication, New Delhi, 1995

**SEMESTER- V- PAPER CODE -UEN18DE502 D****SPECIFIC MOTOR QUALITIES OF SPORT/GAME : ATHLETICS****UNIT – I**

Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

**UNIT – II**

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training – Circuit training - up hill training – game specific exercises- development

**UNIT - III**

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

**UNIT - IV**

Coordinative abilities: classification - importance – need - means and method of development - game specific exercises – means and methods of development. Flexibility: types- stretching – active – passive – PNF stretch – sports specific exercises – development.

**UNIT - V**

Specific Plan: types – significance – micro – meso- macro. Specific Periodisation - aim – need – importance – Single – double – multiple - top form - various periods – preparatory – competitive - transitional - training schedules – daily – weekly monthly)

**REFERENCES :**

1. Frank W Dick, Sports training principles, London, Lepus Book Co., 1980
2. Hardy Singh Science of sports training, DVS Publication, New Delhi, 1995

**SEMESTER- V- PAPER CODE -UEN18DE502 E**  
**SPECIFIC MOTOR QUALITIES OF SPORT/GAME : HOCKEY**

**UNIT – I**

Motor quality: forms – reaction speed – speed in movement – loco motor speed – sprinting speed – speed endurance - development - means and methods of development. Specific exercises – specific sport – development.

**UNIT – II**

Strength: types – maximum strength – explosive strength – strength endurance - means and methods of development – resistance training – Circuit training - up hill training – game specific exercises- development

**UNIT - III**

Endurance: Basic - General – specific – Nature of activity – duration of activity – 20 km walking - means and methods of development – circuit training – interval training – game specific exercises – development.

**UNIT - IV**

Coordinative abilities: classification - importance – need - means and method of development - game specific exercises – means and methods of development. Flexibility: types- stretching – active – passive – PNF stretch – sports specific exercises – development.

**UNIT - V**

Specific Plan: types – significance – micro – meso- macro. Specific Periodisation - aim – need – importance – Single – double – multiple - top form - various periods – preparatory – competitive - transitional - training schedules – daily – weekly monthly)

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**SEMESTER - V- PAPER CODE -UEN18DE503 A****TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME  
VOLLEYBALL****UNIT – I**

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

**UNIT – II**

Skills preparations: advance skills- tactics – offensive – defensive - Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – team training – diet

**UNIT – III**

Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

**UNIT – IV**

Team preparations: regular meeting - Pre competition meeting - half time meeting - post match meeting – previous matches review - purpose - fluid replacement - diet - pre – during - after the match – relaxation.

**UNIT – V**

Match analysis - aim - objectives - methods - system - psychological factors diet - climate - ground condition - medical assistance - physical fitness - technical - tactical - strategies - opponent's team - key player - dangerous players - strong and weak points of players - execution - feedback - chart - notational analysis

**REFERENCES :**

1. FIVB coaches manual
2. FIVB Rules book
3. International Academy - Part I & Part II

**SEMESTER - V- PAPER CODE -UEN18DE503 B****TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME  
FOOTBALL****UNIT – I**

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

**UNIT – II**

Skills preparations: advance skills- tactics – offensive – defensive - Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – team training – diet

**UNIT – III**

Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

**UNIT – IV**

Team preparations: regular meeting - Pre competition meeting - half time meeting - post match meeting – previous matches review - purpose - fluid replacement - diet - pre – during - after the match – relaxation.

**UNIT – V**

Match analysis - aim - objectives - methods - system - psychological factors diet - climate - ground condition - medical assistance - physical fitness - technical - tactical - strategies - opponent's team - key player - dangerous players - strong and weak points of players - execution - feedback - chart - notational analysis

**REFERENCES :**

1. Soccer : Arpan Csanadi
2. FIFA coaches manual
3. FIFA Rules book
4. International Academy - Part I & Part II

**SEMESTER - V- PAPER CODE -UEN18DE503 C****TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME  
KABADDI****UNIT – I**

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

**UNIT – II**

Skills preparations: advance skills- tactics – offensive – defensive - Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – team training – diet

**UNIT – III**

Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

**UNIT – IV**

Team preparations: regular meeting - Pre competition meeting - half time meeting - post match meeting – previous matches review - purpose - fluid replacement - diet - pre – during - after the match – relaxation.

**UNIT – V**

Match analysis - aim - objectives - methods - system - psychological factors diet - climate - ground condition - medical assistance - physical fitness - technical - tactical - strategies - opponent's team - key player - dangerous players - strong and weak points of players - execution - feedback - chart - notational analysis

**REFERENCES :**

1. AIKFI coaches manual
2. International Academy - Part I & Part II

**SEMESTER - V- PAPER CODE -UEN18DE503 D****TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME  
ATHLETICS****UNIT – I**

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

**UNIT – II**

Skills preparations: throws event skills- tactics – Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – diet

**UNIT – III**

Skills preparations: Jumps - skills- tactics – Modern training – complete exercises - assessment – evaluation – training - off season - pre season - in season – diet

Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

**UNIT – IV**

Team preparations: regular meeting - Pre competition meeting - half time meeting - post competition meeting – previous competition review - purpose - fluid replacement - diet - pre – during - after the competition – relaxation. Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

**UNIT – V**

Competition analysis - aim - objectives - methods - system - psychological factors diet - climate - ground condition - medical assistance - physical fitness - technical - tactical - strategies - opponent's team - key player - dangerous players - strong and weak points of players - execution - feedback - chart - notational analysis

**REFERENCES :**

1. IAAF coaches manual

**SEMESTER - V- PAPER CODE -UEN18DE503 E****TEAM PREPARATION, COACHING AND MATCH ANALYSIS OF SPORT/GAME  
HOCKEY****UNIT – I**

Physical preparation: motor qualities – assessment -testing and recording – training – pre season – off season – in season - Player identification - selection of team player - guide to select team – diet

**UNIT – II**

Skills preparations: advance skills- tactics – offensive – defensive - Modern training – complete exercises - assessment – evaluation – team training - off season - pre season - in season – team training – diet

**UNIT – III**

Psychological preparation - Inter personal relation - Motivation - autogenic training – pep talk – psychological training - goal setting - criticism - effective.

**UNIT – IV**

Team preparations: regular meeting - Pre competition meeting - half time meeting - post match meeting – previous matches review - purpose - fluid replacement - diet - pre – during - after the match – relaxation.

**UNIT – V**

Match analysis - aim - objectives - methods - system - psychological factors diet - climate - ground condition - medical assistance - physical fitness - technical - tactical - strategies - opponent's team - key player - dangerous players - strong and weak points of players - execution - feedback - chart - notational analysis

**REFERENCES :**

1. IHF coaches manual
2. IHF Rules book
3. International Academy - Part I & Part II

**SEMESTER- V- PAPER CODE -UEN18DE504****PHILOSOPHY OF SPORTS COACHING****UNIT – I**

Coaching philosophy: definition – meaning - objective - coaching - art – science - technique  
- skill - style- secret of successful coaching

**UNIT - II**

Effective practices - knowledge –what makes coach - functional activities of coach – fitness  
– rules – anatomy and physiology- sport psychology - bio mechanics – anthropometric – test  
and measurement

**UNIT - III**

Role and quality of coach- teacher – trainer - research - teacher - trainer - motivator -  
disciplinarian - scientist - social worker – student.

**UNIT - IV**

Coaching skill practice – coaching method – coaching path way - - Long Term Athlete  
Development (LTAD) - development model – other countries plan

**UNIT - V**

Performance management - coaching process – planning principles - Long term training  
conception - legal responsibilities - General Methodology psychological preparation  
Performance development

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2. Football Coaching -1, (1983), BLV Veriagsgesellschaft, Munich
3. Hockey coaches manual
4. Athletics – Coaches manual
5. Kabaddi - coach manual

**DISCIPLINE SPECIFIC ELECTIVE****FUNDAMENTALS OF SPORTS MANAGEMENT****UNIT – I**

Sports Management - meaning - organization - administration - importance - guiding principles

**UNIT - II**

Planning - budgeting - organizing - directing - controlling - coordinating sports - maintenance of records - registers - report

**UNIT - III**

Leadership - Definition - need - importance - nature - types - training - personal traits - behavior approach - contingency model –

**UNIT - IV**

Sports Organizations - SAI - SDAT - International –National - State - District level organisations

**UNIT – V**

Facility management – facility system - facility location - facility layout - features of facility

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2. Koontz and O'Donnel, Management: A system Approach, Tata MCGraw Hill
3. John Argenti, Management Techniques : A Practical Guide

**TEST AND MEASUREMENT****UNIT - I**

Test - meaning - need - importance –Criteria of test - reliability - objectivity - validity - norms - administrative feasibility

**UNIT – II**

Measurement - meaning - need – importance – tools – technique – field – laboratory

**UNIT – III**

Physical fitness – AAHPER test – JCR test – Harvard step test – national physical efficiency test – Indiana motor fitness test – Scott motor ability test

**UNIT - IV**

Physical fitness test - field test – speed – strength – endurance – flexibility – reaction ability – balance – co ordination - lab test - physiology – VO<sub>2</sub>max – bio mechanical test - anthropometrical test – psychology test -

**UNIT – V**

Posture test – IOWA – foot print ankle test – woodruff alignment posture - Sport and games – specific skill test – Football /athletics/ volleyball

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**TALENT IDENTIFICATION****UNIT – I**

Talent identification – aim - nature – importance –definition – methods

**UNIT – II**

profiling one dimension - multi dimensions - single sport – multi sport prediction

**UNIT – III**

Identifying physical attributes - speed – strength – endurance – flexibility – agility - reaction  
–power - importance - vision - assessing physical attributes

**UNIT - IV**

participating stages - sampling year - specializing year - perfection year- age – sex –  
parental support -

**UNIT - V**

Test – assessment – name of the test - - speed – strength – endurance – flexibility – agility -  
reaction – power- testing procedures

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letter

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**COMPETER APPLICATIIONS AND SPORTS COMMUNICATION SKILL****UNIT – I**

Computer – meaning – need - importance – types – maintenance - components – hardware - input - output – control unit - memory - storageData entry - magnetic and tape – output devices - MS – Office - MS - Word – Excel – creating documents

**UNIT – II**

Career rules : psychological position - better human values – time management - leadership quality

**UNIT - III**

Yoga : meaning - definition - hastangayoga - benifita : physiological - psychological – therapeutical value

**UNIT – IV**

Communication skill : meaning – definition - need - importance - basic communication – theories of motivation - goals

**UNIT - V**

Communication principles – barriers - real communication listening - audience and psychology - presentation technique.

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## **DOPING AND ITS CLASSIFICATION**

### **UNIT - I**

Doping – WADA – NADA – meaning – Definition - importance –

### **UNIT – II**

Classification – stimulant – meaning - benefits – harmful effect – Narcotics - meaning - benefits – harmful effect

### **UNIT \_ III**

Classification – Anabolic steroid – meaning - benefits – harmful effect – Diuretics - meaning - benefits – harmful effect

### **UNIT - IV**

Classification - beta - blockers -- meaning - benefits – harmful effect –

Blood doping – method –types - benefits – harmful effects

### **UNIT – V**

Classification of drugs – certain restriction - Alcohol - Marijuana - Local Anesthetics - Cortico steroids