

A.V.V.M. SRI PUSHPAM COLLEGE (AUTONOMOUS), POONDI

Programme: B. Sc.

Department: Physical Education

Syllabus Revision 2017-2018

S.No.	Components	Number of courses having changes
1.	Part - I	04
2.	Part - II	03
3.	Part - III	12
4.	Part - IV	-
	TOTAL	19

Total Number of Courses : 43

Total Number of Courses having changes : 19

Percentage of Revision : 44.2 %

Note:

The content of the syllabus which has been revised is highlighted.

B.Sc. PHYSICAL EDUCATION (2017 – 2018)

S. No.	Semester	Category	Paper Code	Title of the Paper	Maximum Marks			Minimum Marks for Pass			Hours Week	Credits
					CIA	E.E	Total	CIA	E.E.	Total		
1.	I	Part – I	17U1PET1/H1	Tamil – I /Hindi – I	25	75	100	10	30	40	6	3
2.		Part – II	17U1PEE1	English – I	25	75	100	10	30	40	6	3
3.		Core	17U1PEC1	Foundation of Physical Education and Sports	25	75	100	10	30	40	5	4
4.		Core	17U1PEC2	Track and Field – I	25	75	100	10	30	40	5	4
5.		Allied	17U1PEA1	Allied – Science of Yoga	25	75	100	10	30	40	5	3
		Allied	17U2PEAP1	Allied Practical – Science of Yoga (NS)	-	-	-	-	-	-	3	
6.		ES	17U1PEES	Environmental Studies		100	100		40	40	-	1
7.	II	Part – I	17U2PET2/H2	Tamil – II / Hindi – II	25	75	100	10	30	40	6	3
8.		Part – II	17U2PEE2	English – II	25	75	100	10	30	40	6	3
9.		Core	17U2PEC3	Health Education, Safety Education and First Aid	25	75	100	10	30	40	5	4
10.		Core	17U2PECP1	Practical – Track and Field – I (Badminton, Handball, Kabaddi)	40	60	100	16	24	40	4	4
11.		Allied	17U2PEA2	Allied - Anatomy & Physiology	25	75	100	10	30	40	5	3
12.		Allied	17U2PEAP1	Allied Practical – Yoga	40	60	100	16	24	40	3	3
13.		VBE	17U2PEVE	Valued Based Education	25	75	100	10	30	40	-	-
14.		SBE	17U2PES1	Skill Based Elective–I Fitness and Wellness	25	75	100	10	30	40	1	1
15.	III	Part- I	17U3PET3/H3	Tamil – III /Hindi – III	25	75	100	10	30	40	6	3
16.		Part – II	17U3PEE3	English – III	25	75	100	10	30	40	6	3
17.		Core	17U3PEC4	Exercise Physiology	25	75	100	10	30	40	5	4
18.		Core	17U3PEC5	Theory of Games (Basketball, Hockey & Tennis)	25	75	100	10	30	40	5	4
19.		Allied	17U3PEA3	Allied– Test, Measurement and Evaluation	25	75	100	10	30	40	5	4
		Allied	17U4PEAP2	Allied Practical– Basketball, Hockey & Tennis (NS)	-	-	-	-	-	-	3	-
20.		GS	17U3PEGS	Gender Studies		100	100		40	40	-	-

B.Sc. PHYSICAL EDUCATION (2017 – 2018)

S. No.	Semester	Category	Paper Code	Title of the Paper	Maximum Marks			Minimum Marks for Pass			Hours Week	Credits
					CIA	E.E.	Total	CIA	E.E.	Total		
21.	IV	Part- I	17U4PET4/H4	Tamil – IV / Hindi – IV	25	75	100	10	30	40	6	3
22.		Part – II	17U4PEE4	English – IV	25	75	100	10	30	40	6	3
23.		Core	17U4PEC6	Track and Field – II	25	75	100	10	30	40	6	4
24.		Core	17U4PECP2	Practical – Track & Field – II	40	60	100	16	24	40	3	4
25.		Allied	17U4PEA4	Allied - Psychology and Sociology of Sports	25	75	100	10	30	40	5	4
26.		Allied	17U4PEAP2	Allied Practical–Basketball, Hockey & Tennis (NS)	40	60	100	16	24	40	3	3
27.		SBE	17U4PES2	Skill Based Elective – II Fitness and Wellness	25	75	100	10	30	40	1	1
28.	V	Core	17U5PEC7	Methods in Physical Education	25	75	100	10	30	40	5	6
29.		Core	17U5PEC8	Research Methods and Elementary Statistics	25	75	100	10	30	40	5	6
30.		Core	17U5PEC9	Theories of Games – Football, Volleyball & Cricket	25	75	100	10	30	40	4	5
31.		Core	17U5PECP3	Practical – (Foot Ball, Volleyball, Cricket)	40	60	100	16	24	40	5	5
32.		Major Elective- I & II	17U5PEEL1A 17U5PEEL1B	Sports Nutrition / Computer Application in Physical Education	25	75	100	10	30	40	4	3
33.			17U5PEEL2A 17U5PEEL2B	Organization and Administration/ Sports Medicine	25	75	100	10	30	40	4	4
34.		NME	17U5PENME	Non Major Elective – Science of Yoga	25	75	100	10	30	40	2	1
35.		SSD	17U5PESSD	Soft Skill Development	-	-	100	-	-	40	1	-
36.		VI	Core	17U6PEC10	Science of Sports Training	25	75	100	10	30	40	5
37.	Core		17U6PEC11	Kinesiology & Biomechanics	25	75	100	10	30	40	5	6
38.	Core		17U6PEC12	Officiating and Coaching	25	75	100	10	30	40	4	5
39.	Core		17U6PECP4	Practical – Teaching Practices	40	60	100	16	24	40	6	5
40.	Major Elective- III & IV		17U6PEEL3A 17U6PEEL3B	Sports Journalism/ Adapted Physical Education and sports	25	75	100	10	30	40	4	3
41.			17U6PEEL4A 17U6PEEL4B	Sports Physiotherapy/ Recreation & Camping	25	75	100	10	30	40	4	4
42.	GK		17U6PEGK	General Knowledge	-	100	100		40	40	1	--
43.	CN		17U6PECN	Comprehensive Test	-	100	100		40	40	1	1
			Extension Activities			-	-	-	-	-	-	-
Total Credits					4300						180	140

Semester	Subject Code	Title Of The Paper	Hours Of Teaching / Week	No. of Credits
I	17U1_T1	இக்கால இலக்கியம் (செய்யுள் , உரைநடை, சிறுகதை, புதினம், நாடகம்)	6	3

கூறு: 1 செய்யுள்

நேரம்: 18

1. இராமலிங்க அடிகளார் - திருவருட்பா - இறைத் திருக்காட்சி —1—10
2. பாரதியார் - தேசியகீதம் : பாரத தேசம் — எங்கள் நாடு,
3. பாரதிதாசன் - புதிய உலகம்: உலக ஒற்றுமை —பேரிகை, தளைஅறு, மாணுட சக்தி
4. பட்டுக்கோட்டை கல்யாண சுந்தரம் -காடு வெளையட்டும் பெண்ணெ ,
5. நாமக்கல் கவிஞர் - என்றுமுளதென்றமிழ் ,
6. கவிமணி : ஒற்றுமையே ,உயர்வு நிலை—நாட்டுக்குழைப்போம்

கூறு: 2 உரைநடை

நேரம்: 18

1. கேட்டிவி - இராகபாவம் (1 முதல் 15 வரை)
2. கேட்டிவி - பயணங்கள் தொடரும்

கூறு: 3 சிறுகதை

நேரம்: 18

1. கேட்டிவி - குரல் கொடுக்கும் வானம்பாடி (1 முதல் 10 வரை)
2. கேட்டிவி - மனோரஞ்சிதம் முழுவதும்

கூறு: 4 புதினம்

நேரம்: 18

கு.வெ. பாலசுப்பிரமணியன் - காளவாய்

கூறு: 5 நாடகம் , இலக்கிய வரலாறு

நேரம்: 18

1. கலைவாணன் — கு.சா.கிருஷ்ணமூர்த்தி(NCBH வெளியீடு)
2. சிறுகதை, புதினம், நாடகம், கவிதை, உரைநடை

Semester	Subject Code	Title Of The Paper	Hours Of Teaching / Week	No. of Credits
II	17U2_T2	இடைக்கால இலக்கியம் - பயன்முறைத் தமிழ் -இலக்கண வரலாறு	6	3

கூறு: 1

நேரம்: 18

1. திருஞானசம்பந்தர் - தேவாரம் - கோளறு திருப்பதிகம்
2. திருநாவுக்கரசர் -தேவாரம் -தனித்திருக் குறுந்தொகை - மாசில்வீணையும் - 1—10 பதிகம்
3. சுந்தரர் -தேவாரம் - திருநொடித்தான்மலைப் பதிகம் —தானெனை முன்படைத்தான்
4. மாணிக்கவாசகர் - திருவாசகம் - திருப்பொன்னுசல்

கூறு: 2

நேரம்: 18

1. குலசேகராழ்வார்: திருவித்துவக்கோட்டம்மான் : 1—10 பாடல்கள்
2. நம்மாழ்வார் - திருவாய் மொழி -இரண்டாம்பத்து —1—10 பாடல்கள்
3. ஆண்டாள் - நாச்சியார் திருமொழி —வாரணமாயிரம் 1—10 பாடல்கள்
4. திருமங்கையாழ்வார் - சிறிய திருமொழி —1—10 பாடல்கள்

கூறு: 3

நேரம்: 18

1. திருமூலர் - திருமந்திரம் - அட்டாங்க யோகம் —1—10 பாடல்கள்
2. குமரகுருபரர் - மீனாட்சியம்மை பிள்ளைத் தமிழ்: வருகைபருவம்
3. திரிகூடராசப்பக் கவிராயர் - குற்றாலக் குறவஞ்சி - நாட்டு வளம்
4. வீரமாமுனிவர் - திருக்காவலூர்க் கலம்பகம் — முதல் 5 பாடல்கள்
5. குணங்குடி மஸ்தான் சாகிபு - ஆனந்தக் களிப்பு —முழுதும்

கூறு: 4 பயன்முறைத் தமிழ்

நேரம்: 18

வாக்கிய அமைப்பு - புணர்ச்சி வகைகள் - வலிமிகும், வலி மிகா இடங்கள் - எழுத்துப்பிழை நீக்கம் லகர, ளகர, ழகர வேறுபாடுகள் - சொற்களைப் பிரித்துப் பொருள் காணும் முறை - நிறுத்தற் குறியீடுகள் - சரியான தமிழ் வடிவம் அறிதல்.

சொல்லியல் - சொல் வகை - இலக்கண வகை - இலக்கிய வகை - பெயர்ச்சொல் - இடுகுறி - காரணம் - அறுபொருட் பெயர் (பொருள், இடம், காலம், சினை, குணம், தொழில்) - வினைச்சொல் - இடைச் சொல் - உரிச்சொல் - முற்று - எச்சம் - விசுதிகள் - இடைநிலை - தன்வினை - பிறவினை - தெரிநிலை வினை - குறிப்பு வினை-வழுவமைதி.

கூறு: 5 இலக்கண வரலாறு

நேரம்: 18

இலக்கண வரலாறு - தமிழ்த் துறை வெளியீடு.

Semester	Subject Code	Title Of The Paper	Hours Of Teaching / Week	No. of Credits
III	17U3_T3	காப்பியங்கள், கட்டுரைகள், இலக்கிய வரலாறு	6	3

கூறு: 1 காப்பியங்கள் 1

நேரம்: 18

1. சிலப்பதிகாரம் - புகார்க் காண்டம்—மனையறம்படுத்த காதை
2. மணிமேகலை - ஆதிரை பிச்சையிட்ட காதை
3. சீவக சிந்தாமணி - மண்மகள் இலம்பகம்
4. கம்பராமாயணம் - மிதிலைக் காட்சிப் படலம்

கூறு: 2 காப்பியங்கள் 2

நேரம்: 18

1. பெரிய புராணம் -மெய்ப்பொருள் நாயனார் புராணம் —முழுதும்
2. அரிசந்திரபுராணம் —மயான காண்டம்
3. தேம்பாவணி - திருமணப் படலம்—1—10 பாடல்கள்
4. சீறாப்புராணம் -நபி அவதாரப் படலம் —1—10 பாடல்கள்

கூறு: 3 கட்டுரைத் தொகுப்பு

நேரம்: 18

கட்டுரைத் தொகுப்பு - தமிழ்த்துறை வெளியீடு

கூறு: 4 பொதுக்கட்டுரை, மொழிபெயர்ப்புப் பயிற்சி

நேரம்: 18

பயிற்சிக் கட்டுரைகளும் கடிதங்களும் -பாவை வெளியீடு
கட்டுரைப் பயிற்சி - 10 மதிப்பெண்
மொழிபெயர்ப்புப் பயிற்சி - 5 மதிப்பெண்
கலைச்சொல்லாக்கம்

கூறு: 5

நேரம்: 18

அ. இலக்கிய வரலாறு

பக்தி இலக்கியங்கள் - காப்பிய இலக்கியங்கள் - சிற்றிலக்கியங்கள்

Semester	Subject Code	Title Of The Paper	Hours Of Teaching / Week	No. of Credits
IV	17U4_T4	சங்க இலக்கியம் - அறு இலக்கியம் - செம்மொழி - இலக்கிய வரலாறு	6	3

கூறு: 1

நேரம்: 18

குறுந்தொகை

1. குறிஞ்சி - (பா.எ.:3)
2. முல்லை - (பா.எ.94)
3. மருதம் - (பா.எ.45)
4. நெய்தல் - (பா.எ.:49)
5. பாலை - (பா.எ.:41)

நற்றிணை

1. குறிஞ்சி - (பா.எ. 32)
2. முல்லை - (பா.எ. 81)
3. மருதம் - (பா.எ. 210)
4. நெய்தல் - (பா.எ. 226)
5. பாலை - (பா.எ.229)

கலித்தொகை

1. பாலை - (பா.எ. 6)
2. குறிஞ்சி - (பா.எ. 38)

அகநானூறு

1. குறிஞ்சி : - (பா.எ. 68)
2. மருதம் - (பா.எ. 86)

கூறு: 2

நேரம்: 18

ஐங்குறுநூறு

குறிஞ்சி - தோழிக்கு உரைத்த பத்து: பாடல் எண்கள் —111—120

புறநானூறு

பாடல் எண்கள் 8,17,20,95,141,159,184,186,188,206

பதிற்றுப்பத்து

ஏழாம் பத்து —பாடல் எண். 1

பரிபாடல்

எட்டாம் பாடல் : செவ்வேள்

கூறு: 3

நேரம்: 18

நெடுநல்வாடை முழுவதும்

திருக்குறள் : வான்சிறப்பு, பெருமை, காதற் சிறப்புரைத்தல்

கூறு: 4

நேரம்: 18

செம்மொழி வரலாறு

மொழி - விளக்கம் - மொழிக்குடும்பங்கள் - உலகச் செம்மொழிகள் - இந்தியச் செம்மொழிகள் - செம்மொழித் தகுதிகள் - வரையறைகள் - வாழும் தமிழ்ச்செம்மொழி - தொன்மை - தமிழின் சிறப்புகள் - தமிழ்ச் செம்மொழி நூல்கள்.

கூறு: 5

நேரம்: 18

அ. இலக்கிய வரலாறு

சங்க இலக்கியங்கள், பதினெண்கீழ்க்கணக்கு நூல்கள்

Semester	Subject Code	Title Of The Paper	Hours Of Teaching/ Week	No. of Credits
I	17U1--E1	PART – II PROSE, POETRY AND COMMUNICATION SKILLS	6	3

Objective

- To initiate the Students to understand English through Prose, Poetry and Basic Communicative Grammar.

Unit – I

Shakespeare - Shall I compare thee to a Summer's Day?

John Milton – On His Blindness.

William Wordsworth – The Solitary Reaper

P.B.Shelley – Song to the Men of England.

Robert Frost – The Road not Taken

Nissim Ezekiel - Night of the Scorpion

Unit – II

1) The Running Rivulets of Man,

2) Parliament is Marking Time,

3) The Lady in Silver Coat,

4) Mr. Applebaum at Play.

Unit – III

1) The Feigning Brawl of an Imposter,

2) Thy Life Is My Lesson,

3) Solve The Gamble,

4) The Stoic Penalty.

Unit – IV

1) Nobility In Reasoning,

2) Malu the Frivolous Freak,

3) Bharath! Gird Up Your Loins!

4) Honesty is the Cream Of Chastity

Unit – V

Parts of Speech, Nouns, Pronouns, Conjunctions, Adjectives, Articles, Verbs, Adverbs, Interjection – sentence.

References Book:

A Melodious Harmony – Sri.KTV, Rajendra Publishing House, Poondi, 2017.

Flying Colours – Prof. K.Natarajan, New Century Book House (P) LTD., 2017.

Semester	Subject Code	Title Of The Paper	Hours Of Teaching/ Week	No. of Credits
II	17U2--E2	PART – II EXTENSIVE READERS AND COMMUNICATIVE SKILLS	6	3

Objective

- To impart language and communicative skills through short stories, one act plays and communicative grammar

Unit – I

Shakespeare – The Seven Stages of Man

Long Fellow – A Psalm of Life

Nissim Ezakiel - Enterprise

William Wordsworth – The world is too much with us

Unit – II

Anton Chekov – The Proposal

J.B.Priestly - Mother's Day

Unit - III

William Faulkner - A Rose for Emily

P. Lankesh - Bread

Katherine Mansfield - The Doll's House

Unit – IV

Tense, Question Tag, Dialogue Writing, Paragraph Writing, Adjectives, Adverb

Unit – V

Voices, Degrees of Comparison, Direct and Indirect

Book Prescribed:

Unit I , II, III , Voices of vision in English (Vol. I & II), Board of Editors, Pavai Printers (P) Ltd., Chennai, 2016.

Unit IV & V – Communicative grammar by the Department of English, Poondi, 2017.

Semester	Subject Code	Title Of The Paper	Hours Of Teaching / Week	No. of Credits
III	17U3--E3	PART - II SHAKESPEARE, EXTENSIVE READERS AND COMMUNICATIVE SKILLS	6	3

Objective

- To introduce the language of the world renowned dramatist and novelist to enhance the vocabulary and communicative skills of the learners.

Unit – I

Funeral Oration – Julius Caesar

Trial for a Pound of Flesh – The Merchant of Venice

Unit – II

He Kills Sleep – Macbeth

The gulling scene of malvalio – Twelfth Night

Unit – III

Romeo and Juliet

In Love is a "Midsummer Madness" – Tempest

Unit – IV

R.L. Stevenson – Treasure Island

Unit – V

Note making, Hints Developing, Expansion of Ideas and Proverbs, Clauses and sentence, Structure simple, Compound and Complex.

Book Prescribed:

Unit – I, II & III: Selected scenes from Shakespeare, Prof.K.Natarajan, Pavai Printers (p) Ltd., 2017.

Unit IV: Treasure Island Abridged by E.F. Dodd

Unit V: Communicative Grammar by Department of English, Poondi, 2017.

Semester	Subject Code	Title of the Paper	Hours of Teaching /Week	No. of Credits
I	17U1PEC1	Foundation of Physical Education and Sports	5	4

Unit I

Meaning, Nature, Need and scope of Physical education and sports, physical training and physical culture, Recreation and its types, philosophy and physical education, general Philosophies (Idealism, Realism, Pragmatism, Naturalism and Existentialism).

Unit II

Olympic movement and its impact on physical education and sports. **The contribution of Olympic Movement towards international understanding.**

Unit III

Scientific basis of Physical Education and Sports: Contribution of allied Sciences, Anatomy, Physiology, Kinesiology, Biomechanics, Psychology, Sociology, Anthropometry growth & development, Biochemistry and sports medicine.

Unit IV

National programme of physical education and sports : National Institutes of physical education and sports, sports talent search scholarship, National coaching schemes, rural sports and S.D.A.T.

Unit V

Women sports, national physical fitness programme, national awards and honours to outstanding sportsman, National awards for physical education and sports literature.

General Reference:

1. Bucher, Charles A. – Foundation of Physical Education St. Louis: The C.V.Mosby Company 1983.
2. Nixon, Eungence E and Conzens w. – An Introduction to Physical Education, London: W.B.Saunders Company, 1974.
3. Oberteuffer, Delbert-Physical Education New York: Harpor and Bros, Publishers, 1970.
4. Sharman, Jackson.R. – Introduction in Physical Education New York : Harpor and Bros. Publishers, 1970.
5. Williams, Jesse, Feiring – The Principles of Physical Education London : V.B.Saunders Company, 1964.
6. Wankar D.G. Manual of Physical Education in India, peral publishers pvt. Ltd., Bombay 1969.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
I	17U1PEC2	Track and Field - I	5	4

Unit – I : History of Track and Field: India Asia and world organization of track and field, Federations: India and world Track and Field Events in International and National competitions.

Unit – II: Warm – Up, Warm down, Physical fitness qualities, load and safety measures in track and field. Types of Starts, Acceleration and Finishing.

Unit – III: Techniques in Jumps: Long Jump and High Jump, Techniques in Throws: Shot put and Javelin Throw.

Unit – IV : Techniques in Sprint, Middle, Long distance and Race walk.

Unit – V: Competitions Rules, Officiating, Equipment and their specifications, standard and Non – Standard track, Guiding principles of Standard track, Layout of 400m track and maintenance.

References:

1. Donerty, J.Manneth, Modern track and Field, Engle wood Cliffs, N.J. Prentice Hall Inc.
2. Dyoooh Geoffray, G.H. The Mechanics of Athletics, London University of London, Press, Ltd., 1962.
3. Ken O Bosen Track and Field Fundamental Techniques, MS Publication Patiala.
4. Hand Book, AFI, New Delhi.
5. Prabhakar Eric., The way to Athletic Gold Delhi, Affiliated East – West Press Private Ltd., 1995.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
I	17U1PEA1	Allied – Science of Yoga	5	3

Unit I

INTRODUCTION SCIENCE OF YOGA

History of yoga, Meaning of Yoga, Yoga sutra, Aim and objectives of Yoga, Concept of Yoga, **Schools of Yoga**, Eight limbs of Yoga, **Yogic diet**.

Unit II

ASANA

Guidelines for practicing Asanas, **Procedure of doing Asanas, Asanas in standing position, long sitting position, Kneeling position, prone position, supine position. Physiological Benefits of Asanas.**

Unit III

PRANAYAMA

Pranayama–Types and concepts of Pranayama, Nadis, **Ida Nadi**, Pingala Nadi, Sushmna Nadi, **Components of Pranayama Puraka–Kumbhaka – Rechala and its Benefits.**

Unit IV

KRIYAS

Kriyas, Bhandhas & Muduras and its types.

Unit V

MEDITATION

Meditation and its **types. Role of Meditation in Physical Education and sports.**

General Reference:

1. Chandrasekaran. K (1999) "Sound Health through Yoga" Madurai Preter Kalyan Publisher.
 2. Geeta S Iyengar (2005). Yoga A Gem for Women. Friends Publication New Delhi.
 3. R.Nagaratha and HR Nagendra (2002) Yoga. Swami Vivkanandha Yoga Prakashana.
 4. Iyengar BKS (1991) "Light on Yoga, "New Delhi: Harper Collius, Publishers India Pvt. Ltd.,
 5. P.Kumaresan "Yogasanam", Thirunelveli, Abinaya, Publication, 2012.
-

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
I & II	17U2PEAP1	Allied - Practical – Science of Yoga (NS)	3+3	-

Unit I

1. Padmasana
2. Swastickasana
3. Vajrasana
4. Bhujangasana
5. Dhanurasana

Unit II

1. Matsyasana
2. Shalabasana
3. Halasana
4. Patchi motanasana
5. Shavasana
6. Yogamudra

Unit III

1. Vakrasana
2. Ardha – Matsyendrasana
3. Vipareetakarani
4. Sarvangasana
5. Shirashasana

Unit IV

1. Mayurasana
2. Vrihshasana
3. Tadasana
4. Makarasana
5. Chakarasana

Unit V

1. Nadisuddhi
2. Suryabandha
3. Chandrabadhna
4. Sheethali
5. Shitkari

General Reference:

1. B.K.S. Iyenger light on Yoga London; unwinn paper backs, 1989.
 2. P.Mariayyan Pranayamas, Sports Publication Coimbatore.
 3. K.Chandrasekar "Sound health through Yoga" Pream Kelyam publication, Saidapetti -1999.
 4. Yogeshwar, "Test book of Yoga" Madras Yoga centre.
 5. Kumaresan. P "Yogasanam", Tirunelveli, Abinaya Publication 2002.
-

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
II	17U2PEC3	Health Education, Safety Education and First Aid	5	4

UNIT – I

Meaning, Nature, Need and scope of health Education – Aims and objectives of Health Education, Factors influencing Health; Health organization – state, national and International, Health, Careers available in India –programme and Functions of Health Education.

UNIT – II

Meaning of wellness and Health – Components of Wellness and Health, Physical, mental and socioeconomic health – Factors affecting wellness and Health.

UNIT – III

Definition – Characteristics – Principles of Safety Education – Need for Safety Education in Physical Education, Principle of safety with respect of play fields – Principles of Safety with respect of equipments, dress etc. – class organization and demonstration and safety during matches.

UNIT – IV

Communicable diseases – Agent, causative organism, Incubation period – Mode of spread, Sign, Symptoms and prevention, preventive measure of Typhoid, Cholera, Pulmonary Tuberculosis, Amoebiasis, malaria, Tetanus, Poliomyelitis – Non Communicable diseases – Sign, Symptoms and Prevention, Preventive measure of Cancer, Hypertension, Diabetic mellitus.

UNIT – V

Definition and Importance of first aid First aid for Injuries – Sprain and Strain, Fracture and its types – types of Bleeding – Laceration – Artificial respiration.

Reference :

1. Royappa, Daisy Joseph and Govindarajula J.K. Safety Education 1972.
2. "First Aid to the Injured", New Delhi, St, John Ambulance Association.
3. "Manual Safety Education Review", Washington D.C.American Association for health Physical Education and Recreation, 1969.
4. William Evans A. Everyday Safety Lyons and Carnahan 1952.
5. "School Safety Policies", Washington DC. American Association for Health physical Education and Recreation, 1968.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
II	17U2PECP1	Core – Practical Track and Field – I (Badminton, Handball and Kabaddi)	4	4

UNIT – I

Warming Up : General and Specific Exercises

Techniques in Sprint, Middle Distance, Long Distance.

and Race walking.

Teaching steps, Teaching Drills common Error and correction.

UNIT – II

Warming Up: General and Specific Exercises.

Techniques in Long Jump and High Jump.

Techniques in Shot put and Javelin Throw

Teaching steps, Teaching Drills common Error and correction.

UNIT – III

(Badminton, Handball and Kabaddi)

History and Development of the Games,

Organization: State, National and International levels.

Warming Up: General and Specific Exercises

Various system of Play and Selection of Players.

UNIT – IV

Fundamental Skills, Lead up games.

Tactics and Strategies and Coaching Programme.

UNIT – V (Track and Field and games)

Layout of court with all specifications,

Facilities and Equipment with Specifications, Rules and Regulations

Duties of Officials, Important Tournaments and Cups.

Reference:

1. Fundamentals of Track and Field by Gerald A.Carr.
2. Encyclopedia of Sports Games – Coel, RJ.
3. AFI, Handbook, New Delhi.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
III & IV	17U4PEAP2	Allied Practical – Basketball, Hockey & Tennis (NS)	3+3	-

Objective

- To understand the game Basketball, Hockey & Tennis.

Unit I

- a. History and Development of the game.
- b. Organization – State level and National level and International level.

Unit II

- a. Fundamental skills.
- b. Lead up game.
- c. Various systems of play.
- d. Selection of players.

Unit III

- a. Specific warming up.
- b. Tactics and strategies
- c. Coaching programme.

Unit IV

- a. Layout of court with all specifications.
- b. Facilities and equipment with specifications.

Unit V

- a. Rules and Regulations.
- b. Duties of officials
- c. Important tournaments and cups.

General Reference:

1. Goel, R.G. Encyclopedia of Sports and games.
2. Rules of Kabaddi "Amateur Kabaddi Federation of India.
3. Dr.Thanka Pichaiyappa – "Earyway to play games and General Knowledge"

Semester	Subject Code	Title of the Paper	Hours of Teaching /Week	No. of Credits
IV	17U4PEC6	Core – Track and Field – II	6	4

Objective

- To acquire knowledge about each event in Track and Field.

UNIT – I

Warmup, warmdown, physical fitness qualities load and safety measures in Track and Field techniques in Relay and Hurdles.

UNIT – II

Techniques in Jumps - Triple Jump and Polevault.

UNIT – III

Techniques in Combined Events – Triathlon, Pentathlon, Heptathlon and Decathlon, list of events and their order.

UNIT – IV

Techniques in throws - Hammer throw, Discus throw.

UNIT – V

Competition rules, Officiating, equipment and their specifications, Guiding principles of standard track.

Reference:

1. Hand book AFI, New Delhi.
2. Rogers L. Joseph USA Track & Field coaching Manual USA, Heeman Kinetic
3. Hen O Boseh Track and Field Fundamental Techniques MS Publication Patiala.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	17U5PECP3	Core Practical - Foot Ball, Volleyball and Cricket	5	5

Objective

- To understand the game Football, Volleyball and Cricket.

Unit I

- a. History and Development of the game.
- b. Organization – State level and National level and International level.

Unit II

- a. Fundamental skills.
- b. Lead up game.
- c. Various systems of play.
- d. Selection of players.

Unit III

- a. Specific warming up.
- b. Tactics and strategies
- c. Coaching programme.

Unit IV

- a. Layout of court with all specifications.
- b. Facilities and equipment with specifications.

Unit V

- a. Rules and Regulations.
- b. Duties of officials
- c. Important tournaments and cups.

General Reference:

1. Cornelius Bykerm – Simplified multiple offence for winning Basket Ball.
2. Srinivasan.S. – Basket Ball
3. Goel, R.G. Encyclopedia of Sports and games.
4. Thomson Willam teaching Soces, Deli, Surject, Publications.
5. Tyson Frank the Cricket coaching Manual, calculta, Rupa & Co., 1985.
6. Amarnath Mohinder, Karn to play Good Cricket, Delhi, Surject publications.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	17U5PEEL1A	Major Elective – I Sports Nutrition	4	3

Unit - I

Meaning, Need, Nature and importance of Nutrition, Role of Nutrition on Higher Performance in Sports.

Unit – II

Basic of Nutrition, Carbohydrates, Fats, Proteins, Vitamins, Minerals, Water, Balanced diet, Nutritive value of Food Stuffs.

Unit – III

Nutrition for Athletes and Players, Energy requirements in sports, carbohydrate loading.

Unit – IV

Percentage of energy derived from foods, Glycemic Index of food, Dietary fiber of food.

Unit – V

Principles of weight control, Exercise. The key to successful weight loss management designing. Weight loss programme. Tips for control body weight.

Reference:-

1. Pande P.K. and L.C. Gupta, Putline of sports Medicine : Jaypee Brothers New Delhi, 1987.
2. Hoeger W.K. Werner and Sharon A.Hoeger, Fitnes and Welness: Mortor Publicshing company Englewood, 1990.
3. Goeswami Shashikant, Nutrition for sports "SAIONSNIS" Patiala, 1996.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
V	17U5PEEL2B	Major Elective –II Sports Medicine	4	4

Unit – I

Definition, Need, Nature and scope of Sports medicine. importance of sports Medicine in physical Education and sports.

Unit – II

Different methods in promoting physical fitness – walking, jogging, swimming, cycling, Dancing and skipping.

Unit – III

Women in sports: Performance and sexual differences, Drugs and Doping – Injuries: Blisters, - Contusions Haematomas, cramps and Muscle Strain, Joint Sprain, Dislocation, Fracture.

Unit –IV

Sports Physiotherapy

Methods, Effects, Indication and contra Indication.

Exercise – classification and Therapeutic using of exercise in Rehabilitation

Unit – V

Bandage – Types, Application.

Strapping for major joint & body parts.

References :-

1. Starkey, Chad / Therapeutic Modalities of Athletic trainers, F.A. Davis company, Philadelphia 1990.
2. Edward Donald, Physiotherapy occupations Therapy and gymnastics, London.
3. St. John Ambulance, etc. First Aid Manual : St John Ambulance, London, 1997.
4. Prentice Williams E. Therapeutic Modalities sports Medicine : ST Louis, 1990.
5. Sundararajan / sports Medical Lectures: Rosan publication, Chennai.

Semester	Subject Code	Title of the Paper	Hours of Teaching / Week	No. of Credits
VI	17U6PEEL4A	Major Elective –IV Sports Physiotherapy	4	4

Objective

- To understand to physiotherapy skills

Unit I

- a. Meaning of physiotherapy – Guiding principles of physiotherapy – importance of physiotherapy.
- b. Meaning of Therapeutic exercise and Rehabilitation.

Unit II

- a. Posture – Meaning and Definition – Types of Posture – Values of good posture – Drawback and causes of poor posture.
- b. Postural deviations and the corrective exercise for Kyphosis, Lordosis, Scoliosis, Knock Knee, Bowleg and Flat foot.

Unit III

- a. Therapeutic movements – passive, active, assertive and resistive movements.
- b. Physiological classification of movements – voluntary and involuntary movements.

Unit IV

- a. Massage – History of Massage – Swedish massage system – points to be considered in giving massage – Contra – Indication of massage – Physiological effects of massage.
- b. Classification of massage manipulations- stroking. Pressure, percussion, shaking and deep manipulation.

Unit V

- a. Introduction to heart failure, classification carelities – Sign and symptoms and prevention.
- b. Chronic vascular disorders, coronary occlusion and Efforts, requiring hypertension
- c. Dis-order of the blood vessels – Atherosclerosis, cold extremities, various thrombosis.

Reference:

1. Anderson Marcia K. and Susan J. Hall, Sports Injury Management, Philadelphia:
 2. Curwin S. and W.D. Stanish, Tendinitis: Its Etiology and Treatment, Massachusetts D.C. Wealth, 1981.
 3. Beashel Paul and John Taylor, Sports Explained, Hampshire : Macmillan Massachusetts
 4. Hicks Carolyn M. Research of Physiotherapists: Project Design and Analysis, London Churchill Livingstone, 1995.
-