

**TAMIL NADU PHYSICAL EDUCATION AND  
SPORTS UNIVERSITY**

**Chennai – 600 127**



**BACHELOR OF PHYSICAL EDUCATION AND  
SPORTS (B.P.E.S)**

**(Three Years-UG Programme)**

**Choice Based Credit System**

**Regulations and Syllabus**

**(for students admitted from 2023 – 2024 & Onwards)**

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS  
UNIVERSITY Chennai- 600 127**

**Bachelor of Physical Education and Sports (B.P.E.S)  
Under Graduate Degree Course  
(Three Years)  
Choice Based Credit System  
REGULATIONS AND SYLLABUS  
(for students admitted from 2023 -2024 & Onwards)**

**1. Eligibility for Admission to the Course**

- a. Applicants should have passed the +2 examination in 10 + 2 pattern of the Government of Tamil Nadu or any other equivalent examination recognized by the Government of Tamil Nadu or approved by the Tamil Nadu Physical Education and Sports University.
- b. . School representation in any game or sport is mandatory for the applicants.
- c. The candidates should not have completed 21 years of age as on 1<sup>st</sup> July, However, relaxation of three years (3 years) shall be given for SC/ST candidates.
- d. He/ she must be medically fit and free from any deformities students will undergo medical examination at the time of admission.  
(Physical Disabled, Intellectually Challenged, Visually impaired, Hearing Impaired, Stammering, Postural Deformities, any other Major Deformities candidates with any other deformities are not eligible to undergo this programme)
- e. Pregnant women are not permitted either for admission or to undergo the course. If violated, they will not be permitted to continue the course.
- f. Admission shall be made on the basis of ranking for a total of 150 marks as detailed below.

1.	Qualifying Examination	20 marks
2.	Participation in Games & Sports	25 marks
3.	Games Skill test	50 marks
4.	Track and Field Skill test a) 100 m – 20 Marks b) Shot-put – 15 Marks c) Long Jump – 15 Marks	50 marks
5.	Bonus Marks for students studied Physical Education as one of the compulsory paper in Higher Secondary (Not optional Paper)	5 marks
	Total	150 Marks

**Note:****1. Qualifying Examination-20 marks**

Marks obtained in Qualifying Examination shall be converted to a maximum of 20 marks. For example if a candidate secured 800 marks out of 1200. His / Her marks for qualifying examinations is  $[800 / 1200] \times 20 = 13.33$  marks.

**2. Games and Sports Participation: (Maximum marks: 25)**

The norms for award of marks for the sports and games participation are furnished hereunder.

Any one which is applicable / advantageous.

1.	Representation for the country / National Placing (I,II,III,IV)	25
2.	State Representation (Form –II / IV in Games / Sports)	20
3.	Inter-Division Participation (RDS / BDS) Inter-District (Participation)/ CBSC Cluster	15
4.	Pongal / District (BDS / RDS)	10
5.	Inter-School Participation	05
	(Supporting certificates should be produced)	

**Games and Sports Skill Test: Maximum Marks: 50**

The candidate should choose any one of the games included in the School Games Federation of India / SAI / SDAT / IOA/TNOA approved competitions.

Skill test will be conducted by three judges .

**Track and Field: Maximum Marks: 50**

Candidates will be tested in the following Track and Field events:-

- a) 100 Mts. - 20 Marks
- b) Shot-Put - 15 Marks
- c) Long Jump - 15 Marks

**Note**

The games skill test and Track and Field events will be conducted by three judges.

## 1. Degree

The candidates shall have subsequently undergone the prescribed programme of study in a University Departments and College affiliated to this University for not less than three academic years comprising 6 semesters, passed the examinations prescribed and fulfilled such conditions as have been prescribed thereof.

## 2. Duration

The duration of all UG programmes is three years. Each year shall consist of two semesters, viz. Odd and Even semesters. Odd semester shall be from June/July to October/November and Even semester shall be from November/December to April/May. There shall be not less than 90 working days which shall comprise 450 teaching clock hours for each semester (exclusive of the days for the conduct of university end-semester examinations).

## 3. Span of Period

- a) Time =  $N+2$  years for the completion of programme. Where 'N' stands for the normal or minimum duration prescribed for completion of the programme.
- b) In exceptional circumstance, a further extension of one more year may be granted. The exceptional circumstances are spelt out clearly by the relevant statutory body concerned of the University.
- c) During the extended period the student shall be considered as a private candidate and also not be eligible for ranking.

The above conditions are applicable to the Redo/Transfer/Readmission Candidates.

## 4. The CBCS-LOCF System

All Programmes (named after the Core subjects) mentioned earlier shall be conducted through Choice Based Credit System (CBCS) and Learning Outcomes Based Curriculum Framework (LOCF). It is an instructional package developed to suit the needs of students to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

## 5. Project

Each candidate shall be required to take up a Project Work and submit it at the end of the final year. The Head of the Department shall assign the Guide who, in turn, will suggest the Project Work to the student in the beginning of the final year. A copy of the Project Report will be submitted to the University through the Head of the Department on or before the date fixed by the University. The Project will be evaluated by an internal and an external examiner nominated by the University. The candidate concerned will have to defend his/her Project through a Viva-voce.

## 6. Semesters

In each semester, Courses are offered in 15 teaching weeks and the remaining 5 weeks are to be utilized for conduct of examinations and evaluation purposes. Each week shall have 30 working hours spread over 5/6 days a week.

## 7. Credits

The term “Credit” refers to the weightage given to a course, usually in relation to the instructional hours assigned to it. For instance, a six-hour Course is assigned three to six credits,

four/five-hour Course is assigned three to five credits. However, in no instance the credits of a Course can be greater than the hours allotted to it.

The total minimum credits required for awarding B.P.E.S Candidates are 140,

<b>Credits</b>	
UG Programme B.P.ES	140 credits
BPEd	133 Credits
MPEd	132 Credits

## 8. Course

Each Course is designed with lectures/tutorials/laboratory or field work/seminar/Project/practical training/assignments/term paper or report writing etc., to meet effective teaching and learning requirements.

## 9. Examinations

- i. There shall be examinations at the end of each semester, for odd semesters in the month of October/November; for even semesters in April/May.
- ii. A candidate who does not pass the examination in any course(s) may be permitted to appear in such failed course(s) in the subsequent examinations to be held in October/November or April/May. However, candidates who have arrears in Practicals shall be permitted to appear for their arrears in Practical examination only along with Regular Practical examination in the respective semester.
- iii. Viva-voce: Each candidate shall be required to appear for Viva-voce Examination in defence of the Project only.
- iv. The results of all the examinations will be published through the College where the student underwent the Course as well as through University Website. In the case of private candidates, the results will be published through the Centres in which they appeared for the examinations as well as through University Website.

## 10. ATTENDANCE REQUIREMENTS:

- I. Students must have 75% of attendance in each semester to appear for the End Semester Examinations.
- II. Students who have attendance between 70% and 74% shall apply for condonation in the prescribed form with the prescribed fee.
- III. Students who have attendance between 65% and 69% shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate.
- IV. Students who have attendance between 60% and 64% shall carry over the End Semester Examinations in the ensuing Semester.
- V. Students who have attendance below 60% are not eligible to appear for the End Semester Examinations. They shall re-do the semester(s) and therefore, they shall not move to the ensuing semester.
- VI. A student can avail condonation only once during the course of study.
- VII. Hall tickets will be issued to the eligible candidates only if they produce ‘No Dues Certificate’ from the Department, the Registrar’s Office, the Library and the Hostel Warden at the time of issue of “Hall Ticket” for the End Semester Examinations.

### 11. Question Paper Pattern

<b>External marks</b> <b>75 marks</b> <b>UG programmes</b> <b>40% Pass</b> <b>PG programmes</b> <b>50% Pass</b>		No of Questions	Mark per question	Marks	
	Part A	MCQ	10	1	10
	Part B	Short notes	5	2	10
	Part C	Explain briefly	5	5	25
	Part D	Elaborate	3	10	30
<b>Total marks</b>				<b>75</b>	

**Section A:** For 20 Marks

- i. : 10 Questions (MCQ) x 1 Marks = 10 Marks.
- ii. : 5 questions x 2 Marks = 10 Marks.  
(Descriptive type/one question from one Unit)

**Section B:** For 25 Marks

5 Questions x 5 Marks = 25 Marks  
(Answer any three out of 5 out of 8 questions )

**Section C:** For 30 Marks

3 Questions x 10 Marks = 30 Marks  
(Answer any three out of 5 questions and one question from each unit)

### 12. Evaluation

The performance of a student in each Course is evaluated in terms of percentage of marks with a provision for conversion to grade points. Evaluation for each Course shall be done by a continuous internal assessment (CIA) by the Course teacher concerned as well as by an end semester examination and will be consolidated at the end of the semester. The components for continuous internal assessment are:

<b>Internal marks</b> <b>25 marks</b> <b>for all programmes</b>	Exam/Test	Marks
	First Internal Exam (after 30 <sup>th</sup> working day)	5
	Second Internal Exam (after 60 <sup>th</sup> working day)	5
	Model Exam (after 90 <sup>th</sup> working day)	10
	Assignment	3
	Seminar	2
	<b>Total marks</b>	<b>25</b>

<b>External marks</b> <b>75 marks</b> <b>UG programmes</b> <b>40% Pass</b> <b>PG programmes</b> <b>50% Pass</b>		No of Questions	Mark per question	Marks	
	Part A	MCQ	10	1	10
	Part B	Short notes	5	2	10
	Part C	Explain briefly	5	5	25
	Part D	Elaborate	3	10	30
<b>Total marks</b>				<b>75</b>	

Attendance need not be taken as a component for continuous assessment, although the students should secure a minimum of 75% attendance in each semester. In addition to continuous evaluation component, the end semester examination, which will be a written-type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks allotted to continuous internal assessment and to end semester examination is 25:75. The evaluation of laboratory component, wherever applicable, will also be based on continuous internal assessment and on an end-semester practical examination with 40:60 ratio.

### Passing Minimum

Name of the Programme	Internal	External	Total
<b>UG</b>	Minimum 10 marks	40%	40%
<b>PG</b>	Minimum 12 marks	50%	50%

### 13. Conferment of the Master's Degree

A candidate shall be eligible for the conferment of the Degree only after he/ she has earned the minimum required credits for the Programme prescribed therefore

<b>Credits</b>	
UG Programme B.P.ES	140 credits
BPEd	133 Credits
MPEd	132 Credits

### 14. Ranking: University Rank Examination

- The University Rank Examination shall be conducted for the toppers (First Rankers) of all the colleges (having passed their examinations in the first appearance within the prescribed duration of the programme) including autonomous / non-autonomous streams and they are required to write two examinations. Absence from an examination shall not be taken as an attempt.
- The question papers of the examinations comprise objective type questions covering the core courses in each of the Programmes generally followed by both autonomous / non- autonomous streams.
- The top scorers in this University Rank Examination would be declared as University Rank Holders, irrespective of their grades in their respective University end semester examinations.
- Rank Certificate will be issued for a Programme as follows :
  - Only THREE Ranks if the student's strength is below 20
  - Only FIVE Ranks if the student's strength is above 20 but below 50.
  - Only TEN Ranks where the student's strength exceeds 50 but is less than 100
  - Only 20 Ranks if the student's strength is 100 and above
  - The student's strength of the course concerned will be indicated in the Rank Certificates.

## 15. Un Aided Stream

The above regulations shall be applicable for the candidates undergoing the programmes in Un Aided Stream also.

## 16. Grievance Redressal Committee

The College shall form a Grievance Redressal Committee for each Course in each Department with the Course Teacher and the HOD as the members. This Committee shall solve all grievances relating to the students Continuous Internal Assessment marks.

## 17. Revision of Regulations and Curriculum:

The University may from time to time revise, amend and change the regulations and the curriculum, if found necessary.

## 18. Grading System

### 1. Grading

Once the marks of the CIA and the end-semester examination for each of the courses are available, they will be added. The marks thus obtained, will then be graded as per the scheme provided in Table 1.

From the second semester onwards the total performance within a semester and the continuous performance starting from the first semester are indicated by **Semester Grade Point Average (GPA)** and **Cumulative Grade Point Average (CGPA)**, respectively. These two are calculated by the following formulae:

$$\text{GPA} = \frac{\sum_{i=1}^n C_i G_i}{\sum_{i=1}^n C_i G_i}, \quad \text{WAM (Weighted Average Marks)} = n \frac{\sum_{i=1}^N C_i M_i}{\sum_{i=1}^N C_i}$$

where 'C<sub>i</sub>' is the Credit earned for the Course i; 'G<sub>i</sub>' is the Grade Point obtained by the student for the Course i. 'M' is the Marks obtained for the course i and 'n' is the number of Courses **passed** in that semester.

**CGPA**= Average GPA of all the Courses starting from the first semester to the current semester.

## 2. Classification of Final Results

- i. The classification of final results shall be based on the CGPA, as indicated in Table 2.
- ii. For the purpose of Classification of Final Results, the candidates who earn the CGPA 9.00 and above shall be declared to have qualified for the Degree as “Outstanding”. Similarly, the candidates who earn the CGPA between 8.00 and 8.99, 7.00 and 7.99, 6.00 and 6.99, and 5.00 and 5.99 shall be declared to have qualified for their Degree in the respective programmes as “Excellent”, “Very Good”, “Good”, and “Above Average” respectively.
- iii. Absence from an examination shall not be taken as an attempt.

**Table 1**  
**Grading of the Courses**

Marks Range	Grade Point	Corresponding Grade
90 and above	10	O
80 and above but below 90	9	A+
70 and above but below 80	8	A
60 and above but below 70	7	B+
50 and above but below 60	6	B
Below 50	N.A.	R.A.

**Table 2**  
**Final Result**

CGPA	Corresponding Grade	Classification of Final Results
9.00 and above	O	Out standing
8.00 to 8.99	A+	Excellent
7.00 to 7.99	A	Very Good
6.00 to 6.99	B+	Good
5.00 to 5.99	B	Above Average
below 5.00	R.A.	Re-Appearence

Credit based weighted Mark System is to be adopted for individual semesters and cumulative semesters in the column ‘Marks Secured’ (for 100).

## **Courses**

Each Course is designed with lectures/tutorials/laboratory or field work/seminar/ Project/practical training/assignments/term paper or report writing etc., to meet effective teaching and learning requirements.

### **Ability Enhancement Courses:( Part IV)**

To successfully complete the BPES course the students must under go the Ability Enhancement Courses under the sub headings of Ability Enhancement Compulsory Courses (AECC) Skill Enhancement Courses and Co-Curricular course)

### **Generic Elective**

To successfully complete the BPED,BPES, MPED course the students must undergo and complete anyone of the generic elective (Open Elective) in the third Semester.

### **Internship/ Teaching Practice/ Community engagements**

1. In internship a student (teacher trainee) is undergoing supervised practical training. Internship/ Teaching practice includes Teaching & observation in the Department/ College. Intensive Teaching Practice in the neighbouring Schools,
  2. Schools for intensive teaching shall be decided by the Staff-in-charge of Teaching Practice and Head of the Department / Principal of the College.
  3. A minimum of 30 lessons, Students shall complete 15 General and 15 Particular lessons/ Coaching Lessons in 15 working days under the supervision of the assigned Department /College and physical education staff in the schools.
  4. Community engagements (Village Placement Programme). The programme includes teaching indigenous activities, basic skills in sports and games giving exposure to teachers in the teaching-learning process.
- I. For the Community engagements (Village Placement programme) the students shall visit the neighbouring village for a minimum period of five days and organise the programmes such as
- Physical Education/ Physical Exercise related programmes
  - Awareness Programmes related to health and fitness
  - Cleaning, creation of place for physical activities, sports and games.
  - Survey related to health and fitness of the public.
- The Community engagements (Village Placement programme) record with details of programmes organised and photo graphs shall be submitted at the time of the University practical examinations for the evaluation of external examiners.

**Note**

- i. For the practice teaching examination conducted by the University, there shall be one External and one Internal Examiner.
- II. For Coaching Practice, each student shall maintain a Coaching Practice Record book, which shall contain records of 10 teaching, 10 coaching general and 10 officiating plans.
- JJ. A candidate who fails in Coaching Practice Examination may present himself/herself in the subsequent University Coaching practice Examination.

**Requirement for Passing**

No candidate shall be eligible for the award of the M.P.Ed degree unless he/she has passed the written examinations (Part I), Practicum (Part II), Internship/ Teaching Practice (Part III) and Part IV.

**Medium of Instructions**

**Medium of instructions ENGLISH ONLY,**

**Inter University Sports Participation and Special Permission for University Examination**

A student representing the University / State / Nation in a game or sport and misses the University Semester Examination will appear for a special supplementary University Examination as stipulated by the University. Special permission may be granted by the controller of examination as per the rules and regulations of the university examinations provided the request must be submitted through proper channel well in advance. The Special Examinations will be conducted in the University Main Campus , Chennai 600127 only.

**Internal Test and Assignment – Special Permission**

In case, a student unable to appear for an internal test due to participation in inter collegiate/ university sports competition / any such programme of the University with prior permission from the concerned head of the faculty / department/ Principal, he / she may be permitted to appear for a special test / tests before the pre-semester examination.

Such a student appearing for a special supplementary University Examination shall not be considered as an arrear / arrears in a paper / papers and shall not be deprived of ***RANK in the University.***

A student who fails in any one or more papers in the semester examination will be permitted to rewrite the paper or papers in the subsequent semester examination.

To qualify for the degree, supplementary candidates are required to pass all the papers prescribed for the course within a period of three years after he/she complete the course. Beyond this period, the candidate shall follow the current syllabi for the examination if applicable. Examination fee will be collected normally according to the rules and regulations of the university. A Separate examination fee will be collected in this case.

Students who fail in a paper/papers are permitted to apply for recounting or re valuation in examination section of the University within the prescribed period with specified fee.

Appeal against the results of the semester examination shall be made to the controller of examinations by the student concerned through the Head of the Department/ Principal of the affiliated college within 15 days of the publication of results by paying re-totaling /revaluation fee.

### **Instant Examination for Outgoing Students**

Instant Examinations will be conducted only in the University Main Campus, Chennai 600127 for the outgoing students who failed in **any two papers from theory and/or practical papers** are eligible to apply for Instant Examination by paying prescribed examination fee. The date of instant examination will be intimated by Controller of Examinations of Tamil Nadu Physical Education and Sports University.

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## **SYLLABUS**

**PART I – Language: Tamil**

**Part II - English**

**Part III – Core Theory and Practical / Discipline Specific Elective / Allied Papers**

**Part IV – Ability Enhancement Programmes and Skill Enhancement Courses / NME-  
Non Major Elective or Generic Centric Elective Papers)**

**Part V - Co-curricular Activities: Village Placement Programme / NSS / NCC / YRC /  
Officiating Examinations**

**LEARNING OUTCOMES-BASED CURRICULUM FRAMEWORK GUIDELINES BASED REGULATIONS FOR UNDER GRADUATE PROGRAMME**

<b>Programme:</b>	<b>B.P.E.S. Bachelor of Physical Education and Sports (Three Years)</b>
<b>Programme Code:</b>	23UA1 (2023 Regulations)
<b>Duration:</b>	<b>3 Years (UG)</b>
<b>Programme Outcomes:</b>	<p><b>PO1: Disciplinary knowledge:</b> Capable of demonstrating comprehensive knowledge and understanding of one or more disciplines that form a part of an undergraduate Programme of study</p> <p><b>PO2: Communication Skills:</b> Ability to express thoughts and ideas effectively in writing and orally; Communicate with others using appropriate media; confidently share one's views and express herself/himself; demonstrate the ability to listen carefully, read and write analytically, and present complex information in a clear and concise manner to different groups.</p> <p><b>PO3: Critical thinking:</b> Capability to apply analytic thought to a body of knowledge; analyse and evaluate evidence, arguments, claims, beliefs on the basis of empirical evidence; identify relevant assumptions or implications; formulate coherent arguments; critically evaluate practices, policies and theories by following scientific approach to knowledge development.</p> <p><b>PO4: Problem solving: Capacity</b> to extrapolate from what one has learned and apply their competencies to solve different kinds of non-familiar problems, rather than replicate curriculum content knowledge; and apply one's learning to real life situations.</p> <p><b>PO5: Analytical reasoning:</b> Ability to evaluate the reliability and relevance of evidence; identify logical flaws and holes in the arguments of others; analyze and synthesize data from a variety of sources; draw valid conclusions and support them with evidence and examples, and addressing opposing viewpoints.</p> <p><b>PO6: Research-related skills:</b> A sense of inquiry and capability for asking relevant/appropriate questions, problem arising, synthesising and articulating; Ability to recognise cause-and-effect relationships, define problems, formulate hypotheses, test hypotheses, analyse, interpret and draw conclusions from data, establish hypotheses, predict cause-and-effect relationships; ability to plan, execute and report the results of an experiment or investigation</p> <p><b>PO7: Cooperation/Team work:</b> Ability to work effectively and respectfully with diverse teams; facilitate cooperative or coordinated effort on the part of a group, and act together as a group or a team in the interests of a common cause and work efficiently as a member of a team</p> <p><b>PO8: Scientific reasoning:</b> Ability to analyse, interpret and draw conclusions from quantitative/qualitative data; and critically evaluate ideas, evidence and experiences from an open-minded and reasoned perspective.</p> <p><b>PO9: Reflective thinking:</b> Critical sensibility to lived experiences, with self awareness and reflexivity of both self and society.</p> <p><b>PO10 Information/digital literacy:</b> Capability to use ICT in a variety of learning situations, demonstrate ability to access, evaluate, and use a variety of relevant information sources; and use appropriate software for analysis of data.</p> <p><b>PO 11 Self-directed learning:</b> Ability to work independently, identify appropriate resources required for a project, and manage a project through to completion.</p> <p><b>PO 12 Multicultural competence:</b> Possess knowledge of the values and beliefs of multiple cultures and a global perspective; and capability to effectively engage in a multicultural society and interact respectfully with diverse groups.</p> <p><b>PO 13: Moral and ethical awareness/reasoning:</b> Ability to embrace moral/ethical values in</p>

	<p>conducting one's life, formulate a position/argument about an ethical issue from multiple perspectives, and use ethical practices in all work. Capable of demonstrating the ability to identify ethical issues related to one's work, avoid unethical behaviour such as fabrication, falsification or misrepresentation of data or committing plagiarism, not adhering to intellectual property rights; appreciating environmental and sustainability issues; and adopting objective, unbiased and truthful actions in all aspects of work.</p> <p><b>PO 14: Leadership readiness/qualities:</b> Capability for mapping out the tasks of a team or an organization, and setting direction, formulating an inspiring vision, building a team who can help achieve the vision, motivating and inspiring team members to engage with that vision, and using management skills to guide people to the right destination, in a smooth and efficient way.</p> <p><b>PO 15: Lifelong learning:</b> Ability to acquire knowledge and skills, including „learning how to learn“, that are necessary for participating in learning activities throughout life, through self-paced and self-directed learning aimed at personal development, meeting economic, social and cultural objectives, and adapting to changing trades and demands of work place through knowledge/skill development/reskilling.</p>
<p><b>Programme Specific Outcomes:</b></p>	<p>On successful completion of Bachelor of Physical Education and Sports programme, the student should be able to:</p> <p><b>PSO1: Disciplinary Knowledge:</b> Understand the fundamental principles, concepts, and theories related to physical Education and Sports . Also, exhibit proficiency in performing research and experiments in the play fields and scientific laboratories .</p> <p><b>PSO2: Critical Thinking:</b> Analyse complex problems, evaluate information, synthesize information, apply theoretical concepts to practical situations, identify assumptions and biases, make informed decisions and communicate effectively</p> <p><b>PSO3: Problem Solving:</b> Employ theoretical concepts and critical reasoning ability with technical and tactical skills to solve problems, acquire data, analyze their physical significance and explore new design possibilities.</p> <p><b>PSO4: Analytical &amp; Scientific Reasoning:</b> Apply scientific methods, collect and analyse data, test hypotheses, evaluate evidence, apply statistical techniques and to infer new results.</p>

PO/PSO	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
PO1	✓					
PO2		✓				
PO3			✓			
PO4				✓		
PO5					✓	
PO6						✓

## 2. Highlights of the Revamped Curriculum:

- Student-centric, meeting the demands of industry & society, incorporating industrial components, hands-on training, skill enhancement modules, industrial project, project with viva-voce, exposure to entrepreneurial skills, training for competitive examinations, sustaining the quality of the core components and incorporating application oriented content wherever required.
- The Core subjects include latest developments in the education and scientific front, advanced programming packages allied with the discipline topics, practical training, devising statistical models and algorithms for providing solutions to industry / real life situations. The curriculum also facilitates peer learning with advanced statistical topics in the final semester, catering to the needs of stakeholders with research aptitude.
- The General Studies and Statistics based problem solving skills are included as mandatory components in the 'Training for Competitive Examinations' course at the final semester, a first of its kind.
- The curriculum is designed so as to strengthen the Industry-Academia interface and provide more job opportunities for the students.
- The Statistical Quality Control course is included to expose the students to real life problems and train the students on designing a mathematical model to provide solutions to the industrial problems.
- The Internship during the second year vacation will help the students gain valuable work experience, that connects classroom knowledge to real world experience and to narrow down and focus on the career path.
- Project with viva-voce component in the fifth semester enables the student, application of conceptual knowledge to practical situations. The state of art technologies in conducting a Explain in a scientific and systematic way and arriving at a precise solution is ensured. Such innovative provisions of the industrial training, project and internships will give students an edge over the counterparts in the job market.
- State-of Art techniques from the streams of multi-disciplinary, cross disciplinary and inter disciplinary nature are incorporated as Elective courses, covering conventional topics to the latest DBMS and Computer software for Analytics.

**Choice Based Credit System (CBCS), Learning Outcomes Based Curriculum Framework (LOCF)  
Guideline Based Credit and Hours Distribution System  
for all UG courses including Lab Hours**

**Consolidated Semester wise and Component wise Credit distribution**

<b>Parts</b>	<b>Sem I</b>	<b>Sem II</b>	<b>Sem III</b>	<b>Sem IV</b>	<b>Sem V</b>	<b>Sem VI</b>	<b>Total Credits</b>
<b>Part I</b>	3	3	3	3	-	-	12
<b>Part II</b>	3	3	3	3	-	-	12
<b>Part III</b>	15	15	14	17	22	17	100
<b>Part IV</b>	2	2	2	2	4	2	14
<b>Part V</b>	-	-	-	-	-	2	2
<b>Total</b>	23	23	22	25	26	21	<b>140</b>

**\*Part I, II, and Part III components will be separately taken into account for CGPA calculation and classification for the under graduate programme and the other components. IV, V have to be completed during the duration of the programme as per the norms, to be eligible for obtaining the UG degree.**

**Objectives of the Programme:**

1. To develop the physical, mental, social and spiritual qualities of the students through physical education and sports.
2. To learn the organization and administration of intramurals and extramurals in various sports and games.
3. To acquire the knowledge of the anatomy and sports physiology of the human body.
4. To study the sports science subjects and its application for the enhancement of sports performance.
5. To learn the teaching methods by means of internship training in nearby schools, fitness centres, etc.,
6. To develop desirable health habits and socially integrated sports persons in the nation.
7. To understand the rules & regulations and officiating mechanism of various sports.

<b>Methods of Evaluation – As per common pattern prescribed by the TNPESU</b>		
<b>Internal Evaluation</b>	Internal exam-5, Second Internal Exam-5	25 Marks
	Model Exam -10, Seminar – 2	
	Assignment – 3	
<b>External Evaluation</b>	MCQ- 20 Marks, Short Questions-25, Big Questions-30	75 Marks
	Total	100 Marks
<b>Methods of Assessment</b>		
<b>Recall (K1)</b>	Simple definitions, MCQ, Recall steps, Concept definitions	
<b>Understand/ Comprehend (K2)</b>	MCQ, True/False, Short essays, Concept explanations, Short summary or Overview	
<b>Application (K3)</b>	Suggest idea/concept with examples, Suggest formulae, Solve problems, Observe, Explain	
<b>Analyze (K4)</b>	Problem-solving questions, Finish a procedure in many steps, Differentiate between various ideas, Map knowledge	
<b>Evaluate (K5)</b>	Longer essay/ Evaluation essay, Critique or justify with pros and cons	
<b>Create (K6)</b>	Check knowledge in specific or offbeat situations, Discussion, Debating or Presentations	

**B.P.E.S (Bachelor of Physical  
Education and Sports )  
PHYSICALEDUCATION  
Programme Structure  
(2023-2024 Regulations)**

Sem.	Part	Course Code	Title of the Paper	T/P	Cr.	Hrs./ Week	Max.Marks		
							Int.	Ext.	Total
I	I	T/OL	Language--- Tamil (23UA1TL101)	T	3	6	25	75	100
	II	E	English – (23UA1EL101)	T	3	6	25	75	100
	III	CC	Foundation of Physical Education and Sports (23UA1CT101)	T	5	5	25	75	100
		CC	Anatomy and Physiology (23UA1CT102)	T	5	5	25	75	100
		AL –IA	Theories of Track and Field – 1 , (23UA1CT103)	T	3	4	25	75	100
	AL –IA	Practical- Theories of Track and Field – 1 and Marching, Calisthenics, Minor Games, Drills ((23UA1CP101)	P	2	2	50	-	50	
	IV	AECC-1	Value Education (23UA1SE101)	T	2	2	50	-	50
	V		Extension Activities / NSS/NCC/YRC	-	-	-	-	-	
			Total		<b>23</b>	<b>30</b>	<b>225</b>	<b>375</b>	<b>600</b>
II	I	T/OL	Language Tamil (23UA1TL201)	T	3	6	25	75	100
	II	E	English (23UA1EL201)	T	3	6	25	75	100
	III	CC	Theories of Major Games – I (23UA1CT201)	T	4	4	25	75	100
		CC	Practical-I:Theories of Major Games- I and Dands, Baiteks, Lezium, Light Apparatus (23UA1CP201)	P	2	2	100	-	100
		CC	Sports Psychology and Sociology (23UA1CT202)	T	4	4	25	75	100
		AL –IB	Yoga Education (23UA1CT203)	T	3	4	25	75	100
	AL –IB	Yoga Education (23UA1CP202)	P	2	2	50	-	50	
	IV	AECC-2	Environmental Studies (23UA1SE202)	T	2	2	50	-	50
				Extension Activities / NSS/NCC/YRC	-	-	-	-	-
			Total		<b>23</b>	<b>30</b>	<b>325</b>	<b>375</b>	<b>700</b>



V	III	CC	Sports Biomechanics And Kinesiology (23UA1CT501)	T	4	5	25	75	100
		CC	Sports Medicine And Physiotherapy (23UA1CT502)	T	4	5	25	75	100
		CC	Practical – Teaching Practice (23UA1CP501)	P	3	4	50	-	50
		CC	Research and Elementary Statistics (23UA1CT503)	T	4	4	25	75	100
		CC	Theories of Games – II (23UA1CT504)	T	3	4	25	75	100
		CC	Practical : Theories of Games – II and Gymnastics and Traditional Sports (23UA1CP502)	P	1	1	50	-	50
		DSE	Care and Prevention of Athletic Injuries (Or) Computer Application in Physical Education (23UA1DE501)	T	3	4	25	75	100
		SEC	Organizing Project Sports Meet , Tournaments and Officiating (23UA1IN501)		2	2	100	-	100
	IV	AECC	Intensive Internship for Schools (23UA1IN502)		2	1	100	-	100
			Total		<b>26</b>	<b>30</b>	<b>425</b>	<b>375</b>	<b>800</b>
VI	III	CC	Health Education and First Aid (23UA1CT601)	T	4	5	25	75	100
		DSE	Sports Management ( Or) Educational Technology in Physical Education (23UA1CT602)	T	4	5	25	75	100
		CC	Theories Major of Games- III (23UA1CT603)	T	3	5	25	75	100
		CC	Practical : Theories of Major Games- III (Specialization Game) (23UA1CP601)	P	2	3	50	50	100
		CC	Project (23UA1D601)	D	4	6	100	-	100
	V IV		Extension Activities - Village Placement Programmes (23UA1IN601)		2	3	50	-	50
			Library/Yoga / Qualified for any one officiating Examination / Field Trip etc ((23UA1IN602)		2	3	50	-	50
					<b>21</b>	<b>30</b>	<b>325</b>	<b>275</b>	<b>600</b>
			<b>Grand Total</b>		<b>140</b>	<b>--</b>	<b>--</b>	<b>--</b>	<b>4100</b>

- Language Tamil
- English
- CC-Core course –Core competency, critical thinking, analytical reasoning, research skill & team work
- Allied / GEC -Exposure beyond the discipline
- AECC- -Ability Enhancement Compulsory Course (Professional English & Environmental Studies) - Additional academic knowledge, psychology and problem solving etc.,
- SEC-Skill Enhancement Course - Exposure beyond the discipline (Value Education, Entrepreneurship Course, Computer application for Science, etc.,
- NME -Non Major Elective – Exposure beyond the discipline
- DSE – Discipline specific elective –Additional academic knowledge, critical thinking, and analytical reasoning-Student choice - either Internship or Theory papers or Project + 2 theory paper.
  - If internship – Marks = Internal- 150 (75+75) two midterm evaluation through Viva voce + Report- 150+ External Viva voce- 100 = 400.
  - If Project – Marks = Internal- 50 +Thesis- 100 + Viva voce- 50 = 200 + 2 theory paper- 200 = 400
- Extension activity & MOOCs – Voluntary basis

SEMESTER	Credits	Marks
I	23	600
II	23	700
III	22	700
IV	25	700
V	26	800
VI	21	600
TOTAL	140	4100

Semester – I						
	CORE COURSE – I			T/P	Credits	Hours
	FOUNDATION OF PHYSICAL EDUCATION AND SPORTS					
				T	5	5
<b>Unit-I</b>	Meaning and Definition of Education and Physical Education – Need, Nature and Scope of Physical Education – Physical Training and Physical Culture.					
<b>Unit-II</b>	Aim and Objectives of Physical Education – Development of Physical , Cognitive, Neuro-muscular, Affective, Social, Emotional, Spiritual and Recreational – Theories of Learning – Laws of Learning.					
<b>Unit-III</b>	Scientific basis of Physical Education – Contribution of Allied Sciences – Anatomy, Physiology, Biomechanics, Kinesiology, Sports Medicine, Psychology, Sociology and Computer Science.					
<b>Unit-IV</b>	History of Physical Education in Sparta and Athens – Olympic Games: Ancient, Modern – Origin – Organisation and conduct of the game – Olympic Flag, Torch, Oath, Emblem and Motto.					
<b>Unit –V</b>	Recent development in India: SAI, NSNIS, SNIPES, LNIPE, Sports Academics – Award and Scholarships: Arjuna Award, Dhronochariya Award, Rajiv Gandhi Khela Ratna Award – International and National Competitions: Asian Games, SAF, SGF, RDS and BDS.					

**Books for References:**

- Bucher Charles A., *Foundations of Physical Education*, St. Louis the C.V. Mosby Company, 1983.
- Kamlesh M.L., *Physical Education : Facts and Foundation*, New Delhi, P.B. Publications, 1988.
- Thirunarayanan, C. and Hariharan, S., *Analytical History of Physical Education*, Karaikudi, C.T. & S.H., Publications, 1990.
- Sharma, O.P., *History of Physical Education*, New Delhi, Khel Shitya Kendra, 1998.
- Wakharkar D.G., *Manual of Physical Education in India*, Pearl Publicatons Pvt. Ltd., Bombay, 1967.
- Wuest, Deborah, A. and Charles A. Bucher, *Foundations of Physical Education and Sport*, New Delhi : BL. Publication Pvt., Ltd.
- Wellman and Cowell, *Philosophy and Principles of Physical Education*, A marvati: Suyog Prakasan.
- Jackson Sharman/ *Modern Principles of Physical Education*, New York: A.A.Barnes & Co.
- Khan, Eraj Ahmed, *History of Physical Education*, Patna Scientific Book Co.

<b>Semester – I</b>				
	<b>Core Course – II</b> <b>ANATOMY AND PHYSIOLOGY</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>5</b>	<b>5</b>
<b>Unit-I</b>	Meaning of Anatomy and Physiology – Need and Scope of Anatomy and Physiology in Physical Education – Cell – Structure and Functions – Tissues – Types and Function-Muscular System – Types of Muscles: Skeletal Muscle, Cardiac Muscle, and smooth muscle.			
<b>Unit-II</b>	Skeleton : Meaning and Functions – Bones: Classification and Functions – General Features of Various Bones: Vertebral Column, Pelvic Bone, Radius and Ulna, Sacula, Femer and Bones of Skill – Joints: Definition and Classification of Joints			
<b>Unit-III</b>	Nervous System : Neuron – Central Nervous System(CNS): Brain and Spinal Cord – Peripheral Nervous System (PNS): cranial Nerves and Spinal Nerves – Digestive System : Structure & Functions – Digestive Process – Liver, Pancreas – Functions			
<b>Unit-IV</b>	Respiratory System – Respiration – Respiratory Track – Alveoli – Lungs: Structure & Functions – Gas Exchange – Vital Capacity. Circulatory System – Heart: Structure & Functions – Cardiac Cycle, Cardiac Output, Stroke Volume.			
<b>Unit -V</b>	Endocrine Glands – Functions of Endocrine Glands: Pituitary, Thyroid, Para-Thyroid, Thymus, Pancreas, Adrenal & Sex – their role, in growth, development and regulations of body functions.			
<b>Books for References:</b>				
Guyton A.C., 1969, <i>Functions of the Human Body</i> , London, W.B. Saunders Company,				
Dr. V. Selvam “ <i>Anatomy and Physiology</i> ” Bodinayakanur.				
Dr. N.M. MUTHAYYA “ <i>Physiology</i> ” J.J. Publications, Madurai.				
SEELEY et. all <i>Anatomy and Physiology</i> Mc Graw Hill.				
Srivastava et. 1976, All, Text Book of Practical Physiology, Calcutta Scientific Book Agency,				

<b>Semester – I</b>				
	<b>Core Course – III (AL-1A)</b> <b>THEORIES OF TRACK AND FIELD – I</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>3</b>	<b>4</b>
<b>(Track Events: Sprint, Middle Distance and Long Distance Race, Hurdles, Walking, Relay Races, Long Distance Races)</b>				
<b>Unit-I</b>	Origin, History and Development of the Track Events – International, National and StateLevel Organization.			
<b>Unit-II</b>	Layout of Playfield – Rules and their Interpretation			
<b>Unit-III</b>	Fundamental Skills – Lead – Up Games, Various Symptoms of Play – Selection of Players.			
<b>Unit-IV</b>	Training: Warm – up Technical Training – Tactical Training – Coaching Programme			
<b>Unit -V</b>	List of Officials, Duties of Officials , Officiating Procedures,			
<p style="text-align: center;"><b>Books for References:</b></p> <p>Conling David, Athletics, London, Robert Hale, 1980</p> <p>Prabhakar Eric, The way to Athletic Gold, Madras East – West press Pct. Ltd., 1995</p> <p>Dr.P.Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P.Mariayyah, Kabaddi, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P.Mariayyah, Volleyball, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P.Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore.</p> <p>Thompson Ganagon, Play Better Soccer in all colour, W.B.Saubders Company, 1972.</p> <p>DHanaraj V.Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.</p>				

<b>Semester-I</b>																						
	<b>Practical – THEORIES OF TRACK AND FIELD EVENTS –I (Track Events: Sprint, Middle Distance and Long Distance Race, Hurdles, Walking, Relay Races, Long Distance Races) and Marching, Calisthenics, Minor Games, Drills</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>																		
		<b>P</b>	<b>2</b>	<b>2</b>																		
<b>Testing on:</b>																						
<ol style="list-style-type: none"> <li>1. Fundamental Techniques</li> <li>2. Rules and Regulations</li> <li>3. Playing Ability/Performance</li> <li>4. Training Programmes</li> <li>5. Officiating Techniques</li> <li>6. Marching, Calisthenics, Minor Games, Drills</li> </ol>																						
<b>Scheme of Assessment:</b>																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">7. Fundamental Techniques &amp; Teaching, Coaching</td> <td style="width: 5%; text-align: center;">-</td> <td style="width: 15%; text-align: right;">10</td> </tr> <tr> <td>8. Playing ability/Performance (Execution of the Techniques)-</td> <td></td> <td style="text-align: right;">10</td> </tr> <tr> <td>9. Officiating Technique</td> <td style="text-align: center;">-</td> <td style="text-align: right;">10</td> </tr> <tr> <td>10. Recordnote and VivaVoce</td> <td style="text-align: center;">-</td> <td style="text-align: right;">10</td> </tr> <tr> <td>11. Marching, Calisthenics, Minor Games, Drills</td> <td style="text-align: center;">-</td> <td style="text-align: right;">10</td> </tr> <tr> <td style="text-align: right;"><b>TOTAL</b></td> <td style="text-align: center;">-</td> <td style="text-align: right;"><b>50</b></td> </tr> </table>					7. Fundamental Techniques & Teaching, Coaching	-	10	8. Playing ability/Performance (Execution of the Techniques)-		10	9. Officiating Technique	-	10	10. Recordnote and VivaVoce	-	10	11. Marching, Calisthenics, Minor Games, Drills	-	10	<b>TOTAL</b>	-	<b>50</b>
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<b>BooksforReference:</b>																						
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<b>Semester-I</b>				
	<b>Value Education – Skill Enhancement Course Common Syllabus Approved by TANSCH</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>P</b>	<b>2</b>	<b>2</b>

<b>Semester-II</b>				
<b>Core Course-V</b>		<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
<b>THEORIES OF MAJOR GAMES-I</b>		<b>T</b>	<b>4</b>	<b>4</b>
<b>(Major Games: Football, BasketBall &amp; Volleyball)</b>				
<b>Unit-I</b>	Origin, History and Development of the Game – International, National and State Level Organization.			
<b>Unit-II</b>	Fundamental Skills – Lead – Up Games, Various Symptoms of Play – Selection of Players.			
<b>Unit-III</b>	Training: Warm – up Technical Training – Tactical Training – Coaching Programme			
<b>Unit-IV</b>	Layout of Playfield with all measurements, facilities & equipment and its specifications.			
<b>Unit-V</b>	Rules and its interpretations – Score sheet - System of Officiating - Duties of Officials.			
<p style="text-align: center;"><b>Books for References:</b></p> <p>Dr.P.Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr.P.Mariayyah, Volleyball, Sports Publications, Raja Street, Coimbatore.</p> <p>Thompson Ganagon, Play Better Soccer in all colour, W.B.Saubders Company, 1972.</p> <p>D.Hanaraj V.Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.</p>				

<b>Semester-II- CC-IV</b>																						
	<b>Practical – THEORIES OF MAJOR GAMES–I (Football, BasketBall &amp; Volleyball) Dands, Baiteks, Lezium, Light Apparatus</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>																		
		<b>p</b>	<b>2</b>	<b>2</b>																		
<b>Testing on:</b>																						
<ol style="list-style-type: none"> <li>1. Fundamental Techniques</li> <li>2. Rules and Regulations</li> <li>3. Playing Ability/Performance</li> <li>4. Training Programmes</li> <li>5. Officiating Techniques</li> <li>6. Dands, Baiteks, Lezium, Light Apparatus</li> </ol>																						
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7. Fundamental Techniques & Teaching, Coaching	-	10																				
8. Playing ability/Performance (Execution of the Techniques)-		10																				
9. Officiating Technique	-	10																				
10. Recordnote and VivaVoce	-	10																				
11. Dands, Baiteks, Lezium, Light Apparatus	-	10																				
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<b>Semester – II</b>				
	<b>Core Course – VII</b> <b>SPORTS PSYCHOLOGY &amp; SOCIOLOGY</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>4</b>	<b>4</b>
<b>Unit-I</b>	Meaning and Definition of Psychology and sports Psychology – Development of sports Psychology in India – Need and importance of sports Psychology in the field Physical Education and sports.			
<b>Unit-II</b>	Definition Motor Learning – Physical and Motor considerations – Body Build, Height and Weight, Strength, Muscular, Endurance, Flexibility, Balance Co-Ordination, Reaction time, Movement time and Reflex time Cognitive – Affective – Psychomotor			
<b>Unit-III</b>	Definition of Perception – Theory of Perception Gestalt Theory , Palror Theory and witkin’s Theory emotional effects tension, anxiety and stress – its role in Physical education and sports.			
<b>Unit-IV</b>	Personality traits of sports person – composition of personality – Aggression – theories of Aggression – Psycho- regulative procedures. Autogenic training, yoga and Music’s.			
<b>Unit -V</b>	Meaning , Nature and Scope of Sociology in Physical education and sports – social factors in sports – Leadership in sports spectators and fans group cohension social Integration.			
<b>Book for References:</b>				
Alderman A.B. Psychology Behavior in sports W.B. Saundar company Saundar 1974.				
Puni A.T. Sports Psychology Chanduga NIS.				
Alderman Psychology Behavior				
Cratty B.J. Psychology and Physical acivity.				
Singer R.N. Coaching, Athletics and Physiology.				

<b>Semester – II</b>				
	<b>Core Course – VIII- AL-II</b> <b>YOGA EDUCATION</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>3</b>	<b>4</b>
<b>Unit-I</b>	Yoga: Meaning, Definition – Concept of Yoga – Aim and Objectives of Yoga – History of Yoga – Systems of yoga : Bhakthi yoga – Jnana yoga – Hatha yoga – Karma yoga – Kundalini yoga – mantra yoga – Raja yoga – Ashtanga yoga : Yama – Niyama – Asana – Pranayama – Pratyahara – Dharana – Dhayana – Samathi.			
<b>Unit-II</b>	Asanas: Meaning and Definition – Classification of asanas: Meditative, Relaxative, Cultural – Guidelines for practicing asanas – Various types of asanas and their benefits – Difference between physical exercise and yogic asanas.			
<b>Unit-III</b>	Pranayama: Meaning and Definition – Concept of Pranayama – Nadis – Ida nadi – Pingala Nadi – Sushumna nadi – Controlling of breath: Puraka – Kumbhaka – Rechaka – Guidelines for practicing Pranayama – Benefits of Pranayama – Types of Pranayama: Nadi Suddhi – Nadi Shodhana – Surya Bhedana – Kapalabhati – Bhastrika – Sitkari – Sitali – Bhramari – Ujjayi. Bandhas: Meaning and Definition – Types: Jalandra – Uddiyana – Mula.			
<b>Unit-IV</b>	Kriyas – Types of Kriyas – Procedures and Benefits of: Kapalabhati – Tratakka – Neti (Jala neti, Sutra neti) – Dhauti; Vamana Dhauti – Vastra Dhauti – Nauli – Bhasti. Mudra: Meaning – Types : Chin Mudra – Chinmaya Mudra – Yoga Mudra – Brahma Mudra – Appana Mudra.			
<b>Unit -V</b>	Meditation: Meaning and Definition – Concept of meditation – Types of meditation – Physiological benefits of meditation – yoga and competition – Principles of yogic Diet – Integration of Yoga with modern education – yoga institutions in India and Abroad – General Yogic Schedule.			
<b>Books for References:</b>				
Iyengar B.K.S. (1989), Light on Yoga. London: Unwin Publishers New Delhi.				
Chandrasekaran K.(1999) Sound Health through Yoga, Sedapatti: Prem Kalyan Publicaions.				
Moorthy, A.M. and S. Alagesan(2004), Yoga Therapy, Coimbatore				
Swami Sivananda (1983), Practical Lessons I Yoga, Shivananda Nagar : The Devine Life Society.				

<b>Semester-II</b>				
	<b>CC-IX</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
	<b>PRACTICAL – Yoga Education</b>	<b>P</b>	<b>2</b>	<b>2</b>
<p><b>YOGA : Testing the Listed</b></p> <ol style="list-style-type: none"> <li>1. Asanas,</li> <li>2. Pranayama,</li> <li>3. Meditation</li> <li>4. Mudra, and</li> <li>5. Kriyas in the Theory Paper.</li> </ol>				
<p><b>BooksforReference:</b></p> <p>SWAMI KUVALAYANANDA, Asanas, Kaivalyadhama, Lonavala, Pune.  B.K.S. IYANKAR, Light on Yoga Harper Collins Publications, Delhi.  Dr. P. MARIAYYAH, Asanas, Sports Publishers, Raja Street, Coimbatore-1  Dr.P.MARIAYYAH, Suriyanamaskar Jaya Publishing House, Perunthurai, Erode.</p>				

<b>Semester-II</b>				
	<b>Environmental Studies – Ability Enhancement Course</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
	<b>Common Syllabus Approved by TANSCH</b>	<b>P</b>	<b>2</b>	<b>2</b>

<b>Semester – III</b>				
	<b>Core Course – XI</b> <b>ORGANIZATION ADMINISTRATION AND</b> <b>METHODS IN PHYSICAL EDUCATION</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>4</b>	<b>5</b>
<b>Unit-I</b>	Meaning and Importance of Organization and administration – Scheme of Physical Education in: Schools, Colleges, Universities, Districts State and National Level.			
<b>Unit-II</b>	Facilities – Track, Play Grounds, Gymnasium, Swimming Pool – Layout of Play fields (Basketball, Kabbadi, Hockey, Volleyball, Cricket) Care and Maintenance of Play fields.			
<b>Unit-III</b>	Method in Physical Education – meaning – Factors influencing Method Presentation Technique – Teaching Aids – Principles of Class Management. Teaching of activities: Marching, Calisthenics, light apparatus(Wands, Hooks, Poles) Lezium, Folk dance – Minor Games – Lead up activities.			
<b>Unit-IV</b>	Teaching activities of minor games, major games track and field, Yogic Practice, Suryanamaskar, Calisthenics, Light apparatus, Rhythmic activities, Commands, Marching.			
<b>Unit -V</b>	Tournaments – Types of Tournament, Knock out, League, Combination Tournament, Methods of drawing Fixtures.			
<b>Books for References:</b>				
Kamlesh M.L. Scientific “Art of Teaching Physical Education” New Delhi Metropolitan 1994.				
Thiru. Narayanan C and Harishara Sharma “Methods in Physical Education” Karailkudi CJ and S.H. 1989				
Joseph. P.M. “Organization of Physical Education”.				

<b>Semester – III</b>				
	<b>Core Course – XII- (AL-1B)</b> <b>THEORIES OF TRACK AND FIELD EVENTS-II</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>3</b>	<b>4</b>
<b>(FIELD Events: Throw events-Shotput, Discus, Hammer, Javelin, Jump Events- Long Jump,High Jump, Triple Jump and Pole Vault )</b>				
<b>Unit-I</b>	Origin, History and Development of the Track Events – International, National and StateLevel Organization.			
<b>Unit-II</b>	Layout of Playfield – Rules and their Interpretation			
<b>Unit-III</b>	Fundamental Skills – Lead – Up Games, Various Symptoms of Play – Selection of Players.			
<b>Unit-IV</b>	Training: Warm – up Technical Training – Tactical Training – Coaching Programme			
<b>Unit –V</b>	List of Officials, Duties of Officials , Officiating Procedures,			
<p style="text-align: center;"><b>Books for References:</b></p> <p>Conling David, Athletics, London, Robert Hale, 1980</p> <p>Prabhakar Eric, The way to Athletic Gold, Madras East – West press Pct. Ltd., 1995</p> <p>Dr.P.Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P.Mariayyah, Kabaddi, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P.Mariayyah, Volleyball, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P.Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore.</p> <p>Thompson Ganagon, Play Better Soccer in all colour, W.B.Saubders Company, 1972.</p> <p>DHanaraj V.Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.</p>				

<b>Semester – III</b>				
	<b>Core Course – XIII</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
	<b>TEST AND MEASUREMENT &amp; EVALUATION</b>	<b>T</b>	<b>3</b>	<b>4</b>
<b>Unit-I</b>	Meaning of Test, Measurement and Evaluation – Brief History of Test, Measurement and Evaluation – Need and Importance of measurement and Evaluation in Physical.			
<b>Unit-II</b>	Classification of Test – Standardized and Teacher Made test - Object and subject Tests – construction of Knowledge’s test and skill Test – Administration of Test– Duties during testing – Duties after Testing.			
<b>Unit-III</b>	Criteria of test selection – Validity, reliability, Objectivity, Norms, Administrative feasibility – Strength test – Bend Knee sit ups test. Flexibility test – Sit and reach test – Speed test – 50 mts run – Cardio respiratory Endurance – Cooper 2 minute Run / Walk test. Explosive strength test – Standing Broad Jump.			
<b>Unit-IV</b>	AAHPERD Youth Fitness test. JCP test Barrow motor ability test Harward step test Magaia – Kalamen power test			
<b>Unit -V</b>	Test of Specific sport skills Badminton : French Short Serve Test Basketball : Johnson Basketball Ability test Hockey : Hendry Friedal Field Hockey test. Soccer : Mc Donald Volleying Soccer test. Tennis Boer : Miller Tennis test Volleyball : Helmen Volleyball test			
<b>Books for References:</b>				
Safrit Margarat J Measurement in Physical Education and Exercises Science, St Louis Times Morrer Mos by college publishing.				
Bosco James Measurement and Evaluation in Physical Education and Sports New Jersey Prentice Hall in 1983.				
Barry L. Johnson, Jack K. Nelson and Measurement for Evaluation in Physical education the Surjeet Publications.				
A.K.Gupta Tests&Measurement in Physical Education sports publication New Delhi – 52				
A Practical applied to measurement in Physical Education – Horold M. Borrow.				

Semester-III – CC-XIV														
	Practical – TEST AND MEASUREMENTS and Evaluation in Physical Education	T/P	Credits	Hours										
		p	1	1										
<b>Testing on:</b>														
<ol style="list-style-type: none"> <li>1. Arrangements</li> <li>2. Test Administration</li> <li>3. Training Programmes</li> <li>4. Testing Procedures</li> </ol>														
<b>Scheme of Assessment:</b>														
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">5. Test Administration and Testing Procedures</td> <td style="width: 20%; text-align: right;">10</td> </tr> <tr> <td>6. Execution of the Skill-</td> <td style="text-align: right;">20</td> </tr> <tr> <td>7. Recordnote</td> <td style="text-align: right;">-10</td> </tr> <tr> <td>8. VivaVoce</td> <td style="text-align: right;">- 10</td> </tr> <tr> <td style="text-align: right;"><b>TOTAL</b></td> <td style="text-align: right;">- 50</td> </tr> </table>					5. Test Administration and Testing Procedures	10	6. Execution of the Skill-	20	7. Recordnote	-10	8. VivaVoce	- 10	<b>TOTAL</b>	- 50
5. Test Administration and Testing Procedures	10													
6. Execution of the Skill-	20													
7. Recordnote	-10													
8. VivaVoce	- 10													
<b>TOTAL</b>	- 50													
<b>BooksforReference:</b>														
<p>Dr.P.Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr.P.Mariayyah, volleyball, Sports Publication, Raja Street, Coimbatore.</p> <p>Thompson William, Teaching Soccer, Delhi, Surjeet Publications 1996.</p> <p>Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company, 1972. Dhanaraj V.H</p> <p>ubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.</p>														

Semester-III-CC-XV																						
	Practical – (FIELD Events: Throw events-Shotput, Discus, Hammer, Javelin, Jump Events- Long Jump,High Jump, Triple Jump and Pole Vault ) and Martial Arts	T/P	Credits	Hours																		
		p	2	3																		
<b>Testing on:</b>																						
<ol style="list-style-type: none"> <li>1. Fundamental Techniques</li> <li>2. Rules and Regulations</li> <li>3. Playing Ability/Performance</li> <li>4. Training Programmes</li> <li>5. Officiating Techniques</li> <li>6. Martial Arts</li> </ol>																						
<b>Scheme of Assessment:</b>																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">7. Fundamental Techniques &amp; Teaching, Coaching</td> <td style="width: 5%; text-align: center;">-</td> <td style="width: 15%; text-align: right;">10</td> </tr> <tr> <td>8. Playing ability/Performance (Execution of the Techniques)-</td> <td></td> <td style="text-align: right;">10</td> </tr> <tr> <td>9. Officiating Technique</td> <td style="text-align: center;">-</td> <td style="text-align: right;">10</td> </tr> <tr> <td>10. Recordnote and VivaVoce</td> <td style="text-align: center;">-</td> <td style="text-align: right;">10</td> </tr> <tr> <td>11. Martial Arts</td> <td style="text-align: center;">-</td> <td style="text-align: right;">10</td> </tr> <tr> <td style="text-align: right;"><b>TOTAL</b></td> <td style="text-align: center;">-</td> <td style="text-align: right;"><b>50</b></td> </tr> </table>					7. Fundamental Techniques & Teaching, Coaching	-	10	8. Playing ability/Performance (Execution of the Techniques)-		10	9. Officiating Technique	-	10	10. Recordnote and VivaVoce	-	10	11. Martial Arts	-	10	<b>TOTAL</b>	-	<b>50</b>
7. Fundamental Techniques & Teaching, Coaching	-	10																				
8. Playing ability/Performance (Execution of the Techniques)-		10																				
9. Officiating Technique	-	10																				
10. Recordnote and VivaVoce	-	10																				
11. Martial Arts	-	10																				
<b>TOTAL</b>	-	<b>50</b>																				
<b>BooksforReference:</b>																						
<p>Dr.P.Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr.P.Mariayyah, volleyball, Sports Publication, Raja Street, Coimbatore.</p> <p>Thompson William, Teaching Soccer, Delhi, Surjeet Publications 1996.</p> <p>Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company, 1972. Dhanaraj V.H ubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.</p>																						

Semester-III			
	T/P	Credits	Hours
<b>Entrepreneurship – Skill Enhancement Course Common Syllabus Approved by TANSCH</b>	<b>P</b>	<b>2</b>	<b>2</b>

<b>Semester – III</b>				
	<b>Non-Major Elective Adapted Physical Education</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>4</b>	<b>4</b>
<b>Unit-I</b>	Meaning of Adaptive Physical Education, Aims and Objectives of Adapted Physical Education, Basis for Adapted Physical Education, Functions of Adapted Physical Education			
<b>Unit-II</b>	Adapted Programme in Action Scope of Adapted Programme, Adapted programme for elementary schools, High/Secondary School, Colleges and Universities			
<b>Unit-III</b>	Personal Preparation Guiding Principles of Adapted Physical Education Policies of Adapted Physical Education			
UNIT-IV	<b>Evaluation and Measurements</b> <b>Selection and Evaluation procedures, Classification of Handicapped and Disabled individual</b> <b>Determination of special disabilities</b>			
<b>Unit -V</b>	Social and Psychological Adjustment Role of Physical Education in preventing maladjustment and in the promotion of adjustment Recreation for the Handicapped			
<b>Books for References:</b>				
<p>William D.Mcarole. Frank.I Katch Victor. Development of Adapted Physical Education Lea &amp; Febiger Philade Richard W.Bowers and Edward L. Fox – Sports Physiology Third Edition wmc Brown Publishers</p> <p>Laurence E Morehouse Augustus T.Miller, JR Seventh Edition Physiology of Exercise The c.v. Mostly Company.</p> <p>David H.Clarke Prevention and Corrective Physical Education , Inc: Englewood Cliffs, new jersey.Larry G.Shaver Essentials of exercise Physiology surjeet publications.</p>				

<b>Semester – III</b>				
	<b>Non-Major Elective SPORTS NUTRITION</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>4</b>	<b>4</b>
<b>Unit-I</b>	<b>INTRODUCTION TO NUTRITION</b> Definition – Meaning – Need of sports Nutrition – Essential nutrition – Energy nutrients minerals and vitamins – Water –basic four food plan - balanced diet – daily recommended allowances.			
<b>Unit-II</b>	<b>CARBHOHYDRATES:</b> The nature of CHO – Kinds and sources of CHO – recommended intake of CHO – Role of carbohydrates in the body – energy sources – protein sparing – metabolic primer Fuel for the central nervous system – CHO balance in exercise – Intense exercise – moderate and prolonged exercise – effect of diet on muscle glycogen – administration of oral glucose.			
<b>Unit-III</b>	<b>FAT</b> Nature of fat – kinds and sources of fat – Recommended intake of fat – Role of fat in the body – energy sources and reserve – protection and insulation – vitamin carrier and Hunger depressor – Fat Balance in Exercise – Role of fat in Glycogen Sparing – Fat rich foods.  <b>PROTEIN</b> The nature of protein – kinds and sources of protein – recommended intake of protein Role of protein in the body – Protein balance in exercise – dynamics of protein metabolism – protein rich foods.  <b>VITAMINS</b> The nature of vitamins – kinds of vitamins – Role of vitamins in the body – vitamins and exercise performance – Dietary sources – RDA – Vitamins and functions – vitamins deficiency diseases – vitamin rich foods.			
<b>UNIT-IV</b>	<b>MINERALS</b> The nature of minerals – kinds and sources of minerals – role of minerals in the body – Minerals and exercise performance – Recommended daily allowances – functions – deficiency – diseases – Dietary sources.  <b>WATER:</b> Water in the body – water balance intake versus output – functions of body-water – water requirement in exercise – Dehydration – Rehydration – Fluid facts forthirsty Athletes – Liquid meal.			

<b>Unit -V</b>	<p><b>DIET PLANNING FOR SPORTS PERSON:</b></p> <p>Diet planning – factors determining diet planning – The Athlete’s diet – Nutrition before exercise – pre game meal carbo-loading for endurance exercise – Nutrition after exercise – electrolytes and its function – sodium – Potassium Chlorine – Sodium Chloride(Salt) – Electrolyte replacement.</p>
<p><b>Books for References:</b></p> <p>William D.Mcarole. Frank.I Katch Victor.  Exercise Physiology Energy, Nutrition and Human performance Lea &amp; Febiger Philade</p> <p>Richard W.Bowers and Edward L. Fox – Sports Physiology Third Edition wm c Brown Publishers</p> <p>Laurence E Morehouse Augustus T.Miller, JR Seventh Edition Physiology of Exercise The c.v. Mostly Company.</p> <p>David H.Clarke Exercise Physiology prenties Hall, Inc: Englewood Cliffs, new jersey.</p> <p>Larry G.Shaver Essentials of exercise Physiology surjeet publications.</p> <p>Dr.Amrit Kumar R.Moses introduction to exercise physiology poompugar pathipagam.</p> <p>Donald Health. David Reid Williams.  Man at high altitude second edition, Churchill livi gstone.</p>	

<b>Semester – IV</b>				
	<b>Core Course – XX</b> <b>EXERCISE PHYSIOLOGY</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>4</b>	<b>4</b>
<b>Unit-I</b>	Metabolism and Energy Transfer :- Metabolism – Energy – Unit of measuring energy – Sources of energy – Adenosine Triphosphate – Phosphagen system – Anaerobic metabolism – Aerobic metabolism – Fat metabolism – protein metabolism – energy metabolism during rest, exercise and recovery – oxygen debt – oxygen deficit.			
<b>Unit-II</b>	<b>MORPHOLOGICAL FEATURE OF SKELETAL MUSCLE AND FUNCTION.</b> Structure of the skeletal muscle – Chemical composition – Sliding filament theory of muscular contraction – muscle fiber types – fiber distribution and performance – All or none principle – muscle tone – Types of muscular contraction – Staircase Phenomenon or treppe – Heat production in the muscle – Residual muscle soreness – Effect of Training on muscular system.			
<b>Unit-III</b>	<b>RESPIRATORY SYSTEM AND EXERCISE:</b> Mechanism of breathing – Pulmonary ventilation / minute ventilation during rest and exercise – control of ventilation – Lung volumes and capacities - Effect of exercise on Respiratory system.			
UNIT-IV	<b>CARDIOVASCULAR SYSTEM AND EXERCISE:</b> Structure properties of the heart and cardiac cycle, cardiac output during rest and exercise Stroke volume and heart rate – control of heart rate – Heart rate response to exercise on stroke volume– Blood pressure – factors affecting blood pressure and heart rate – Regulation of blood flow – effect of exercise on circulatory system.			
<b>Unit -V</b>	<b>EXERCISE AND ENVIRONMENT:</b> Exercise and temperature regulations – Hot humid climate – Exercise and temperature regulations in cold climates – Effect of High altitude on Physical performance – Physiological adaptations to altitude – Physiological changes in under water conditions.			
<b>Books for References:</b>  William D.Mcarole. Frank.I Katch Victor. Exercise Physiology Energy, Nutrition and Human performance Lea & Febiger Philade Richard W.Bowers and Edward L. Fox – Sports Physiology Third Edition wmc Brown Publishers Laurence E Morehouse Augustus T.Miller, JR Seventh Edition Physiology of Exercise The c.v. Mostly Company. David H.Clarke Exercise Physiology prenties Hall, Inc: Englewood Cliffs, new jersey. Larry G.Shaver Essentials of exercise Physiology surjeet publications. Dr.Amrit Kumar R.Moses introduction to exercise physiology poompugar pathipagam. Donald Health. David Reid Williams. Man at high altitude second edition, Churchill livi gstone.				

<b>Semester-IV</b>				
<b>Core Course–XVI</b>		<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
<b>THEORIES OF TRACK AND FIELD–III</b>		<b>T</b>	<b>4</b>	<b>4</b>
<b>(Combined Events and Long Distance Races)</b>				
<b>Unit-I</b>	Origin, History and Development of the Game – International, National and State Level Organization.			
<b>Unit-II</b>	Fundamental Skills – Lead – Up Games, Various Symptoms of Play – Selection of Players.			
<b>Unit-III</b>	Training: Warm – up Technical Training – Tactical Training – Coaching Programme			
<b>Unit-IV</b>	Layout of Playfield with all measurements, facilities & equipment and its specifications.			
<b>Unit-V</b>	Rules and its interpretations – Score sheet - System of Officiating - Duties of Officials.			
<p style="text-align: center;"><b>Books for References:</b></p> <p>Dr.P.Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr.P.Mariayyah, Volleyball, Sports Publications, Raja Street, Coimbatore.</p> <p>Thompson Ganagon, Play Better Soccer in all colour, W.B.Saubders Company, 1972.</p> <p>D.Hanaraj V.Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.</p>				

Semester-IV – CC-XVII																			
	Practical – (Theories of Track and Field –I,II &III)	T/P	Credits	Hours															
		p	3	3															
<b>Testing on:</b>		<b>Internal -50 &amp; External - 50</b>																	
<ol style="list-style-type: none"> <li>1. Fundamental Techniques</li> <li>2. Rules and Regulations</li> <li>3. Playing Ability/Performance</li> <li>4. Training Programmes</li> <li>5. Officiating Techniques</li> </ol>																			
<b>Scheme of Assessment:</b>																			
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">6. Fundamental Techniques &amp; Teaching, Coaching</td> <td style="width: 5%; text-align: center;">-</td> <td style="width: 15%; text-align: right;">20</td> </tr> <tr> <td>7. Playing ability/Performance (Execution of the Techniques)-</td> <td></td> <td style="text-align: right;">10</td> </tr> <tr> <td>8. Officiating Technique</td> <td style="text-align: center;">-</td> <td style="text-align: right;">10</td> </tr> <tr> <td>9. Recordnote and VivaVoce</td> <td style="text-align: center;">-</td> <td style="text-align: right;">10</td> </tr> <tr> <td style="text-align: right;"><b>TOTAL</b></td> <td style="text-align: center;">-</td> <td style="text-align: right;"><b>50</b></td> </tr> </table>					6. Fundamental Techniques & Teaching, Coaching	-	20	7. Playing ability/Performance (Execution of the Techniques)-		10	8. Officiating Technique	-	10	9. Recordnote and VivaVoce	-	10	<b>TOTAL</b>	-	<b>50</b>
6. Fundamental Techniques & Teaching, Coaching	-	20																	
7. Playing ability/Performance (Execution of the Techniques)-		10																	
8. Officiating Technique	-	10																	
9. Recordnote and VivaVoce	-	10																	
<b>TOTAL</b>	-	<b>50</b>																	
<b>BooksforReference:</b>																			
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<b>Semester – IV</b>				
	<b>Core Course – XVIII</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
	<b>SCIENTIFIC PRINCIPLES OF SPORTS TRAINING AND SPORTS TALENT IDENTIFICATION</b>	<b>T</b>	<b>3</b>	<b>3</b>
<b>Unit-I</b>	Introduction, Meaning , Definition of Sports Training, Principles of Sports Training - Training Load and Recovery – Factors of Load – Load intensity, Load Volume - – judgment of Load – Relationship between Load and Adaptation Over Load.			
<b>Unit-II</b>	Training of Motor qualities: Strength : Forms – Means and Methods to improve strength Speed : Forms – Means and Methods to improve speed Endurance : Forms – Means and Methods to improve Endurance Flexibility : Forms – Means and Methods to improve flexibility. Coordination : Forms – Means and Methods to Improve Coordination.			
<b>Unit-III</b>	Training plan – Periodisation – stages of periodisation – Types of Periodisation – Preparatory period – Competition period – Transitional period – long term and shortterm plans – Cyclic process of training.			
<b>Unit-IV</b>	Techniques preparation – Aims to techniques in sports – Fundamentals and methods for development of techniques in sports – stages of techniques development. Aims of Tactics – Methods of tactical development.			
<b>Unit -V</b>	Sports Talent Identification – Meaning and Definition – Importance and Characteristics of Sports Talent Identification - Procedures of Sports Talent Identification			
<p><b>Books for References:</b></p> <p>Hardayal Singh(1991) Science of sports Training, New Delhi: DVS Publications.</p> <p>John Bunn, Scientific Principles of Coaching.</p> <p>Miler, Fundamental of Track and Field Coaching.</p>				

<b>Semester – IV</b>																
<b>Core Course – XIX</b>		<b>T/P</b>	<b>Credits</b>	<b>Hours</b>												
<b>PRACTICAL – SPORTS TRAINING</b>																
<b>(Methods of Improvement of Speed, Strength, Endurance, Flexibility and Coordination)</b>		<b>P</b>	<b>2</b>	<b>2</b>												
<b>Testing on:</b>																
<ol style="list-style-type: none"> <li>1. Methods of Improvement of Speed</li> <li>2. Methods of Improvement of Strength</li> <li>3. Methods of Improvement of Endurance</li> <li>4. Methods of Improvement of Flexibility</li> <li>5. Methods of Improvement of Coordination</li> </ol>																
<b>Scheme of Assessment:</b>																
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">5. Performance-</td> <td style="width: 5%; text-align: center;">-</td> <td style="width: 15%; text-align: right;">20</td> </tr> <tr> <td>6. Execution Procedure</td> <td style="text-align: center;">-</td> <td style="text-align: right;">15</td> </tr> <tr> <td>7. Record note and Viva voce</td> <td style="text-align: center;">-</td> <td style="text-align: right;">15</td> </tr> <tr> <td style="text-align: right;"><b>TOTAL</b></td> <td style="text-align: center;">-</td> <td style="text-align: right;"><b>50</b></td> </tr> </table>					5. Performance-	-	20	6. Execution Procedure	-	15	7. Record note and Viva voce	-	15	<b>TOTAL</b>	-	<b>50</b>
5. Performance-	-	20														
6. Execution Procedure	-	15														
7. Record note and Viva voce	-	15														
<b>TOTAL</b>	-	<b>50</b>														
<b>Books for Reference:</b>																
<p>Conling David, Athletics, London, Robert Hale, 1980.</p> <p>Prabhakar Eric, The way to Athletic Gold, Madras East – West press Pvt. Ltd., 1995.</p> <p>Dr. P. Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P. Mariayyah, Kabaddi, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P. Mariayyah, volleyball, Sports Publication, Raja Street, Coimbatore.</p> <p>Dr. P. Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore.</p> <p>Thompson William, Teaching Soccer, Delhi, Surjeet Publications 1996.</p> <p>Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company, 1972.</p> <p>Dhanaraj V. Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.</p>																

NME – Non-Major Elective  
Generic Elective Centric

(For other Department Students who choose our department elective papers)

- A. Fitness for Healthy Life  
B. Personal Fitness Training

<b>Semester – IV</b>				
<b>Generic Elective Centric</b>		<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
<b>A. FITNESS FOR HEALTHY LIFE AND WEIGHT MANGEMENT</b>			<b>2</b>	<b>1</b>
<b>Unit-I</b>	Physical Fitness: Meaning and Definition, Concepts, Techniques and Principles. Types and Components of Fitness			
<b>Unit-II</b>	Health Related Fitness-Motor and Skill Related Fitness - Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness-			
<b>Unit-III</b>	Meaning and Definition of Wellness –Components of wellness., Factors Influencing Wellness.			
<b>Unit-IV</b>	Weight Management: Meaning, Concept of Weight Management in the Modern Era – Factors affecting Weight Management and Values of Weight Management			
<b>Unit –V</b>	Aerobic Exercise and Anaerobic Exercises - Maintaining a Healthy Life Style - Body Mass Index (BMI)			
<p><b>Books for References:</b>            Conling David, Athletics, London, Robert Hale, 1980            Prabhakar Eric, The way to Athletic Gold, Madras East – West press Pct. Ltd., 1995            Dr.P.Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.            Dr. P.Mariayyah, Kabaddi, Sports Publications, Raja Street, Coimbatore.            Dr. P.Mariayyah, Volleyball, Sports Publications, Raja Street, Coimbatore.            Dr. P.Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore.            Thompson Ganagon, Play Better Soccer in all colour, W.B.Saubders Company, 1972.            DHanaraj V.Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.</p>				

<b>Semester – IV</b>				
	<b>Generic Elective Centric Personal Fitness Training</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
			<b>2</b>	<b>1</b>
<b>Unit-I</b>	Warming Up Exercises, Fitness, Warm Down Exercises, Stretching Exercises, Strength Training , Weight Training			
<b>Unit-II</b>	Fitness Components , Principles of Sports Training, Endurance Training, Continuous Training, Slow Continuous and Fast Continuous , Repetition Methods, Interval Training, Fartlek Training.			
<b>Unit-III</b>	Speed Training , Plyometric Training, Swiss Ball Training, Aerobics Exercises			
<b>Unit-IV</b>	Upper Body Fitness – Abdominal Conditioning, Lower and Upper Abdominal, Shoulder Fitness, Back Strengthening Exercises,			
<b>Unit –V</b>	Lower Body Fitness, Thigh Muscle stretching, Calf Muscle Stretching , Ankle Strengthening and Knee Strengthening			
<p><b>Books for References:</b></p> <p>Conling David, Strength Training , London, Robert Hale, 1980</p> <p>Prabhakar Eric, The way to Personal Fitness, Madras East – West press Pct. Ltd., 1995</p> <p>Dr.P.Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P.Mariayyah, Kabaddi, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P.Mariayyah, Volleyball, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P.Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore.</p> <p>Thompson Ganagon, Play Better Soccer in all colour, W.B.Saubders Company, 1972.</p> <p>DHanaraj V.Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.</p>				

<b>Semester – V</b>				
	<b>Core Course – XXI</b> <b>SPORTS BIOMECHANICS &amp; KINESIOLOGY</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>4</b>	<b>5</b>
<b>Unit-I</b>	Meaning and Definition – aim, Need and Importance of Bio-Mechanics in the field of Physical education and sports – Types of motion-linear and angular motion – Function – air and Water resistance.			
<b>Unit-II</b>	Linear Kinematics – Distance and Displacement, Speed, Velocity and Acceleration and Projectile – Angular Kinematics – Angular distance and Displacement, Angular speed, Velocity and acceleration.			
<b>Unit-III</b>	Center of Gravity Equilibrium – Stages of equilibrium – Factors affecting – equilibrium. Centrifugal and Centripetal, Force-Direction-angle, Point of application – Lever – Principles and its types-Mechanical Advantage – Application of Levers in Physical Education & Sports.			
<b>Unit-IV</b>	Inertia-Mass and Weight – Force-Factors affecting force-Types of force – Work, Power and Energy-Impact and Elasticity – Newton’s Law of motion.			
<b>Unit -V</b>	Use of the above scientific principles in: Track & Field events – Running, throwing, Jumping – Basketball, football, Volleyball.			
<b>Book for References:</b>				
Greire millor, Paul & smith, Techniques for the analysis of Human movement lapse books London 1975.				
Bunn John W “Scientific Principles of coaching”.				
Charles “Fundamental of Sports Bio-Mechanics Techniques.				
Hay, James G “The Biomechanics of Sports”.				
T. Mc Clurg Anderson Bio Mechanics of Human Motion.				

<b>Semester – V</b>				
	<b>Core Course –XXII</b> <b>SPORTS MEDICINE AND PHYSIOTHERAPY</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>4</b>	<b>5</b>
<b>Unit-I</b>	Common Athletic injuries and their treatment, Sprain, Strain. Types of fracture and their treatment			
<b>Unit-II</b>	Dislocation, Muscle cramp, Bleeding, Wound and its types, Contusion, Abrasion and Puncture wounds			
<b>Unit-III</b>	Meaning, Nature, Need and importance of Physiotherapy Short wave Diathermy, Microwave Diathermy, Diapulse Diathermy, Ultra Sound Waves, Infra red rays, Ultra violet rays.			
<b>Unit-IV</b>	Brief History of Massage Classification of the Manipulations used in massage the techniques and uses indication of all manipulation			
<b>Unit -V</b>	Rhumatic Conditions 1. Classification – Rheumatoid Arthritis 2. Spondylitis 3. A cute respiratory conditions 4. Chronic respiratory conditions 5. Conditions of the Nervous System. Introduction, Sign and Symptoms of neurological dis-orders like Paralegia, Hemiplegia, Cerebral Palsy.			
<b>Book for References:</b> Thorndike, Athletic injuries. I.B. Clayton, Text Book of Electro therapy and Action therapy. Edwin M. Prasnet, Manual of message and Movements. R. Foracks, Exercise Therapy. M. V. Locs, Manual of Message. Adish Luchwald, Physical Rehabilitation for Daily Living.				

<b>Semester – V</b>				
	<b>Core Course –XXIII</b> <b>RESEARCH AND ELEMENTARY STATISTICS</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>4</b>	<b>4</b>
<b>Unit-I</b>	<b>INTRODUCTION</b> Definition for Research – Need, importance and scope of research in Physical Education – Basic research – Applied research.			
<b>Unit-II</b>	<b>FORMULATION AND DEVELOPMENT OF RESEARCH PROBLEM</b> Location of research problem – Criteria in selecting the research problem – Hypothesis – Research proposal.			
<b>Unit-III</b>	<b>HISTORICAL RESEARCH</b> Definition of Historical research – Steps in historical research – Sources of Historical data-primary and secondary sources of data – Historical criticism and internal.			
<b>Unit-IV</b>	Definition and meaning of variables, constants, population, sample and parameter – Scales of Measurement - Nominal, Ordinal, Interval and Ratio – Definition and meaning of range, quartile deviation, mean deviation and standard Deviation – Computation of standard deviation and quartile deviation from ungrouped and grouped data- Characteristics and uses of measures of variability.			
<b>Unit -V</b>	Meaning and importance of percentiles – Computation of percentiles from ungrouped data and grouped and grouped data – Construction of percentiles scales – Computing percentiles in deciles and quartiles.			
<b>References:</b>  Clarke, David Hand Clarke H.Harrison Research process. In physical education (2 <sup>nd</sup> edition) Englewood cliff, new jersey, prentice hall, Inc. 1984  Best John W.Research in Education, Englewood clifts, New jersey, prentice hall, Inc.1971				

Semester – V - Discipline Specific Elective

1. Care and Prevention of Athletic Injuries
2. Computer Application in Physical Education

<b>Semester – V</b>				
	<b>CC-XXIV – DSE-1</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>4</b>	<b>4</b>
<b>Unit-I</b>	<p>(i) Types of Movements, Concentric, exocentric (Isotonic), Static (Isometric) and Isokinetic exercises.</p> <p>(ii) Posture and body mechanics – Standards of Standing posture, values of good posture, drawback and causes of poor posture.</p>			
<b>Unit-II</b>	<p>(i) Posture Tests – Examination of the spine. New York State posture Rating Chart Test, Organization of special classes for postural correction.</p> <p>(ii) Some common deviation in posture – normal curvature of the spine and its utility, kyphosis, lordosis, kypholordosis, flat back, scoliosis (C and S curve, functional and structural round shoulders). Knock knees, bow legs, flat foot, causes for these deviations and treatment including exercise.</p>			
<b>Unit-III</b>	<p>(i) A brief history of massage and remedial exercise</p> <p>(ii) Muscle relaxation as an aid to massage</p> <p>(iii) Points to be considered in giving massage</p> <p>(iv) Physiological effects of massage</p> <p>(v) Classification of the manipulations used in massage and their specific uses on the Human body a stroking manipulation.</p> <p>(vi) Effleurage, Stroking, Kneading, Friction, Hacking, Clapping, Beating and Pounding.</p>			
<b>Unit-IV</b>	<p>(i) Common athletic injuries and their treatment</p> <p>(ii) Sprains</p> <p>(iii) Strains</p> <p>(iv) Contusions</p> <p>(v) Abrasions</p> <p>(vi) Type of fractures and their management</p>			
<b>Unit -V</b>	Principles of applying heat/cold, ultra-violet rays, infra-red rays, contrast bath ultrasonic			

**Book for References:**

- Corrective Physical Education, Rathborne J.I.W.B. Saunders and co., London 1995.
- Manual of massage and movement, Prof E.M. Naro Faber and Faber Ltd.
- Therapeutic Exercise for body Alignment and Education, by William mareuam and Catherine Worthingham, WB. Saunders and Co., 1965
- Massage and Medical Gymnastics, M.V. Lace J. & A. Churchill Ltd., 1951.
- Preventive and Corrective Physical Education Stafford and Kelly, New York. The Ronald Press, 1968.

<b>Semester – V</b>				
	<b>CC-XXIV – DSE-1</b> <b>COMPUTER APPLICATIONS IN PHYSICAL EDUCATION</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>4</b>	<b>4</b>
<b>Unit-I</b>	Introduction to Computer – History of Computers – Block diagram of a Computer – Input Devices, Keyboard and Monitor, Visual Display Terminal, Function Keys, Numeric Key pad, Light Pen and Mouse, Bar Codes – Out put Devices, Video Display unit – Dot Matrix Printers, Line Printers.			
<b>Unit-II</b>	Memory, Function of Memory, Read only Memory (ROM), Random Access Memory (RAM), Floppy Disk, Magnetic tape, Hard Disk – Central Processing Unit – Important characteristics of a computer.			
<b>Unit-III</b>	Software and Hardware, Machine Language, Assembly Language, High Level Language, Advantages of High Level Languages, Interpreters, Operating Systems, Basic Knowledge about different Software packages(Dbase, Spread Sheet, Word Processors)			
<b>Unit-IV</b>	Applications in windows – Application and document files, M.S.Dos. Clock and Calendar, Calculator, Paint, WordPad – Working with multiple applications.			
<b>Unit -V</b>	Practical – Windows '98 Word PowerPoint and Excels – 100 Marks			

**Book for References:**

- Corrective Physical Education, Rathborne J.I.W.B. Saunders and co., London 1995.
- Manual of massage and movement, Prof E.M. Naro Faber and Faber Ltd.
- Therapeutic Exercise for body Alignment and Education, by William mareuam and Catherine Worthingham, WB. Saunders and Co., 1965
- Massage and Medical Gymnastics, M.V. Lace J. & A. Churchill Ltd., 1951.
- Preventive and Corrective Physical Education Stafford and Kelly, New York. The Ronald Press, 1968.

<b>Semester – V</b>				
	<b>Core Course – XXV- THEORIES OF GAMES - II</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>3</b>	<b>4</b>
<b>(Games: Kho-kho, Kabaddi, Hockey )</b>				
<b>Unit-I</b>	Origin, History and Development of the Track Events – International, National and StateLevel Organization.			
<b>Unit-II</b>	Layout of Playfield – Rules and their Interpretation			
<b>Unit-III</b>	Fundamental Skills – Lead – Up Games, Various Symptoms of Play – Selection of Players.			
<b>Unit-IV</b>	Training: Warm – up Technical Training – Tactical Training – Coaching Programme			
<b>Unit -V</b>	List of Officials, Duties of Officials , Officiating Procedures,			
<p style="text-align: center;"><b>Books for References:</b></p> <p>Conling David, Athletics, London, Robert Hale, 1980</p> <p>Prabhakar Eric, The way to Athletic Gold, Madras East – West press Pct. Ltd., 1995</p> <p>Dr.P.Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P.Mariayyah, Kabaddi, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P.Mariayyah, Volleyball, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P.Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore.</p> <p>Thompson Ganagon, Play Better Soccer in all colour, W.B.Saubders Company, 1972.</p> <p>DHanaraj V.Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.</p>				

<b>Semester – V</b>															
	<b>Core Course – XXVI TEACHING PRACTICE - (GENERAL LESSON PLAN AND PARTICULAR LESSON PLAN)</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>											
		<b>P</b>	<b>3</b>	<b>4</b>											
<b>Testing on:</b>															
<ol style="list-style-type: none"> <li>1. General Lesson Plan (All Activities)</li> <li>2. Particular Lesson Plan (Games and Athletics)</li> <li>3. Teaching Methods</li> <li>4. Commands</li> </ol>															
<b>Scheme of Assessment:</b>															
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">1. Teaching of General Lesson Plan</td> <td style="width: 5%; text-align: center;">-</td> <td style="width: 15%; text-align: right;">20</td> </tr> <tr> <td>2. Teaching of Particular Lesson Plan</td> <td style="text-align: center;">-</td> <td style="text-align: right;">20</td> </tr> <tr> <td>3. Record note with school signature</td> <td style="text-align: center;">-</td> <td style="text-align: right;">10</td> </tr> <tr> <td style="text-align: right;"><b>TOTAL</b></td> <td style="text-align: center;">-</td> <td style="text-align: right;"><b>50</b></td> </tr> </table>				1. Teaching of General Lesson Plan	-	20	2. Teaching of Particular Lesson Plan	-	20	3. Record note with school signature	-	10	<b>TOTAL</b>	-	<b>50</b>
1. Teaching of General Lesson Plan	-	20													
2. Teaching of Particular Lesson Plan	-	20													
3. Record note with school signature	-	10													
<b>TOTAL</b>	-	<b>50</b>													
<b>Books for Reference:</b>															
<p>Conling David, Teaching Practice , London, Robert Hale, 1980.</p> <p>Prabhakar Eric, The way to Athletic Gold, Madras East – West press Pvt. Ltd., 1995.</p> <p>Dr. P. Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P. Mariayyah, Kabaddi, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P. Mariayyah, volleyball, Sports Publication, Raja Street, Coimbatore.</p> <p>Dr. P. Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore.</p> <p>Thompson William, Teaching Soccer, Delhi, Surjeet Publications 1996.</p> <p>Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company,1972.</p> <p>Dhanaraj V. Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.</p>															

<b>Semester – V</b>				
	<b>Organising Project Sports Meet , Tournaments and Officiating</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>P</b>	<b>2</b>	<b>1</b>
<b>Organizing Project Sports Meet / Tournaments</b>				
4.	Organizing Project Sports Meet	-	20	
5.	Organising Tournaments	-	20	
6.	Officiating Exam	-	10	
	<b>TOTAL</b>	-	50	
<b>Books for Reference:</b>				
Conling David, Teaching Practice , London, Robert Hale, 1980.				
Prabhakar Eric, The way to Athletic Gold, Madras East – West press Pvt. Ltd., 1995.				
Dr. P. Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.				
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Dr. P. Mariayyah, volleyball, Sports Publication, Raja Street, Coimbatore.				
Dr. P. Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore.				
Thompson William, Teaching Soccer, Delhi, Surjeet Publications 1996.				
Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company,1972.				
Dhanaraj V. Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.				

Semester – V				
	Intensive Internship for School	T/P	Credits	Hours
		P	2	1

### Internship/ Teaching Practice

a) In internship a student (teacher trainee) is undergoing supervised practical training. Internship/ Teaching practice includes Teaching & observation in the Department/ College. Intensive Teaching Practice in the neighboring Schools,

b) Schools for intensive teaching shall be decided by the Staff-in-charge of Teaching Practice and Head of the Department / Principal of the College.

c) A minimum of 30 lessons, Students shall complete 15 General and 15 Particular lessons/ Coaching Lessons in 15 working days under the supervision of the assigned Department /College and physical education staff in the schools.

7. Teaching of General Lesson Plan	-	40
8. Teaching of Particular Lesson Plan	-	40
9. Record note with school signature	-	20

**TOTAL** - 100

### Books for Reference:

- Conling David, Teaching Practice , London, Robert Hale, 1980.  
 Prabhakar Eric, The way to Athletic Gold, Madras East – West press Pvt. Ltd., 1995.  
 Dr. P. Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.  
 Dr. P. Mariayyah, Kabaddi, Sports Publications, Raja Street, Coimbatore.  
 Dr. P. Mariayyah, volleyball, Sports Publication, Raja Street, Coimbatore.  
 Dr. P. Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore.  
 Thompson William, Teaching Soccer, Delhi, Surjeet Publications 1996.  
 Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company,1972.  
 Dhanaraj V. Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.

<b>Semester – V</b>																									
	<b>Core Course – XXVI</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>																					
	<b>THEORIES OF MAJOR GAMES- II</b> <b>(Major Games : Kho-kho, Kabaddi and Hockey) and</b> <b>Gymnastics and Traditional Sports</b>	<b>P</b>	<b>1</b>	<b>1</b>																					
<b>Testing on:</b>																									
<ul style="list-style-type: none"> <li>5. Fundamental Skills</li> <li>6. Finer Skills</li> <li>7. Playing Ability / Performance</li> <li>8. Officiating Techniques</li> <li>9. Gymnastics</li> <li>10. Traditional Sports</li> </ul>																									
<b>Scheme of Assessment:</b>																									
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">10. Fundamental Skill &amp; Defensive and Offensive Skill</td> <td style="width: 5%; text-align: center;">-</td> <td style="width: 15%; text-align: right;">10</td> </tr> <tr> <td>11. Gymnastics</td> <td style="text-align: center;">-</td> <td style="text-align: right;">10</td> </tr> <tr> <td>12. Traditional Sports</td> <td style="text-align: center;">-</td> <td style="text-align: right;">10</td> </tr> <tr> <td>13. Playing ability / Performance</td> <td style="text-align: center;">-</td> <td style="text-align: right;">10</td> </tr> <tr> <td>14. Officiating Technique</td> <td style="text-align: center;">-</td> <td style="text-align: right;">5</td> </tr> <tr> <td>15. Record note</td> <td style="text-align: center;">-</td> <td style="text-align: right;">5</td> </tr> <tr> <td style="text-align: right;"><b>TOTAL</b></td> <td style="text-align: center;">-</td> <td style="text-align: right;"><b>50</b></td> </tr> </table>					10. Fundamental Skill & Defensive and Offensive Skill	-	10	11. Gymnastics	-	10	12. Traditional Sports	-	10	13. Playing ability / Performance	-	10	14. Officiating Technique	-	5	15. Record note	-	5	<b>TOTAL</b>	-	<b>50</b>
10. Fundamental Skill & Defensive and Offensive Skill	-	10																							
11. Gymnastics	-	10																							
12. Traditional Sports	-	10																							
13. Playing ability / Performance	-	10																							
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15. Record note	-	5																							
<b>TOTAL</b>	-	<b>50</b>																							
<b>Books for Reference:</b>																									
<p>Conling David, Athletics, London, Robert Hale, 1980.</p> <p>Prabhakar Eric, The way to Athletic Gold, Madras East – West press Pvt. Ltd., 1995.</p> <p>Dr. P. Mariayyah, Football, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P. Mariayyah, Kabaddi, Sports Publications, Raja Street, Coimbatore.</p> <p>Dr. P. Mariayyah, volleyball, Sports Publication, Raja Street, Coimbatore.</p> <p>Dr. P. Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore.</p> <p>Thompson William, Teaching Soccer, Delhi, Surjeet Publications 1996.</p> <p>Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company, 1972.</p> <p>Dhanaraj V. Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.</p>																									

<b>Semester – VI</b>				
	<b>Core Course – XXVII- (AL-1B)</b> <b>THEORIES OF GAMES-III</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>3</b>	<b>4</b>
<b>(Cricket, Handball and Badminton )</b>				
<b>Unit-I</b>	Origin, History and Development of the Track Events – International, National and StateLevel Organization.			
<b>Unit-II</b>	Layout of Playfield – Rules and their Interpretation			
<b>Unit-III</b>	Fundamental Skills – Lead – Up Games, Various Symptoms of Play – Selection of Players.			
<b>Unit-IV</b>	Training: Warm – up Technical Training – Tactical Training – Coaching Programme			
<b>Unit -V</b>	List of Officials, Duties of Officials , Officiating Procedures,			
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#### Discipline Specific Elective

3. Sports Management
4. Educational Technology in Physical Education

<b>Semester – VI</b>				
	<b>Core Course – XXVIII DEC- Discipline Specific Elective SPORTS MANAGEMENT</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>4</b>	<b>5</b>
<b>Unit-I</b>	Meaning and Definition of Sports management – Scope of sports management – Basic principles of sports management – Functions of sports management.			
<b>Unit-II</b>	Personal management: Objectives – Personal policies – Personal Recruitment – Role of Personal manager. Programme management: Importance of programme development – Factors influencing programme development – Competitive sports programs.			
<b>Unit-III</b>	Sports marketing: Meaning – Factors involved in the marketing of sports – Market awareness – Developing a target market strategy – Quality and price of sports products.			
<b>Unit-IV</b>	Supplies of sports Equipment: Guidelines for selection and supply of equipments – Equipment room, Equipment and supply manager – Guidelines for checking, storing and issuing – Care and Maintenance of equipments.			
<b>Unit -V</b>	Accounting and Budgeting – Definition and role of accounting in sport and fitness enterprise Raising of funds – Types of Budget – Budget record maintenance – The accounting system.			

**Book for References:**

- Bucher A. Charles (1993) Management of Physical Education and sports (10<sup>th</sup> ed.,) St. Louis: Mobsy Publishing Company.
- Chellalurai. P(1999) Human Resource Management in sport and Recreation, Human kinetics.
- Chakraborty, Samiram (1988), Sports Management, Sports publications, New Delhi.
- Lazer. W and Cultey. J Marketing Management. Boston Houghton Miffling Co.
- Ruben Acosta Hernandez, Managing sport organizations, Human kinetics.

<b>Semester – VI</b>				
	<b>Core Course – XXVIII DEC- Discipline Specific Elective EDUCATIONAL TECHNOLOGY IN PHYSICAL EDUCATION</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>4</b>	<b>5</b>
<b>Unit-I</b>	Introduction: Education and Education Technology- Meaning and Definitions. Types of Education- Formal, Informal and Non- Formal Education. Educative Process Importance of Devices and Methods of Teaching.			
<b>Unit-II</b>	Teaching Technique: Teaching Technique – Lecture method, Command method, Demonstration method, Imitation method, Project method. Micro Teaching – Meaning,.			
<b>Unit-III</b>	Types and steps of micro teaching. Simulation Teaching - Meaning, Types and steps of simulation teaching			
<b>Unit-IV</b>	Teaching Aids : Teaching Aids – Meaning, Importance and its criteria for selecting teaching aids. Teaching aids – Audio aids, Visual aids, Audio – Visual aids, Verbal, Chalk board, Charts, Model, Slide projector, Motion picture. Team Teaching – Meaning, Principles and advantage of team teaching. Difference between Teaching Methods and Teaching Aid.			
<b>Unit -V</b>	Introduction to Computer and MS Word: Meaning, Need and Importance of Information and Communication Teaching (ICT) .Application of Computers in Physical Education. MS Word: Introduction to MS Word – Creating, Saving and Opening a Document – Formatting,			
<b>Book for References:</b>				
Bucher A. Charles (1993) Educational Technology in Physical Education and sports (10 <sup>th</sup> ed.,) St. Louis:Moby Publishing Company.				
Chellalurai. P(1999) Human Resource Management in sport and Recreation, Human kinetics.				
Chakraborty, Samiram (1988), Sports Management, Sports publications, New Delhi.				
Lazer. W and Cultey. J Marketing Management. Boston Houghton Miffling Co.				
Ruben Acosta Hernandez, Managing sport organizations, Human kinetics.				

Semester – VI				
	CC-XXVIII HEALTH EDUCATION AND FIRST AID	T/P	Credits	Hours
		T	4	5
<b>Unit-I</b>	Meaning, Nature, Need and Scope of health Education. Factors influencing Health. State, National and International health organization. Meaning of wellness and Health – components of Health-Physical and Mental Health. Community health, Environment health, Occupational health. Personal hygiene School health programme.			
<b>Unit-II</b>	Communicable diseases – agent, causative organism, Incubation period-Mode of spread, sign and symptoms and preventive measure of typhoid, Cholera, Pulmonary Tuberculosis, Amoebiasis, Malaria, Tetanus, Poliomyelitis, Non-Communicable diseases – Symptoms and Prevention of Peptic ulcer, Malignancy, Cancer, Hypertension, Diabetic mellitus.			
<b>Unit-III</b>	Definition – Characteristics – Principles of Safety Education – Need for Safety Education in Physical Education. Factors affecting safety – Need and Importance of safety for preventing injuries.			
<b>Unit-IV</b>	Definition and importance of first aid – first aid for Athletic injuries – sprain, strain – dislocation – cramp – fracture and its types.			
<b>Unit -V</b>	Sign, Symptoms and first aid for Poisoning, Drowning, Dog Bit and Burns. Types of Bleeding – Wound and its type – Contusion – Abrasion – Puncture wound – Laceration. Artificial respiration.			

**Book for References:**

- Mangal SK and Chandra, P.C. (1979) Health and Physical Education, Ludhiana Tandon Brothers Publication.
- Neiniah (1978) School Health Education, New York: Harper and Brothers
- Royappa, Daisy Joseph and Govindarajulu, JK. (1972) Safety Education  
First Aid to the Injured, New Delhi: St. John Ambulance Association
- School Safety Policies, Washington: America Association for Health, Physical Education and Recreation.
- Florio, A.E and Stafford, G.T., (1969) Safety Education, New York: Mc Graw Hill Book Company.
- William, Evans, A, (1952) Everyday Safety, Lyons and Carnahan
- Miller, David. E, (1976) Occupational Safety, Health and Fire Index, New York: Marcel Dekker Inc.

	Project	T/P	Credits	Hours
		CC	4	6
<b>DISSERTATION</b>				
<p>1. The student shall have dissertation for B.P.E.S. in VI Semester. The title and proposal shall be approved by the Guide and Head of Department/ Principal of the College.</p> <p>2. The dissertation must be submitted before issuing the hall tickets, the last theory examination of the VI Semester duly signed by Guide and Head of Department / Principal of the College.</p> <p>3. The format Prescribed by the University shall be followed.</p> <p>4. Only Internal Evaluation only.</p>				

<b>Semester – VI</b>				
	<b>DSE</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
	<b>PRACTICAL OF MAJOR GAMES I, II, III</b>  <b>(Major Games: Football, Khokho, Kabaddi, Volleyball, Badminton, Basket ball, Cricket, Hockey and Handball)</b>	<b>T</b>	<b>2</b>	<b>3</b>
<b>GAME – Internal – 50 and External - 50</b>				
<p>General and specific conditioning exercise</p> <p>Fundamental Skills</p> <p>Drills for developing the skills</p> <p>Team Tactics and Strategy</p> <p>System of Play</p> <p>Standardized skill test</p> <p>Scouting of Performance</p> <p>Rules</p> <p>Officiating techniques</p>				

	<b>Library / Yoga / Qualified for any one Officiating Examination / Field Trip</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>V</b>	<b>2</b>	<b>3</b>

Students are instructed to complete any one of the following

1. Field Trip
2. Qualify for any one Officiating Examination
3. Complete one week yoga internship during week end.
4. Complete Library Hours for One week.

PART-V	Semester-VI – EXTENTION ACTIVITIES – Village Placement Programmes	T/P	Credits	Hours
		V	2	3

In the Sixth semester of the B.P.E.S course for the Village Placement programme the students required to visit of neighbouring village at least for a minimum period of five days and to organise the programmes such as

1. Physical Education/ Physical Exercise related programmes
2. Awareness Programmes related to health and fitness
3. Cleaning, creation of place for physical activities, sports and games.
4. Survey of related health and fitness

The Village Placement programme record with details of programmes organised and photo graphs should be submitted at the time of the Vi Semester B.P.E .S University practical examinations for evaluation.