



KAMARAJ COLLEGE

(AUTONOMOUS)

Accredited with A+ Grade by NAAC

Among Top 150 Colleges in India - NIRF Ranking 2025

இந்து நாடார் சங்கங்களால் 1966-ல் தொடங்கப்பட்ட கல்லூரி
(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

THOOTHUKUDI - 628 003.



B.Sc., Physical Education

Semester - I to VI

(for the students those who joined from the academic year 2024-2025)



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B.Sc. Physical Education

(Choice Based Credit System)

Semester – I to VI

SYLLABUS

(for the students those who joined from the academic year 2024-2025)

Department Profile

Name of the Programme	B.Sc., Physical Education
Programme Code	03029
Year of Establishment	2021

Vision

“Creating a sporty and fit nation through Physical Education and Sports”

Mission

“To conduct research, teaching and outreach programme to improve health conditions and sports performance of human being”

College Mail ID	kamarajcoll@gmail.com
College Website	www.kamarajcollege.ac.in

Under Graduate Degree Programme

1. Introduction

Preamble

Physical Education is a form of one of the most effective means of education imparted through physical exercises, recreational activities and sports. It is an integral part of education. Which by mere participation in it gives the outcomes. These outcomes are both instant as well as have strong carry over values in the life. The children as well as the adult and the old enjoy physical activities & sports and gets benefit in the form of stronger muscles and bones, increased energy, coordination level and most importantly the decreased risk of developing chronic diseases.

The UNESCO in its General Conference in 1978 was convinced that, everyone should be free to develop and preserve his or her physical, intellectual and moral powers. Physical Education, Health Education and Sports should consequently be assured and guaranteed for all human beings. Physical Education is now a regular feature in the primary and secondary schools as well as it is gaining popularity in the higher education. The course opted for this is elective as well as the core at the college and the university level in India.

The graduate level course in Physical Education, Health Education and Sports contains subjects varying from foundation of Physical Education to Anatomy, Physiology, Kinesiology, Test & Measurement, Nutrition, Rehabilitation, Psychology, Sports Training, Sports Biomechanics, Methods of Teachings etc. which are aimed to give thorough knowledge and skills to the students. Students perusing physical education courses are fit to join the jobs as physical trainers, coaches, game officials, referees, umpires, curators, gym trainers, life guards, personal trainers etc. During their course of education, the students also develop the expertise to establish their own business as entrepreneurs in the field of sports, fitness, recreation, adventure sports, camping, event management etc.

Learning Outcomes-Based Curriculum Framework

The learning outcomes-based curriculum framework for a B.Sc degree in Physical Education is intended to provide a broad frame work with in which Physical Education programme responds to the needs of students and requirements. The

framework is expected to assist in the maintenance of standard and uniformity of Physical Education degrees across the country. This will also help in periodic programme review within a broad framework of agreed expected graduate attributes, qualification descriptors, programme learning outcomes and course-level learning outcomes. The framework does seek to bring about uniformity in syllabi for a programme of study in Physical Education, teaching-learning process as well as learning assessment procedures. However, the framework is also intended to allow flexibility and innovation in programme design.

Nature and extent of the B.Sc.degree programme

Physical Education is normally referred to as the science that aims to develop all-inclusive aspects of human personality through physical and sports activities. Physical education is a multidisciplinary subject that cannot be studied in seclusion under the scope of one or two subjects. The scope of Physical Education as a subject is very broad. It caters to the need for developing capability of the students on physical, mental and social aspects. Physical education also aims to develop activity as an alternate and prophylactic medicine. The key areas of study within the Physical Education are „Exercise Physiology, Sports Psychology, Sports Sociology, Sports Management, Sports Journalism, Kinesiology- Biomechanics, Sports Training, Sports Medicine, Kinanthropometry etc.

Degree program in Physical Education covers topics that overlap with the areas outlined above and that address the interfaces of Physical Education with other subjects such as Physiology, Bio-Chemistry, Physics, Physiotherapy, Psychology, Management, Sociology along with training pedagogy employed for enhancing the functional status of individuals with varied needs. As a part of the effort, to enhance the employability of graduates of Physical Education, programs include learning experiences that offer opportunities in various spheres of human existence.

Program Specific Outcomes (PSOs)

This would lead the students to understand historical concept of physical education and relationship between Philosophy, Education and Physical Education. The student would further understand the theoretical implications of philosophies of physical education with modern development and social aspects of Physical Education.

1. To select the in merited talented children for various sports activities.
2. To orient children in schools with the fundamental skills of selected sports as per their innermerited potential.
3. To devise training program for athlete seng aged in different ports activities
4. To officiate, supervise various sports tournaments and orient the minor ganizing sports eventsat all levels.
5. To be entrepreneur (to start their own fitness centre, gym, spa etc) and device appropriatefitness program for different genders and age groups of people.
6. To devise training program for physically challenged peoples.

Eligibility for Admission to the programme B.Sc Physical Education, Health Education and Sports (3Years)

- A. Applicants should have passed the +2 examination of the Government of Tamil Nadu or any other equivalent examination recognized by the Government of Tam I Nadu or approved by the concerned University.
- B. School representation in any game or sports is preferred for the applicants. The procedure followed for the selection of B.P.Ed degree should be followed for B Sc. Physical Education, Health Education and Sports Degree candidates.
- C. The candidates should not have completed 21 years of age as on 1stJuly. However, relaxation of 3 years may be given for SC/ST.

Admission shall be made on the basis of ranking for a total of 150 marks as detailed below

1.	Qualifying Examination	25 marks
2.	Participation in Sports and Games	25 marks
3.	Games skill test	50 marks
4.	Track and Field Skill test	50 marks
Games and Sports participation:		(MaximumMarks:25)
1.	Representation for the Country/National placing	25 marks
2.	State Representation (Form II/IV in games/Sports)	20 marks
3.	Inter Division (Participation)BDS/RDS	15 marks
	Inter District (Participation)/CBSCCLUSTER	
4.	District (BDS/RDS)	10 marks
5.	Inter-School Representation	05 marks
6.	NCC/NSS	05 marks

All other quota system and rule of reservation of the Government of Tamil Nadu shall be followed.

Course-level learning outcomes

The undergraduate degree program of Physical education will be of three years with six semesters. The Course-level learning outcomes for each course with in B.Sc degree programme in Physical Education are given below with content matter (detail syllabus of five unit)to be taught in each unit and semester for three years

Methods of Assessment			
Recall (K1)	Simple definitions, MCQ, Recall steps, Concept definitions		
Understand/ Comprehend (K2)	MCQ, True/False, Short essays, Concept explanations, Short summary or Overview		
Application (K3)	Suggest idea/concept with examples, Suggest formulae, Solve problems, Observe, Explain		
Analyze (K4)	Problem-solving questions, Finish a procedure in many steps, Differentiate Between various ideas, Map knowledge		
Evaluate (K5)	Longer essay/ Evaluation essay, Critique or justify with pros and cons		
Create (K6)	Check knowledge in specific or off beat situations, Discussion, Debating or Presentations		
Methods of Evaluation			Marks
Internal Evaluation	Continuous Internal Assessment Test	15	25
	Assignment (PPT) and Seminar	5	
	Group Discussion and Viva	5	
External Evaluation	End Semester Examination		75
Total			100

Extra Credits

Curricular Activities	Co-Curricular Activities	Extra-Curricular Activities
Paper Presentation	Cultural Competitions	NCC
Paper Publication	Domain Clubs	NSS
Placement Training		Sports
Quiz		YRC
Competitions		UBA

Level	Credit			
	Participation	III Prize	II Prize	I Prize
Intra college	1	2	3	4
Intercollegiate	2	3	4	5
District	3	4	5	6
University	4	5	6	7
State	5	6	7	8
National	6	7	8	9
International	7	8	9	10

****Paper Presentation for each paper: 1credit**

Total credits Under-Graduate Courses including Lab Hours - 2024 to 2025

Semester	Hours	Credits	Additional Credits
I	30	21	2
II	30	21	2
III	30	24	2
IV	30	24	2
V	30	28	3
VI	30	26	3
Total		144	14

**Extra Credit will be given on the basis of student's performances

Written Examination: Theory Paper (Bloom's Taxonomy based) Question paper Model Assessment Pattern

Continuous Internal Assessment (CIA) & End Semester Examination (ESE)

- CIA : 25
- ESE:75

Theory Course:

For theory courses there shall be two tests conducted by the faculty concerned and the average of the best two can be taken as the Continuous Internal Assessment (CIA). CIA is for 50 marks max and will be converted in to 15 marks. The duration of each test shall be 2 Hrs.

Continuous Internal Assessment (Writing)	15marks
Assignment (PPT) & Seminar	5marks
Viva & Group Discussion	5marks

For theory Papers:

- Part A (10×1=10) Marks-Answer all questions (Multiple choice)
- Part B (5×5=25) Marks-Choosing either(a) or (b)
- Part C (5×8=40) Marks-Choosing either (a) or (b)

Total =75marks

Laboratory Courses Assessment

- CIA-40marks
- ESE-60marks
- Mandatory Record submission, attendance and class participation.
- Two CIA for 40 marks max. The average of the best two can be taken as the Continuous Internal Assessment.
- The duration of each test shall be 3 hours. In order to avoid pull the score down of each PO, it is suggested that the usage L-Low (1) to the minimum. The S, M, L is based on the Course outcomes. The mapping is based on the revised Bloom's

Taxonomy Verbs used to describe your Course outcomes.

- Remember and Understanding–Lower level
- Apply and Analyze– Medium Level
- Evaluate and Create–Strong Level

Pedagogy:

- Technology Based Learning (PPT)
- Peer Teaching (Chalk & Talk)
- Virtual Lab
- Blended Learning (Online & Offline)
- Group Learning
- Self - Study
- Games Based Learning

Course Structure for Science Stream
First Year – Semester I
B.Sc., Physical Education
(With effect from the academic year 2024 – 2025 onwards)

Semester I	Course Code	Title of the Course	Hours /Week (L/P)	Credit	Duration of ESE (Hrs.)	Marks Allotted		
						CIA	ESE	Total
Part - I	24ULTL11	jkpo; ,yf;fpa tuyhW - I	6	3	3	25	75	100
Part - II	24ULEN11	General English - I	6	3	3	25	75	100
Part - III Core III	24UMPE11	Foundation of Physical Education and Sports	5	4	3	25	75	100
Core IV	24UMPE12	Theories of Major Games-I (Kabaddi, Kho- Kho)	5	4	3	25	75	100
EC - I Discipline /Generic (Select any one)	24UEPE11 24UEPE12	1. Anatomy and Physiology 2. Sports Journalism	4	3	3	25	75	100
Part - IV SEC – I Lab - 1	24USPEL1	Practical: Major Games-I (Kabaddi, Kho- Kho)	2	2	3	40	60	100
FC Lab - 1	24UFPEL1	Kin anthropometry	2	2	3	40	60	100
Total			30	21				
** SEC-Skill Enhancement Course			** CIA- Continuous Internal Assessment					
** EC –Elective Course			** ESE- End Semester Examination					

Course Structure for Science Stream
First Year – Semester II
B.Sc., Physical Education
(With effect from the academic year 2024 – 2025 onwards)

Semester II	Course Code	Title of the Course	Hours /Week L/P	Credit	Duration of ESE (Hrs.)	Marks Allotted		
						CIA	ESE	Total
Part - I	24ULTL21	jkpo; ,yf;fpa tuyhW - II	6	3	3	25	75	100
Part - II	24ULEN21	General English – II	6	3	3	25	75	100
Part - III Core - III	24UMPE21	Organization, Administration and Methods in physical Education	5	4	3	25	75	100
Core - IV	24UMPE22	Theories of Major Games-II (Badminton, Ball Badminton)	5	4	3	25	75	100
EC – II Discipline /Generic (Select any one)	24UEPE21 24UEPE22 24UEPE23	1. Principles of motor Development 2. Health Education, Safety Education and First aid 3. Sports Journalism	4	3	3	25	75	100
Part – IV SEC – II Lab - 2	24USPEL2	Practical: Major Games-II (Badminton, Ball Badminton)	2	2	3	40	60	100
SEC – III Lab - 3	24USPEL3	Practical: Fundamental Movement Skills	2	2	3	40	60	100
		Total	30	21				
** SEC-Skill Enhancement Course ** EC –Elective Course		** CIA- Continuous Internal Assessment ** ESE- End Semester Examination						

Course Structure for Science Stream
Second Year – Semester III
B.Sc., Physical Education
(With effect from the academic year 2024 – 2025 onwards)

Semester III	Course Code	Title of the Course	Hours / Week L/P	Credit	Duration of ESE (Hrs.)	Marks Allotted		
						CIA	ESE	Total
Part -I	24ULTL31	jkpof tuyhWk; gz;ghLk;	6	3	3	25	75	100
Part -II	24ULEN31	General English-III	6	3	3	25	75	100
Part- III Core- V	24UMPE31	Theories of Major Games-III (Football and Hockey)	5	4	3	25	75	100
Core- VI	24UMPE32	Sports Biomechanics and Kinesiology	5	4	3	25	75	100
EC -III Discipline /Generic	24UEPE31	Sports Psychology and Sociology	4	3	3	25	75	100
Part-IV SEC – IV Lab - 4	24USPEL4	Practical: Theories of Major Games-III (Football and Hockey)	2	2	3	40	60	100
SEC – V Lab - 5	24USPEL5	Practical: Teaching Practice	-	3	3	40	60	100
Part - IV	24UYOG31	Yoga, Culture & Heritage	2	2	1.5	25	75	100
Total			30	24				
** SEC-Skill Enhancement Course					**CIA- Continuous Internal Assessment			
**EC –Elective Course					** ESE- End Semester Examination			

Course Structure for Science Stream
Second Year – Semester IV
B.Sc., Physical Education
(With effect from the academic year 2024 – 2025 onwards)

Semester IV	Course Code	Title of the Course	Hours /Week L/P	Credit	Duration of ESE (Hrs.)	Marks Allotted		
						CIA	ESE	Total
Part - I	24ULTL41	jkpOk; mwptpaYk;	6	3	3	25	75	100
Part - II	24ULEN41	General English - IV	6	3	3	25	75	100
Part – III Core - VII	24UMPE41	Principles of Sports Training	4	4	3	25	75	100
Core - VIII	24UMPE42	Theories of Track and Field (Track Events)	4	4	3	25	75	100
EC – IV Discipline /Generic	24UEPE41	Computer Application in Physical Education	4	3	3	25	75	100
Part - IV SEC – VI Lab - 6	24USPEL6	Practical: Track and field (Track Events)	2	2	3	40	60	100
Part - IV SEC – VII Lab - 7	24USPEL7	Practical: Computer Application in Physical Education	2	2	3	40	60	100
Part - IV	24UEVS41	Environmental Studies	2	2	3	25	75	100
Part - V	24UEA41	NCC/ NSS/ YRC/ SPORTS	-	1	-	-	-	100
		Total	30	24				
** SEC-Skill Enhancement Course			** CIA- Continuous Internal Assessment					
** EC –Elective Course			** ESE- End Semester Examination					

Course Structure for Science Stream
Third Year – Semester – V
B.Sc., Physical Education
(With effect from the academic year 2024 – 2025 on wards)

Semester V	Course Code	Title of the Course	Hours /Week L/P	Credit	Duration of ESE (Hrs.)	Marks Allotted		
						CIA	ESE	Total
Core - IX	24UMPE51	Test, Measurement & Evaluation in Physical Education	5	5	3	25	75	100
Core - X	24UMPE52	Exercise Physiology	5	5	3	25	75	100
Core - XI	24UMPE53	Theories of Track and Field (Field Events)	5	5	3	25	75	100
EC - V	24UEPE51 24UEPE52	1. Olympic Movement 2. Sports Nutrition	5	5	-	25	75	100
SEC - VI	24USPEL8	Practical – Measurement and Evaluation in Human Performance	3	2	3	40	60	100
SEC - VII	24USPEL9	Practical - Track and field (Field Events)	3	2	3	40	60	100
Part – IV Training	24UINT51	*Internship	-	2	-	50	50	100
Part - V	24UPDT51	Personality Development	2	2	3	25	75	100
Total			30	28				
** SEC-Skill Enhancement Course			**CIA- Continuous Internal Assessment					
**EC –Elective Course			** ESE- End Semester Examination					
*Internship – course duration - 7 to14 days (Report should be submitted & Viva Voce will be conducted for the report which is equivalent to the project Viva – voce).								

Course Structure for Science Stream
Third Year – Semester – VI
B.Sc., Physical Education
(With effect from the academic year 2024 – 2025 on wards)

Semester VI	Course Code	Title of the Course	Hours /Week L/P	Credit	Duration of ESE (Hrs.)	Marks Allotted		
						CIA	ESE	Total
Core - XII	24UMPE61	Sports Medicine and Rehabilitation	5	5	3	25	75	100
Core - XIII	24UMPE62	Theories of Major Games - III (Cricket, Basketball, volleyball)	5	5	3	25	75	100
Core - XIV	24UMPE63	Research and Elementary Statistics in Physical Education	5	5	3	25	75	100
Project	24UMPEP1	Practical - Group Project	5	5	3	50	50	100
SEC - VIII	24USPEL10	Practical - Major Games - III (Cricket, Basketball, Volleyball)	5	3	2	40	60	100
SEC - IX	24USPEL11	Practical - Games Specialization: Coaching Lesson Plans	5	3	3	40	60	100
Total			30	26				
** SEC-Skill Enhancement Course			**CIA- Continuous Internal Assessment					
**EC –Elective Course			** ESE- End Semester Examination					

Semester - I
Foundation of Physical Education and Sports

Title of the Course		Foundation Of Physical Education and Sports					
Course Type		Core - I					
Year	I	Semester	I	Credits	4	Course Code	24UMPE11
Instructional Hours Per week		Lecture	Tutorial		Lab Practice	Total	
		5	-		-	5	

Learning outcomes:

1. To compare the relationship between general education and physical education
2. To know recent developments and academic foundation of Physical Education.
3. To able to identify and relate with the History of Physical Education.
4. To able to identify the History of sports.

Unit-I	Meaning and Definition of Education and Physical Education–Need, Nature and Scope of Physical Education – Physical Training and Physical Culture.
Unit-II	Aim and Objectives of Physical Education–Development of Physical, Cognitive, Neuro-muscular, Affective, Social, Emotional, Spiritual and Recreational–Theories of Learning–Laws of Learning.
Unit-III	Scientific basis of Physical Education – Contribution of Allied Sciences–Anatomy, Physiology, Biomechanics, Kinesiology, Sports Medicine, Psychology, Sociology and Computer Science.
Unit-IV	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.
Unit-V	Recent development in India: SAI, NSNIS, SNIPES, LNIPE, Sports Academics – Award and Scholarships: Arjuna Award, Dhronochariya Award, Khela Ratna Award – International and National Competitions: Asian Games, SAF, SGF, RDS and BDS.

Books for References:

1. 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.
2. Thirunarayanan, C. and Hariharan, S., Analytical History of Physical Education, Karaikudi, C.T. & S.H., Publications, 1990.
3. Sharma, O.P., History of Physical Education, New Delhi, Khel Shitya Kendra, 1998.
4. Wakharkar D.G., Manual of Physical Education in India, Pearl Publications Pvt. Ltd., Bombay, 1967. Wuest, D eborah, A. and Charles A. Bucher, Foundations of Physical Education and Sport, New Delhi
5. B L. Publication Pvt., Ltd.
6. Wellman and Cowell, Philosophy and Principles of Physical Education, Amarvati: Suyog Prakashan. Jackson Sharman/ Modern Principles of Physical Education, New York: A.A. Barnes & Co.
7. Khan, Eraj Ahmed, History of Physical Education, Patna Scientific Book Co.

Course Out comes

On completion of the course, the students will be able to

CO. No.	Core Course-I Foundation Of Physical Education And Sports
C01	Discus the historical review of physical education and sports activities of Indian heritage
C02	Understand the basic principles and foundation of physical
C03	Identify and relate with the History of Physical Education.
C04	Describe the History of Sports.
C05	Estimate the Recent development in India

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	3	2	3	3	3	2	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Theories of Major Games-I (Kabaddi, Kho-Kho)

Title of the Course		Theories of Major Games-I (Kabaddi, Kho-Kho)					
Course Type		Core - II					
Year	I	Semester	I	Credits	4	Course Code	24UMPE12
Instructional Hours Per week		Lecture	Tutorial		Lab Practice	Total	
		5	-		-	5	
Learning outcomes:							
<ol style="list-style-type: none"> 1. Trace the history of sports and games in India learn the strategy and tactics in sports 2. Learn various skills in kabaddi and Kho Kho. 3. To be familiar with rules and regulations 4. Learn the method of officiating for all kabaddi and kho - kho. 							
Unit-I	Origin, History and Development of the Game–International, National and State Level Organization						
Unit-II	Fundamental Skills–Lead–Up Games, Various Symptoms of Play–Selection of Players.						
Unit-III	Training: Technical Training–Tactical Training–Coaching Programme						
Unit-IV	Training: Warm-up, Warming down, Essential fitness components, conditioning load						
Unit-V	Rules of the Game Rules and their Interpretations Method of officiating and Scoring Layout and Maintenance of play fields						
Books for References:							
<ol style="list-style-type: none"> 1. Dr. Anil Sharma O.P. Sharma. Rules of games, sports publication, and sari Road New Delhi. 2. Dr. P. Mariayyah. Sports & Games, Sports Publication Raja Street, Coimbatore. 3. Rao C.V. (1971). Kabaddi. Patiala NIS Publication. 4. Monika, A., 2005, “Kabaddi”, Sports Publications, First edition, New Delhi 5. Thakur, J.K., 2013 “Measurement of Playing Field”, Sports Publications, New Delhi 							

Course Out comes

CO. No.	On completion of the course, the students will be able to
C01	Find the basic rules and regulations of various games
C02	Demonstrate the basic skills of various games
C03	Motivate himself towards international level
C04	Estimate the performance of the players
C05	Construct the play fields of various games

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	3	2	3	3	2	3	2	2
C02	3	3	2	3	3	3	3	3
C03	3	3	3	3	3	3	2	3
C04	3	3	2	3	2	2	3	2
C05	2	2	3	2	3	3	3	3

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Anatomy and Physiology

Title of the Course		Anatomy and Physiology					
Course Type		Elective - I					
Year	I	Semester	I	Credits	3	Course Code	24UEPE11
Instructional Hours Per week		Lecture	Tutorial		Lab Practice		Total
		4	-		-		4
Learning outcomes:							
<ol style="list-style-type: none"> 1. Understand the basic concept of Anatomy and Physiology 2. Know about structure and function of muscles and bones 3. Learn the structure and functions of heart and lungs 4. Know about the structure of brain and glands 5. Acquire knowledge about digestive and excretory systems 							
Unit-I	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.						
Unit-II	Skeleton: Meaning and Functions – Bones: Classification and Functions –General Features of Various Bones: Vertebral Column, Pelvic Bone, Radius and Ulna, Sacrum, Femur and Bones of Skull–Joints: Definition and Classification of Joints						
Unit-III	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						
Unit-IV	Respiratory System–Respiration– Respiratory Track–Alveoli–Lungs: Structure & Functions–Gas Exchange–Vital Capacity. Circulatory System–Heart: Structure & Functions–Cardiac Cycle, Cardiac Output, Stroke Volume.						
Unit-V	Endocrine Glands–Functions of Endocrine Glands: Pituitary, Thyroid, Parathyroid, Thymus, Pancreas, Adrenal & Sex–their role, in growth, Development and regulations of body functions.						
Books for References:							
<ol style="list-style-type: none"> 1. Guyton A.C., 1969, Functions of the Human Body, London, W.B. Saunders Company, 2. Dr. V. Selvam “Anatomy and Physiology” Bodinayakanur. 3. Dr. N. M. MUTHAYYA “Physiology” J. J. Publications, Madurai. SEELEY et. All Anatomy and Physiology McGraw Hill. 4. Srivastava et. 1976, All, Text Book of Practical Physiology, Calcutta Scientific Book Agency, 							

Course Outcomes

CO. No.	On completion of the course, the students will be able to
C01	Indicate the different parts of human body
C02	Demonstrate the functions of the human body
C03	Inspect the different systems of the human body
C04	Classify the physiological fitness of the human body
C05	Report the structures functions and its parts

Mapping with Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	3	2	1	3	2	3	2	2
C02	3	3	2	3	3	3	3	3
C03	2	3	3	1	3	3	2	2
C04	3	1	3	3	2	1	3	3
C05	3	3	2	3	3	3	1	3

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PSO1	PSO2	PSO3	PSO4	PSO5
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Sports Journalism

Title of the Course		Sports Journalism					
Course Type		Elective - I					
Year	I	Semester	I	Credits	3	Course Code	24UEPE12
Instructional Hours Per week		Lecture	Tutorial	Lab Practice		Total	
		4	-	-		4	

Learning outcomes:

1. The students will be oriented in basic art of mass communication and reporting of sportsevents through various mediums.
2. Understand the importance and needs of Sports Journalism
3. To discuss about the principles of general news reporting and Sport reporting
4. To explain about the learn techniques of proof reading
5. To develop the skills of commentary skills
6. To develop the skills of organization and advertising techniques

Unit	Contents
I	Meaning and Definition of Journalism - Ethics of Journalism - Sports Ethics and Sportsmanship -Reporting Sports Events - National and International Sports News Agencies.
II	Concept of Sports Bulletin - Types of bullet in - Journalism and sports education - Structure of sports bulletin – Compiling a bulletin - General news reporting and sports reporting.
III	Mass Media in Journalism: Radio and T.V - Commentary – Running commentary on the radio –Sports expert’s comments - Role of Advertisement in Journalism - Sports Photography – Editing and Publishing.
IV	Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games - Preparing report of an Annual Sports Meet for Publication in Newspaper.
V	Organization of Press Meet - Practical assignments to observe the matches and prepare report and news of the same - Visit to News Paper office and TV Centre to know various departments and their working

Course Outcomes

CO. No	On completion of the course, the students will be able to
C01	Identify the scope of journalism and in particular sports journalism and discover the open and hidden power structures/ opportunities in sports journalism.
C02	Criticize the scams, ethics and inculcate professionalism. Use the Theoretical knowledge as a sports journalist and get news-sources of news and write in an unbiased, factual manner
C03	Apply these concepts and techniques to sports communications: reporting, research, writing news, match reports, scripts and press releases, interviewing, Feature writing, live reporting etc
C04	Understand and demonstrate the ability to communicate effectively and persuasively to develop professional relationships with sports bodies, coaches, players and other journalists thus gets proficiency to work in various professional settings and work effectively with diverse groups and organizations.
C05	Develop an appreciation of how sport journalism can promote equity and social justice at the global, national, Regional, state and local levels.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	3	3	3	3	3	3	2	3
C02	3	3	2	3	1	3	3	3
C03	3	1	3	2	3	3	3	2
C04	2	3	1	3	2	2	3	3
C05	3	2	2	3	3	3	1	1

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Practical: Major Games-I (Kabaddi, Kho-Kho)

Title of the Course		Practical: Major Games-I (Kabaddi, Kho-Kho)					
Course Type		Skill Enhancement Course – Practical - 1					
Year	I	Semester	I	Credits	2	Course Code	24USPEL1
Instructional Hours Per week		Lecture	Tutorial	Lab Practice		Total	
		-	-	2		2	

Learning outcomes:

1. Trace the history of sports and games in India
2. learn the strategy and tactics in sports
3. learn various skills in kabaddi, Kho-Kho.
4. Be familiar with rules and regulations
5. learn the method of officiating for all kabaddi, Kho-Kho.

Unit-I	General and Specific Conditioning Exercises
Unit-II	Fundamental Skills (Offensive Skills, Defensive Skills)
Unit-III	Techniques and Tactics
Unit-IV	Lead up games and System of Play
Unit-V	Method of Officiating Play field, Equipment specifications and Scoring

Books for References:

1. Dr. Anil Sharma O. P. Sharma. Rules of games, sports publication, and sari Road New Delhi.
2. Dr. P. Mariayyah. Sports & Games, Sports Publication Raja Street, Coimbatore.
3. Rao C.V. (1971). Kabaddi. Patiala NIS Publication.
4. Monika, A., 2005, "Kabaddi", Sports Publications, First edition, New Delhi
Thakur, J.K., 2013 "Measurement of Playing Field", Sports Publications, New Delhi

Course Outcomes

CO. No.	On completion of the course, the students will be able to
C01	Find the basic General and Specific Conditioning Exercises
C02	Demonstrate the basic skills of various games
C03	Motivate himself towards international level
C04	Estimate the performance of the players
C05	Construct the playfields of various games

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	3	3	3	3	3	3	3	3
C02	3	2	2	3	3	2	3	3
C03	2	2	3	2	3	3	3	2
C04	2	3	3	3	2	3	2	3
C05	3	3	2	3	3	3	3	3

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Practical: Kin Anthropometry

Title of the Course	Kin Anthropometry				
Course Type	Foundation Course - Practical - I				
Course code	24UFPEL1				
Year	I	Semester	I	Credits	1
Instructional Hours Per week	Lecture	Tutorial		Lab Practice	Total
	-	-		2	2
UNIT	CONTENTS				
I	Stadio meter, weighing scales, anthropometric tape, skinfold caliper				
II	Anthropo meter, large sliding caliper, bone calipers,				
III	Segmo meter, wide-spread caliper, small sliding caliper,				
IV	footplate, anthropometric rod anthropometric box				
V	Length measurements – Height, Arm length, Leg length, Hand length, Palm length; Breadth measurements –Forearm girth, Chest girth, waist girth, Hip girth, Thigh girth and Calf girth. Other measurement: BMI & waist circumference				

Extended Professional Component (is a part of internal component only, Not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/TRB/NET/UGC –CSIR/GATE /TNPSC/others to be solved (To be discussed during the Tutorial hour)
Skills acquired from this Course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill

Recommended Texts	<ol style="list-style-type: none"> 1. Pearse Evelyn, B., "Anatomy and Physiology for Nurses" London, Faber and Faber Ltd., 1967. 2. Pearce J.W., "Anatomy for Students and Teachers of Physical Education, London, Edward Arnold and Company, 1959. 3. Marfell-Jones, Michael. Olds, Tim., Stewart, Arthur. Carter, Lid say. (2006). International Standards for Anthropometric Assessment. Potchefstroom: The International Society for the Advancement of Ki anthropometry 4. The International Society for the Advancement of Ki anthropometry (2010) Retrieved January 20, 2011
Reference Books	<ol style="list-style-type: none"> 1. Curton, A.C." Function of the Human Body", London W.B. Saunders Company 1986. 2. Srivastava, etc. "Text book of practical Physiology", Calcutta, Scientific Boo Agency, 1976. 3. Morehous and Miller, "Physiology of Exercise", St. Louis the C.V. Moshy Company, Latest (Ed.). 4. Kapovich and Sinnser, "Physiology of Muscular Activity", London W.B. Saunders Company 1965. 5. Anderson T.Mc. CLurg, "Human Kinetics and Analysing Body Measurments, London. William Heinmann Medical Books Ltd., 1961. 6. Davis, D.V. "Gray's Anatomy", London Longman Green and Company Ltd., 1967. 7. Dual, Ellen Neil Kinesiology. The Anatomy of motion.

Course outcomes: CO	
C01	Learn the palpation technique of bones, bony land marks, skeletal muscles and tendons of human body
C02	Understand the concepts of human body measurement
C03	Identify the body and marks of human body
C04	Acquire the technique of measuring human body segments length, girth, and breadth
C05	Learn the technique of measuring percent body fat using skin fold measurement

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	3	2	1	3	2	3	3	3
C02	3	3	3	2	3	3	2	3
C03	3	1	2	3	3	3	2	3
C04	3	3	3	3	3	3	3	2
C05	3	2	2	1	3	2	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Semester -II
Organization, Administration and Methods in
Physical Education

Title of the Course		Organization, Administration and Methods in Physical Education					
Course Type		Core - III					
Year	I	Semester	II	Credits	4	Course Code	24UMPE21
Instructional Hours Per week		Lecture	Tutorial	Lab Practice		Total	
		5	-	-		5	
Learning Objectives ; This course aims at providing an overall view of							
L01	Students, after successful completion of the course, will be able to						
L02	Learn the scheme of Physical Education						
L03	To understand the Layout of playfields						
L04	Learn about the management.						
L05	Understand the methods of evaluation.						

Unit	Contents
I	Meaning and Importance of Organization and administration – Scheme of Physical Education in: Schools, Colleges, Universities, Districts State and National Level.
II	Facilities – Track, Play Grounds, Gymnasium, Swimming Pole – Layout of Playfields (Basketball, Kabbadi, Hockey, Volleyball, Cricket) Care and Maintenance of Playfields.
III	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, Folkdance–Minor Games–Lead up activities.
IV	Teaching activities of minor games, major games track and field, Yogic Practice, Suryanamaskar, Calisthenics, Light apparatus, Rhythmic activities, Commands, Marching.
V	Tournaments – Types of Tournament, Knock out, League, Combination Tournament, Methods of drawing Fixtures.

Extended professional component (is a part of internal component only, Not To be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill

Recommended Texts:	
1	Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
2	Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co.
3	Kozman, H.C. Cassidy, R. & Jackson, C. (1960). Methods in Physical Education. London: W.B. Saunders Co.
4	Pandy, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depo.
5	Sharma, V.M. & Tiwari, R.H.: (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
References Books:	
1	Kamlesh M.L. Scientific "Art of Teaching Physical Education" New Delhi Metropolitan 1994.
2	Thiru. Narayanan C and Harishara Sharma "Methods in Physical Education" Karaikudi CJ and S.H. 1989
3	Joseph. P.M. "Organization of Physical Education".
4	Thomas, J. P. (1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
5	Tirunarayanan, C. & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.
Web Resources:	
http://archiave.org/details/organizationadmi00willrich	

Course outcomes CO	On completion of this course, students will be able to:
C01	Learn organization and administration strategies in physical education.
C02	Learn to know various playfield in sports and games.
C03	Know the various methods in supervision.
C04	Learn the efficiency in class management and equipment maintains.
C05	Prepare a good budget with the sources of income and expenditure.

Mapping with Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	3	3	2	3	3	2	3	3
C02	2	3	3	3	2	3	3	2
C03	3	3	3	2	3	3	3	2
C04	3	3	3	3	3	3	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Theories of Major Games - II (Badminton, Ball Badminton)

Title of the Course	Theories of Major Games-II (Badminton, Ball Badminton)						
Course Type	Core - IV						
Year	I	Semester	II	Credits	4	Course Code	24UMPE22
Instructional Hours Per week	Lecture		Tutorial		Lab Practice		Total
	5		-		-		5
Learning Objectives : This course aims at providing knowledge on							
L01	The pass out would be oriented with the rules and regulations of the chosen game.						
L02	The pass out would be able to lay-out and mark the dimensions of the court.						
L03	Students would be able to organize the concerned sports event and officiate in it.						
L04	Students would be oriented in the art of coaching the sports team.						
L05	Understand the methods of evaluation.						

Unit	Contents
I	Origin, History and Development of the Game–International, National and State Level Organization.
II	Fundamental Skills–Lead–Up Games, Various Symptoms of Play– Selection of Players.
III	Training: Technical Training–Tactical Training–Coaching Programme
IV	Training: Warm-up, Warming down, Essential fitness components, conditioning load.
V	Rules of the Game Rules and their Interpretations Method of officiating and Scoring Layout and Maintenance of play fields

Extended professional component(is a part of internal component only, Not To be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill

Recommended Texts:	
1	Aibara, E.B., (1975). Cricket. Patiala: National Institute of Sports
2	Rao, E.Prasad (2002). The complete hand book on Kabaddi. Vizianagaram: Jagadamba publication.
3	Perinbaraj, S.B., & et al. (2009). Play field: Dimensions and its requirements, Karaikudi: vinis publication.
4	Colberk A.L. (1966). Modern Basketball-A Fundamental Analysis of Skills and Tactics. London: Nicholas Kaya.
5	Wein, Horts, (1979). The Science of Hockey. London: Pelham Books.
References Books:	
1	Dr.Anil Sharma O.P.Sharma. Rules of games, sports publication, An sari Road New Delhi.
2	Dr.P.Mariayyah. Sports & Games, Sports Publication Raja Street, Coimbatore.
3	Kirubakar, and S. Glady., 2009, "Tennis Skills: A Teacher's Guide", First edition, S.S.Publications, Chennai
4	Thakur, J.K., 2013 "Measurement of Playing Field", Sports Publications, New Delhi
5	Dr.I.Karikalan. 2017 Hand Book on Play Field Manual", SShree Publications, Tuticorin
Web Resources:	
1	https://en.wikipedia.org/wiki/Badminton
2	https://en.wikipedia.org/wiki/Ball_badminton

Course outcomes CO	On completion of this course, students will be able to:
CO1	Learn the fundamental skills, rules and regulation in various games and sports.
CO2	Know to prepare and maintain of various play field and specification
CO3	Learn to adapt team tactics and techniques of various sports.
CO4	Develop evaluation of skills and performance of the players.
CO5	Learn the rules and regulations and current interpretation of new changes in the games.

Mapping with Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	3	3	2	3	3	2	3	3
C02	2	3	3	3	2	3	3	2
C03	3	3	3	2	3	3	3	2
C04	3	3	3	3	3	3	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Principles of Motor Development

Title of the Course		Principles of Motor Development					
Course Type		Elective- II					
Year	I	Semester	II	Credits	3	Course Code	24UEPE21
Instructional Hours Per week		Lecture		Tutorial	Lab Practice		Total
		4		-	-		4
Learning Objectives ; This course aims at providing an overall view of							
L01		Understand the basic Motor development					
L02		Know about physical growth, maturation and aging					
L03		Understand and study the motor skills and movement concepts					
L04		Understanding the concept of Constraints in Motor Development.					
L05		Understand the methods of evaluation.					

Unit	Contents	
I	Definition: Motor Development, Motor Learning, Motor Control- Theoretical perspectives of Motor Development-Concept of Physical Literacy-Age classification.	
II	Physical growth, maturation and Aging – Types of Motor Skills – Movement milestones in children, Long Term Athlete Development (LTAD).	
III	Basic Movements in Human Body–Axis and Plane-Movements in axis and planes–Movements at various joints	
IV	Classification of Motor Skills: Fundamental (Locomotor, Non- locomotor, Manipulative Skill), Specialized (Manipulative, Rhythmic Movement, Game & Sport Skills).	
V	Movement Concepts: Space Awareness, Effort Concepts, Relationships –Postural control and balance.	
Extended professional component(is a part of internal component only, Not To be included in the External Examination question paper)		Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course		Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill

Recommended Texts:	
1	Aibara, E.B., (1975). Cricket. Patiala: National Institute of Sports
2	Rao, E.Prasad (2002). The complete hand book on Kabaddi. Vizianagaram: Jagadamba publication.
References Books:	
1	Kathleen M. Haywood., & Nancy Getchell.,(2009).Life Spanmotor Development (5thEd.), Champaign, IL: Human Kinetics,
2	Robert M.Malina.,Claude Bouchard & oded Bar-Or. (2004).Growth, Maturity and Physical Activity (2nd Ed.), Champaign, IL: Human Kinetics.
3	NAPSE. (2005).Physical Education for Life long Fitness (2 nd Ed.), Champaign, IL: Human Kinetics.
4	Allen W. Jackson., James R.Morrow,Jr. David W.Hill & RodK. Dishman., (2004).Physical Activity for Health and Fitness, Champaign, IL: Human Kinetics.
5	Cratty Bryant, J. (1975). Movement Behaviour and Motor Learning. PhiladelphiaLea & Feb iger.
Web Resources:	
	<ul style="list-style-type: none"> • https://nptel.ac.in • https://swayam.gov.in • www.epgpathshala.nic.in

Course outcomes CO	On completion of this course, students will be able to:
C01	Identify the differences between motor learning, performance, control, and development and discuss the assessment and classification of motor skills.
C02	Discuss the role of motor learning and skill performance within the general framework of Kinesiology.
C03	Identify and discuss concepts associated with sensation, perception, and movement Preparation
C04	Discuss the differences between open-loop and closed-loop accounts of movement control as well as demonstrate an understanding of the speed- accuracy principle in light of open and closed-loop accounts of motor control and learning.
C05	Discuss concepts related to motor learning including stages of learning, retention, transfer, the role of instructions, motivation, and instruction.

Mapping with Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	3	3	2	3	3	2	3	3
C02	2	3	3	3	2	3	3	2
C03	3	3	3	2	3	3	3	2
C04	3	3	3	3	3	3	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Health Education, Safety Education and First aid

Title of the Course		Health Education, Safety Education and First aid					
Course Type		Elective- II					
Year	I	Semester	II	Credits	3	Course Code	24UEPE22
Instructional Hours Per week		Lecture	Tutorial		Lab Practice		Total
		4	-		-		4
Learning Objectives ; This course aims at providing an overall view of							
L01	The student will be able to identify and synthesize the factors that influence health						
L02	The student will be able to recognize the health related challenges in current time and able to apply the preventive measures.						
L03	The student will be able to identify the role of peers, community and median health promotion and protection.						
L04	The student will be able to demonstrate the expertise in above stated domains in a school setup.						
L05	The student will be able to value the knowledge and skills required to preserve community health and well-being.						

Unit	Contents
I	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.
II	Communicable diseases-agent, causative organism, Incubation period-Mode of spread, sign and symptoms and preventive measure of typhoid, Cholera, Pulmonary Tuberculosis, Amoebiasis, Malaria, Tetanus, Polio myelitis, Non - Communicable diseases- Symptoms and Prevention of Peptic ulcer, Malignancy, Cancer, Hypertension, Diabetic mellitus.
III	Definition-Characteristics-Principles of safety Education-Need for Safety Education in Physical Education. Factors affecting safety-Need and Importance of safety for preventing injuries.
IV	Definition and importance of first aid-first aid for Athletic injuries- sprain, strain- Dislocation - cramp - fracture and its types.
V	Sign, Symptoms and first aid for Poisoning, Drowning, Dog Bit and Burns. Types of Bleeding-Wound and its type- Contusion-Abrasion-Puncher wound-Laceration, Artificial respiration.

Extended professional component (is a part of internal component only, Not To be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill
References Books:	
<ol style="list-style-type: none"> 1. Mangal SK and Chandra, P.C.(1979) Health and Physical Education, Ludhian a T and on Brothers Publication. 2. Neiniah (1978) School Health Education, New York: Harper and Brothers Roy appa, Daisy Joseph and Govind arajulu,JK.(1972)SafetyEducationFirstAidtotheInjured,NewDelhi:St.JoA mbulance Association 3. School Safety Policies, Washington: America Association for Health, Physical Education and Recreation. 4. Florio, A. E and Stafford, G.T., (1969) Safety Education, New York: McGraw Hill Book Company. 5. William, Evans, A, (1952) Everyday Safety, Lyons and Carnahan. 6. Miller,David.E,(1976)OccupationalSafety,HealthandFireIndex,NewYor K : Marcel Dekker Inc. 	
Web Resources:	
1	https://www.vlab.co.in/broad-area-chemical-sciences

Course Outcomes	On completion of this course, students will be able to:
C01	Explain the factors influencing health and safety
C02	Build the knowledge on hygiene and various health programme
C03	Analyze the pollutions, various diseases and find their remedies
C04	Assess the mental health, community health and family life education
C05	Build and follow the principles of health education and safety measures

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	3	3	2	3	3	2	3	3
C02	2	3	3	3	2	3	3	2
C03	3	3	3	2	3	3	3	2
C04	3	3	3	3	3	3	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Sports Journalism

Title of the Course		Sports Journalism					
Course Type		Elective - II					
Year	I	Semester	II	Credits	3	Course Code	24UEPE23
Instructional Hours Per week		Lecture	Tutorial	Lab Practice		Total	
		4	-	-		4	
Learning Objectives ; This course aims at providing an overall view of							
L01	The students will be oriented in basic art of mass communication and reporting of sports events through various mediums.						
L02	Understand the importance and needs of Sports Journalism						
L03	To discuss about the principles of general news reporting and Sport reporting						
L04	To explain about the learn techniques of proof reading						
L05	To develop the skills of commentary skills						
L06	To develop the skills of organization and advertising techniques						

Unit	Contents
I	Meaning and Definition of Journalism - Ethics of Journalism - Sports Ethics and Sportsmanship -Reporting Sports Events - National and International Sports News Agencies.
II	Concept of Sports Bulletin - Types of bullet in - Journalism and sports education - Structure of sports bulletin – Compiling a bulletin - General news reporting and sports reporting.
III	Mass Media in Journalism: Radio and T.V - Commentary – Running commentary on the radio –Sports expert’s comments - Role of Advertisement in Journalism - Sports Photography – Editing and Publishing
IV	Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games - Preparing report of an Annual Sports Meet for Publication in Newspaper.
V	Organization of Press Meet - Practical assignments to observe the matches and prepare report and news of the same - Visit to News Paper office and TV Centre to know various departments and their working

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill
References Books: <ol style="list-style-type: none"> 1. Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi: Surjeet Publications. 2. Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication. 3. Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication. 4. Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press. 5. Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication 6. Mohit Chakrabarti(2008):Value Education: Changing Perspective, New Delhi: Kanishka Publication,. 7. Padmanabhan. A &Perumal A (2009), Science and Art of Living, Madurai: Pakavathi Publication. 8. Shiv Khera (2002), You Can Win, New Delhi: Macmillan India Limited. 9. Varma A.K. (1993) Journalism in India from Earliest Times to the Present Period. Sterling publication Pvt. Ltd. 10. Venkataiah. N (2009) Value Education,- New Delhi: APH Publishing Corporation. 43 	

Course outcomes	On completion of this course, students will be able to:
C01	Identify the scope of journalism and in particular sports journalism and discover the open and hidden power structures/ opportunities in sports journalism.
C02	Criticize the scams, ethics and inculcate professionalism. Use the Theoretical knowledge as a sports journalist and get news-sources of news and write in an unbiased, factual manner
C03	Apply these concepts and techniques to sports communications: reporting, research, writing news, match reports, scripts and press releases, interviewing, Feature writing, live reporting etc
C04	Understand and demonstrate the ability to communicate effectively and persuasively to develop professional relationships with sports bodies, coaches, players and other journalists thus gets proficiency to work in various professional settings and work effectively with diverse groups and organizations.
C05	Develop an appreciation of how sport journalism can promote equity and social justice at the global, national, Regional, state and local levels.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
C01	3	3	2	3	3	2	3	3
C02	2	3	3	3	2	3	3	2
C03	3	3	3	2	3	3	3	2
C04	3	3	3	3	3	3	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Practical Major Games-II (Badminton, Ball Badminton)

Title of the Course	Major Games-II (Badminton, Ball Badminton)						
Course Type	Skill Enhancement Course - II - Practical - 2						
Year	I	Semester	II	Credits	2	Course Code	24USPEL2
Instructional Hours Per week	Lecture		Tutorial		Lab Practice		Total
	-		-		2		2
Learning Objectives : This course aims at providing knowledge on							
L01	The pass out would be oriented with the rules and regulations of the chosen game.						
L02	The pass out would be able to lay-out and mark the dimensions of the court.						
L03	Students would be able to organize the concerned sports event and officiate in it.						
L04	Students would be oriented in the art of coaching the sports team.						

Unit	Contents
I	General and Specific Conditioning Exercises
II	Fundamental Skills (Offensive Skills, Defensive Skills)
III	Techniques and Tactics
IV	Lead up games and System of Play
V	Method of Officiating Play field, Equipment specifications and Scoring

Extended professional component (is a part of internal component only, Not To be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill

Recommended Texts:	
1	Aibara, E.B., (1975). Cricket. Patiala: National Institute of Sports
2	Rao, E.Prasad (2002). The complete hand book on Kabaddi. Vizianagaram: Jagadamba publication.
3	Perinbaraj, S.B., & et al. (2009). Play field: Dimensions and its requirements, Karaikudi: vinis publication.
4	Colberk A.L. (1966). Modern Basketball-A Fundamental Analysis of Skills and Tactics. London: Nicholas Kaya.
5	Wein, Horts, (1979). The Science of Hockey. London: Pelham Books.
References Books:	
1	Dr.Anil Sharma O.P.Sharma. Rules of games, sports publication, An sari Road New Delhi.
2	Dr.P.Mariayyah. Sports & Games, Sports Publication Raja Street, Coimbatore.
3	Rao C.V. (1971). Kabaddi. Patiala NIS Publication.
4	Monika, A., 2005, "Kabaddi", Sports Publications, First edition, New Delhi
5	Thakur, J.K., 2013 "Measurement of Playing Field", Sports Publications, New Delhi
Web Resources:	
1	https://en.wikipedia.org/wiki/Badminton
2	https://en.wikipedia.org/wiki/Ball_badminton

Course outcomes CO	On completion of this course, students will be able to:
C01	Learn the fundamental skills, rules and regulation in various Games and sports.
C02	Know to prepare and maintain of various play field and specification
C03	Learn to adapt team tactics and techniques of various sports.
C04	Develop evaluation of skills and performance of the players.
C05	Learn the rules and regulations and current interpretation of new changes in the games.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
C01	3	3	2	3	3	2	3	3
C02	2	3	3	3	2	3	3	2
C03	3	3	3	2	3	3	3	2
C04	3	3	3	3	3	3	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PSO1	PSO2	PSO3	PSO4	PSO5
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Practical: Fundamental Movement Skills

Title of the Course		Practical: Fundamental Movement Skills					
Course Type		Skill Enhancement Course – III – Practical - 3					
Year	I	Semester	II	Credits	2	Course Code	24USPEL3
Instructional Hours Per week		Lecture	Tutorial	Lab Practice		Total	
		-	-	2		2	

Learning Objectives ; This course aims at providing an overall view of	
L01	The pass out would be oriented with the rules and regulations of the chosen game.
L02	The pass out would be able to lay-out and mark the dimensions of the court.
L03	Students would be able to organize the concerned sports event and officiate in it.
L04	Students would be oriented in the art of coaching the sports team.

Unit	Contents
I	Non-LoCo motor Skills (Twisting, Turning, Balancing, Bending, Curling etc.,)V
II	Locomotors Skills 9 (Walking, Running, Jumping, Sliding, Skipping, Etc.,)
III	Manipulative Skills (Throwing, Hitting, Catching, Kicking, Dribbling etc.,)
IV	Total Gross Motor Development-2-Test
V	Functional Movement Screening Test (8Test Items)

Extended professional component(is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill

References Books:	
1	Kathleen M. Haywood., & Nancy Getchell., (2009).Life Span motor Development (5 th Ed.,) ,Champaign, IL: Human Kinetics,
2	Robert M. Malina.,Claude Bouchard & oded Bar- Or.,(2004).Growth, Maturity and Physical Activity(2ndEd.,), Champaign, IL: Human Kinetics.
3	NAPSE. (2005).Physical Education for Life long Fitness (2 nd Ed.), Champaign, IL: Human Kinetics.
Web Resources:	
1	https://www.act.gov.au/health/topics/children-and-young-people-health/keeping-children-active/for-educators-fundamental-movement-skills

Course outcomes CO	On completion of this course, students will be able to:
C01	Detect and correct basic errors for fundamental movement skills in participants so they have a choice to adopt a healthy, active lifestyle;
C02	Apply a teaching process to fundamental movement skills;
C03	Adapt fundamental movement skills for participants with intellectual, physical, sensory or behavioural disabilities;
C04	Lead activities that will promote the development of fundamental movement skills in a safe, responsible manner while interacting with others; and
C05	Provide stage-appropriate feedback to encourage and develop fundamental movement skills in participants.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	3	3	2	3	3	2	3	3
C02	2	3	3	3	2	3	3	2
C03	3	3	3	2	3	3	3	2
C04	3	3	3	3	3	3	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Semester – III
Theories of Major Games - III (Football and Hockey)

Title of the Course	Theories of Major Games - III (Football and Hockey)						
Course Type	Core - V						
Year	II	Semester	III	Credits	4	Course Code	24UMPE31
Instructional Hours Per week	Lecture	Tutorial		Lab Practice		Total	
	5	-		-		5	
Learning Objectives: This course aims at providing knowledge on analysis of inorganic salts.							
L01	To acquire practical knowledge in Football & Hockey						
L02	To learn skills and tactics in Football & Hockey						
L03	To practice in advanced skills in Football & Hockey						
L04	To understand the strategic in Football & Hockey						
L05	To understand the officiating methods in Football & Hockey						

Unit	Contents	Hrs.
I	History of the Games: World, India - Organizational Chart (Working Federation): World, Asia, India, State – Major Competitions – Talent identification.	12
II	Fundamental Skills: Types, Drills and Lead-up activities to develop skills – Scientific principles applied in sports and games.	12
III	Meaning and definition of Tactics and Strategy - Systems of Play – Aspects of coaching, Leadup Games, evaluation – pre and post-match preparation.	12
IV	Warm-up, Cool-down, Factors influencing performance, Fitness components, Exercises and training methods to develop fitness.	12
V	Rules and their Interpretations - Method of officiating and Scoring - Layout and Maintenance of playfields.	12

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill
Recommended Texts:	
1	Colberk A.L. (1966). Modern Basketball-A Fundamental Analysis of Skills and Tactics. London: Nicholas Kaya.
2	Dhanaraj, V. Hubert, (1991). Volleyball – A Modern Approach. Patiala: SAI, NSNIS.
3	Reita, Clanton and Phyl, Dwight Mary (1997). Team Handball Steps to Success. Human Kinetics
Books for References:	
1	Tyson, F. (1985). The Cricket Coaching Manual. Victorian Cricket Association.
2	Mohinder, A., (1950). Learn to Play Good Cricket. New Delhi: Surjeet publications.
3	Dhanraj V. Hubert. (1971). Volleyball: A modern approach. Patiala: SAINSNIS.
4	Larche, & Harry, F, (1969). Techniques to Football Coaching. London: A.S. Barnes and Horat, W., (1970). The Science of Hockey. London: Pelham Books.
5	Milford, D. S. (1949). Hockey Practice and Tactics, London Mnolds and Company.
6	Colberk, A.L. Modern Basketball - A Fundamental Analysis of Skills and Tactics. London, Nicholes Kayl
Web Resources:	
1	www.teachPE.com

Course outcomes CO	On completion of this course, students will be able to
C01	Know the fundamental of all the games and sports
C02	Understand the rules of all the games and sports
C03	Preparing the students for the competition
C04	Classify the students accordingly for various games and sports.
C05	Design and practice the new methods of technique and training

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
C01	3	3	2	3	3	2	3	3
C02	2	3	3	3	2	3	3	2
C03	3	3	3	2	3	3	3	2
C04	3	3	3	3	3	3	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PSO1	PSO2	PSO3	PSO4	PSO5
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Sports Biomechanics and Kinesiology

Title of the Course		Sports Biomechanics and Kinesiology					
Course Type		Core - VI					
Year	II	Semester	III	Credits	4	Course Code	24UMPE32
Instructional Hours Per week		Lecture	Tutorial		Lab Practice		Total
		5	-		--		5
Learning Objectives ; This course aims to provide an understanding of							
L01		The student would be Oriented with the skeletal structure of human body by identifying the origin and insertion of various muscles.					
L02		Orient the students in basic structure and functions of primary joints of the body.					
L03		Relate and interpret the role of various mechanical principles in human movement.					
L04		Classify the physiological fitness of the human body					
L05		Report the structures functions and its parts					
Unit	Contents						Hrs.
I	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.						15
II	Linear Kinematics – Distance and Displacement, Speed, Velocity and Acceleration and Projectile–Angular Kinematics–Angular distance and Displacement, Angular speed, Velocity and acceleration.						15
III	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.						15
IV	Inertia-Mass and Weight–Force-Factors affecting force-Types of force–Work, Power and Energy-Impact and Elasticity–Newton’s Law of motion.						15
V	Use of the above scientific principles in: Track& Field events–Running, throwing, Jumping–Basketball, football, Volleyball						15

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill

Recommended Texts:

1	Gladys, Scott. M. (2005). Text book in Kinesiology. New York: Warren's Books.
2	Hay, J. (1993). The Biomechanics of Sports Techniques. Englewood Cliffs New Jersey: Prentice Hall Inc.
3	Peter, McGinnis (2005). Biomechanics of Sport and Exercise. Champaign: Human Kinetics.
4	Shaw, Dhananjoy (1998). Pedagogic Kinesiology, Delhi: Sports publication.

References Books:

1	Greiremiller, Paul & Smith, Techniques for the analysis of Human movement lapse books London 1975.
2	Bunn John W "Scientific Principles of coaching".
3	Charles "Fundamental of Sports Bio-Mechanics Techniques .Hay, James G "The Biomechanics of Sports".
4	T. McClurg Anderson Bio Mechanics of Human Motion.

Course outcomes CO	On completion of this course, students will be able to
CO1	Know the need of kinesiology in sports training.
CO2	Understand the mechanism of joints and muscles movements
CO3	Understand the need of biomechanics prevention of injuries
CO4	Learn the concepts of mechanical principles and its field
CO5	Understand the application of mechanical principles in sports.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	3	3	2	3	3	2	3	3
C02	2	3	3	3	2	3	3	2
C03	3	3	3	2	3	3	3	2
C04	3	3	3	3	3	3	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Sports Psychology and Sociology

Title of the Course		Sports Psychology and Sociology					
Course Type		Elective - III					
Year	II	Semester	III	Credits	3	Course Code	24UEPE31
Instructional Hours Per week		Lecture	Tutorial	Lab Practice		Total	
		4		--		4	
Learning Objectives ; This course aims to provide an understanding of							
L01	Orient the student in basic concepts of psychology.						
L02	Identify the factors determining one's over all personality.						
L03	Understand various laws of learning and their relevance in teaching and learning process.						
L04	Study about the concept of Sports Sociology.						
L05	Study about the concept of Sports psychology.						
Unit	Contents						Hrs.
I	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.						15
II	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.						15
III	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.						15
IV	Personality traits of sports person–composition of personality– Aggression–theories of Aggression– Psycho-regulative procedures. Autogenic training, yoga and Music's.						15
V	Meaning, Nature and Scope of Sociology in Physical education and sports –social factors insports–Leadership in sports spectators and fans group cohesion social Integration.						15

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill
Recommended Texts:	
1	Blair, J.& Simpson, R.(1962). Educational psychology, New York:McMillan Co.
2	Cratty, B. J.(1968). Psychology and physical activity. Eaglewood Cliffs. Prentice Hall.
References Books:	
1	Alderman A.B. Psychology Behavior in sports W.B.Saundar company Saundar 1974. PuniA.T. Sports Psychology Chanduga NIS.
2	Alderman Psychology Behavior
3	Cratty B.J. Psychology and Physical acivity. Singer R.N.Coaching, Athletics and Physiology.
4	Kamlesh, M.L. (1998). Psychology in physical education and sport. New Delhi: Metropolitan Book Co.
5	Skinnner, C. E., (1984.). Education psychology. New Delhi: Prentice Hall of India.
Web Resources:	
	www.teachPE.com

Course outcomes CO	On completion of this course, students will be able to	Mapping With Programme Outcomes and Programme Specific Outcomes
C01	Understand the basic knowledge of sports psychology	
C02	Learn the principles of motivation and theories of learning.	
C03	Understand the psychological factors important of sports performance.	
C04	Learn the need and importance of social wellbeing.	
C05	Understand the game knowledge the role of media in sports.	

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	3	3	2	3	3	2	3	3
C02	2	3	3	3	2	3	3	2
C03	3	3	3	2	3	3	3	2
C04	3	3	3	3	3	3	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Practical: Theories of Major Games-III (Football and Hockey)

Title of the Course	Practical: Theories of Major Games-III (Football and Hockey)						
Course Type	Skill Enhancement Course - Practical - 4						
Year	II	Semester	III	Credits	2	Course Code	24USPEL4
Instructional Hours Per week	Lecture		Tutorial		Lab Practice		Total
	-		-		2		2
Learning Objectives: This course aims at providing knowledge on analysis of inorganic salts.							
L01	To acquire practical knowledge on games						
L02	To obtain the experience in Skills, strategy, tactics and advance skills.						
L03	To impart the fundamentals knowledge about the theory of sports and games.						
L04	To understand various scientific principles in coaching, physical fitness components and conditioning exercises.						
L05	To officiating knowledge on games						

Unit	Contents	Hrs.
I	General and Specific Conditioning Exercises	12
II	Fundamental Skills (Offensive Skills, Defensive Skills)	12
III	Techniques and Tactics	12
IV	Lead up games and System of Play	12
V	Method of Officiating Play field, Equipment specifications and Scoring	12

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill

Recommended Texts:	
1	Aibara, E.B., (1975). Cricket. Patiala: National Institute of Sports
2	Anand. R.L. (1986). Play field manual, Patiala: NIS publication.
3	Perinbaraj, S.B., & et al. (2009). Play field: Dimensions and its requirements, Karaikudi: vinis publication.
4	Rao, E.Prasad (2002). The complete hand book on Kabaddi. Vizianagaram: Jagadamba publication.
Books for References:	
1	Dr.Anil Sharma O.P.Sharma. Rules of games, sports publication, An sari Road New Delhi.
2	Dr.P.Mariayyah. Sports & Games, Sports Publication Raja Street, Coimbatore.
3	Rao C.V. (1971). Kabaddi. Patiala NIS Publication.
4	Monika, A., 2005, "Kabaddi", Sports Publications, First edition, New Delhi
5	Thakur, J.K., 2013 "Measurement of Playing Field", Sports Publications, New Delhi
Web Resources:	
	www.teachPE.com

Course outcomes CO	On completion of this course, students will be able to
C01	Learn the fundamental skills, rules and regulation in various Games and sports.
C02	Know to prepare and maintain of various play field and specification
C03	Learn to adapt team tactics and techniques of various sports.
C04	Develop evaluation of skills and performance of the players.
C05	Learn the rules and regulations and current interpretation of new changes in The games.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
C01	3	3	2	3	3	2	3	3
C02	2	3	3	3	2	3	3	2
C03	3	3	3	2	3	3	3	2
C04	3	3	3	3	3	3	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PSO1	PSO2	PSO3	PSO4	PSO5
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Practical: Teaching Practice

Title of the Course		Practical: Teaching Practice					
Course Type		Skill Enhancement Course - Practical - 5					
Year	II	Semester	III	Credits	3	Course Code	24USPEL5
Instructional Hours Per week		Lecture	Tutorial	Lab Practice		Total	
		-	-	-		-	
Learning Objectives ; This course aims at providing knowledge on							
L01	To help the understand varied responsibilities of a teacher.						
L02	To understand the concept of teaching styles, methods, & approaches and to blend them judiciously in the teaching.						
L03	To help the understand methods of communication & its effective use in the teaching process.						
L04	To help the understand the importance & steps of planning. General lesson Plan and						
L05	To understand the basic teaching concept and teaching step to step method.						

Unit	Contents	Hrs.
I	Assembly and roll call Class handling Assembly and disposal Marchpast	15
II	Callisthenic Exercises (Free arm Exercises) Standing exercises Bending exercises Stepping exercises Moving exercises Lunging exercises Clapping exercises	15
III	Exercise with Equipment's Dumb bells Indian clups Vands Scoop Ploe drill	15
IV	Exercise without Equipment's Baithaks Dhands Minor game	15
V	Teaching skills on major games and athletic events DemonstrationTeaching Correcting the mistakes Lead up activities	15

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Profession	
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill

Recommended Texts:	
1	Thomas, J. P. (1967). Organization & administration of Physical Education. Madras: Gyanodayal Press
2	Tirunaryanan, C. and Hariharan. S, (1993). Methods in Physical Education. Karaikudi: South India Press.
References Books:	
1	Athicha, P., (2007). Methods in Physical Education. Chennai: South Indian Publication.
2	Verma ,H., (2012). Methods and Management of Physical Education (1st Ed.,). Chennai: SportsPublications.
3	Perinbaraj, B., (2013). Methods in Physical Education. Karaikudi: Vinci Agencies.
4	Mojumdar, &Mohum, R., (2009). Methods in Physical Education. New Delhi: Sports Publications.
5	Gopalakrishnan, R. W., (2012). Teaching Methods of Physical Education. New Delhi: SportsPublications.
6	Arumugam, S., (2018). Physical Education: Organization and Administration Methods. Madurai:Shanlax Publications.
7	Karikalan, I., & Alex, T. A., (2014). Fixtures for Tournaments. Tuticorin: Shree Publications
8	Karikalan, I., (2017). Organization, Administration and Methods in Physical Education. Tuticorin:Shree Publications
Web Resources:	
	www.teachPE.com

Course outcomes CO	On completion of this course, students will be able to
CO1	Understand varied responsibilities of a teacher.
CO2	Understand the concept of teaching styles, methods, & approaches and to Blend them judiciously in the teaching.
CO3	Understand methods of communication & its effective use in the teaching process.
CO4	Understand the importance & steps of planning. General lesson Plan and Particular Lesson Plan.
CO5	Understand the Lesson Planning

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	3	3	2	3	3	2	3	3
C02	2	3	3	3	2	3	3	2
C03	3	3	3	2	3	3	3	2
C04	3	3	3	3	3	3	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Semester - IV Principles of Sports Training

Title of the Course		Principles of Sports Training					
Course Type		Core - VII					
Year	II	Semester	IV	Credits	4	Course Code	24UMPE41
Instructional Hours Per week		Lecture	Tutorial		Lab Practice	Total	
		4	-		-	4	

Learning outcomes:

1. The learners will be able to identify the fundamental concepts, theories and principles of human body training related to sports performance.
2. The learners will be able to demonstrate the skills to train different fitness components and related planning.
3. The learners will be able to understand the organization to achieve high performance in sports.

Unit	Contents
I	Introduction–Meaning and Definition of Sports Training–Principles of Sports Training.
II	Training Load and Recovery–Factors of Load–Load intensity, Load Volume – Judgment of Load–Relationship between Load and Adaptation Over Load.
III	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.
IV	Training plan – Periodization – stages of periodization – Types of Periodization – Preparatory period–Competition period–Transitional period–long term and short term plans–Cyclic process of training.
V	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.

Books for References:

1. Hardayal Singh(1991)Science of sports Training, NewDelhi: DVS Publications.
2. JohnBunn, Scientific Principles of Coaching.
3. Miler, Fundamental of Track and Field Coaching.
4. Dr M.Elango, M.Kandasamy,P.Sivagnanam Fundamentals of Sports Training
5. Dr.S.Arumugam (2018), Sports Training and System of Coaching, Shanlax Publications, Madurai
6. Dr.J.Karthikeyan, Dr.C.Esakkiappan (2014) Training Methods. Krishna Publications, Tirunelveli.

Course Outcomes

CO. No.	On completion of the course, the students will be able to
CO1	Understand the characteristics of sports training.
CO2	Learn the various components of sports training.
CO3	Apply the principles of the training load.
CO4	Learn to plan the training program for different sports.
CO5	Identify the talent, techniques and tactics of training.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
CO1	2	3	2	3	3	3	2	3
CO2	2	2	3	3	2	3	3	2
CO3	3	3	3	2	3	3	2	3
CO4	3	3	2	3	3	2	3	3
CO5	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	3	3	3	3	3
CO2	3	3	3	3	3
CO3	3	3	3	3	3
CO4	3	3	3	3	3
CO5	3	3	3	3	3

Theories of Track and Field (Track Events)

Title of the Course		Theories of Track and Field (Track Events)					
Course Type		Core - VIII					
Year	II	Semester	IV	Credits	4	Course Code	24UMPE42
Instructional Hours Per week		Lecture	Tutorial		Lab Practice		Total
		4	-		-		4

Learning outcomes:

1. The learners will be able to identify the fundamental concepts, theories and principles of human body training related to sports performance.
2. The learners will be able to demonstrate the skills to train different fitness components and related planning.
3. The learners will be able to understand the organization to achieve high performance in Sports.

Unit	Contents
I	Planning and construction of track - Planning and Construction of 200 mts and 400 mts track (100 mts, 200 mts, 400 mts, 800 mts, 1500 mts, 5000 mts, 10000 mts, 100 mts Hurdles, 110 mts Hurdles, 4X100 mts Relay, 4X400 mts Relay and Marathon) and rules pertaining to the above events.
II	Running event - Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug. Race walking. Ground Marking, Rules and Officiating – Score Sheet
III	Hurdles:- Fundamental Skills- Starting, Clearance and Landing Techniques. Types of Hurdles. 3000 mts steeple chase. Ground Marking and Officiating – Score Sheet.
IV	Relays: Fundamental Skills - Various patterns of Baton Exchange - Understanding of Relay Zones - Ground Marking. Interpretation of Rules and Officiating – Score Sheet.
V	Record note - Preparation of record for Sprints, Middle distance, Long distances, Relays, Steeple chase, Walking races, Hurdles Marathon and Cross country events. Technique, World & Olympic, Commonwealth, Asian, National records and other major competitions in running events. History, organizational setup at International level athletic federation / association. Assessment of performance.

Books for References:

1. Anand. R.L. (1986). Play field manual, Patiala: NIS publication.
2. Book of rules of games and sports, (2005). New Delhi: National Council of Y.M.C.A of India.
3. Bosen, Ken O. (1994). Track & Field Fundamental Techniques, Patiala: MS Publication.
4. Conling, David, (1980) Athletics, London: Robert Hale
5. Joseph, Rogers L. (2000) USA Track & Field Coaching Manual. Champaign: Human Kinetics Publications.
6. Perinbaraj, S.B., & et al. (2009). Play field: Dimensions and its requirements, Karaikudi: Vinis publication.
7. <https://www.iaaf.org/>

Course Outcomes

CO. No.	On completion of the course, the students will be able to
CO1	Learned about various running events.
CO2	Studied the various techniques involved in running events
CO3	Attained the knowledge of rules and regulation related to running events
CO4	Understood the important concept in coaching in running events
CO5	Learned the marking in running events.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
CO1	2	3	2	3	3	3	2	3
CO2	2	2	3	3	2	3	3	2
CO3	3	3	3	2	3	3	2	3
CO4	3	3	2	3	3	2	3	3
CO5	3	2	3	3	2	3	3	2

S-Strong (3)**M-Medium (2)****L-Low (1)**

CO/PSO	PS01	PS02	PS03	PS04	PS05
CO1	3	3	3	3	3
CO2	3	3	3	3	3
CO3	3	3	3	3	3
CO4	3	3	3	3	3
CO5	3	3	3	3	3

Computer Application in Physical Education

Title of the Course		Computer Application in Physical Education					
Course Type		Elective - IV					
Year	II	Semester	IV	Credits	3	Course Code	24UEPE41
Instructional Hours		Lecture	Tutorial		Lab Practice	Total	
Per week		4	-		-	4	

Learning outcomes:

1. Obtain the knowledge of computer application in physical education.
2. understand the basic knowledge of computer
3. Learn the MS word, MS excel & MS powerpoint

Unit	Contents
I	Meaning, need and importance of information and communication technology (ICT). Components of computer: input and output device
II	Introduction to MS Word, Creating, saving and opening a document, Formatting, page setup, paragraph alignment, spelling and grammar check, printing option, inserting: page number, graph, footnote and notes. Drawing table, inserting row and column, deleting row and column
III	Introduction to MS Excel Inserting data in to excel sheet, Creating, saving and opening worksheet Preparing bar Diagrams, Format and editing features adjusting columns width and row height understanding charts.
IV	Introduction to MS Power Point, Creating, saving and opening a ppt. file Format and editing features: design, inserting slide number, picture, graph and table. Stating slide show, Animations in the slides show Preparation of Power point presentations
V	Computer Applications in Physical Education – Office Management Teaching, learning and coaching modules. Application software used in Physical Education and sport

Book for References:

1. Cassel. P and Hart. M Windows 98, Techmedia, New Delhi, 1998
2. Norton. P, Complete Guide to Windows, BPB Publication, New Delhi, 1998 Teach Yourself Excel 97 for Windows, BPB Publication, New Delhi, 1998 Mastering Power Point for Windows, BPB Publication New Delhi, 1996 Computer Basics, BPBP Publications, New Delhi.
3. Computer Concepts and Facts, BPB Publication, New Delhi. Handbook for Windows, Power Point and Excel.
4. National Institute for Computer Education, Chennai

Course Outcomes

CO. No	On completion of the course, the students will be able to
C01	Appraise the application of MS Office in Physical Education. K5
C02	Compare the computer application in Physical Education and its influence in Sports Achievements
C03	Gain knowledge about Format and Editing features.
C04	Gain knowledge about MS Power Point
C05	Students will be able to make ppt. file.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	3	2	3	3	3	2	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PSO1	PSO2	PSO3	PSO4	PSO5
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Practical: Track and field (Track Events)

Title of the Course		Practical: Track and field (Track Events)					
Course Type		Skill Enhancement Course – VI- Practical - 6					
Year	II	Semester	IV	Credits	2	Course Code	24USPEL6
Instructional Hours Per week		Lecture	Tutorial	Lab Practice		Total	
		3	-	-		3	

Learning outcomes:

1. Learned about various running events.
2. Studied the various techniques involved in running events.
3. Attained the knowledge of rules and regulation related to running events.
4. Understood the important concept in coaching in running events.
5. Learned the marking in running events.
6. World & Olympic, Common wealth, Asian, National records and other major competitions in running events were learned.

Unit	Contents
I	Planning and Construction of 200 mts and 400 mts Standard track and Nonstandard track marking.
II	Starting techniques: Standing start, Crouch start and its variations, Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug.
III	Hurdles: Fundamental Skills- Starting, Clearance and Landing Techniques & 3000 mts steeple chase.
IV	Relays: Fundamental Skills - Various patterns of Baton Exchange - Understanding of Relay Zones.
V	Record for Track Events, Marathon and Cross country events. Technique, World & Olympic, Common wealth, Asian, National records and other major competitions in running events. History, organizational setup at International level athletic federation / association. Indian Olympian Medalist and Awardees.

Book for References:

1. Anand. R.L. (1986). Play field manual, Patiala: NIS publication.
2. Book of rules of games and sports, (2005). New Delhi: National Council of Y.M.C.A of India.
3. Bosen, Ken O. (1994).Track & Field Fundamental Techniques, Patiala: MS Publication.
4. Conling, David, (1980) Athletics, London: Robert Hale
5. Joseph, Rogers L. (2000) USA Track & Field Coaching Manual. Champaign: Human Kinetics Publications.
6. Perinbaraj, S.B., & et al. (2009). Play field: Dimensions and its requirements, Karaikudi: Vinis publication. <https://www.iaaf.org/>

Course Outcomes

CO. No.	On completion of the course, the students will be able to
CO1	Learned about various running events.
CO2	Studied the various techniques involved in running events.
CO3	Attained the knowledge of rules and regulation related to running events.
CO4	Understood the important concept in coaching in running events.
CO5	Students will be able to make ppt. file.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	3	2	3	3	3	2	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Practical: Computer Application in Physical Education

Title of the Course		Practical: Computer Application in Physical Education					
Course Type		Skill Enhancement Course – VII – Practical - 7					
Year	II	Semester	IV	Credits	2	Course Code	24USPEL7
Instructional Hours Per week		Lecture	Tutorial	Lab Practice		Total	
		-	-	3		3	

Learning outcomes:

1. Obtain the knowledge of computer application in physical education.
2. Understand the basic knowledge of computer
3. Learn the MS word, MS excel & MS power point.

Unit	Contents
I	Typing sports correspondence letters using MS WORD, Table formation using MS WORD
II	Preparing fixtures using MS WORD, Creating charts using EXCEL
III	Statistical and mathematical functions using MS EXCEL, Mail Merge
IV	Internet operations, Preparing Sports Invitations using Word Art
V	Preparing Score Sheets for various games and Track and Field, Power Point presentation

Book for References:

1. Cassel.PandHart.MWindows98, Tec media, New Delhi, 1998
2. Norton.P,CompleteGuidetoWindows,BPBPublication,NewDelhi,1998TeachYourselfExcel9forWindows,BPBPublication,NewDelhi,1998MasteringPowerPointforWindows,BPBPublicationNewDelhi,1996ComputerBasics,BPBPPublications,NewDelhi.
3. Computer Concepts and Facts, BPB Publication, New Delhi. Handbook for Windows, PowerPoint and Excel.
4. National Institute for Computer Education, Chennai

Course Outcomes

CO. No	On completion of the course, the students will be able to
C01	Appraise the application of MS Office in Physical Education. K5
C02	Compare the computer application in Physical Education and its influence in Sports Achievements
C03	Gain knowledge about Format and Editing features.
C04	Gain knowledge about MS Power Point
C05	Students will be able to make ppt. file.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	3	2	3	3	3	2	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3) M-Medium (2) L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Semester - V

Test, Measurement & Evaluation in Physical education

Title of the Course		Test, Measurement & Evaluation In Physical Education					
Course Type		CORE - IX					
Year	III	Semester	V	Credits	5	Course Code	24UMPE51
Instructional Hours Per week		Lecture	Tutorial		Lab Practice	Total	
		5			--	5	
Learning Objectives ; This course aims at providing an overall view of							
LO 1	The students will be able to recognize and relate the concept of test, measurement and evaluation in the context of Physical Education.						
LO 2	Construct and conduct the physical fitness and sports skill test.						
LO 3	The students will be able to implement the criteria of test selection.						
LO 4	Develop the art of applications of test, measurement and evaluation in sports.						
LO 5	Development of practical competency in conducting physical fitness and skill tests.						

Unit	Contents
I	Meaning of Test, Measurement and Evaluation–Brief History of Test, Measurement and Evaluation–Need and Importance of measurement and Evaluation in Physical Education.
II	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.
III	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–50mts run–Cardiorespiratory Endurance–Cooper 2minute Run/Walk test. Explosive strength test–Standing Broad Jump.
IV	AAHPERD Youth Fitness test. JCP test Barrow motor ability test Harward step test Magaia–Kalamen power test

V	<p>Test of Specific sport skills</p> <p>Badminton : French Short Serve Test</p> <p>Basketball : Johnson Basketball Ability test</p> <p>Hockey : Hendry Friedal Field Hockey test.</p> <p>Soccer : McDonald Volleying Soccer test.</p> <p>Tennis Boer : Miller Tennis test</p> <p>Volleyball : Helmen Volleyball test</p>
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<p>Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)</p>	<p>Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)</p>
<p>Skills acquired from this course</p>	<p>Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill</p>
<p>Recommended Texts:</p>	
1	<p>Barrow, Harold M. Rosomany (1964). A physical approach to measurement in physical education, Philadelphia: Lea and Febiger</p>
2	<p>Kansal, K. Devinder (2012). A practical approach to test, measurement and evaluation. New Delhi: SSS publication</p>
3	<p>Morrow, Jr James., Jackson, Allen, Disch, James, Mood, Dale, (2011). Measurement and Evaluation in Human Performance with Web Study Guide-4th Edition</p>
<p>References Books:</p>	
1	<p>Safrit Margarat J Measurement in Physical Education and Exercises Science, StLouis Times Morrormosby college publishing.</p>
2	<p>Bosco James Measurement and Evaluation in Physical Education and Sports New Jersey Prentice Hallin 1983</p>
3	<p>BarryL.Johnson,JackK.Nelson and Measurement for Evaluation in Physical education the SurjeetPublications.</p>
4	<p>A.K.GuptaTests&MeasurementinPhysicalEducationsportspublicationNewDelhi-</p>
5	<p>Michael, P. Reiman, Robert C. Manske (2009), Functional Testing in Human Performance, United States of America: Human kinetics.</p>
<p>Web Resources:</p>	
	<p>https://docs.google.com/file/d/0B8GOjMahfk7cMTY3X3B2WGRGbTQ/edit</p>

Course outcomes CO	On completion of the course, the students will be able to
C01	Know the importance of test, measurement and evaluation in Physical education.
C02	Learn to conduct the tests on motor fitness components.
C03	Learn to conduct the tests on physical fitness components.
C04	Learn to conduct the tests on anthropometric, aerobic and anaerobic
C05	Learn to conduct the tests on various skill tests on different games.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	3	2	3	3	3	2	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3)

M-Medium (2)

L-Low (1)

CO/PSO	PSO1	PSO2	PSO3	PSO4	PSO5
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Exercise Physiology

Title of the Course		Exercise Physiology					
Course Type		CORE - X					
Year	III	Semester	V	Credits	5	Course Code	24UMPE52
Instructional Hours Per week		Lecture	Tutorial	Lab Practice		Total	
		5		--		5	
Learning Objectives ; This course aims at providing an overall view of							
L01	The student would be empowered with the applicable knowledge of physiology in physical activity and sports.						
L02	The learner would be able to incorporate this knowledge in the training and coaching programme for the betterment of their trainee's performance.						
L03	Understand the meaning, nature and scope of exercise physiology analyze the effects of exercise physiology on various system of the body.						
L04	Analyze the factors affecting skills, motor ability, warm-up and metabolic process						
L05	Design the physiological concepts of physical fitness.						

UNIT	CONTENTS
I	Functional Adaptations To Exercise Proportion and Structure of muscle – Structure of muscle – fiber – filament model of contraction – muscular theory of contraction – Muscular fatigue.
II	Morphological Feature Of Skeletal Muscle And Function. 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 –Stair case Phenomenon or treppe –Heat production in the muscle–Residual muscle soreness– Effect of Training on muscular system.
III	Respiratory System And Exercise: Mechanism of breathing–Pulmonary ventilation/minute ventilation during Rest and exercise–control of ventilation–Lung volumes and capacities–Effect of exercise on Respiratory system.
IV	Cardiovascular System And Exercise: 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.

V	<p>Exercise And Environment: Exercise and temperature regulations – Hothumid 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.</p>
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Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill
References Books:	
1	William D.Mcarole. Frank .IKatchVictor.
2	Exercise Physiology Energy, Nutrition and Human performance Lea & Febiger Philade Richard W. Bowers and Edward L. Fox–Sports Physiology Third Edition wmc Brown Publishers
3	Laurence E Morehouse Augustus T.Miller, JR Seventh Edition Physiology of Exercise The cv. Mostly Company.
4	David H.Clarke Exercise Physiology prenties Hall,Inc: Englewood Cliffs, newjersey. Larry G.Shaver Essent ials of exercise Physiology surjeet publications.
5	Dr.AmritKumarR.Mosesintroductiontoexercisephysiologypoompugarpathipagam. Donald Health. David Reid Williams.

Course outcomes CO	On completion of the course, the students will be able to
CO1	Find the functional changes in human body
CO2	Develop the physiological fitness of sports persons.
CO3	Analyze the effects of exercise on various systems of human body.
CO4	Compare the functions of human body before and after exercise
CO5	Design the physiological concepts of physical fitness.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	3	2	3	3	3	2	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3)

M-Medium (2)

L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Theories of Track and Field (Field Events)

Title of the Course		Theories of Track and Field(Field Events)					
Course Type		CORE - XI					
Year	III	Semester	V	Credits	5	Course Code	24UMPE53
Instructional Hours		Lecture	Tutorial		Lab Practice		Total
Per week		5			--		5
Learning Objectives ; This course aims at providing knowledge on							
L01	To teach fundamental techniques and to train for throwing events on scientific and systematic lines.						
L02	To provide basic knowledge on planning and construction for field events especially throwing events, marking for throwing events, coaching and officiating.						
L03	Created awareness on assessing the performance level in jumping events.						
L04	Attained the knowledge of rules and regulation related to jumping events.						
L05	Understand the important concept in coaching in jumping events.						

Unit	Contents
I	History of Track and Field in India, Asia, and World – Organizational set-up (Working Federations): World, Asia, India and State.
II	Techniques in Jumping events: Long Jump, Triple Jump, High Jump, Pole vault - Techniques in Throwing events: Shot Put, Discus Throw, Javelin Throw, Hammer Throw
III	Combined Events Decathlon, Heptathlon, Pentathlon and Triathlon. Scoring system of combined events Techniques in Field Event
IV	Competitions, Rules, Officiating, Equipment's and their specifications, Standard and Non Standard track Guiding principles of standard track. Lay out of 200 m Track and Lay out and maintenance of 400mTrack
V	Preparation of record and assignment for Long jump, Triple jump, High jump and Pole vault events. History, World, Olympic, Common wealth, Asian, National records and other major competitions in jumping events. Outstanding jumpers. jumping academies. History, organizational setup at national level athletic association. Assessment of performance.

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill
Recommended Texts:	
1	Anand. R.L. (1986). Play field manual, Patiala: NIS publication.
2	Book of rules of games and sports, (2005). New Delhi: National Council of Y.M.C.A of India.
3	Bosen, Ken O. (1994). Track & Field Fundamental Techniques, Patiala: MS Publication.
References Books:	
1	Conling, David, (1980) Athletics, London: Robert Hale
2	Joseph, Rogers L. (2000) USA Track & Field Coaching Manual. Champaign: Human Kinetics Publications.
3	Perinbaraj, S.B., & et al. (2009). Play field: Dimensions and its requirements, Karaikudi: Vinis publication
Web Resources:	
1	https://www.iaaf.org/

Course outcomes CO	On completion of the course, the students will be able to
CO1	Learned about various jumping events.
CO2	Studied the various techniques involved in jumping events.
CO3	Created awareness on assessing the performance level in jumping events.
CO4	Attained the knowledge of rules and regulation related to jumping events.
CO5	Understand the important concept in coaching in jumping events.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	3	2	3	3	3	2	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3)

M-Medium (2)

L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Allied- Olympic Movement

Title of the Course		Allied- Olympic Movement					
Course Type		Elective Course V					
Year	III	Semester	V	Credits	5	Course Code	24UEPE51
Instructional Hours		Lecture	Tutorial	Lab Practice		Total	
Per week		5		--		5	
Learning Objectives ; This course aims at providing knowledge on							
L01	Understand the origin and modern Olympic movement.						
L02	Study about the Olympic rings and flag.						
L03	Describe the Different Olympic Games analyse the Committees of Olympic Games.						
L04	Describe the History of Sports.						
L05	Estimate the Recent development in India						

UNIT	CONTENTS
I	Origin of Olympic movement Origin of Olympic Movement - Philosophy of Olympic movement - The early history of the Olympic movement - The significant stages in the development of the modern Olympic movement - Educational and cultural values of Olympic movement
II	Modern Olympic Games Modern Olympic Games - Significance of Olympic Ideals, Olympic Rings, Olympic Flag
III	Olympic Protocol for member countries - Olympic Code of Ethics - Olympics in action – Sports for All
IV	Different Olympic Games Different Olympic Games - Para Olympic Games - Summer Olympics - Winter Olympics -Youth Olympic Games
V	Committees of Olympic Games Committees of Olympic Games - International Olympic Committee - Structure and Functions National Olympic committees and their role in Olympic movement - Olympic commission and their functions - Olympic medal winners of India

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skillsacquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill
References Books:	
1	Osborne, M. P. (2004). Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers.
2	Burbank, J. M., Andranovich, G. D. &Heying Boulder, C. H. (2001). Olympic dreams: the impact ofmega-events on local politics: Lynne Rienner
3	Dr.I.Karikalan. 2017 "Olympic Movement", SShree Publications, Tuticorin

Course outcomes CO	On completion of the course, the students will be able to
CO1	Discus the historical review of physical education and sports activities of Indian heritage.
CO2	Understand the basic principles and foundation of physical.
CO3	Identify and relate with the History of Physical Education.
CO4	Describe the History of Sports.
CO5	Estimate the Recent development in India.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	3	2	3	3	3	2	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3)

M-Medium (2)

L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Allied- Sports Nutrition

Title of the Course		Allied- Sports Nutrition					
Course Type		Elective Course V					
Year	III	Semester	V	Credits	5	Course Code	24UEPE52
Instructional Hours Per week		Lecture	Tutorial	Lab Practice		Total	
		5		--		5	
Learning Objectives ; This course aims at providing knowledge on							
LO 1	Will develop skills to establish daily caloric requirement and to design the diet plan.						
LO 2	Will acquaint student with principles of sports nutrition.						
LO 3	Will orient the student to the role of food on Physical performance.						
LO 4	Would make the student understand and prepare weight management plans.						
LO 5	Understand the role of physical activity in weight management.						

UNIT	CONTENTS
I	INTRODUCTION TO NUTRITION Definition – Meaning – Need of sports Nutrition – Essential nutrition – Energy nutrients minerals and vitamins – Water –basic four food plan - balanced diet – daily recommended allowances.
II	Nutrients: Ingestion to energy metabolism Basics of Nutrition, Carbohydrates, Fats, Proteins, Vitamins, Minerals, Water, Balanced diet, Nutritive value of Food stuffs.
III	Nutrition and Weight Management Nutrition for Athletes and players, Energy requirements in Sports, Carbohydrate in loading
IV	Percentage of energy derived from foods, Glycemic Index of food, Dietary fiber of food. Nutritive value of food stuffs.
V	Steps of planning of Weight Management Principles of weight control, Exercise. The Key to successful weight loss management designing weight loss programme. Tips for control body weight

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skillsacquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill
References Books:	
1	William D. Mc Arodle Frank I. Katch Victor L Katch Exercise Physiology Energy, Nutrition and Human performance Lea & Febiger Philadelphia
2	Richard W. Bowers on Edward L. Fox sports Physiology Third Edition. WM. C. Brown Publishers.
3	Laurence E. Morehouse Augustus T. Miller, Jr. Seventh edition Physiology of exercise. The C.V. Mosby Company.
4	David H. Clarke exercise Physiology prentice – Hall, Inc. Englewood Cliffs, New Jersey. Larry G.
Web Resources:	
1	https://www.iaaf.org/

Course outcomes CO	On completion of the course, the students will be able to
C01	Understand the role of nutrition and weight management on sports.
C02	Learn the importance of carbohydrates, fat and protein during
C03	Learn the health risks and solutions for overcoming obesity.
C04	Know to design diet plan for weight gain and weight loss.
C05	Understand the role of physical activity in weight management.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	3	2	3	3	3	2	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3)

M-Medium (2)

L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Practical – Measurement and Evaluation in Human Performance

Title of the Course		Measurement And Evaluation in Human Performance					
Course Type		Skill Enhancement Course – Practical - 8					
Year	III	Semester	V	Credits	2	Course Code	24USPEL8
Instructional Hours Per week		Lecture	Tutorial	Lab Practice		Total	
		-	-	3		3	
Learning Objectives ; This course aims at providing knowledge on							
L01	Apply the procedure of testing various fitness abilities in Sports						
L02	Apply the procedure of testing various skill abilities in Sports						
L03	Apply the procedure of measuring various abilities in Sports						
L04	Determine the value of sports skill tests						
L05	Improve and modify the existing skill test using computer application						

UNIT	CONTENTS
I	Strength : Bend knee sit-ups test- Flexibility : Sit and reach test- Speed : 50m run Cardiovascular Endurance : Cooper12minute run/walk test Explosive Strength : Standing Broad Jump
II	AAPHERD Health related Physical fitness Test –YMCA Fitness Test -Motor Fitness –JCR test.
III	Barrow motor ability test - Harvard step test - Kraus Weber test – Margaria Kalamen power test –SDAT World Beaters Scheme Test for School Boys
IV	Johnson Basketball test–Mor Christian Soccer test–SAI Hockey test.
V	Brady Volleyball Test-French and GSC Badminton Tests-Hewitt Tennis Test.

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill
Recommended Texts:	
1	Barrow, Harold M. Rosomany (1964). A physical approach to measurement in physical education, Philadelphia: Lea and Febiger
2	Morrow, Jr James., Jackson, Allen, Disch, James, Mood, Dale, (2011). Measurement and Evaluation in Human Performance with Web Study Guide-4th Edition
3	Kansal, K. Devinder (2012). A practical approach to test, measurement and evaluation. New Delhi: SSS publication
References Books:	
1	Bangsbo, J. (1994). Fitness Training in Football: A Scientific Approach. Denmark, August Krogh Inst: University of Copenhagen.
2	James R. Morrow., Allen Jackson, James G. Disch & Dale Mood. (2000) Measurement and Evaluation in Human Performance (2 nd Ed.), USA: Human Kinetics Publishers.
3	Barrow, Harold M & McGee, Rosemary.(1979) .A Practical Approach to Measurement in Physical Education, Philadelphia: Lea and Febiger.
4	Clake, H. Harrison. Application of Measurement to Health and Physical Education, New Jersey: Prentice Hall Inc. 1976
5	Safrit, Margaret J. (1995). Introduction to Measurement in Physical Education and Exercise Science, St. Louis: Mosby.
6	Edmund O. Acevedo and Michael A. Starks. (2003). Exercise Testing and Prescription lab Manual, USA: Human Kinetics Publishers
7	James R. Morrow., Allen Jackson, James G. Disch & Dale Mood.(2011). Measurement and Evaluation in Human Performance (4 th Ed.), USA: Human Kinetics Publishers
Web Resources:	
1	https://docs.google.com/file/d/0B8GOjMahfk7cMTY3X3B2WGRGbTQ/edit

Course outcomes	On completion of the course, the students will be able to
C01	Relate the different types of tests and measurement in physical education
C02	Identify the sports performance using different sports skill tests
C03	Compare and contrast the results of different test measurements
C04	Determine the value of sports skill tests
C05	Improve and modify the existing skill test using computer application

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	2	2	3	3	3	3	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3)

M-Medium (2)

L-Low (1)

CO/PSO	PSO1	PSO2	PSO3	PSO4	PSO5
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Practical - Track and field (Field Events)

Title of the Course		Practical -Track And Field (Field Events)					
Course Type		Skill Enhancement Course – Practical - 9					
Year	III	Semester	V	Credits	2	Course Code	24USPEL9
Instructional Hours Per week		Lecture	Tutorial	Lab Practice		Total	
		-	-	3		3	
Learning Objectives ; This course aims at providing knowledge on							
L01	Learned about various jumping events.						
L02	Studied the various techniques involved in jumping events.						
L03	Created awareness on assessing the performance level in jumping events.						
L04	Attained the knowledge of rules and regulation related to jumping events.						
L05	Understand the important concept in coaching in jumping events.						

UNIT	CONTENTS
I	<p>Shot put Ground Marking / Sector Marking. Demonstration of basic skills and techniques - Grip, Stance, Release, Reserve/ (Follow through action). The nature of duties and responsibilities of officials- score sheet preparation – card systems – signals- rules and regulation and their interpretation.</p> <p>Discus throw Ground Marking / Sector Marking. Demonstration of basic skills and techniques - Grip, Stance, Release, Reserve/ (Follow through action). Holding, use of index finger, teaching stages, standing throw, principles of aerodynamics. Stance of delivery, preliminary swings, turns (1½ X 2½). The nature of duties and responsibilities of officials - score sheet preparation – card systems – signals- rules and regulation and their interpretation.</p>

<p>II</p>	<p>Javelin throw Ground Marking / Sector and run way marking. Demonstration of basic skills and techniques - Grip, Stance, Release, Reserve/ (Follow through action). Types of grip (holding). Methods of carrying run course steps (one and two), stance of throw and release. The nature of duties and responsibilities of officials - score sheet preparation – card systems – signals- rules and regulation and their interpretation.</p> <p>Hammer throw Ground Marking / Sector Marking. Demonstration of basic skills and techniques - Grip, Stance, Release, Reserve/ (Follow through action). The nature of duties and responsibilities of officials - score sheet preparation – card systems – Signals - rules and regulation and their interpretation.</p>
<p>III</p>	<p>Long jump Planning construction and demonstration of various stages in long jump event. Ground marking in long jump – skill and techniques: approach, take off, flight, landing- Hang, and float & hitch kick (cycling) technique. The nature of duties and responsibilities of officials- score sheet preparation – card systems – signals- rules and regulation and their interpretation. Triple jump Planning construction and demonstration of various stages in triple jump events. Ground marking in triple jump – skill and techniques: approach, take off, flight, landing- Triple jump approach run, Half, step and landing, use of rhythm. The nature of duties and responsibilities of officials- score sheet preparation – card systems – signals- rules and regulation and their interpretation.</p>
<p>IV</p>	<p>High jump Ground marking in High jump - Equipment – skill and technique: straddle roll & flop technique-Approach run, Take off, Clearance / Flight, Landing. The nature of duties and responsibilities of officials- score sheet preparation – card systems – Signals- rules and regulation and their interpretation.</p> <p>Pole vault Basic fundamentals skills- grip, carry, approach, take off, plant, body twist. Clearance over the bar and landing - Tactics and strategies for particular skill. The nature of duties and responsibilities of officials- score sheet preparation – card systems – Signals- rules and regulation and their interpretation. Equipment’s and their specifications.</p>
<p>V</p>	<p>Record note Preparation of record and assignment for Long jump, Triple jump, High jump and Pole vault events. History, World, Olympic, Common wealth, Asian, National records and other major competitions in jumping events. Outstanding jumpers. jumping academies. History, organizational setup at national level athletic association. Assessment of performance.</p>

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill
Recommended Texts:	
1	Anand. R.L. (1986). Play field manual, Patiala: NIS publication.
2	Book of rules of games and sports, (2005). New Delhi: National Council of Y.M.C.A of India.
References Books:	
1	Conling, David, (1980) Athletics, London: Robert Hale
2	Joseph, Rogers L. (2000) USA Track & Field Coaching Manual. Champaign: Human Kinetics Publications.
Web Resources: https://www.iaaf.org/	

Course outcomes	On completion of the course, the students will be able to
C01	Learned about various jumping events.
C02	Studied the various techniques involved in jumping events.
C03	Created awareness on assessing the performance level in jumping events.
C04	Attained the knowledge of rules and regulation related to jumping events.
C05	Understand the important concept in coaching in jumping events.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	3	2	3	3	3	2	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3)

M-Medium (2)

L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Personality Development

Title of the Course		Personality Development			
Course Type		Indian Knowledge System (IKS)			
Course Code		24UPDT51			
Year	III	Semester	V	Credits	2
Instructional Hours Per week		Lecture	Tutorial	Lab Practices	Total
		1	1	--	2

UNIT - I

Personality - Definition – Determinants – Personality Traits –Theories of Personality – Importance of Personality Development. Self-Awareness – Meaning – Benefits of Self – Awareness – Developing Self – Awareness. Swot – Meaning – Importance- Application – Components. Goal Setting Meaning- Importance – Effective goal setting – Principles of goal setting – Goal setting at the Right level.

UNIT - II

Self-Monitoring – Meaning – High self – monitor versus low self-monitor – Advantages and Disadvantages self-monitor- Self –monitoring and job performance. Perception- Definition-Factor influencing perception- Perception process –Errors in perception – Avoiding perceptual errors. Attitude – Meaning- Formation of attitude – Types of attitude - Measurement of Attitudes – Barriers to attitude change – Methods to attitude change. Assertiveness - Meaning – Assertiveness in Communication – Assertiveness Techniques – Benefits of being Assertive – Improving Assertiveness.

UNIT - III

Team Building – Meaning – Types of teams – Importance of Team building- Creating Effective Team. Leadership – Definition – Leadership style- Theories of leadership – Qualities of an Effect leader. Negotiation Skills – Meaning – Principles of Negotiation – Types of Negotiation – The Negotiation Process – Common mistakes in Negotiation process. Conflict Management – Definition- Types of Conflict- Levels of Conflict – Conflict Resolution – Conflict management.

UNIT -IV

Communication - Definition - Importance of communication - Process of communication - Communication Symbols - Communication network - Barriers in communication - Overcoming Communication Barriers. Transactional Analysis - Meaning - Ego States - Types of Transactions - Johari Window- Life Positions. Emotional Intelligence- Meaning - Components of Emotional Intelligence- Significance of managing Emotional intelligence - How to develop Emotional Quotient. Stress Management - Meaning - Sources of Stress - Symptoms of Stress - Consequences of Stress - Managing Stress

UNIT - V

Social Graces - Meaning - Social Grace at Work - Acquiring Social Graces. Table Manners - Meaning - Table Etiquettes in Multicultural Environment- Do's and Don'ts of Table Etiquettes. Dress Code - Meaning- Dress Code for selected Occasions - Dress Code for an Interview. Group Discussion - Meaning - Personality traits required for Group Discussion-Process of Group Discussion- Group Discussion Topics. Interview - Definition- Types of skills - Employer Expectations -Planning for the Interview - Interview Questions- Critical Interview Questions.

References:

1. Dr.S. Narayana Rajan, Dr. B. Rajasekaran, G. Venkadasalapathi, V. Vijuresh Nayaham and Herald M.Dhas, **Personality Development**, Publication Division, Manonmaniam Sundaranar University, Tirunelveli
2. Stephan P.Robbins, **Organisational Behaviour**, Tenth Edition, Prentice Hall of India Private Limited, New Delhi,2008
3. Jit S. Chandan, **Oragnisational Behaviour**, Third Edition, Vikas Publishing House Private Limited, 2008
4. Dr.K.K. Ramachandran and Dr.K.K. Karthick, **From Campus to Corporate**, Macmillan Publishers India Limited, New Delhi, 2010.

Semester - VI

Sports Medicine and Rehabilitation

Title of the Course	Sports Medicine and Rehabilitation						
Course Type	CORE - XII						
Year	III	Semester	VI	Credits	5	Course Code	24UMPE61
Instructional Hours Per week	Lecture		Tutorial		Lab Practice		Total
	5		-		-		5
Learning Objectives : This course aims at providing knowledge on							
L01	To provide fundamental knowledge of sports medicine concepts.						
L02	To understand prevention, management, and rehabilitation of sports injuries						
L03	To develop practical skills in first aid, therapeutic modalities, and massage.						
L04	To enable students to apply medical and rehabilitative principles in sports settings.						
L05	To develop practical skills in massage and rehabilitation.						

Unit	Contents
I	Adequate and Sub-Adequate Meaning and scope of Sports Medicine- Adequate physical fitness and its components- Role of nutrition, rest, and recovery in maintaining adequate fitness-Importance of preventive sports medicine.
II	Types of Sports Injuries Definition and causes of sports injuries - Classification of sports injuries, Acute injuries- Chronic injuries- Soft tissue injuries- Common sports injuries, Sprains, strains, dislocations, fractures- Muscle cramps, contusions, abrasions- Injury prevention strategies in sports.
III	First Aid Meaning, aims, and principles of first aid- Duties and qualities of a first aider- First aid for common sports injuries - Bleeding and wounds- Fractures and dislocations- Sprains and strains- Muscle cramps-snake bite.
IV	Modalities Meaning and importance of therapeutic modalities- Principles of rehabilitation- Cold Modalities - Heat Modalities - Hydrotherapy-RICE method- Use of modalities in injury management and recovery.
V	Massage History and meaning of massage- Aims and benefits of massage in sports- Technique of Massage, Tapping-Cupping - Beating - Kneading - skin rolling - muscle compressions - muscle squeezing - Precautions and contraindications of massage.

<p>Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)</p>	<p>Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)</p>
<p>Skills acquired from this course</p>	<p>Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill</p>
<p>Recommended Texts:</p>	
<p>1</p>	<p>Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.</p>
<p>2</p>	<p>Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.</p>
<p>3</p>	<p>Mathew, D.K. & Fox, E.L, (1971). Physiological basis of physical education and athletics. Philadelphia: W.B. Saunders Co.</p>
<p>4</p>	<p>Williams, J. G. P. (1962). Sports medicine. London: Edward Arnold Ltd.</p>
<p>Books for References:</p>	
<p>1</p>	<p>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.</p>
<p>2</p>	<p>Therapeutic Exercise for body Alignment and Education, by William mareuam and Catherine Worthing ham, WB.Saunders and Co., 1965</p>
<p>3</p>	<p>Massage and Medical Gymnastics, M.V.Lace J. & A.Churchill Ltd., 1951.</p>
<p>4</p>	<p>Preventive and Corrective Physical Education Stafford and Kelly, New York. The Ronald Press, 1968.</p>
<p>Web Resources:</p>	
<p>1</p>	<p>www.teachPE.com</p>

Course outcomes CO	On completion of the course, the students will be able to
C01	Ascertain the knowledge to deal with common sports injuries.
C02	Examine and assess the sign and symptoms of injury.
C03	Apply different therapeutic modalities for rehabilitation
C04	Compare various methods of progressive resistance exercise.
C05	Create the knowledge of basic rehabilitation to the athletes.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	3	2	3	3	3	2	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3)

M-Medium (2)

L-Low (1)

CO/PSO	PSO1	PSO2	PSO3	PSO4	PSO5
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Theories of Major Games - III (Cricket, Basketball, Volleyball)

Title of the Course	Theories of Major Games - III (Cricket, Basketball, Volleyball,)						
Course Type	CORE – XIII						
Year	III	Semester	VI	Credits	5	Course Code	24UMPE62
Instructional Hours Per week		Lecture	Tutorial		Lab Practice		Total
		5	-		-		5
Learning Objectives: This course aims at providing knowledge on analysis of inorganic salts.							
L01	To acquire the practical knowledge of coaching lesson plan for game.						
L02	To understand the fundamentals of coaching the game of specialization.						
L03	Preparing the students for the competition						
L04	Classify the students accordingly for various games and sports.						
L05	Design and practice the new methods of technique and training						

UNIT	CONTENTS
I	Modern trends and development History of the sports. Modern trends and development. Planning, construction and maintenance of play field. Latest rules and their interpretation.
II	Technique and skills Basic and advance skills and techniques in the game.
III	Training Preparation and training. Drills for skills development. Lead up games. Tactical application and Development of motor components.
IV	Planning and Performance assessment Playing pattern. Specific training methods for different positions. Short term and long term plan for competition. Organisation- selection of players. Evaluation of player's performance. Video analysis of skills and techniques.
V	Fitness training Imparting knowledge in various kinds of training (Core training, fartlet training, plyometric training, resistance training, circuit training, interval training, ins and outs training) to develop different physical fitness components such as speed, strength, endurance, flexibility and co-ordinative abilities.

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability Professional Competency, Professional Communication and Transferrable Skill
Recommended Texts:	
1	Colberk A.L. (1966). Modern Basketball-A Fundamental Analysis of Skills and Tactics. London: Nicholas Kaya.
2	Dhanaraj, V. Hubert, (1991). Volleyball – A Modern Approach. Patiala: SAI, NSNIS.
3	Reita, Clanton and Phyl, Dwight Mary (1997). Team Handball Steps to Success. Human Kinetics
Books for References:	
1	Tyson, F. (1985). The Cricket Coaching Manual. Victorian Cricket Association.
2	Mohinder, A., (1950). Learn to Play Good Cricket. New Delhi: Surjeet publications.
3	Dhanraj V. Hubert. (1971). Volleyball: A modern approach. Patiala: SAINSNIS.
4	Larche, & Harry, F, (1969). Techniques to Football Coaching. London: A.S. Barnes and company.
5	Horat, W., (1970). The Science of Hockey. London: Pelham Books.
6	Milford, D. S. (1949). Hockey Practice and Tactics, London Mnoolds and Company.
7	Colberk, A.L. Modern Basketball - A Fundamental Analysis of Skills and Tactics. London, Nicholes Kayl
Web Resources:	
1	www.teachPE.com

Course outcomes CO	On completion of the course, the students will be able to
CO1	Know the fundamental of all the games and sports.
CO2	Understand the rules of all the games and sports.
CO3	Preparing the students for the competition.
CO4	Classify the students accordingly for various games and sports.
CO5	Design and practice the new methods of technique and training.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
CO1	2	3	2	3	3	3	2	3
CO2	2	2	3	3	2	3	3	2
CO3	3	3	3	2	3	3	2	3
CO4	3	3	2	3	3	2	3	3
CO5	3	2	3	3	2	3	3	2

S-Strong (3)

M-Medium (2)

L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
CO1	3	3	3	3	3
CO2	3	3	3	3	3
CO3	3	3	3	3	3
CO4	3	3	3	3	3
CO5	3	3	3	3	3

Research and Elementary Statistics in Physical Education.

Title of the Course	Research and Elementary Statistics in Physical Education						
Course Type	CORE - XV						
Year	III	Semester	VI	Credits	5	Course Code	24UMPE63
Instructional Hours Per week		Lecture	Tutorial		Lab Practice		Total
		5	-		-		5
Learning Objectives: This course aims at providing knowledge on analysis of inorganic salts.							
L01	Demonstrate knowledge of statistics and the terms like data, population and sample.						
L02	Demonstrate knowledge of descriptive statistical methods and normal curve.						
L03	Demonstrate knowledge of the properties of scales and graphs.						
L04	Demonstrate the ability to perform data analysis.						
L05	Know the graphical representation of statistics.						

Unit	Contents
I	Meaning and Definition of Statistics - Nature - Need and Importance of Statistics - Types of Statistics - Data - Quantitative data and Qualitative data.
II	Frequency Distribution – Measure of Central Tendency, Mean, Median and Mode Definition- Computation of mean, median and mode from the ungrouped data - Specific characteristics and use of measure of Measure of Central Tendency
III	Definition of Historical research – Steps in historical research – Sources of Historical data-primary and secondary sources of data – Historical criticism and internal.
IV	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.
V	Meaning and importance of percentiles – Computation of percentiles from ungrouped data and grouped and ungrouped data – Construction of percentiles scales – Computing percentiles in deciles and quartiles.

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill

Recommended Texts:	
1	Verma, J. P. (2000). A text book on sports statistics. Gwalior: Venus Publications. Best, J.W. (1963). Research in education. U.S.A.: Prentice Hall.
2	Thomas, Jerry, R., Nelson, Jack, K., & Silverman, Stephen, J., (2011). Research methods in Physical Activity. Sixth Edition. Champaign: Human Kinetics.
Books for References:	
1	David, C. H., & Clarke, H. H., (1984). Research Processes in Physical Education, Eaglewood Cliffs: Prentice Hall INC.
2	Gupta, (1982). Advanced Practical Statistics, New Delhi : S.S Chand & Co.
3	Wilks, S.S., (1984). Elementary Statical Analysis. Calcutta: Deford & IBH publishing Co., Calcutta.
4	Karikalan, I., (2017). Elementary statistics in Physical Education. Shree Publications, Tuticorin
5	Oyster, C. K., Hanten, W. P., & Llorens, L. A. (1987). Introduction to research: A guide for the health science professional. Landon: J.B. Lippincott Company.
Web Resources:	
1	https://books.google.co.in/books?id=hZ9wSHysQDYC&printsec=frontcover#v=onepage&q&f=false
2	https://www.pdfdrive.net/research-methodology-books.html

Course outcomes CO	On completion of the course, the students will be able to
CO1	Understand the importance of statistics in physical education.
CO2	Understand and apply the statistics in research.
CO3	Understand and apply the basics of statistics in research
CO4	Learn the basic and advanced statistics.
CO5	Know the graphical representation of statistics.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	3	2	3	3	3	2	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3)

M-Medium (2)

L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Practical - Group Project

Title of the Course	Practical - Group Project						
Course Type	Project - 1						
Year	III	Semester	VI	Credits	5	Course Code	24UMPEP1
Instructional Hours Per week		Lecture	Tutorial	Lab Practice		Total	
		5	-	-		5	
<p>Students will visit the districts of the state to do survey on availability of sports infra-structure in concerned schools (or) Observe the tournaments conducted at District, State, National and University level and submit an individual project report and will be assessed by a viva voce for 2 credits.</p>							

Practical - Major Games-III (Cricket Basketball, Volleyball)

Title of the Course	Major Games-III (Cricket, Basketball, Volleyball,)						
Course Type	Skill Enhancement Course - VIII - Practical - 10						
Year	III	Semester	VI	Credits	3	Course Code	24USPEL10
Instructional Hours Per week	Lecture		Tutorial		Lab Practice		Total
	-		-		5		5
Learning Objectives: This course aims at providing knowledge on analysis of inorganic salts.							
L01	To acquire practical knowledge on games						
L02	To obtain the experience in Skills, strategy, tactics and advance skills.						
L03	To impart the fundamentals knowledge about the theory of sports and games.						
L04	To understand various scientific principles in coaching, physical fitness components and conditioning exercises.						
L05	Design and practice the new methods of technique and training						

Unit	Contents
I	History of the Games: World, India - Organizational Chart (Working Federation): World, Asia, India, State – Major Competitions – Talent identification.
II	Fundamental Skills: Types, Drills and Lead-up activities to develop skills – Scientific Principles applied in sports and games.
III	Meaning and definition of Tactics and Strategy - Systems of Play – Aspects of coaching, Lead up Games, evaluation – pre and post-match preparation.
IV	Warm-up, Cool-down, Factors influencing performance, Fitness components, Exercises and training methods to develop fitness.
V	Rules and their Interpretations - Method of officiating and Scoring - Layout and Maintenance of playfields.

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill
Books for References:	
1	Tyson, F. (1985). The Cricket Coaching Manual. Victorian Cricket Association.
2	Mohinder, A., (1950). Learn to Play Good Cricket. New Delhi: Surjeet publications.
3	Dhanraj V. Hubert. (1971). Volleyball: A modern approach. Patiala: SAINSNIS.
4	Larche, & Harry, F, (1969). Techniques to Football Coaching. London: A.S. Barnes and company.
5	Horat, W., (1970). The Science of Hockey. London: Pelham Books.
6	Milford, D. S. (1949). Hockey Practice and Tactics, London Mnolds and Company.
7	Colberk, A.L. Modern Basketball - A Fundamental Analysis of Skills and Tactics. London, NicholesKayl
Web Resources:	
1	https://www.iaaf.org/

Course outcomes CO	On completion of the course, the students will be able to
C01	Know the fundamental of all the games and sports
C02	Understand the rules of all the games and sports
C03	Preparing the students for the competition
C04	Classifythe students accordingly for various games and sports.
C05	Design and practice the new methods of technique and training

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	3	2	3	3	3	2	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3)

M-Medium (2)

L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Practical - Games Specialization: Coaching Lesson Plans

Title of the Course	Practical - Games Specialization: Coaching Lesson Plans						
Course Type	Skill Enhancement Course - IX – Practical - 11						
Year	III	Semester	VI	Credits	3	Course Code	24USPEL11
Instructional Hours Per week	Lecture		Tutorial		Lab Practice		Total
	-		-		5		5
Learning Objectives: This course aims at providing knowledge on analysis of inorganic salts.							
L01	To acquire the practical knowledge of coaching lesson plan for game.						
L02	To understand the fundamentals of coaching the game of specialization.						
L03	The students will be provided an opportunity to get acquainted with scientific terms and technologies being the part of Sports equipment's, apparel and playfield						
L04	it is improving the qualities of products of modern world and human performance						
L05	Understand the different type of foot wear production factor application in sports, constraints.						

Unit	Contents
I	Modern trends and development: History of the sports. Modern trends and development. Planning construction and maintenance of play field. Latest rules and their interpretation.
II	Technique and skills: Basic and advance skills and techniques in the game.
III	Training: Preparation and training. Drills for skills development. Lead up games. Tactical application and Development of motor components.
IV	Planning and Performance assessment: Playing pattern. Specific training methods for different positions. Short term and long term plan for competition. Organization- selection of players. Evaluation of player's Performance. Video analysis of skills and techniques.
V	Fitness training: Imparting knowledge in various kinds of training (Core training, fartlek training, plyometric training, resistance training, circuit training, interval training, ins and outs training) to develop different physical fitness components such as speed, strength, endurance, flexibility and coordinative abilities.

Extended professional component (is a part of internal component only, not to be included in the External Examination question paper)	Questions related to the above topics, from various competitive examinations UPSC/JAM/TNPSC others to be solved (To be discussed during the Tutorial hours)
Skills acquired from this course	Knowledge, Problem Solving, Analytical ability, Professional Competency, Professional Communication and Transferrable Skill

Recommended Texts:

1	Athichan, A, et. al., (2007) Hand book of Indigenous activities. Karaikudi: Vinsi publication. Thomas, J.P., (1969). Physical Education Lesson. Madras: Gnanodya press.
2	Tirunaryanan, C. and Hariharan. S, (1993). Methods in Physical Education. Karaikudi: South India Press.
3	Colberk A.L. (1966). Modern Basketball-A Fundamental Analysis of Skills and Tactics. London: Nicholas Kaya.
4	Dhanaraj, V. Hubert, (1991). Volleyball – A Modern Approach. Patiala: Sains

Books for References:	
1	Brar, R.S. et al. Teaching Methodology and Educational Technology in Physical Education, Kalyani Publisher: New Delhi, 2008.
2	Bosco, James S. "Sports Technology", New Jersey, Prentice Hall Inc., 1983.
3	Hoover, Kenneth H. The Professional Teacher's Handbook, Boston, Allyn and Bacon, 1972.
4	Krik, David. Physical Education and Curriculum Study, Kent, Croom Helm, 1988.
5	Mohanty, J. Educational Technology, New Delhi, 1992.
Web Resources:	
1	http://www.teachpe.com/

Course outcomes CO	On completion of the course, the students will be able to
CO1	The Program content is designed to educate the students about technological advancements in the field of Sports and Physical Education.
CO2	The students will learn about latest technologies like: Nanotechnology applied for better performance output
CO3	The students will be provided an opportunity to get acquainted with scientific terms and technologies being the part of Sports equipment's, apparel and playfield
CO4	it is improving the qualities of products of modern world and human performance
CO5	Understand the different type of foot wear production factor application in sports, constraints.

Mapping With Programme Outcomes and Programme Specific Outcomes

CO/PO	P01	P02	P03	P04	P05	P06	P07	P08
C01	2	3	2	3	3	3	2	3
C02	2	2	3	3	2	3	3	2
C03	3	3	3	2	3	3	2	3
C04	3	3	2	3	3	2	3	3
C05	3	2	3	3	2	3	3	2

S-Strong (3)

M-Medium (2)

L-Low (1)

CO/PSO	PS01	PS02	PS03	PS04	PS05
C01	3	3	3	3	3
C02	3	3	3	3	3
C03	3	3	3	3	3
C04	3	3	3	3	3
C05	3	3	3	3	3

Blue Print – End Semester Examinations Semester - I to VI

Class: U.G.

Time: 3 Hours

Max. Marks: 75

Section A

(10 x 1 = 10)

Answer all questions.

Choose the correct answer. (With four options)

	Unit I	Unit II	Unit III	Unit IV	Unit V
Question Nos.	1 & 2	3 & 4	5 & 6	7 & 8	9 & 10

Section B

(5 x 5 = 25)

Answer all questions choosing either (a) or (b).

Answer should not exceed 250 words

	Unit I	Unit II	Unit III	Unit IV	Unit V
Question Nos.	11 (a) & 11 (b)	12 (a) & 12 (b)	13 (a) & 13 (b)	14 (a) & 14 (b)	15 (a) & 15 (b)

Section C

(5 x 8 = 40)

Answer all questions choosing either (a) or (b).

Answer should not exceed 500 words

	Unit I	Unit II	Unit III	Unit IV	Unit V
Question Nos.	16 (a) & 16 (b)	17 (a) & 17 (b)	18 (a) & 18 (b)	19 (a) & 19 (b)	20 (a) & 20 (b)