Sri Ramakrishna Mission Vidyalaya
Maruthi College of Physical Education
Coimbatore – 20

An Autonomous College Re-accredited by NAAC with 'A+' Grade

CURRICULUM

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S)
(THREE YEARS)
Programme Code: MBPE
Academic Year 2023-2024

SRI RAMAKRISHNA MISSION VIDYALAYA MARUTHI COLLEGE OF PHYSICAL EDUCATION
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TABLE OF CONTENTS

Sl. No.	Content	Page No.
1.	Vision & Mission	2
2.	Preamble	3
3.	Regulations	4
4.	Programme Educational Objectives (PEOs)	11
5.	Programme Outcomes (POs)	12
6.	Programme Specific Outcomes (PSOs)	13
7.	Programme of the study	14
8.	Scheme of examination	18
9.	Course structure and credit abstract	21
10.	Marks abstract	22
11.	Marks and credit abstract	22
12.	Extension activities	23
13.	Syllabus – Semester I	24
14.	Syllabus – Semester II	37
15.	Syllabus – Semester III	49
16.	Syllabus – Semester IV	61
17.	Syllabus – Semester V	76
18.	Syllabus – Semester VI	87

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

1. VISION & MISSION

Vision:

Striving for excellence in the quality of training teachers and teacher educators in Physical Education and Sports through proper training, effective coaching, in-depth research, and field-based activities blended with emerging technologies and value-based education on par with global standards.

Mission:

- Training committed, competent, and skillful pre-service physical education teachers and teacher educators by equipping them with the necessary practical knowledge, skills, right attitude, and nurturing holistic values so as to enable them to be creative and confident in fulfilling global demands.
- Imparting effective coaching by amalgamating basic skills and innovative strategies in order to successfully encounter unforeseen situations.
- Strengthening scholastic and non-scholastic skills through systematic, field-based, and outreach activities integrating appropriate ICT strategies.
- Encouraging research activities by prioritizing the thrust areas of research through re-visiting emerging trends in the field of Physical Education and Sports.

2. 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 life. The children as well as the adults 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 decreased risk of developing chronic diseases.

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 and Sports should consequently be assured and guaranteed for all human beings. Physical Education is now a regular feature in primary and secondary schools as well as it is gaining popularity in higher education. The course opted for this is an elective as well as the core at the college and the varsity level in India.

The graduate-level course in Physical Education and Sports contains subjects varying from the Foundation of Physical Education to Anatomy, Physiology, Kinesiology, Officiating & coaching, 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, lifeguards personal trainers, etc. During their course of education, the students also develop expertise to establish their own businesses as entrepreneurs in the field of sports, fitness, recreation, adventure sports, camping, event management, etc.

3. REGULATIONS

1. Eligibility for Admission

- Applicants should have passed the +2 examination in the 10 + 2 pattern of the Government of Tamil Nadu or any other equivalent examination recognized by the Government of Tamil Nadu and approved by the Tamil Nadu Physical Education and Sports University.
- School representation in any game or sport is mandatory for the applicants.
- The candidates should not have completed 21 years of age as of 1st July. However, a relaxation of 3 years shall be given for SC/ST candidates.
- Only male candidates are eligible for admission to the B.P.E.S. degree.
- The candidate must be medically fit and free from any deformities students will undergo a medical examination at the time of admission.
- Admission shall be made on the basis of ranking for a total of 150 marks as detailed below.

S.No	Description	Marks
1.	Qualifying Examination	25 marks
2.	Participation in Games & Sports	25 marks
3.	Games Skill test	50 marks
4.	Track and Field Skill test a) 100 m – 20 Marks b) Shot-put – 15 Marks c) Long Jump – 15 Marks	50 marks
	Total	**150 Marks**

Note: Marks obtained in the Qualifying Examination shall be converted to a maximum of 25 marks. For example, if a candidate secured 400 marks out of 600. His marks for qualifying examinations are [400/600] x 25 = 12.50 marks.

2. Duration:

The B.P.E.S programme shall be of a duration of three academic years, that is, six semesters. However, the students shall be permitted to complete the programme requirements within a maximum of three years from the date of admission to the programme. The total working days for a semester shall not be less than 90 working days excluding examination days. The curriculum and syllabi for the course shall be as prescribed from time to time.

3. The CBCS System:

All Programmes shall run on the Choice Based Credit System (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

4. Course

The term course usually referred to, as 'paper' is a component of a programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise lectures/tutorials/laboratory work/field work/outreach activities/project work/ vocational training /viva/ seminars/ term papers/assignments/presentations/self-study etc. or a combination of some of these.

5. Courses of Programme:

The B.P.E.S. programme consists of a number of courses, the term 'Course' is applied to indicate a logical part of the subject matter of the programme and is invariably equivalent to the subject matter of a 'paper' in the conventional sense. The following are the various categories of courses suggested for the B.P.E.S programme.

i) Theoretical Course
- Tamil Course / Hindi Course
- English Course
- Core Course
- Generic Elective Course
- Skill-based Course
- Discipline-Specific Elective Course
- Ability Enhancement Compulsory Course

ii) Practical Course

iii) Village Placement Programme

6. Semesters:

An academic year is divided into two semesters. Each semester consists of 17-20 weeks of academic work equivalent to 90 actual teaching days. The odd semester is scheduled from June/July to November/December and the even semester is from November/December to April/May. The institution works for a minimum of 30 working hours a week (five days a week).

7. Working days:

There shall be at least 180 working days per year.

8. Credits:

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and a half / two hours of practicum work/ field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it.

9. Examinations:

A) There shall be examinations at the end of each semester, for the first semester in the month of November /December: and for the second semester in the month of April / May. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such Re-appearance course(s) in the subsequent examinations to be held in November / December or April / May.

B) A candidate should get enrolled/registered for the first-semester examination. If enrolment/registration is not possible owing to a shortage of attendance beyond the condonation limit/rules prescribed or belated joining or on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as regular students; however, a student of the first semester shall be admitted in the second semester, if he has successfully kept the term in the first semester.

10. Condonation:

Students must have 75% of attendance in each course for appearing in the examination. Students who have 70% to 74% of attendance shall apply for condonation in the prescribed form with the prescribed fee along with the medical certificate. Students who have 50% to 69% of attendance shall not be allowed to write the examination. They will be allowed to write the examination next semester as an arrear after compensating for the required hours. Students who have below 50% attendance are not eligible to appear for the examination. They should redo the semester.

11. Pattern of Question Papers:

Question papers shall have questions corresponding to five units of each theory course.

Format of Question Paper for 5 Units.

Each question paper shall have three parts. The pattern will be as follows:

PART	DESCRIPTION	MARKS
A	Multiple choice questions - Write the answers to all the questions (Two Questions from each Unit) 10 x 1 marks	10
B	Write short notes (either or method) Answer all the questions (Two question from each unit) 5 x 5 marks	25
C	Answer in detail (Essay type questions) (either or method): Answer all the questions 5 x 8 marks	40
	Total	**75**

12. Evaluation

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

Continuous Internal Assessment (CIA) Test-I	5 Marks
Continuous Internal Assessment (CIA) Test-II	5 Marks
Pre semester	5 Marks
Assignments	5 Marks
Percentage of Attendance 95 % - and above - 5 Marks 90 % – 94.99 % - 4 Marks 85 % – 89.99 % - 3 Marks 80 % – 84.99 % - 2 Marks 75 % - 79.99% - 1 Mark	5 Marks
Total	**25 Marks**

Attendance shall be taken as a component of continuous assessment, although a student should have a minimum of 75% attendance in each course. In addition to the continuous evaluation component, the end semester examination, which will be a written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end-semester examination is 25:75. The evaluation of Practicum work, wherever applicable, will also be based on continuous internal assessment and on an end-semester Practicum examination.

13. Passing Standard:

No student shall be eligible for the award of the B.P.E.S degree unless he has passed the theory courses, practicum courses, and Village placement programme and Ability Enhancement Compulsory Courses. Theory courses, the internal marks will be 25 and the external marks will be 75. In both theory and practical internal and external minimum 40% of marks are needed. In the Part-IV Courses Credits are given but not considered for SGPA/CGPA. A minimum of 40% of marks in each theory course, practicum course, and Village placement programme is prescribed for a pass.

14. Grading:

Once the marks of the CIA (Continues Internal Assessment) and ESE (End Semester Examination) for each of the courses are available, both (CIA and ESE) will be added. The marks thus obtained for each course will then be graded from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA). These two are calculated using the following formula:

Semester Grade Point Average : $SGPA = \sum C_i G_i / \sum C_i$

Where

$\sum C_i G_i$ = Sum of the multiplication of grade points by the credits of the courses in a semester. $\sum C_i$ = Sum of the credits of the courses in a semester.

Cumulative Grade Point Average :

$$CGPA = \sum_n \sum_i C_{ni} G_{ni} / \sum_n \sum_i C_{ni}$$

Where

$\sum_n \sum_i C_{ni} G_{ni}$ = Sum of the multiplication of grade points by the credits of the entire programme.

$\sum_n \sum_i C_{ni}$ = Sum of the credits of the courses of the entire programme.

15. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education and Sports in First class / Second class / First class with Distinction, the marks and the corresponding CGPA earned by the candidate in theory courses, practical courses and village placement programme will be the criterion. It is further provided that the candidate should have scored the First / Second Class separately in both the grand total and end Semester (External) examinations.

16. Award of the B.P.E.S Degree:

A candidate shall be eligible for the award of a B.P.E.S degree, only if he has earned the minimum required credit.

17. Letter Gradings and Grade Points:

The grades for each course would be decided on the basis of the percentage of marks obtained at the external and internal examinations as per the following table:

Conversion of marks to grade points and Letter grade performance in a course.

RANGE OF MARKS	GRADE POINTS	LETTER GRADE	DESCRIPTION
90 - 100	9.0 - 10.0	O	Outstanding
80 - 89.99	8.0 - 8.99	D+	Excellent
75 - 79.99	7.5 - 7.99	D	Distinction
70 - 74.99	7.0 - 7.49	A+	Very Good
60 - 69.99	6.0 - 6.99	A	Good
50 - 59.99	5.0 - 5.99	B	Average
00 - 49.99	0 - 0	U	Re-Appearance
ABSENT	0 - 0	AAA	Absent

18. Grade Point Calculation:

Calculation of Semester Grade Point Average (SGPA) and Credit Grade Point (CGP) and declaration of class for B.P.E.S Programme.

The credit grade points are to be calculated in the following way:

$$\text{SGPA} = \frac{\text{Sum of grade points of all courses of the particular semester}}{\text{Total credit of the semester}}$$

19. Revaluation of Examination Papers:

In respect of the B.P.E.S Degree programme, any candidate can apply for revaluation of his answer script of any theory course, if he is not satisfied with the marks awarded to him. Firstly, the candidate has to fill in the prescribed application form and remit Rs.100 per course for getting the photocopy of the answer script. After going through the script, if the candidate desires for revaluation of the answer paper he has to fill in the prescribed application form, pay the revaluation fee of Rs.400/- per course) by cash in the Controller's office.

After the expiry of the last dates, the script will be revalued by a panel of evaluators and the revised marks will be intimated to the candidate. The candidate who secures a change in marks in the revaluation has to surrender his original mark sheets to the Controller's office to get the revised mark sheets. The revaluation system is not applicable to practical courses. Applications received after the prescribed date will not be entertained.

PROGRAMME EDUCATIONAL OBJECTIVES (PEOs)

1. **Disciplinary Knowledge and Skills:** To develop a sense of discipline in the students through the organization of physical and sports activities.
2. **Skilled Communicator:** To develop the ability to express thoughts and ideas effectively, demonstrate the ability to listen carefully, read and write analytically, and present complex information in a clear and concise manner to different groups.
3. **Critical Thinker and Problem Solver:** To develop the ability to employ critical thinking and efficient problem-solving skills through the development of new strategies are expected attributing factors.
4. **Sense of Inquiry:** To develop the capability for asking relevant/appropriate questions relating to the issues and problems in the field of physical education, fitness and rehabilitation.
5. **Leadership:** The orientation in organization of health and sports promoting physical activities develops appropriate leadership capabilities in the students.
6. **Skilled Manager:** To develop the ability for identifying or mobilizing appropriate resources required for organizing fruitful training and coaching programme for athletes of various sports.
7. **Digitally Literate:** To develop the ability to use computer for keeping the health-related data base of the trainees.
8. **Ethical Awareness and Reasoning:** To orient to avoid unethical behaviour and promoting fair play. Discouraging the use of drugs for performance enhancement. Promoting sports for the development of all round personality of the participants.
9. **Lifelong Learners:** To develop self-paced and self-directed learning aimed at personal development.
10. **Pursuit of Excellence:** To develop positive attitude toward developing one's own potential (both biological & cultural) and talents.
11. **Respect for Diversity:** To develop empathy with other's views and needs as well as respect for their elder's opinions, race, or religion and also able to value different cultures and traditions.
12. **Sense of Justice and Equity:** To develop and recognize social justice and act justly; to have a sense of fairness in life, especially in a sporting situation.
13. **Cooperation and Team Work:** To develop the ability to work effectively and respectfully with diverse teams; facilitate cooperative or coordinated effort on the part of a group and or a team in the interests of a common cause and work efficiently as a player.

4. PROGRAMME OUTCOMES (POs)

1. Express the stages of human growth & development and summarize the historical development of physical education in India
2. Design and construct a standardized playground, track and field arenas and Training Plan.
3. Practice the knowledge of various sports sciences to increase their sports performance
4. Demonstrate fundamental movement skills and techniques in various sports and games
5. Produce the best performance in the sports competitions and explain the importance of Adapted Sports for Persons with Disabilities.
6. Classify the communicable & non-communicable diseases, fitness & wellness and hypokinetic diseases.
7. Demonstrate the various yogic practices namely asana, pranayama, bandhas, kriyas and mudras
8. Facilitate specific coaching in various sports & games, organize sports competitions, and establish indoor & outdoor play facilities
9. Conduct action research during sports activities and measure & evaluate the physical fitness, and playing abilities of the players through standardized tests
10. Manage sports competitions, and physical education classes and demonstrate mass drill activities in educational institutions.

5. PROGRAMME SPECIFIC OUTCOMES (PSOs)

1. Demonstrate (i) a systematic, extensive and coherent knowledge and understanding of the academic field of study as a whole and its applications, and links to related disciplinary areas/ subjects of study (ii) procedural knowledge that creates professionals related to the subject area of Physical Education (iii) skills in one's specialization area and current developments in the academic field of Physical Education.
2. Demonstrate comprehensive knowledge about materials and skills required for identifying Physical Education related problems and issues, including current research in Physical Education.
3. Demonstrate skills in identifying information, collection of relevant quantitative and qualitative data drawn on a wide range of sources, analysis and interpretation of data using methodologies as appropriate to the subject of Physical Education for formulating evidence based solutions and arguments.
4. Use knowledge, understanding and skills for critical assessment of a wide range of ideas and complex problems and issues related to the academic field of Physical Education.
5. Communicate the results of the studies undertaken in the academic field of Physical Education accurately in a range of different contexts using the main concepts, constructs and techniques of the subject.
6. Address one's own learning needs relating to current and emerging areas of study relating to Physical Education. Making use of research, and professional materials as appropriate, including those related to new frontiers of knowledge in Physical Education.
7. Apply one's knowledge and understanding related to Physical Education and transferable skills to new contexts as well as to identify and analyze problems, issues and seek solutions to real-life problems.
8. Demonstrate subject-related and transferable skills that are relevant to Physical Education related jobs and employment opportunities.

6. PROGRAMME OF THE STUDY

a. Duration of the B.P.E.S degree programme of study is for three academic years, consisting of six semesters. The total working days shall be not less than 180 days in an academic year, each semester consists of not less than 90 days. Each working day shall consist of three hours of practical courses (morning 2 hours and evening 1 hour each session) and 3 hours of theory.

b. The programme of the study shall consist of six parts i.e., Part I – Language course, Part II – English course, Part III – Core courses, Part IV – Ability Enhancement Compulsory Courses, Part V - Practical courses, Part VI - Village Placement Programme (VPP) as indicated below.

THEORY COURSES

S.No	Course type	Course code	Title of the course
First-year - First semester			
1.	Tamil course	231ULC1	Tamil – I
	Hindi course	231ULC2	Hindi - I
2.	English course	231ULC3	English –I
3.	Core course	231UCC1	History and Foundations of Physical Education
4.	Core course	231UCC2	Rules of Games and Sports-Part I (Basketball, Badminton, Kabaddi, Softball)
5.	Generic elective course	231UGE1	Computer Application
Second semester			
1.	Tamil course	232ULC1	Tamil – II
	Hindi course	232ULC2	Hindi - II
2.	English course	232ULC3	English –II
3.	Core course	232UCC1	Human Anatomy and Physiology
4.	Core course	232UCC2	Rules of Games and Sports-Part II (Volleyball, Tennis, Throwball, Kho-Kho)
5.	Generic elective course	232UGE1	Communicative English

Second year - Third semester			
1.	Tamil course	233ULC1	Tamil – III
	Hindi course	233ULC2	Hindi - III
2.	English course	233ULC3	English –III
3.	Core course	233UCC1	Health and Safety Education
4.	Core course	233UCC2	Rules of Games and Sports-Part III (Track and Field Events)
5.	Generic elective course	233UGE1	Environmental Science
Fourth semester			
1.	Tamil course	234ULC1	Tamil – IV
	Hindi course	234ULC2	Hindi - IV
2.	English course	234ULC3	English –IV
3.	Core course	234UCC1	Rules of Games and Sports-Part IV (Field events, Ball Badminton, Football)
4.	Discipline Specific elective course	234UDE1	Methods in Physical Education
5.	Skill-based elective course	234USE1	Value Education and Indian Culture & Heritage
6.	Ability Enhancement Compulsory course	234UAE1	Obesity and Weight Management/MOOC courses
Third year - Fifth semester			
1.	Core course	235UCC1	Science of Yoga
2.	Core course	235UCC2	Athletic Care and Rehabilitation
3.	Core course	235UCC3	Kinesiology and Biomechanics
4.	Core course	235UCC4	Educational Psychology and Sports Journalism
5.	Discipline Specific elective course	235UDE1	Adapted Physical Education
Sixth semester			
1.	Core course	236UCC1	Exercise Physiology and Nutrition
2.	Core course	236UCC2	General Theory and Methods of Sports Training
3.	Core course	236UCC3	Rules of Games and Sports-Part V

			(Hockey, Table Tennis, Handball, Netball, Cricket, &Tennikoit)
4.	Discipline Specific elective course	236UDE1	Sports Management
5.	Skill-based elective course	236USE1	Test, Measurement and Evaluation
6.	Ability Enhancement Compulsory courses	236UAE1	Project/MOOC courses

PRACTICAL COURSES

S.No	Course Code	Title of the Course
First semester		
1.	231UPC1	Callisthenics, Minor Games, Gymnastics & Marching
2.	231UPC2	Basketball
3.	231UPC3	Softball
4.	231UPC4	Badminton
5.	231UPC5	Kabaddi
Second semester		
1.	232UPC1	Dands, Baithaks, Light Apparatus & Lezium
2.	232UPC2	Kho-Kho
3.	232UPC3	Tennis
4.	232UPC4	Volleyball
5.	232UPC5	Throwball
Third semester		
1.	233UPC1	***Track and Field events -*** Short distance running
2.	233UPC2	Middle-distance running & Long-distance running
3.	233UPC3	Relay Races and Hurdles
4.	233UPC4	Long Jump and Triple jump
5.	233UPC5	High Jump & Pole Vault

Fourth semester		
1.	234UPC1	***Track and Field events -*** Shot put & Hammer throw
2.	234UPC2	Discus throw & Javelin throw
3.	234UPC3	Pyramid, Mallakhamb and Martial Arts
4.	234UPC4	Football
5.	234UPC5	Ball Badminton
6.	234UPC6	Track and Field events (Semester III & Semester IV)
Fifth semester		
1.	235UPC1	Hockey
2.	235UPC2	Table Tennis
3.	235UPC3	Handball
4.	235UPC4	Netball
5.	235UPC5	Yoga
Sixth semester		
1.	236UPC1	Cricket
2.	236UPC2	Bharathiam & Aerobics
3.	236UPC3	Tennikoit
4.	236UPC4	Game of Specialization

Village Placement Programme

1.	236UPV1	Village Placement Progrmme

7. SCHEME OF EXAMINATION

Part	Course code	Title of the Course	Total Hours in a week	Credit	Int. marks	Ext. marks	Total marks
Semester - I							
Theory courses							
I	231ULC1/ 231ULC2	Tamil – I (or) Hindi - I	3	3	25	75	100
II	231ULC3	English –I	3	3	25	75	100
III	231UCC1	***Core course:*** History and Foundations of Physical Education	3`	3	25	75	100
III	231UCC2	***Core course:*** Rules of Games and Sports-Part I (Basketball, Badminton, Kabaddi, Softball)	3	3	25	75	100
III	231UGE1	***Generic Elective:*** Computer Application	3	2	25	75	100
Practical courses							
V	231UPC1	Callisthenics (20), Minor Games (10), Gymnastics (10),Marching (10)	3	2	50	-	50
V	231UPC2	Basketball	3	2	50	-	50
V	231UPC3	Softball	3	2	50	-	50
V	231UPC4	Badminton	3	2	50	-	50
V	231UPC5	Kabaddi	3	2	50	-	50
Total			**30**	**24**	**375**	**375**	**750**
Semester - II							
Theory courses							
I	232ULC1/ 232ULC2	Tamil – II (or) Hindi - II	3	3	25	75	100
II	232ULC3	English –II	3	3	25	75	100
III	232UCC1	***Core course:*** Human Anatomy and Physiology	3	3	25	75	100
III	232UCC2	***Core course:*** Rules of Games and Sports-Part II (Volleyball, Tennis, Throwball, Kho-Kho)	3	3	25	75	100
III	232UGE1	***Generic Elective:*** Communicative English	3	2	25	75	100
Practical courses							
V	232UPC1	Dands (10), Baithaks (10), Light Apparatus (20) & Lezim (10)	3	2	50	-	50
V	232UPC2	Kho-Kho	3	2	50	-	50
V	232UPC3	Tennis	3	2	50	-	50
V	232UPC4	Volleyball	4	2	50	-	50
V	232UPC5	Throwball	2	1	50	-	50
Total			**30**	**23**	**375**	**375**	**750**

Semester - III							
Theory courses							
I	233ULC1/ 233ULC2	Tamil – III (or) Hindi - III	3	3	25	75	100
II	233ULC3	English –III	3	3	25	75	100
III	233UCC1	***Core course:*** Health and Safety Education	3	3	25	75	100
III	233UCC2	***Core course:*** Rules of Games and Sports-Part III (Track and Field events)	3	3	25	75	100
III	233UGE1	***Generic Elective:*** Environmental Science	3	2	25	75	100
Practical courses							
V	233UPC1	***Track and Field events -*** Short distance running	3	2	50	-	50
V	233UPC2	Middle-distance running & Long-distance running	3	2	50	-	50
V	233UPC3	Relay Races and Hurdles	3	2	50	-	50
V	233UPC4	Long Jump and Triple jump	4	2	50	-	50
V	233UPC5	High Jump & Pole Vault	2	1	50	-	50
Total			**30**	**23**	**375**	**375**	**750**
Semester - IV							
Theory courses							
I	234ULC1/ 234ULC2	Tamil – IV (or) Hindi - IV	3	3	25	75	100
II	234ULC3	English – IV	3	3	25	75	100
III	234UCC1	**Core course:** Rules of Games and Sports-Part IV (Field events, Ball Badminton, Football)	3	3	25	75	100
III	234UDE1	***Discipline Specific Elective course:*** Methods in Physical Education	3	3	25	75	100
III	234USE1	***Skill-Based Elective Course:*** Value Education and Indian Culture & Heritage	3	2	25	75	100
Practical courses							
V	234UPC1	***Track and Field events -*** Shot put & Hammer throw	3	2	50	-	50
V	234UPC2	Discus throw and Javelin throw	3	2	50	-	50
V	234UPC3	Pyramid, Mallakhamb & Martial Arts	3	2	50	-	50
V	234UPC4	Football	4	2	50	-	50
V	234UPC5	Ball Badminton	2	1	50	-	50
V	234UPC6	Track and Field events (Semester III & Semester IV)	-	-	-	200	200
Total			**30**	**23**	**375**	**575**	**950**

Semester - V							
Theory courses							
III	235UCC1	***Core course:*** Science of Yoga	3	3	25	75	100
III	235UCC2	***Core course:*** Athletic Care and Rehabilitation	3	3	25	75	100
III	235UCC3	***Core course:*** Kinesiology and Biomechanics	3	3	25	75	100
III	235UCC4	***Core course:*** Educational Psychology and Sports Journalism	3	3	25	75	100
III	235UDE1	***Discipline Specific Elective Course:*** Adapted Physical Education	3	3	25	75	100
Practical courses							
V	235UPC1	Hockey	3	2	50	-	50
V	235UPC2	Table Tennis	3	2	50	-	50
V	235UPC3	Handball	3	2	50	-	50
V	235UPC4	Netball	4	2	50	-	50
V	235UPC5	Yoga	2	1	50	-	50
Total			**30**	**24**	**375**	**375**	**750**
Semester - VI							
Theory courses							
III	236UCC1	***Core course:*** Exercise Physiology and Nutrition	3	3	25	75	100
III	236UCC2	***Core course:*** General Theory and Methods of Sports Training	3	3	25	75	100
III	236UCC3	***Core course:*** Rules of Games and Sports-Part V (Hockey, Table Tennis, Handball, Netball, Cricket, &Tennikoit)	3	3	25	75	100
III	236UDE1	***Discipline-Specific Elective Course:*** Sports Management	3	3	25	75	100
III	236USE1	***Skill-Based Elective Course:*** Test, Measurement, and Evaluation	3	2	25	75	100
Practical courses							
V	236UPC1	Cricket	3	2	50	-	50
V	236UPC2	Bharathiam & Aerobics	3	1	50	-	50
V	236UPC3	Tennikoit	3	1	50	-	50
V	236UPC4	Game of Specialization	6	3	100	100	200
Village Placement Programme							
VI	236UPV1	Village Placement Programme (5 days during the semester)	-	2	100	100	200
Total			**30**	**23**	**475**	**575**	**1050**

Extra Credit Course

Part	Course code	Title of the Course	Total Hours in a week	Credit	Int. marks	Ext. marks	Total marks
Semester - IV							
IV	234UAE1	***Ability Enhancement Compulsory course:*** Obesity and weight management/MOOC courses	-	4	-	-	-
Semester - VI							
IV	236UAE1	***Ability Enhancement Compulsory course:*** Project/MOOC courses	-	4	-	-	-
Total			-	**8**	-	-	-

8. COURSE STRUCTURE AND CREDIT ABSTRACT

Part	**Courses**	**Semester-wise credits**						**Total credits**
		I	**II**	**III**	**IV**	**V**	**VI**	
I	Tamil Courses	3	3	3	3	-	-	12
II	English Courses	3	3	3	3	-	-	12
III	Core Courses	6	6	6	3	12	9	42
	Generic Elective Courses	2	2	2	-	-	-	06
	Discipline-Specific Elective Courses	-	-	-	3	3	3	09
	Skill-based Elective Courses	-	-	-	2	-	2	04
V	Practical Courses	10	9	9	9	9	7	53
VI	Village Placement Programme	-	-	-	-	-	2	02
Grand Total		**24**	**23**	**23**	**23**	**24**	**23**	**140**
Extra Credit Courses								
IV	Ability Enhancement Compulsory Courses	-	-	-	4	-	4	08

9. MARKS ABSTRACT

Part	Courses	Semester-wise credits						Total Marks
		I	II	III	IV	V	VI	
I	Tamil Courses	100	100	100	100	-	-	400
II	English Courses	100	100	100	100	-	-	400
III	Core Courses	200	200	200	100	400	300	1400
	Generic Elective Courses	100	100	100	-	-	-	300
	Discipline-Specific Elective Courses	-	-	-	100	100	100	300
	Skill-based Elective Courses	-	-	-	100	-	100	200
IV	Ability Enhancement Compulsory Courses	-	-	-	-	-	-	-
V	Practical Courses	250	250	250	450	250	350	1800
VI	Village Placement Programme	-	-	-	-	-	200	200
Grand Total		**750**	**750**	**750**	**950**	**750**	**1050**	**5000**

10. MARKS AND CREDIT ABSTRACT

Semester	Credit with marks	Extra Credit without marks	Total marks
I	24	-	750
II	23	-	750
III	23	-	750
IV	23	4	950
V	24	-	750
VI	23	4	1050
Grand total	**140**	**8**	**5000**

11. EXTENSION ACTIVITIES

Village Placement Programme

In the Third year of the B.P.E.S course, the students are required to visit the neighbouring village for the Village Placement Programme at least for a minimum period of five days and to organize programmes such as

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

The Village Placement programme record with details of programmes organized and photographs should be submitted at the time of the VI Semester B.P.E.S External practical examinations for evaluation.

Internal	-	100 Marks
External	-	100 Marks
Total	**-**	**200 Marks**

The Village Placement programme record with details of programmes organized and photographs should be submitted for evaluation.

12. SYLLABUS

Semester: I	**Course name:** Tamil - I	
Course code: 231ULC1	**Course type:** Tamil course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course objectives

- மாணவர்களுக்கு மரபுக்கவிதை பற்றி தெளிவு கிடைத்தல்.
- மாணவர்களுக்கு புதுக்கவிதைகளைப்பற்றி தெளிவு கிடைத்தல்.
- மாணவர்களுக்கு தமிழ் வார்த்தைகளில் வல்லினம் மிகும், மிகா இடங்களைப்பற்றி அறிந்து கொள்ளல்.
- இலக்கிய வரலாறுகளைப்பற்றியும் கிறிஸ்துவர்கள்,இஸ்லாமியர்கள் தமிழுக்கு ஆற்றய தொண்டுபற்றி தெளிவு கிடைத்தல்.
- தமிழ் கவிஞர்களைப்பற்றி தெரிந்து கொள்ளுதல்.

அலகு 1 மரபுக் கவிதை **(11 Hours)**

- ✓ பாரதியார் - கண்ணன் என் சேவகன்
- ✓ பாரதிதாசன் - உலகம் உன்னுடையது
- ✓ ஜீவா - காலுக்குச் செருப்புமில்லை
- ✓ பட்டுக்கோட்டை கல்யாணசுந்தரம் - செய்யும் தொழிலே தெய்வம்

அலகு 2 புதுக் கவிதை **(11 Hours)**

- ✓ சிற்பி - இந்தியா இணையற்ற இந்தியா
- ✓ வைரமுத்து - நவீனதாலாட்டு
- ✓ கண்ணதாசன் - சாவில்லாவீட்டில்
- ✓ அப்துல் ர.்.குமான் - முதுமை (நேயர் விருப்பம்)

அலகு 3 சிறுகதை **(11 Hours)**

- ✓ வலம்புரிச் சங்கு - நா.பார்த்தசாரதி
- ✓ மாத்திரை - ஆண்டாள் பிரியதர்ஷினி
- ✓ மிச்சம் - கண்ணகுமாரவிஸ்வரூபன்

அலகு 4 இலக்கிய வரலாறு – அறிமுகம் **(11 Hours)**

- ✓ புதுக்கவிதையின் தோற்றமும் வளர்ச்சியும்
- ✓ சிறுகதையின் தோற்றமும் வளர்ச்சியும்
- ✓ இக்கால இலக்கியங்களில் விளையாட்டுக்கள்

அலகு 5 இலக்கணம் **(10 Hours)**

- ✓ மொழித்திறன், சொற்பொருள் வேறுபாடு, ர,ற, ல,ள,ழ, ந,ண,ன வேறுபடுத்தி அறியும் முறை
- ✓ தொடரில் வழூஉச் சொற்களை நீக்கி எழுதுதல்
- ✓ ஒருமை, பன்மை– தொடரில் அமையும் விதம்

பார்வை நூல்கள்

1. பாரதியார், பாரதியார் கவிதைகள், பூம்புகார் பதிப்பகம், சென்னை
2. பாரதிதாசன் கவிதைகள், பூம்புகார் பதிப்பகம், சென்னை
3. கண்ணதாசன் கவிதைகள், பாரதி புத்தகாலயம், சென்னை
4. வைரமுத்து, இன்னொருதேசியகீதம், திருமகள் நிலையம், சென்னை
5. கவிஞர் பாலா, சிற்பியின் கவிதைவானம், மணிவாசகர் பதிப்பகம், சென்னை
6. அப்துல் ரகுமான், நேயர் விருப்பம், நேஷனல் பப்ளிசர்ஸ். சென்னை
7. ஹரி விஜயலட்சுமி, தமிழ் இலக்கிய வரலாறு, என்னெஸ்மூ பப்ளிகேஷன்ஸ், உடுமலை
8. மலையரசி, தமிழ் இலக்கியங்களில் விளையாட்டுக் கூறுகள், பாவைபதிப்பகம், மதுரை–1
9. நல்லாமூர் முனைவர் சோ. பெரியண்ணன் - தமிழில் தவறின்றிஎழுத, பேச, கற்க! முத்தமிழபதிப்பகம், 9ருஇ மேக்மில்லன் காலனி, சென்னை– 61

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	கவிதை எழுதுவதற்கான சிந்தனையும் அவற்றின் முக்கியத்தும் பற்றி விவாதிக்க முடிகிறது.	K1, K2, K3
CO 2	மரபுக்கவிதை,புதுக்கவிதை எழுதும் ஆற்றல் வளர்கிறது.	K1, K2, K3
CO 3	தமிழ் வார்த்தைகளை பிழையின்றி எழுத மற்றும் கட்டமைக்க முடிகிறது.	K1, K2
CO 4	இலக்கிய வரலாறு மூலம் சமயங்கள் தமிழுக்கு ஆற்றிய தொண்டு பற்றி மதிப்பிடமுடிகிறது.	K1, K2, K3
CO 5	தமிழ் கவிஞர்களை அடையாளம் கண்டும் நினைவு கூறவும் அவர்களின் நெறிகளை பின்பற்ற முடிகிறது	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	S	L	L	M	L	L	L	M	M	M
CO 2	L	L	L	L	M	L	M	L	L	M	M	M	M
CO 3	L	S	S	M	S	L	M	M	M	L	M	M	M
CO 4	L	S	M	M	M	L	L	M	M	L	M	M	M
CO 5	L	L	L	L	L	L	L	L	L	L	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: I	**Course name:** Hindi - I	
Course code: 231ULC2	**Course type:** Hindi course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course objectives

- To learn Hindi Stories
- To learn the selective proses
- To learn non- detailed text
- To learn English to Hindi
- To learn Samanya Hindi

Unit 1: Swar, Vyanjan, Barahkhadi, Samyukthakshar, Ginthi (1-100) **(11 Hours)**

Unit 2: Prose – Album, Kadhama ka Phool, Bharat EkHai **(11 Hours)**

Unit 3: Non-Detailed Text: Story 1 to 3 From Kahani Kunj **(11 Hours)**

(Pariksha, Mamatha, Apna Paraya)

Unit 4: Anuvad Abhyas, 1 to 10 – English to Hindi **(11 Hours)**

Unit 5: Samanya Hindi–Phal, Tarkariyan, Rang, Jaanvar, Pakshiyan, **(10 Hours)**

Sareerke Ang, Haft keDin

References:

Amithab VP. Kahani Kunj, Govind Prakashan, Sadhar Bazaar, Mathura, UP

Hiranmai. Hindi Gadhya Prabhakar, Siksha Bharathi, Kasmiri Gate, New Delhi

Ramdev, Vyakaran Pradeep. Hindi Bhavan, 36, Tagore Town, Allahabad

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Understand Hindi Stories	K1, K2,
CO 2	Pronounce the selective proses	K1, K2
CO 3	Know about non-detailed text	K1, K2, K3
CO 4	Convert English to Hindi	K1, K2
CO 5	Understand Samanya Hindi	K1, K2
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	S	L	L	M	L	L	L	M	M	M
CO 2	L	L	L	L	M	L	M	L	L	M	M	M	M
CO 3	L	S	S	M	S	L	M	M	M	L	M	M	M
CO 4	L	S	M	M	M	L	L	M	M	L	M	M	M
CO 5	L	L	L	L	L	L	L	L	L	L	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: I	**Course name:** English - I	
Course code: 231ULC3	**Course type:** English course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- Learning Fundamental English Grammar
- Enriching Personal English Vocabulary
- Developing Speaking and Writing Abilities
- Mastering the Phonetics of the English Language
- Developing a Fantastic Command of the English Language

Unit 1: Prose: A Day's Wait by Earnest Heming way **(11 Hours)**
Poetry: The Perfect Life by Ben Jonson

Unit 2: Prose: I was Gandhi's Jailor by Patric Quinn **(11 Hours)**
Poetry: The Road Not Taken by Robert Frost

Unit 3: Prose: Too Dear By Leo. N. Tolstoy **(11 Hours)**
Poetry: Silver by Walter De LaMare

Unit 4: Prose: The book of Nature **(11 Hours)**
Poetry: Ozymandias by P.B.Shelley

Unit 5: Part of speech active & passive voice and Sentences: its types **(10 Hours)**

References

SRMVMCPE. (2023). English Language – I – course material. Coimbatore: Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education Publication.

Tickoo., & Subramanian. *Current English for Language Skills*. Mac Millan Publications.

Wren., & Martin. *High School English Grammar and Composition*. New Delhi: S. Chand Publication.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	A Proper Understanding of English Grammar.	K1, K2
CO 2	Using Words Properly at Proper Places and thereby Minimizing the Usage of the Number of Words and Delivering Maximum Message and Content.	K1, K2
CO 3	Making the Delivery Effective	K1, K2
CO 4	With a Mastery of Speech Sounds Avoiding Misunderstanding and Repetition	K1, K2
CO 5	Excelling in Skills and Enhancing Focus on Results.	K1, K2
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	S	L	L	M	L	L	L	M	M	M
CO 2	L	L	L	L	M	L	M	L	L	M	M	M	M
CO 3	L	S	S	M	S	L	M	M	M	L	M	M	M
CO 4	L	S	M	M	M	L	L	M	M	L	M	M	M
CO 5	L	L	L	L	L	L	L	L	L	L	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: I	**Course name:** History and Foundations of Physical Education	
Course code: 231UCC1	**Course type:** Core course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- Understand the basic concepts of physical education
- Know the historical development of physical education in India
- Acquire knowledge of schemes and awards in sports
- Understand the philosophical and biological foundation of physical education
- Understand the psychological and sociological foundation of physical education

Unit 1: Introduction to physical education (11 Hours)

- ✓ Meaning, Definition of Education, Physical Education, Physical training, and physical culture
- ✓ Scope, Aims, and Objectives of Physical Education
- ✓ Importance of Physical Education in the Present era
- ✓ Relationship of Physical Education with General Education
- ✓ Physical Education as an Art and Science.

Unit 2: Physical Education In Ancient India (11 Hours)

- ✓ History of Physical Education in the Vedic period
- ✓ History of Physical Education in the Epic period
- ✓ History of Physical Education in the Buddhist period
- ✓ Development of Indigenous activities and Yogic system of physical exercise
- ✓ YMCA and its Contributions to Physical Education in India

Unit 3: Schemes and Awards (11 Hours)

- ✓ National Sports Day, Fit India
- ✓ SAI and NSNIS
- ✓ RDS, BDS and AIU
- ✓ Khelo India
- ✓ Arjuna Award, Dhronochariya Award, Rajiv Gandhi Khel Rathna Award, Maulana Abul Kalam Azad Trophy

Unit 4: Philosophical and Biological Foundations in Physical Education (11 Hours)

- ✓ **Philosophical Foundation:** Idealism, Pragmatism, Naturalism, Realism
- ✓ Philosophy and Culture, Fitness and Wellness movement in the Contemporary Perspectives,
- ✓ Sports for all and its role in the maintenance and Promotion of Fitness
- ✓ **Biological foundations:** Growth and Development, Age and Gender Characteristics,
- ✓ Body Types: Sheldon's classification, Kretchmer's body type

Unit 5: Psychological and Sociological Foundations in Physical Education (10 Hours)

- ✓ **Psychological Foundation:** Attitude, Aggression, Anxiety and Attention, Cognition, emotions
- ✓ Personality, Meaning, Definition, Characteristics & Dimensions (physical, mental, social & emotional) Factors affecting personality
- ✓ Theories of Play
- ✓ **Sociological foundation:** Gregarious instinct, Leadership
- ✓ National integration, Individual and Society

References

Bookwalter, K. W. (1969). *Foundations And Principles of Physical Education*. W.B.Saunders Company.

Brownell, C. L. (1951). *Physical Educations Foundations and Principles*. Mc Graw Hill Book Company.

Bucher, C. A. (1956). *Foundations of Physical Education*. C.V. Mosby.

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Bucher, C. A. (1987). *Foundations of Physical Education and Sports*. Times Mirror /Mosby College Publishing.

Buncher, C. A. (1972). *Foundations of Physical Education*. C.V. Mosby.

Dalen, V. A. N. (1953). *A World History of Physical Education*. Prentice hall.

Leonard, F. E. (1947a). *History of Physical Education*. Lea & Febiger.

Leonard, F. E. (1947b). *History of Physical Education*. Lea & Febiger.

Mishra, D. R. S. C. (2009). *Foundations of Physical Education*. Sports Publication.

Mojumdar, D. R. R. M. (2009). *History Of Physical Education and Sports*. Sports Publications.

Pradhan, D. R. R. C. (2012). *Facts And Foundations in Physical Education*. Sports Publication.

Rajagopalan, K. (2014). *A Brief History of Physical Education in India*. Krishnaswamy Rajagopalan.

Rice, E. A. (1958). *A Brief History of Physical Education*. Ronald Press Company.

Sharma, D. R. S. R. (2004). *Sociological Foundations in Physical Educations and Sports*. Friends Publications.

Sharma, O. P. (1998). *History of Physical Education*. Khel Sahitya Kendra.
Verma, D. R. H. J. (2012). *Foundations and History of Physical Education*. Sports Publication.
Wuest, D. A. (1991). *Foundations of Physical Education and Sports*. BI Publications Pvt Ltd.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Discuss the aim, objectives, and importance of physical education	K1, K2
CO 2	Summarize the historical development of physical education in India	K1, K2
CO 3	Explain the major schemes and awards in sports	K1, K3
CO 4	Point out the philosophical and biological foundation in physical education	K1, K2, K3
CO 5	Define psychology and sociology and discuss their foundations	K1, K2
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	S	L	L	S	L	L	L	L	L	L	S	S	M
CO 2	S	L	L	S	L	L	L	L	L	L	S	S	M
CO 3	L	L	L	L	L	L	L	L	L	L	L	S	M
CO 4	S	L	L	S	L	L	L	L	L	L	S	S	M
CO 5	L	L	L	S	M	L	L	M	L	S	S	S	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: I	**Course name:** Rules of games and Sports – Part I (Basketball, Badminton, Kabaddi, Softball)	
Course code: 231UCC2	**Course type:** Core course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To provide knowledge about the history and development of the various games and sports events.
- To emphasize the marking procedure of various play areas
- To teach fundamental skills of the selected games
- To inculcate the rules and regulations of the sports and games.
- To practice officiating techniques in the selected games

Unit 1: History and Development (11 Hours)

- ✓ History, Origin, and development of the game (Basketball, Badminton, Kabaddi, Softball)

Unit 2: Dimension and Measurements of Playfields (11 Hours)

- ✓ Dimension and measurements of the court, Equipment specification, player equipment (Basketball, Badminton, Kabaddi, Softball)

Unit 3: Fundamentals Skills of the Games (11 Hours)

- ✓ Technical skills (Offensive & Defensive skills), Tactics, and Specific Conditioning Drills (Basketball, Badminton, Kabaddi, Softball)

Unit 4: Rules of games (11 Hours)

- ✓ Rules of games and matches (Basketball, Badminton, Kabaddi, Softball)

Unit 5: Officiating (10 Hours)

- ✓ Mechanism of Officiating, Duties of officials and signals (Basketball, Badminton, Kabaddi, Softball)

References

Bunn, J. W. (1968). *The Art of Officiating Sports*. Prentice Hall Press.

Jain, R. K. (2013). *Hockey: Skills and Rills Rules*. Khel Sahitya Kendra.

Malik, D. R. A. (2012). *Rules Of Games and Sports*. Lakshay Publication.

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YMCA. (1981a). *Rules of Games and Sports*. YMCA Publications.

YMCA. (1981b). *Rules of Games and Sports*. YMCA Publications House.

YMCA. (1981c). *Rules Of Games and Sports*. YMCA Publications.

YMCA. (1981d). *Rules of Games and Sports*. YMCA.

YMCA. (1995). *Book of Rules of Games and Sports*. YMCA Publications.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Interpret the historical development of Basketball, Badminton, Kabaddi, Softball	K1, K2
CO 2	Draw and mention the measurements of play fields and its necessary equipment	K1, K2. K3
CO 3	Demonstrate the fundamental skills in Basketball, Badminton, Kabaddi, Softball	K1, K2, K3
CO 4	Point out the rules and regulations of Basketball, Badminton, Kabaddi, Softball	K1, K2, K3
CO 5	Officiate and interpret the rules of Basketball, Badminton, Kabaddi, Softball	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	**PO 1**	**PO 2**	**PO 3**	**PO 4**	**PO 5**	**PO 6**	**PO 7**	**PO 8**	**PO 9**	**PO 10**	**PSO 11**	**PSO 12**	**PSO 13**
CO 1	L	L	L	L	L	L	L	L	L	L	S	S	S
CO 2	L	S	L	M	S	L	L	S	M	M	S	S	S
CO 3	L	S	L	M	S	L	L	S	M	M	S	S	S
CO 4	L	S	L	M	S	L	L	S	M	M	S	S	S
CO 5	L	S	L	M	S	L	L	S	M	M	S	S	S

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: I	**Course name:** Computer Application	
Course code: 231UGE1	**Course type:** Generic Elective course	
Contact hours per week: 3	**Credit:** 2	**Contact hours per semester:** 54

Course Objectives

- To obtain knowledge of computer application
- To learn and access MS word
- To learn and access MS Excel
- To learn and access MS PowerPoint
- To use Learning Management System and e-resources

Unit 1: Introduction to Computer (11 Hours)

- Information and communication technology (ICT).
- Application of Computers in Physical Education
- Components of computer, input and output device
- Application software used in Physical Education and sports

Unit 2: Word Processing (11 Hours)

- Getting started with Microsoft Word
- Creating, saving and opening a document
- Formatting Editing features Drawing table.
- Page Setup, Paragraph Alignment, Spelling and Grammar Check, Printing Option, Inserting
- Page Number, Graph and Footnote.

Unit 3: Spreadsheet Program (11 Hours)

- Getting started with Microsoft Excel
- Creating, saving and opening spreadsheet
- Creating formulas
- Format and editing features for charting data.

Unit 4: Presentation Software (11 Hours)

- Getting started with Microsoft PowerPoint
- Creating, saving and opening a ppt. file
- Format and editing features a slide show, design, inserting slide number
- Enhancing of Picture, Graph, Table, Finalizing a presentation

Unit 5: Learning Management System and e-resources (10 Hours)

- ✓ e-mail
- ✓ Google Classroom
- ✓ e-books
- ✓ YouTube
- ✓ Web-based learning apps

References

Mahadeorao, D. R. R. (2016). *Computer Applications in Physical Education*. Sports Publication.

Thakur, D. R. J. K. (2014). *Statistics and Computer Application in Physical Education*. Khel Sahitya Kendra.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Discuss the need and importance of input and output devices	K1, K2
CO 2	Use various options in Microsoft Word	K1, K2
CO 3	Compute necessary calculations by using Microsoft Excel	K1, K2
CO 4	Use Microsoft PowerPoint for classroom teaching	K1, K2
CO 5	Utilize Learning Management Systems and e-sources and software in the field of physical education	K1, K2
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	L	L	L	L	L	L	M	S	S	L
CO 2	L	L	L	L	L	L	L	L	L	S	S	S	L
CO 3	L	L	L	L	L	L	L	L	L	S	S	S	L
CO 4	L	L	L	L	L	L	L	L	L	S	S	S	L
CO 5	L	L	L	L	L	L	L	L	L	S	S	S	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: II	**Course name:** Tamil - II	
Course code: 232ULC1	**Course type:** Tamil course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course objectives

- உலகமயமாகிவரும் இன்றையச் சூழலில் மாணவர்களுக்கு ஒழுக்கம், நேர்மை,முடிவெடுதல் முதலியவை அறிந்து கொள்ள காப்பியங்களின் மூலம் தெளிவுபடுத்துதல்.
- தமிழில் காணாலாகும் சமய இலக்கியத்தில் புராணங்களின் பயன்பாடுகளை உணர்த்துதல்.
- இலக்கிய வரலாறு மூலம் மொழி,இனம்,சுவையுணர்வு,விளையாட்டுதிறன் பற்றிய விரிந்த கண்ணோட்டத்தை ஏற்படுத்துதல்.
- படைப்பிலக்கியங்களின் மூலமாக சொற்களின் நிலைப்பாடு மற்றும் பொருள், கற்பனை முதலியவைகளை அறியச்செய்தல்.
- தமிழ் சொற்களின் அமைப்பையும் அவற்றின் பாகுபாட்டையும் இலக்கணத்தின் மூலமாக அறியச்செய்தல்.

அலகு 1 காப்பியம **(11 Hours)**

- ✓ சிலப்பதிகாரம் - 1 - வழக்குரைகாதை
- ✓ மணிமேகலை - ஆதிரை பிச்சையிட்ட காதை

அலகு 2 புராணம் **(11 Hours)**

- ✓ கம்பராமாயணம் - கைகேயி சூழ் வினைப் படலம் (50 முதல் 67 ஆம் பாடல்கள் நீகங்லாக)
- ✓ பெரியபுராணம் - மெய்ப்பொருள் நாயனார் புராணம்

அலகு 3 இலக்கிய வரலாறு– அறிமுகம் **(11 Hours)**

- ✓ ஐம்பெருங் காப்பிய்கள்
- ✓ ஐங்சிறுகாப்பியங்கள்
- ✓ நாட்டுப்புற இலக்கியங்களில் விளையாட்டுக்கள்

அலகு 4 படைப்பிலக்கியம் **(11 Hours)**

- ✓ கவிதை எழுதப் பயிற்சி
- ✓ சிறுகதை எழுதப் பயிற்சி
- ✓ விண்ணப்ப்ங்கள் வரைதல்

அலகு 5 இலக்கணம் **(10 Hours)**

- ✓ வல்லினம் மிகும் இடங்கள்
- ✓ வல்லினம் மிகா இடங்கள்
- ✓ வினாவகை - 6
- ✓ விடைவகை - 8

பார்வை நூல்கள்

1. சிலப்பதிகாரம், பாரி நிலையம், சென்னை
2. மணிமேகலை, பாரி நிலையம், சென்னை
3. கம்பராமாயணம், வர்த்தமானன் பதிப்பகம், சென்னை
4. ஹரிவிஜயலட்சுமி,தமிழ்இலக்கியவரலாறு,என்னெஸ்பப்ளிகேஷன்ஸ், உடுமலைப் பேட்டை
5. மலையரசி, தமிழ்இலக்கியங்களில்விளையாட்டுக்கூறுகள்,பார்வைபதிப்பகம், மதுரை– 1

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	காப்பியங்களின் நோக்கம் மற்றும் முக்கியத்துவம் பற்றி விவாதித்து அக்கால மக்கள் பற்றிய வாழ்க்கை முறையை கண்டறிய முடிவும்.	K1, K2, K3
CO 2	சமய இலக்கியங்கள் வழி பக்திநிலை மற்றும் அறவுணர்வை அடையாளம் காணமுடிகிறது.	K1, K2, K3
CO 3	காப்பியகளை பயில்வதன் மூலம் ஆளுமைப்பண்புகள் வளர்ந்து நேர்காணலில் கலந்து கொள்ள முடிவும.	K1, K2
CO 4	தமிழில் போட்டித்தேர்வுகளை எதிர்கொள்ள பயன்படுகிறது.	K1, K2, K3
CO 5	தமிழ் மொழியினை பிழையின்றி எழுத உதவுகின்றது.	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	S	L	L	M	L	L	L	M	M	M
CO 2	L	L	L	L	M	L	M	L	L	M	M	M	M
CO 3	L	S	S	M	S	L	M	M	M	L	M	M	M
CO 4	L	S	M	M	M	L	L	M	M	L	M	M	M
CO 5	L	L	L	L	L	L	L	L	L	L	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: II	**Course name:** Hindi - II	
Course code: 232ULC2	**Course type:** Hindi course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course objectives

- To learn Hindi Poem Panchavati
- To learn Lagu Katha
- To learn Novel
- To learn Hindi to English
- To learn Applied Grammar

Unit 1: Poetry: Panchavati by Mythilisharan Gupth **(11 Hours)**

Unit 2: Lagu Katha: Rishte, Khelne KaDin **(11 Hours)**

Unit 3: Novel: ApkaBanti by ManuBandari **(11 Hours)**

Unit 4: Anuvad Abhyas : 1 to 10 - Hindi to English **(11 Hours)**

Unit 5: Applied Grammar: Ling Badaliye, VachanBadaliye, **(10 Hours)**
Vaachbadaliye, ShudhKijiye, KaalBadaliye, KarakChinhomeseBhariye, Vakyom me PrayogKijiye, VipareetarthLikiye, ParyavachiSabdhLikiye, Muhavara ka aarthaangereji me Likiye etc.

References:

Mythilisharan Gupta, Panchavati, New Delhi.

Premchand, Sevasadan, Vani Prakashan, Dariyaganj, New Delhi.

AnuvadhAbhyas – III, DPHPS, Chennai.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Memorise poetries and numbers	K1, K2,
CO 2	Read novels	K1, K2
CO 3	Understand the grammar	K1, K2, K3
CO 4	Convert Hindi to English	K1, K2
CO 5	Understand Lagu Kath	K1, K2
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	S	L	L	M	L	L	L	M	M	M
CO 2	L	L	L	L	M	L	M	L	L	M	M	M	M
CO 3	L	S	S	M	S	L	M	M	M	L	M	M	M
CO 4	L	S	M	M	M	L	L	M	M	L	M	M	M
CO 5	L	L	L	L	L	L	L	L	L	L	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: II	**Course name:** English - II	
Course code: 232ULC3	**Course type:** English course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- Organizing a style of writing by writing assignments
- Quoting from poetry to embellish the language spoken
- Dramatizing the speech with noteworthy words found in the study of prose.
- Prioritizing the authors of the study.
- Formulating a course of effective writing.

Unit 1: Prose: My Struggle for an Education by Brooker T.Washington **(11 Hours)**
Poetry: The Well of St. Keyene by Robert Southey

Unit 2: Prose: Maori Villages by M.Brown **(11 Hours)**
Poetry: Upagupta by Rabindra Nath Gupta

Unit 3: Prose: Hari by NayantaraSahgal **(11 Hours)**
Poetry: James Honeyman by W. H. Auden

Unit 4: Prose: My Lost Dollar by SLeacock **(11 Hours)**
Poetry: If by Rudyard Kipling

Unit 5: Paragraph writing and informal & formal letterwriting **(10 Hours)**

References

SRMVMCPE. (2023). English Language – II – course material. Coimbatore: Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education Publication.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	A Proper Understanding of English Grammar.	K1, K2
CO 2	Using Words Properly at Proper Places and thereby Minimizing the Usage of the Number of Words and Delivering Maximum Message and Content.	K1, K2
CO 3	Making the Delivery Effective	K1, K2
CO 4	With a Mastery of Speech Sounds Avoiding Misunderstanding and Repetition	K1, K2
CO 5	Excelling in Skills and Enhancing Focus on Results.	K1, K2
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	S	L	L	M	L	L	L	M	M	M
CO 2	L	L	L	L	M	L	M	L	L	M	M	M	M
CO 3	L	S	S	M	S	L	M	M	M	L	M	M	M
CO 4	L	S	M	M	M	L	L	M	M	L	M	M	M
CO 5	L	L	L	L	L	L	L	L	L	L	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: II	**Course name:** Human Anatomy and Physiology	
Course code: 232UCC1	**Course type:** Core course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To know the basics of anatomy and physiology.
- To understand the skeletal system.
- To know the concept of the cardiovascular and respiratory systems.
- To know the concept of the digestive and nervous system
- To understand the functions of glands

Unit 1: Introduction of anatomy, physiology, Cell, and Tissues: (11 Hours)

- ✓ Definition, the meaning of anatomy and physiology.
- ✓ Need and importance of anatomy and physiology in physical education and sports.
- ✓ Cell – Structure and classification
- ✓ Functions of cell
- ✓ Tissues – Types and functions of various Tissues.

Unit 2: Skeletal System (11 Hours)

- ✓ Skeletal system - Definition, meaning and functions of the skeleton.
- ✓ Bones – Classification and functions
- ✓ General features of different bones of the body
- ✓ Bones of skull, Scapula, Radius and ulna, vertebral column, pelvic bone, and Femur.
- ✓ Joints – definition and classification.

Unit 3 Cardiovascular and Respiratory Systems (11 Hours)

- ✓ Cardiovascular system – Structure of the heart
- ✓ Functions the of heart
- ✓ Respiratory system – Structure of lungs
- ✓ Mechanism of Respiration
- ✓ Blood – Constituents – functions – Blood groups

Unit 4: Digestive and Nervous Systems (11 Hours)

- ✓ Digestive system – Structure and functions of Kidney
- ✓ Functions of the liver
- ✓ Nervous system – Structure of the brain
- ✓ Functions of the brain and spinal cord
- ✓ Functions of Neuron and Reflex arc

Unit 5: Glands and their functions (10 Hours)

- ✓ Endocrine Glands – Pituitary gland
- ✓ Thyroid, and parathyroid glands

- ✓ Adrenal gland
- ✓ Pancreas glands
- ✓ Role of endocrine glands in growth, development and regulations of body functions.

References

Chaurasias, B. D. (1992). *Human Anatomy*. CBS Publishers & Distributors.
Kumar, D. R. A. (2013). *An Introduction to Anatomy and Physiology*. Friends Publications.
Mojumdar, D. R. R. M. (2009). *Anatomy and Physiology*. Sports Publication.
Murugesh, D. R. N. (1993). *Basic anatomy and physiology*. Sathya publishers.
Myshne, D. A. (1971). *Human anatomy and physiology*. Mir publishers.
Mysline. (1990). *Human anatomy and physiology*. Mir publishers.
Pearce, E. C. (1993). *Anatomy And Physiology for Nurses*. Jaypee Brothers Medical.
Ranganathan, T. S. (1983). *A text book of human anatomy*. S. Chand & company ltd.
Singh, S. (2006). *Introduction to anatomy and physiology*. Friends publications.
Smout, C. F. V. (1956). *Anatomy and physiology*. Edward Arnold publishers limited.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Explain the importance of anatomy and physiology in the field of physical education	K1, K2
CO 2	Describe the structure and functions of various organs of the human body	K1, K2
CO 3	Classify the cell, bones, joints, and explain the circulatory system, respiratory system, digestive system, excretory system and nervous system	K1, K3
CO 4	Sketch and point out the organs of the human body	K2, K3
CO 5	Analyze and interpret the effect of exercise on various systems of the human body	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	S	S	M	L	S	S	L	M	S	L	M	M	L
CO 2	S	S	M	L	S	S	L	M	S	L	L	M	L
CO 3	S	S	M	L	S	S	L	M	S	L	L	M	L
CO 4	S	S	M	L	M	M	L	M	L	L	L	M	L
CO 5	S	S	M	L	S	S	L	M	S	L	L	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: II	**Course name:** Rules of games and Sports – Part II (Volleyball, Tennis, Throwball, Kho-Kho)	
Course code: 232UCC2	**Course type:** Core course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To provide knowledge about the history and development of the various games and sports events.
- To emphasize the marking procedure of various play areas
- To teach fundamental skills of the selected games
- To inculcate the rules and regulations of the sports and games.
- To practice officiating techniques in the selected games

Unit 1: History and Development (11 Hours)

- ✓ History, Origin and development of the game (Volleyball, Tennis, Throwball, Kho-Kho)

Unit 2: Dimension and Measurements of Playfields (11 Hours)

- ✓ Dimension and measurements of the court, Equipment specification, player equipment (Volleyball, Tennis, Throwball, Kho-Kho)

Unit 3: Fundamentals Skills of the Games (11 Hours)

- ✓ Technical skills (Offensive & Defensive skills), Tactics and Specific Conditioning Drills (Volleyball, Tennis, Throwball, Kho-Kho)

Unit 4: Rules of games (11 Hours)

- ✓ Rules of games and matches (Volleyball, Tennis, Throwball, Kho-Kho)

Unit 5: Officiating (10 Hours)

- ✓ Mechanism of Officiating, Duties of officials and signals (Volleyball, Tennis, Throwball, Kho-Kho)

References

Bunn, J. W. (1968). *The Art of Officiating Sports*. Prentice Hall Press.

Jain, R. K. (2013). *Hockey: Skills and Rills Rules*. Khel Sahitya Kendra.

Malik, D. R. A. (2012). *Rules Of Games and Sports*. Lakshay Publication.

Sharma, O. P. (2011). *Rules Of Games and Sports*. Khel Sahitya Kendra.

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YMCA. (1981b). *Rules of Games and Sports*. YMCA Publications House.

YMCA. (1981c). *Rules Of Games and Sports*. YMCA Publications.

YMCA. (1981d). *Rules of Games and Sports*. YMCA.

YMCA. (1995). *Book of Rules of Games and Sports*. YMCA Publications.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Interpret the historical development of Volleyball, Tennis, Throwball, Kho-Kho	K1, K2, K3
CO 2	Draw and mention the measurements of play fields and its necessary equipment	K1, K2. K3
CO 3	Demonstrate the fundamental skills in Volleyball, Tennis, Throwball, Kho-Kho	K1, K2, K3
CO 4	Point out the rules and regulations of Volleyball, Tennis, Throwball, Kho-Kho	K1, K2, K3
CO 5	Officiate and interpret the rules of Volleyball, Tennis, Throwball, Kho-Kho	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	**PO 1**	**PO 2**	**PO 3**	**PO 4**	**PO 5**	**PO 6**	**PO 7**	**PO 8**	**PO 9**	**PO 10**	**PSO 11**	**PSO 12**	**PSO 13**
CO 1	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 2	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 3	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 4	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 5	L	L	L	L	L	L	L	L	L	L	L	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: II	**Course name:** Communicative English	
Course code: 232UGE1	**Course type:** Generic Elective course	
Contact hours per week: 3	**Credit:** 2	**Contact hours per semester:** 54

Course Objectives

- To train the students to write the basic structures in English.
- To manifest their thoughts in various situations of life.
- To Train them to continue a system of the learning process to attain greater heights in the metamorphosis of life.
- To conquer interviews and group discussions.
- To enhance the quality of life and make themselves elite.

Unit 1: **(11 Hours)**

- ✓ Imperative sentences, Declarative sentences
- ✓ Interrogative sentences, exclamatory sentences
- ✓ Asking for permission, Requests
- ✓ self-introduction, Greetings
- ✓ Describing an object

Unit 2: **(11 Hours)**

- ✓ Short answers
- ✓ Asking for time
- ✓ Asking about trains
- ✓ Asking about prices
- ✓ Telephone conversation, miscellaneous conversation

Unit 3: **(11 Hours)**

- ✓ The announcementnt in the sports meet
- ✓ Preparing annual sports meet report
- ✓ Welcome address and vote of thanks in a sports meet
- ✓ Master of ceremony in a sports meet

Unit 4: **(11 Hours)**

- ✓ A mock interview
- ✓ At the personal interview
- ✓ Interviewing a Sports Person.

Unit 5: **(10 Hours)**

- ✓ Reading & Writing: Reading a few sentences
- ✓ Reading a passage
- ✓ Reading newspaper
- ✓ Writing letters - Writing application - Writing a notice.

References

Anil Kumar. (2012). *Spoken English.* New Delhi: The Readers Paradise.

Radhakrishna, Pillai. and Rajeevan, K. (2011). *Spoken English for you - Level One.* Chennai: Emerald Publishers.

Ramakrishna Mission Vivekananda University. (2012). *Communication skills.* Coimbatore: Ramakrishna Mission Vivekananda University Publication.

Seema Seth. (2012). *Communication skills.* New Delhi: Readers' Choice.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Writing and speaking without hesitations.	K1, K2
CO 2	Traveling with the realities of life and carrying on	K1, K2
CO 3	Continuing from phase to phase of life with ease	K1, K3
CO 4	Attaining greater positions on life	K2, K3
CO 5	Mingling with the scholars and the elite of the society and safeguarding identify	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	S	L	L	S	L	L	M	L	L	L	S	S	S
CO 2	S	L	L	L	M	L	M	L	L	M	S	S	S
CO 3	S	S	S	M	S	L	M	M	M	L	S	S	S
CO 4	S	S	M	M	M	L	L	M	M	L	S	M	L
CO 5	L	L	L	L	L	L	L	L	L	L	S	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: III	**Course name:** Tamil - III	
Course code: 233ULC1	**Course type:** Tamil course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course objectives

- பக்தி இலக்கியத்தினை அறிமுகம் செய்வதன் மூலமாக தமிழ் இலக்கிய வளர்ச்சியில் சமயங்கள் ஆற்றிய தொண்டினை அறியச் செய்தல்.
- சமய இலக்கியத்தின் தோற்றம்,வளர்ச்சி,வகை,பயன்பாடுகளை உணர்த்துதல்.
- சைவ,வைணவ இலக்கிய வரலாற்றினையும்,சமுதாய நோக்கில் விளையாட்டுக்களின் நிலைப்பாட்டினை அறியச்செய்தல்.
- நவீன இலக்கியங்களின் அடிப்படை மற்றும் சமூக பயன்களை அறியச்செய்தல்.
- தமிழ் எழுத்துக்களின் பிறப்பு,தன்மை,சிறப்பு அவை மூலமாக மொழிபெயர்பு,பிற மொழிகளுக்கு மாற்றம் செய்யும்முறைகளை அறியச்செய்தல்.

அலகு 1 சைவ இலக்கியம் (11 Hours)

- ✓ திருஞானசம்பந்தர் - திருநீற்றுப்பதிகம் (மந்திரமாவது நீறு1- 5பாடல்கள்)
- ✓ திருநாவுக்கரசர் - திருஅங்கமாலை (தலையே நீ வணங்காய் 1-5 பாடல்கள்)
- ✓ சுந்தரர் -திருவெஞ்சமாக் கூடல் (எறிக்கும்கதிர்1-5பாடல்கள்)

அலகு 2 வைணவ இலக்கியம் (11 Hours)

- ✓ திருமங்கையாழ்வார் - பெரியதிருமொழி - மூன்றாம் பத்து ஒன்பதாம் திருமொழி (ஜலங்கொண்ட இரணியன் 1-5பாடல்கள்)
- ✓ ஆண்டாள் -நாச்சியார் திருமொழி–6 ஆம்திருமொழி(வாரணம் ஆயிரம் 1-5பாடல்கள்)
- ✓ நம்மாழ்வார் - திருவாய் மொழி (முனியேநான்முகனே1-5 பாடல்கள்)

அலகு 3 இலக்கியவரலாறு– அறிமுகம் (11 Hours)

- ✓ பன்னிரு திருமுறைகள்
- ✓ பன்னிரு ஆழ்வார்கள்
- ✓ சமுதாய நோக்கில் விளையாட்டுக்கள்

அலகு 4 நாவல் (11 Hours)

- ✓ சீத்தம்மா - பட்சி

அலகு 5 மொழி பெயர்ப்பு (10 Hours)

- ✓ மொழி பெயர்ப்பு, பொதுப்பகுதி, அலுவலகப்பகுதி, ஆங்கிலத்திலிருந்து தமிழில் மொழி பெயர்த்தல்

பார்வை நூல்கள்

1. பக்தி இலக்கியம் - ப.அருணாசலம், சைவசித்தாந்த நூற்பதிப்புக் கழகம், சென்னை– 06 (பதிப்பு 1990)
2. மலையரசி, தமிழ் இலக்கியங்களில் விளையாட்டுக் கூறுகள், பாவைபதிப்பகம், மதுரை–1
3. ஹரிவிஜயலட்சுமி, தமிழ் இலக்கியவரலாறு, என்னெஸ் பப்ளிகேஷன்ஸ், உடுமலைப் பேட்டை

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	சமயக்கோட்டுகளின் மூலம் பக்தி,ஒழுக்கம்,அறம்,அன்புநிலைகளை அடையாளம் கண்டு வளர்க்க முடிகிறது.	K1, K2, K3
CO 2	மாணவர்கள் சமுதாய உணர்வினை மதிப்பிட முடிகிறது.	K1, K2, K3
CO 3	முன்னோர்களின் விளையாட்டுகளை அறித்து கொண்டு அதன் மூலம் தன்னை கட்டமைத்து கொள்ளுதல்..	K1, K2
CO 4	சமூகத்தில் உயர்நிலையை அடைய வழிகளை கண்டறிய முடிகிறது.	K1, K2, K3
CO 5	மேடையிலும் பிறதொடர்பு ஊடகங்களிலும் தயக்கமின்றிச்சரளமாகப் பேசப்பயிற்சி,எழுத்து ஆற்றலை வளர்க்க முடிகிறது.	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	S	L	L	M	L	L	L	M	M	M
CO 2	L	L	L	L	M	L	M	L	L	M	M	M	M
CO 3	L	S	S	M	S	L	M	M	M	L	M	M	M
CO 4	L	S	M	M	M	L	L	M	M	L	M	M	M
CO 5	L	L	L	L	L	L	L	L	L	L	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: III	**Course name:** Hindi - III	
Course code: 233ULC2	**Course type:** Hindi course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course objectives

- To learn Prose
- To learn Shabdh Vichar
- To learn Hindi poetry
- To learn Hindi to English
- To learn Applied Grammar

Unit 1: Prose: Jeevan Ki Teen Pradhan Batein, Bade Bai Sahibby Prem chand **(11 Hours)**

Unit 2: Shabdh Vichar – Sangna, Sarvanam, Kaarak,Visheshan **(11 Hours)**

Unit 3: Poetry: Kavya Tarang **(11 Hours)**

(Pracheen Kavita – 1 to 5 Kabir, Tulasi, Surdas)

Unit 4: Poetry: Kavya Tarang **(11 Hours)**

(Aadhukin Kavita – 1 to 3 Gupt, Dinkar, Pant, Nirala, Verma)

Unit 5: Letter Writing – Leave Letter, Applying for Job, Ordering for Books, College Anniversary, Celebration etc. **(10 Hours)**

References:

Mythilisharan Gupta, Panchavati, New Delhi.

Premchand, Sevasadan, Vani Prakashan, Dariyaganj, New Delhi.

AnuvadhAbhyas – III, DPHPS, Chennai.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Memorise poetries	K1, K2,
CO 2	Read prose	K1, K2
CO 3	Understand the grammar	K1, K2, K3
CO 4	Convert Hindi to English	K1, K2
CO 5	Write various letters in Hindi	K1, K2
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	S	L	L	M	L	L	L	M	M	M
CO 2	L	L	L	L	M	L	M	L	L	M	M	M	M
CO 3	L	S	S	M	S	L	M	M	M	L	M	M	M
CO 4	L	S	M	M	M	L	L	M	M	L	M	M	M
CO 5	L	L	L	L	L	L	L	L	L	L	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: III	**Course name:** English – III	
Course code: 233ULC3	**Course type:** English course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To modify writing to derive effective communication.
- To illustrate the intention specifically.
- To relate subjects of study effectively
- To memorize poetry to present excerpts occasions
- To manipulate during unexpected predicaments

Unit 1: A Glopry has Departed – J. Nehru (Prose) Good Bye Party for Miss. **(11 Hours)**
Pushpa. T.S. – Nissim Ezeriel (Poetry)

Unit 2: What is Life? J.B.S. Haldane (Prose) – The Tiger –
William Blake (Poetry) **(11 Hours)**

Unit 3: My Greatest Olympic Prize (Jesse Owens)(Prose)–Ulysses–Alfred Tennyson
(Poetry) **(11 Hours)**

Unit 4: The Vision of Patro Tism (Prose) (Sarojini Naidu) – A Bird Came Down the Walk
(Emry Dickson)(Poetry) **(11 Hours)**

Unit 5: Application writing and Paragraph writing **(10 Hours)**

References

James Daniel, P.C. (2011). Petals of Prose and Poetry, Harrows Publications.
SRMVMCPE. (2023). English Language – III – course material. Coimbatore: Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education Publication.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	A Proper Understanding of English Grammar.	K1, K2
CO 2	Using Words Properly at Proper Places and thereby Minimizing the Usage of the Number of Words and Delivering Maximum Message and Content.	K1, K2
CO 3	Making the Delivery Effective	K1, K2
CO 4	With a Mastery of Speech Sounds Avoiding Misunderstanding and Repetition	K1, K2
CO 5	Excelling in Skills and Enhancing Focus on Results.	K1, K2
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	**PO 1**	**PO 2**	**PO 3**	**PO 4**	**PO 5**	**PO 6**	**PO 7**	**PO 8**	**PO 9**	**PO 10**	**PSO 11**	**PSO 12**	**PSO 13**
CO 1	L	L	L	S	L	L	M	L	L	L	M	M	M
CO 2	L	L	L	L	M	L	M	L	L	M	M	M	M
CO 3	L	S	S	M	S	L	M	M	M	L	M	M	M
CO 4	L	S	M	M	M	L	L	M	M	L	M	M	M
CO 5	L	L	L	L	L	L	L	L	L	L	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: III	**Course name:** Health and Safety Education	
Course code: 233UCC1	**Course type:** Core course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To know the concepts of Health Education and Services.
- To understand the various diseases and malnutrition.
- To know the importance of Health Education in Scholls
- To know the concept of Safety Education
- To understand the application of safety measures in playing areas

Unit 1: Health Education and Services **(11 Hours)**

- ✓ Concept, Dimensions, Spectrum, and determinants of Health
- ✓ Health Education and Principles of Health Education
- ✓ Nature and Scope of Health Education in Physical Education
- ✓ Health Services in India

Unit 2: Global Health Issues **(11 Hours)**

- ✓ Communicable, Non-Communicable disease and their prevention
- ✓ Malnutrition, Food Adulteration, Environmental Pollution and Sanitation, Population and their management.
- ✓ Physical Activity and Nutrition, Overweight and Obesity, Mental Health
- ✓ Prime causes of death: cardiovascular disease, chronic respiratory disease, Diabetes, Mental Disorders, Nutritional Deficiencies and their prevention through physical activity

Unit 3: Health Education in Schools **(11 Hours)**

- ✓ Need and scope of health education in schools
- ✓ Preventing alcohol, tobacco and other drugs abuses in schools
- ✓ Personal Health and Wellness: Healthy eating, Mental and Emotional health, and Violence prevention
- ✓ Health Instruction and Health Supervision
- ✓ Assessing personal and peers health risk taking

Unit 4: Safety Education **(11 Hours)**

- ✓ Definition – characteristics
- ✓ Principles of safety education
- ✓ Need for safety education in physical education
- ✓ Factors affecting safety
- ✓ Need and importance of safety

Unit 5: Safety application methods **(10 Hours)**

- ✓ Home
- ✓ swimming pool
- ✓ Gymnasium
- ✓ Play field
- ✓ School play equipment

References

Alton L. Thygerson, Benjamin Gulli, Jon R. Krohmer (2007) *First Aid, CPR, and AED*

Educaion, M. O. F. (1957). *Health education*. Her Majesty stationery office.

Glen G. Gilbert, Robin G. Sawyer, Elisa Beth McNeill (2014*) Health Education: Creating Strategies for School & Community Health*

Kumar R. Kumar (2004) *Guide to Prevention of Lifestyle Diseases*

Malik, S. (2015). *Health education and environmental studies*. Sports publications.

Melinda Flegel (2013) *Sport First Aid*

Ronald P. Pfeiffer, Alton L. Thygerson, Nicholas F. Palmieri (2009) *Sports First Aid and Injury Prevention*

Ronald Ross Watson, Sherma Zibadi (2018) *Lifestyle in Heart Health and Disease*

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Summarize the concepts of health education and organize health service and instruction in personal hygiene	K1, K2
CO 2	Classify communicable and non-communicable diseases and apply principles of personal & environmental hygiene in schools	K1, K2
CO 3	Prepare health records and provide health services in schools	K1, K2, K3
CO 4	Define safety education and explain the need for safety education in physical education	K1, K2
CO 5	Apply various methods of safety measures	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	S	M	L	L	S	L	M	M	M	L	S	S	L
CO 2	S	M	S	M	S	M	L	L	S	M	S	S	L
CO 3	S	M	S	M	S	M	L	L	S	M	S	S	L
CO 4	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 5	L	L	L	L	M	L	L	L	L	L	L	L	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: III	**Course name:** Rules of games and Sports – Part III (Track and Field events)	
Course code: 233UCC2	**Course type:** Core course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To provide knowledge about the history and development of the various track and field events.
- To emphasize the marking procedure of various playing arenas
- To teach fundamental techniques of the selected events
- To inculcate the rules and regulations of the track and field events.
- To practice officiating techniques in the track and field events

Unit 1: Planning and construction of track (11 Hours)

- ✓ Planning, Construction, and Marking of standard track
- ✓ Planning, Construction, and Marking of non-standard track (200m, 400m)

Unit 2: Computation of RDR & CDR (11 Hours)

- ✓ Computation of Running distance radius and Curb Distance radius
- ✓ Computation of Stagger Distance
- ✓ Computation of Diagonal Excess

Unit 3: Rules and their interpretation (11 Hours)

- ✓ Rules and their Interpretations of Track Events-100 meters, 200 meters, 400meters
- ✓ Rules and their Interpretations of Track Events-800 meters, 1500 meters
- ✓ Rules and their Interpretations of Track Events-5000 meters and 10,000 meters
- ✓ Rules and their Interpretations of Hurdle events: 110m Hurdles, 100m Hurdles, 400mHurdles
- ✓ Rules and their Interpretations of Relay events: 4*100 meters, 4*400 meters

Unit 4: Marking, Rules and their interpretation (11 Hours)

- ✓ Markings, Rules and their Interpretations - Shot put and Hammer throw
- ✓ Markings, Rules and their Interpretations – Discus throw and Javelin throw
- ✓ Markings, Rules and their Interpretations – Long jump and Triple jump
- ✓ Markings, Rules and their Interpretations – High jump and Pole vault

Unit 5: Duties of officials (10 Hours)

- ✓ Duties of Management Officials
- ✓ Duties of Competition Officials
- ✓ Additional Officials
- ✓ Officials and their duties for Track Events – Field Events

References

Bunn, J. W. (1968). *The Art of Officiating Sports*. Prentice Hall Press.

Jain, R. K. (2013). *Hockey: Skills and Rills Rules*. Khel Sahitya Kendra.

Malik, D. R. A. (2012). *Rules Of Games and Sports*. Lakshay Publication.

Sharma, O. P. (2011). *Rules Of Games and Sports*. Khel Sahitya Kendra.

YMCA. (1943). *Book of Rules of Games and Sports*. YMCA Publication House.

YMCA. (1981a). *Rules of Games and Sports*. YMCA Publications.

YMCA. (1981b). *Rules of Games and Sports*. YMCA Publications House.

YMCA. (1981c). *Rules Of Games and Sports*. YMCA Publications.

YMCA. (1981d). *Rules of Games and Sports*. YMCA.

YMCA. (1995). *Book of Rules of Games and Sports*. YMCA Publications.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Draw athletics track and interpret the rules and regulations of selected track events	K1, K2, K3
CO 2	Calculate stagger distance and diagonal excess of track events	K1, K2. K3
CO 3	Interpret the rules and regulations of track events	K1, K2, K3
CO 4	Draw the diagrams of field events and interpret the rules and regulations of selected field events	K1, K2, K3
CO 5	Generalize the duties of officials in track and field events	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 2	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 3	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 4	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 5	L	L	L	L	L	L	L	L	L	L	L	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: III	**Course name:** Environmental Science	
Course code: 233UGE1	**Course type:** Generic Elective course	
Contact hours per week: 3	**Credit:** 2	**Contact hours per semester:** 54

Course Objectives

- To know the basics of Environmental Studies
- To understand the types of natural resources
- To know the functions of ecosystems
- To know the concept of the biodiversity
- To understand the impact of pollution

Unit 1: Multidisciplinary Nature of Environmental studies (11 Hours)

- ✓ Introduction to environmental studies with their importance.
- ✓ Need for public awareness.
- ✓ Sensitization and participation.
- ✓ Swachh Bharat

Unit 2: Natural Resources (11 Hours)

- ✓ Types of natural resources and their importance
- ✓ Food resources: World food problems and related aspects
- ✓ Land resources, Water resources, Forest resources- use and overuse
- ✓ Minerals and Energy resources - the importance of renewable and sustainable energy
- ✓ Equitable use of resources for sustainable lifestyles
- ✓ Role of an individual in the conservation of natural resources

Unit 3: Ecosystems (11 Hours)

- ✓ Concept of an ecosystem, Types of the ecosystems
- ✓ Structure and function of an ecosystem, Producers, consumers, and decomposers
- ✓ Energy flow in the ecosystem, Food chains, food webs, and ecological pyramids
- ✓ Ecological succession
- ✓ Introduction, types, characteristic features, structure and function of Forest ecosystem
- ✓ Grassland ecosystems and Desert ecosystems, Aquatic ecosystems (ponds, streams, lakes, rivers, ocean estuaries)

Unit 4: Biodiversity (11 Hours)

- ✓ Introduction - Definition: genetic, species and ecosystem diversity
- ✓ Bio-geographical classification of India
- ✓ Value of biodiversity: consumptive use, productive use, social, ethical aesthetic and option values

- ✓ Bio-diversity at global, national and local levels, India as a megadiversity nation, Hot spots of biodiversity
- ✓ Threats to biodiversity: habitat loss, poaching of wildlife, man-wildlife conflicts
- ✓ Endangered and endemic species of India
- ✓ Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity

UNIT 5: Impact of Pollution (10 Hours)

- ✓ Environmental Pollution: Sources, effects, and control measures of air, water, marine, soil, thermal, noise, and radioactive pollution –
- ✓ A brief account of ozone layer depletion, global warming, acid rain, and the greenhouse effect

Reference

Agarwal, K.C. (1980). *Environmental Biology*. New Delhi: Agro Botanical Publishers.

Ananthakrishnan, T.N. (1987). Bioresources Ecology. New Delhi: Oxford and IBH Publishers.

Dey, A.K. (1994). Environmental Chemistry. New Delhi: New Age International Pvt. Ltd.

Sharma, P.D, (2009). Ecology and Environment. Meerut: Rastogi Publication.

Subrahmanyam, N.S., & Sambamurthy, A.V.S. (2001). Ecology. New Delhi: Narosa Publishing House.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Summarize the concepts of environmental studies and Swachh Bharat	K1, K2
CO 2	Classify the natural resources and explain the role of an individual	K1, K2
CO 3	Explain the types and structure of Ecosystems	K1, K2, K3
CO 4	Define Bio-diversity and explain the threats of biodiversities	K1, K2
CO 5	Enumerate the impact of various pollutions	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	S	M	L	L	S	L	M	M	M	L	S	S	L
CO 2	S	M	S	M	S	M	L	L	S	M	S	S	L
CO 3	S	M	S	M	S	M	L	L	S	M	S	S	L
CO 4	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 5	L	L	L	L	M	L	L	L	L	L	L	L	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: IV	**Course name:** Tamil - IV	
Course code: 234ULC1	**Course type:** Tamil course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- தமிழ் மொழியின் தொன்மையான இலக்கியங்களான சங்க இலக்கியங்களை மாணவர்களுக்கு அறிமுகம் செய்தல்.
- அகமும்,புறமும் என்பதாக அமையும் சங்க இலக்கியங்கள் பற்றி மாணவர்களுக்கு தெரிவித்தல்.
- அறஇலக்கியங்கள் காட்டும் நீதிக்கருத்துகளை எடுத்துரைத்தல்.
- அற இலக்கியங்கள் தோன்றிய காலகட்டங்களை இலக்கிய வரலாறு மூலம் அறியச்செய்தல்.
- தமிழ்மொழி கற்க அடிப்படை அறிவாகிய இலக்கணத்தின் சிறப்பு,அவை பயன்பாடுத்தப்படும் இடங்களை பற்றி அறியச்செய்தல்.

அலகு 1 புற இலக்கியம் (11 Hours)

- ✓ புறநானூறு - ‘உற்றுழிஉதவியும்’ - பாடல்183
- ✓ ‘நெல்லும் உயிரன்றோ’ – பாடல் 186
- ✓ ‘யாண்டுபலவாக’ – பாடல்191
- ✓ ‘நாடாகொன்றோ’ – பாடல்187

அலகு 2 அக இலக்கியம் (11 Hours)

- ✓ குறுந்தொகை - ‘கன்றுமுண்ணாது’ - பாடல்27 - ‘கான மஞ்ஞீ’ – பாடல் 38
- ✓ நற்றிணை - ‘கண்டனென் மகிழ்ந’ - பாடல்30
- ✓ அகநானூறு - ‘மூத்தோரன்ன’ - பாடல்90

அலகு 3 நீதி இலக்கியம் (11 Hours)

- ✓ திருக்குறள் - அறத்துப்பால் - அருளுடைமை (அதி–25)
- ✓ நான்மணிக்கடிகை - நிலத்திற்கு அணியென்ப (11- 20 பாடல்கள்)
- ✓ சிறுபஞ்சமூலம் - ஒருவன் அறிவானும் (31-40 பாடல்கள்)

அலகு 4 இலக்கியவரலாறு– அறிமுகம் (11 Hours)

- ✓ எட்டுத் தொகை நூல்கள்
- ✓ நீதிநூல்களின் சிறப்புக்கள்
- ✓ சங்க, நீதி இலக்கியங்களில்விளையாட்டுக்கள்

அலகு 5 இலக்கணம் (10 Hours)

- ✓ பெயரெச்சம், வினையெச்சம், வினையாலணையும் பெயர், அளபெடை, பண்புத் தொகை, வினைத் தொகை, மாத்திரை, போலி, சார்பெழுத்துக்கள்

பார்வை நூல்கள்

1. சங்க இலக்கியத் தொகுப்புகள் - நியூ செஞ்சுரி புக் ஹவுஸ் 41,பி.சிட்கோ இன்டஸ்ட்ரியல் எஸ்டேட், அம்பத்தூர், சென்னை– 98. இரண்டாம் பதிப்பு 2004
2. பதினெண் கீழ்க் கணக்கு நூல்கள் தொகுப்பு - நியூ செஞ்சுரி புக் ஹவுஸ் 41, பி.சிட்கோ
3. மலையரசி, தமிழ் இலக்கியங்களில் விளையாட்டுக் கூறுகள், பாவைபதிப்பகம், மதுரை–1
4. ஹரிவிஜயலட்சுமி,தமிழ் இலக்கியவரலாறு, என்நனங்பப்ளிகேஷன்ஸ், உடுமலைப் பேட்டை.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	சங்க இலக்கியங்களின் பழமையை உணர்ந்து ஒருமைப்பாட்டுணர்வினை அடையாளம் காணமுடிகிறது.	K1, K2, K3
CO 2	நீதி இலக்கியங்களின் மூலம் அறம்,ஒழுக்கம்,ஆளுமைப்பண்புகள் வளர்ந்து சமுதாயத்தில் உயரிய நிலையை அடையமுடிகிறது.	K1, K2,K3
CO 3	தமிழில் போட்டித்தேர்வுகளை எதிர்கொள்ள பயன்படுகிறது.	K1, K2
CO 4	சமுதாய சிறப்புகளை பேணுவதற்கான வழிகள் மற்றும் மதிப்பீடுகள் கிடைக்கின்றது.	K1, K2, K3
CO 5	தமிழ் மொழியினை பிழையின்றி எழுத உதவுகின்றது.	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	S	L	L	M	L	L	L	M	M	M
CO 2	L	L	L	L	M	L	M	L	L	M	M	M	M
CO 3	L	S	S	M	S	L	M	M	M	L	M	M	M
CO 4	L	S	M	M	M	L	L	M	M	L	M	M	M
CO 5	L	L	L	L	L	L	L	L	L	L	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: IV	**Course name:** Hindi - IV	
Course code: 234ULC2	**Course type:** Hindi course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course objectives

- To learn Drama
- To learn One act play
- To learn general essay
- To learn Hindi to English
- To learn Applied Grammar

Unit 1: Drama: Ladai bySexena **(11 Hours)**

Unit 2: One Act Play: Ekanki Panchamruti by Dinkar – DusHazaar, Maalavprem, Gharbandh **(11 Hours)**

Unit 3: General Essay: Aadarsh Nibandh – Rashtrabhasha Hindi, **(11 Hours)**

Saha Siksha, Dahejpratha, Vignan se Hani aurLaab, Anusasan, Pradushan, Sanganak, Kisi EkTyohar ka Varnan

Unit 4: Conversation: Dialogue Writing (5) **(11 Hours)**

Unit 5: Paribhashik Shabdavali: Games, Sports, Parts of the Body, etc., 20 to 30 Words. **(10 Hours)**

References:

Mythilisharan Gupta, Panchavati, New Delhi.

Premchand, Sevasadan, Vani Prakashan, Dariyaganj, New Delhi.

AnuvadhAbhyas – III, DPHPS, Chennai.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Perform in drama	K1, K2,
CO 2	Participate in act play	K1, K2
CO 3	Write essays	K1, K2, K3
CO 4	Make Hindi conversation	K1, K2
CO 5	Read parts of the body and name of the sports	K1, K2
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	S	L	L	M	L	L	L	M	M	M
CO 2	L	L	L	L	M	L	M	L	L	M	M	M	M
CO 3	L	S	S	M	S	L	M	M	M	L	M	M	M
CO 4	L	S	M	M	M	L	L	M	M	L	M	M	M
CO 5	L	L	L	L	L	L	L	L	L	L	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: IV	**Course name:** English - IV	
Course code: 234ULC3	**Course type:** English course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To label ourselves against abusive habits.
- To become moralized in facets of life.
- To experiment with sudden situations of life and avoiding demoralizing.
- To Evaluate the course of life by reading great authors.
- To produce proper grammar with proverbs and create interest.

Unit 1: Early Influences by Abdul Kalam (Prose) – My Grandmother's House by Kamaladas (Poetry) **(11 Hours)**

Unit 2: On Keyhole Morals by A.G. Gardiner (Prose) – Let me not to the Marriage of true minds by William Shakespeare (Poetry) **(11 Hours)**

Unit 3: Survival by A.G Margaret Atwood (Prose) – Lucy by William Wordworth (Prose) **(11 Hours)**

Unit 4: Dangers of Drug Abuse by Hardin B. Jones (Prose) – O Captain! My Captain by Walt Whitman (Poetry) **(11 Hours)**

Unit 5: Active and Passive Voice (Grammer) – Expansion of Proverbs Creative Writing **(10 Hours)**

Reference

Dr. P.C. James Daniel, Petals of Prose and Poetry, Harrows Publications, 2011.

SRMVMCPE. (2023). English Language – IV– course material. Coimbatore: Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education Publication.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	A Proper Understanding of English Grammar.	K1, K2
CO 2	Using Words Properly at Proper Places and thereby Minimizing the Usage of the Number of Words and Delivering Maximum Message and Content.	K1, K2
CO 3	Making the Delivery Effective	K1, K2
CO 4	With a Mastery of Speech Sounds Avoiding Misunderstanding and Repetition	K1, K2
CO 5	Excelling in Skills and Enhancing Focus on Results.	K1, K2
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	**PO 1**	**PO 2**	**PO 3**	**PO 4**	**PO 5**	**PO 6**	**PO 7**	**PO 8**	**PO 9**	**PO 10**	**PSO 11**	**PSO 12**	**PSO 13**
CO 1	L	L	L	S	L	L	M	L	L	L	M	M	M
CO 2	L	L	L	L	M	L	M	L	L	M	M	M	M
CO 3	L	S	S	M	S	L	M	M	M	L	M	M	M
CO 4	L	S	M	M	M	L	L	M	M	L	M	M	M
CO 5	L	L	L	L	L	L	L	L	L	L	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: IV	**Course name:** Rules of Games and Sports-Part IV (Field events, Ball Badminton, Football)	
Course code: 234UCC1	**Course type:** Core Course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To provide knowledge about the history and development of the various games and sports events.
- To emphasize the marking procedure of various play areas
- To teach fundamental skills of the selected games
- To inculcate the rules and regulations of the sports and games.
- To practice officiating techniques in the selected games

Unit 1: History and Development (11 Hours)

- ✓ History, Origin, and development of the game (Ball Badminton, Football)

Unit 2: Dimension and Measurements of Playfields (11 Hours)

- ✓ Dimension and measurements of the court, Equipment specification, and player equipment (Ball Badminton, Football)
- ✓ Dimension and measurements of Field events (Shotput, hammer throw, discus throw, and javelin throw)

Unit 3: Fundamentals Skills of the Games (11 Hours)

- ✓ Technical skills (Offensive & Defensive skills), Tactics, and Specific Conditioning Drills (Ball Badminton, Football)

Unit 4: Rules of games (11 Hours)

- ✓ Rules of games and matches (Ball Badminton, Football)
- ✓ Rules and their Interpretations of Shotput, hammer throw, discus throw, and javelin throw

Unit 5:Officiating (10 Hours)

- ✓ Mechanism of Officiating, Duties of officials and signals (Ball Badminton, Football)
- ✓ Officials and their duties for jumping events

References

Bunn, J. W. (1968). *The Art of Officiating Sports*. Prentice Hall Press.
Jain, R. K. (2013). *Hockey: Skills and Rills Rules*. Khel Sahitya Kendra.
Malik, D. R. A. (2012). *Rules Of Games and Sports*. Lakshay Publication.
Sharma, O. P. (2011). *Rules Of Games and Sports*. Khel Sahitya Kendra.
YMCA. (1943). *Book of Rules of Games and Sports*. YMCA Publication House.

YMCA. (1981a). *Rules of Games and Sports*. YMCA Publications.
YMCA. (1981b). *Rules of Games and Sports*. YMCA Publications House.
YMCA. (1981c). *Rules Of Games and Sports*. YMCA Publications.
YMCA. (1981d). *Rules of Games and Sports*. YMCA.
YMCA. (1995). *Book of Rules of Games and Sports*. YMCA Publications.

Course Outcomes

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Interpret the historical development of Ball Badminton, Football	K1, K2, K3
CO 2	Draw and mention the measurements of play fields and its necessary equipment	K1, K2. K3
CO 3	Demonstrate the fundamental skills in Ball Badminton, Football	K1, K2, K3
CO 4	Point out the rules and regulations of Field events, Ball Badminton, Football	K1, K2, K3
CO 5	Officiate and interpret the rules of Field events, Ball Badminton, Football	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	**PO 1**	**PO 2**	**PO 3**	**PO 4**	**PO 5**	**PO 6**	**PO 7**	**PO 8**	**PO 9**	**PO 10**	**PSO 11**	**PSO 12**	**PSO 13**
CO 1	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 2	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 3	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 4	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 5	L	L	L	L	L	L	L	L	L	L	L	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: IV	**Course name:** Methods in Physical Education	
Course code: 234UDE1	**Course type:** Discipline-Specific Elective Course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- Understand the basics of class management.
- Know the various topics of teaching techniques.
- Know the various types of teaching aids and lesson planning.
- Know teaching innovations.
- Understand and application of supervision.

Unit 1: Method (11 Hours)

- ✓ Meaning – Factors influencing method, Presentation techniques: Planning - Presentation – Steps in the way of presentation
- ✓ Teaching aids – Class management – General – Specific – Principles to be adopted for good class management.

Unit 2: Lesson Plan (11 Hours)

- ✓ Values – Types: General and Particular lesson plan. Command: Response Command – Rhythmic Command
- ✓ Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods.

Unit 3: Tournaments (11 Hours)

- ✓ Meaning-Types. Method of drawing fixtures for knock out/elimination - league/Round Robin
- ✓ Combination Tournament: Knock out – cum – knock out, knock out – cum – league, league – cum – league, league – cum – knock out, Challenge Tournament, Intramural – Extramural.

Unit 4: Methods of Teaching (11 Hours)

- ✓ Methods of teaching with special reference to different kinds of physical activities: Calisthenics - Gymnastics- Minor games- Major games- Rhythmic activities
- ✓ Organisation and conduct of competition in sports and games : Individual sports- Group competition.

Unit 5: Supervision (10 Hours)

- ✓ Supervision – Meaning and Need for supervision – Guiding principles of supervision: Qualities and qualification of a supervisor – supervisors relationship with the administrator and the physical education teacher
- ✓ Techniques of Supervision: Visitation – Periodical – Surprise – Request- Social, Visitation.

References

Chandravmishra, D. R. S. (2009). *Methods of physical education*. Sports publications.

Cosmin. H.Rosalind, C .& Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.

Daughtrey. (1967). *Methods in physical education for secondary schools*. W.B Saunders Company.

Dheer, S., & Radhika Kamal. (1991). *Organization and Administration of Physical Education*. New Delhi: Friends Publication.

Greyson Daughtrey. (1969). *Methods in Physical Education and Health for Secondary Schools*. London: W. B. Saunders Company.

Kozman, H. C. (1995). *Methods in physical education*. Sports publications.

Michael W. Metzler. (2000). *Instructional Models for Physical Education*. London: Allyn and Bacon.

Sachdeva, M.S. (1983). *Modern Approach to School Organization and Administration.* Ludhina: Parkash Brothers Educational Publisher.

Schneider. (1958). *Methods of health education*. W.B. Saunders Company

Sharad Chandra Mishra. (2009). *Methods of Physical Education*. New Delhi: Sports Publication.

Thirunarayanan, C. & Hariharan, S. (1969). *Methods in Physical Education*. Karaikudi: South India press.

Voltmer, Edward. (1979). *The Organization and Administration of Physical Education*. New Jersey.: Prentice Hall, Inc.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Use different teaching aids and summarise class management	K1, K2
CO 2	Explain and categorize the types & principles of the lesson plan	K1, K2, K3
CO 3	Draw and prepare fixtures for various types of tournaments	K1, K2, K3
CO 4	Differentiate various methods of teaching techniques	K1, K2, K3
CO 5	Establish a unique supervision techniques in the educational institutions	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	**PO 1**	**PO 2**	**PO 3**	**PO 4**	**PO 5**	**PO 6**	**PO 7**	**PO 8**	**PO 9**	**PO 10**	**PSO 11**	**PSO 12**	**PSO 13**
CO 1	L	L	M	M	M	M	M	M	M	M	S	S	S
CO 2	M	M	S	M	M	S	M	S	M	S	S	S	S
CO 3	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 4	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 5	S	S	S	S	M	S	S	S	S	M	M	S	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: IV	**Course name:** Value Education and Indian Culture & Heritage	
Course code: 234USE1	**Course type:** Skill-based Elective Course	
Contact hours per week: 3	**Credit:** 2	**Contact hours per semester:** 54

Course Objectives

- Understand the need and importance of Value Education
- Know about Indian Culture and its relevance to modern life.
- Enable the students to know about the philosophical thoughts of India.
- Inculcate certain basic values in the minds of students who are considered to be the pillars of modern India.
- Lay a strong foundation for developing the personality of the younger generation by giving exposure to Indian Arts, Science and Technology.

UNIT 1: Value Education (11 Hours)

- ✓ Values: Meaning, Definition
- ✓ Value Education: Need and Importance
- ✓ Moral Values: Definition and Need
- ✓ Theories of Values - Classification of Values.

UNIT 2: The Philosophical thoughts of India and the Shastras of India (11 Hours)

- ✓ The Pursuit of human life - Purusartha
- ✓ Four Purusaths: Dharma (Righteousness, Moral values) - Artha (Prosperity, Economic values) - Kama (Pleasure, Love, Psychological values) - Moksha (Spiritual liberation, Spiritual values)
- ✓ Four Vedas: Rig – Yajur – Sama – Atharvana
- ✓ Epics: The Ramayana - The Mahabharata

UNIT 3: Ramakrishna Movement (11 Hours)

- ✓ The life and message of Ramakrishna Paramahamsa
- ✓ The life and message of Sarada Devi, the Holy Mother
- ✓ The life and message of Swami Vivekananda with special reference to his views on value-based education and religion
- ✓ Swami Vivekananda's address at the World Parliament of Religions in Chicago
- ✓ Ramakrishna Math and Mission: Aims and Objectives of the Mission - Unique features of the Math

UNIT 4: The History of Freedom Movement of India (11 Hours)

- ✓ An Introduction to the Freedom Movement: Sepoy Mutiny - Partition of Bengal - Jallian Wala Bagh Massacre - Civil Disobedient Movement - Dandi March

- ✓ Freedom Fighters: Utham Singh - Senbagaraman Pillai –Jhalkaribai – Kuyili - Lokmanya Bal Gangadhar Tilak

UNIT 5: The Traditional Educational System of India (10 Hours)

- ✓ An Introduction - the important features of education - Education in view of Swami Vivekananda
- ✓ Personality development -The good qualities of a student - Preventing the obstacles to the growth of children
- ✓ Good qualities of a teacher
- ✓ Education for Unity

Reference

Cultural Heritage of India - Course material - Compiled and edited by V. Sivaramakrishnan, Associate Editor, Bhavan's Journal, Bharatiya Vidya Bhavan, Rajendra Prasad Institute of Communication & Management, Unit No.2, Bhavans Campus, Mushi Nagar, Andheri (W), Bombay 400 058.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Define values and explain the classification of values	K1, K2
CO 2	Interpret the importance of Purusartha and Vedas.	K1, K2, K3
CO 3	Transfer the ideology of Ramakrishna Movements	K1, K2, K3
CO 4	Describe the history of the freedom movement of India	K1, K2, K3
CO 5	Explain the traditional education system of India and relate the education in view of Swami Vivekananda	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	M	M	M	M	M	M	M	M	S	S	S
CO 2	M	M	S	M	M	S	M	S	M	S	S	S	S
CO 3	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 4	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 5	S	S	S	S	M	S	S	S	S	M	M	S	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: IV	**Course name:** Obesity and Weight Management
Course code: 234UAE1	**Course type:** Ability Enhancement Compulsory Course
Credit: 4	

Learning Objectives

- To understand the basics of Obesity and its types.
- To understand the various methods of Obesity assessment.
- To Understand methods of weight management
- To know the planning of weight management
- To know the desirable body weight

UNIT 1: Obesity (11 Hours)

- ✓ Obesity - Introduction - Definition – Epidemiology Prevalence - Incidence -variance
- ✓ Etiology of obesity - Psychological correlation – Genesis influence
- ✓ Types of Obesity - Android Obesity – Gyneoid obesity
- ✓ Pathophysiology of obesity
- ✓ Complications of obesity

UNIT 2: Assessment of obesity (11 Hours)

- ✓ Assessment of obesity- Health-related Quality of life Assessment-Body Composition Assessment - Laboratory methods, field method - Clinical evaluation of obesity
- ✓ Basics of Body composition: Definition, Meaning, and Need Methods of measurements-skin fold measurements
- ✓ Circumference measurements - Body Composition Assessment and Report
- ✓ Skin fold measurement techniques: Sites of measurement
- ✓ Calculation of Body Fat percentage

UNIT 3: Weight Management (11 Hours)

- ✓ Weight Management: Meaning, Concept of Weight Management in the Modern Era
- ✓ Factors affecting Weight Management
- ✓ Values of Weight Management
- ✓ Maintaining a Healthy Life Style
- ✓ Body Mass Index (BMI)

UNIT 4: Planning of Weight Management (11 Hours)

- ✓ Planning of Weight Management: Determination of Desirable Body Weight
- ✓ Daily Caloric Intake and Expenditure – Balanced Diet for Indian School Children
- ✓ Weight Management Programme for Sporty Children
- ✓ Role of Diet and Exercise in Weight Management
- ✓ Diet Plan and Exercise Schedule for Weight Gain and Loss.

UNIT 5: Desirable body weight **(10 Hours)**

- ✓ Desirable body weight - Best way to lose weight
- ✓ Unhealthy approaches to lose weight
- ✓ Causes and Solution for overcoming Obesity
- ✓ Myths of Spot Reduction and Weight Loss
- ✓ Dieting and Exercise for Weight Control

Reference

Allsen, P.E. J.M.Harrison and B.Vance(1989). Fitness for life: An individualized Approach. Dubuque,IA:Wm.C.Brown,

Edward T. Howley B. Don Franks (2003) Health Fitness Instructors Hand book, Human Kinetics, Canda.

Hawley. E.T. and Franks B.D. (1977) Health Fitness Instructor's handbook. Third Edition. Human Kinetics, Champaign Illinois

Rick Frey (Ed) (1995) Practical Body Composition Guide, Human Kinetics, Canada.

Werner W.K. Hoeger and Sharon A. Hoeger (1990) Fitness and Wellness, Morton Publishing Company, Canada

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Summarize and classify the types of Obesity	K1, K2
CO 2	Interpret the assessment techniques of Obesity	K1, K2, K3
CO 3	Describe and list the factors affecting weight management	K1, K2, K3
CO 4	Explain the role of exercise and diet for maintain weight	K1, K2, K3
CO 5	Calculate desirable body weight and explain unhealthy approaches to lose weight	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	M	M	M	M	M	M	M	M	S	S	S
CO 2	M	M	S	M	M	S	M	S	M	S	S	S	S
CO 3	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 4	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 5	S	S	S	S	M	S	S	S	S	M	M	S	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: V	**Course name:** Science of Yoga	
Course code: 235UCC1	**Course type:** Core Course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To know the meaning, need and importance of yoga
- To know types and limbs of yoga
- To learn asanas and their impact on daily life
- To learn the methods of pranayama
- To know the knowledge of kriyas

Unit I **(11 Hours)**

- ✓ Meaning – Need and importance of Yoga
- ✓ Historical Background of Pathanjali and Ayyankar‘s Yoga
- ✓ Types of Yoga – Bakthi Yoga, Karma Yoga, Jnana yoga and RajaYoga.

Unit II: **(11 Hours)**

- ✓ Eight limbs of yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi
- ✓ Impact of yoga on daily life.

Unit III: Asanas **(11 Hours)**

- ✓ Procedure for doing asanas: padmasana, dhanurasana, bhujangasana, vakrasana, matsyasana, yoga mudrasana, sarvangasana, halasana, ardhamatsyandrasana, mayurasana, vajrasana, pascimottanasana, salabhasana, arata salabhasana and savasana

Unit IV: **(11 Hours)**

- ✓ Pranayama: Ratio of breathing - Tenvayus
- ✓ Types of pranayama: Ujjayi, Suryabhedana, Bhramarai, Murchha, Plavini, Sitkari, Shitali

Unit V: **(10 Hours)**

- ✓ Six Kriyas: Trataka – Kapalabhati – Neti – Dhauti – Basti –Uttiyana Nauli
- ✓ Four Bandas: Moola Banda–Uttiyana Banda–Jalandira Banda–Trium Banda.
- ✓ Four Mudras: Asvini Mudra–Yoni Mudra–Sambavi Mudra–Kesari Mudra.

References

Debnath, M. (2007). *Basic core fitness through yoga and naturopathy*. Sports publications.
Digambarji, S. (1972). *Yoga kosa*. Kaivaiyadhama S.M.Y.M Sati.
Hittleman, R. (1978). *Yoga meditation plan*. Yoga universal church.
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Menuhin, Y. (1993). *Yoga sutras of patanjali*. Harper Colins publishers.
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Williams, J. F. (1932). *Methods in physical education*. W.B Saunders Company.
Yogananda. (n.d.). *Yoga in school education*. Moraji Desai National Institute of Yoga.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Explain the aims & objectives and types of yoga	K1, K2,
CO 2	Categories eight limbs of yoga	K1, K2
CO 3	Demonstrate and explain the various basic Asanas	K1, K2, K3
CO 4	Demonstrate and explain the various basic Pranayamas	K1, K2, K3
CO 5	Interpret the importance of Kriyas, Bandas, Mudras	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	L	L	S	L	L	L	L	M	M	M
CO 2	L	L	L	L	L	S	L	L	L	L	M	M	M
CO 3	M	M	S	L	L	S	L	L	M	L	S	S	S
CO 4	M	M	S	L	L	S	L	L	M	L	S	S	S
CO 5	M	M	S	L	L	S	L	L	M	L	S	S	S

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: V	**Course name:** Athletic Care and Rehabilitation	
Course code: 235UCC2	**Course type:** Core Course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To educate the basics of athletic care and athletic injuries
- To teach the injury management techniques
- To learn the physiotherapeutic techniques and their applications
- To emphasis the application of various therapies
- To provide knowledge about therapeutic exercises and their applications.

Unit-I - Corrective Physical Education (11 Hours)

- ✓ Definition and Objectives of Corrective Physical Education.
- ✓ Posture and Body Mechanics, Standards of Standing Posture.
- ✓ Value of Good Posture, Drawbacks and Causes of Bad Posture.
- ✓ Posture Test – Examination of the Spine.

Unit-II - Posture and Rehabilitation Exercises (11 Hours)

- ✓ Normal Curve of the Spine and its Utility.
- ✓ Deviations in Posture- Kyphosis, Lordosis, Flat Back, Scoliosis, Round Shoulders, Knock Knee, Bow Leg, Flat Foot.
- ✓ Causes for Deviations and Treatment Including Exercises.
- ✓ Passive, Active, Assisted, Resisted Exercise for Rehabilitation.

Unit-III – Massage (11 Hours)

- ✓ Brief History of Massage, Massage as an Aid for Relaxation, Points to be Considered in giving Massage
- ✓ Physiological, Chemical, Psychological Effects of Massage, Indication /Contra Indication of Massage
- ✓ Classification of the Manipulation used Massage and their Specific Uses in the Human Body.
- ✓ Stroking Manipulation, Effleurage, Pressure Manipulation, Percussion Manipulation, Cupping, Poking, Shaking Manipulation, Deep Massage.

Unit-IV - Sports Injuries Care, Treatment and Support (11 Hours)

- ✓ Principles Pertaining to the Prevention of Sports Injuries.
- ✓ Care and Treatment of Exposed and Unexposed Injuries in Sports.
- ✓ Principles of apply Cold and Heat, Infrared Rays, Ultrasonic Therapy, Short-wave Diathermy Therapy.
- ✓ Principles and Techniques of Strapping and Bandages.

Unit-IV - First Aid, and Rehabilitation (10 Hours)

- ✓ Sports Injuries, First Aid and Rehabilitation: Definition, meaning, aim and objectives
- ✓ Methods in first aid: RICE and PRICER
- ✓ Management of Injuries: Strain and Sprain, Blister, Concussion, Abrasion, Laceration, Fracture, Dislocation
- ✓ Therapeutical modalities: Heat therapy, cold therapy, hydrotherapy

References

Christopher, N. M. (1997). *Sports injuries*. Butterworth-Heineman ltd.
Mellion, M. B. (1989). *Sports injuries and Athletic problems*. Surjet publications.
Morris, C. M. (1993). *sports injuries*. Butterworth-Beineman ltd.
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Schneider, R. C. (1985). *Sports injuries*. Williams & Wilkins.
Shekar, K. C. (2017). *Sports physiotherapy*. Khel Sahitya Kendra.
Srinivasaraju. (2012). *Book of injuries and rehabilitation*. Sports publications.

Expected Course Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Outline the basic concepts of corrective physical education	K1, K2
CO 2	Relate the importance of rehabilitation for various postural deformities	K1, K2, K3
CO 3	Demonstrate various types of massages and explain their importance	K1, K2, K3
CO 4	Facilitate first aid and tapings during practical situations	K1, K2, K3
CO 5	Develop a therapeutic exercises program for various bodily ailments	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	M	M	S	M	M	M	M	M	M	L	M	L	L
CO 2	M	M	S	S	M	M	S	S	M	M	M	S	M
CO 3	M	M	S	S	M	M	S	S	M	M	M	S	M
CO 4	M	M	M	L	L	M	M	L	L	L	M	S	M
CO 5	M	M	S	S	M	M	S	S	M	M	M	S	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: V	**Course name:** Kinesiology and Biomechanics	
Course code: 235UCC3	**Course type:** Core Course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- Get basic knowledge about kinesiology and Biomechanics.
- Understand and analyze the various fundamental movements.
- They could understand the basics of centre of gravity, axes and planes.
- Analyze the types of muscular contraction, muscle tone and major skeletal muscles in human body.
- Master the application of force, lever, motion and projectile.
- Get ideas about kinetics and kinematics of human movement.

Unit I: (11 Hours)

- ✓ Introduction: Meaning – history – aim – objectives of kinesiology
- ✓ Role of kinesiology in the field of Physical Education and Sports - Brief history
- ✓ Fundamental concepts: Centre of gravity
- ✓ Axis and planes of Motion.
- ✓ Fundamental movements of the Joints – Flexion, Extension, Abduction, Adduction, Rotation, Circumduction
- ✓ Classification of Joints and Muscles

Unit II: (11 Hours)

- ✓ Location, Origin, Insertion and action of muscles in various Joints: Biceps, Triceps, Deltoid and Trapezius, Pectorals major, minor and Rectus abdomen, Hamstring group, Quadriceps group and Gastrocnemius

Unit III: (11 Hours)

- ✓ Meaning and Definition of Biomechanics
- ✓ Need and Importance of Biomechanics in the field of Physical Education and Sports
- ✓ Types of Motion – Linear motion, angular motion, curvilinear motion and circular motion, general Motion

Unit IV: (11 Hours)

- ✓ Linear Kinematics – Distance and Displacement, Speed and Velocity – Acceleration – Projectile
- ✓ Angular Kinematics – Angular distance and displacement, Angular speed and velocity – Angular acceleration

Unit V: (10 Hours)

- ✓ Mass and Weight
- ✓ Force – Factors affecting force – Types of force – Internal and External force
- ✓ Newton's Laws of Motion
- ✓ Equilibrium – Stages of equilibrium – Factors affecting equilibrium
- ✓ Lever – Types – Mechanical advantages

References

Agshe, S. (2013). *Kinesiology in physical education*. New Delhi: Khel sahitya Kendra.

Clurg, M. C. (2007). *Biomechanics of human motion*. New Delhi: Sports publications.

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Sing, H. (2013). *Biomechanics In Sports training*. New Delhi, India: Khel Sahitya Kendra.

Willbrite. (1971a). *Kinesiology*. W.B Saunders Company.

Expected Course Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Explain the importance of Kinesiology in physical education, and fundamental concepts in Kinesiology	K1, K2
CO 2	List the origin, insertion, and action of various muscles	K1, K2
CO 3	Explain the importance of Biomechanics in physical education, and fundamental concepts in Kinesiology	K1, K2, K3
CO 4	Distinguish linear kinematics, angular kinematics, and linear kinetics	K1, K2, K3
CO 5	Interpret the mechanical concepts in sports	K1, K2, K3,
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	S	S	S	S	M	M	M	M	S	M	L	M	L
CO 2	S	S	S	S	M	M	M	M	S	M	L	M	L
CO 3	S	S	S	S	M	M	M	M	S	M	L	M	L
CO 4	S	S	S	S	M	M	M	M	S	M	L	M	L
CO 5	S	S	S	S	M	M	M	M	S	M	L	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: V	**Course name:** Educational Psychology and Sports Journalism	
Course code: 235UCC4	**Course type:** Core Course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To understand basic knowledge and the importance of sports psychology
- To understand the learning theories and personality
- To understand the various psychological attributes
- To deal with aspects of Sports Journalism
- To understand the culture in sport

UNIT – I - Introduction of Psychology and Concept of Mind (11 Hours)

- ✓ Meaning and Definition of Psychology
- ✓ Importance of psychology to physical education
- ✓ The concept of mind - Cognition. Affection and conation, conscious and unconscious aspects of mind.

UNIT - II - Development of Self and Motivation (11 Hours)

- ✓ Brief account of the development of self; Influence of heredity and environment, Individual differences.
- ✓ Motivation - Unlearned (Innate) and learned (acquired) motives, Incentive, Stimuli;
- ✓ Motivation for learning and Performance.

UNIT - III - Learning (11 Hours)

- ✓ Learning- Meaning-Types of learning
- ✓ Theories of learning (trial and error, conditioned response, learning by insight, learning by imitation), Learning curve
- ✓ Transfer of training - Conditions of transfer.

UNIT - IV - Ethics of Journalism and Sports Bulletins (11 Hours)

- ✓ Ethics of journalism, Sports ethics and sportsmanship, Canons of journalism, News, Information and ideas
- ✓ Journalism and sports education
- ✓ Structure of Sports bulletin, Compiling a bulletin, Types of bulletin, Hourly bulletins and special bulletin and External bulletins

UNIT - V - Reporting and Mass Medias in Journalism (10 Hours)

- ✓ Brief review of Olympic Games, Asian Games, Common Wealth Games and Indian traditional games
- ✓ Sports as an integral part of physical education
- ✓ Sports organization and sports journalism, General news reporting and sports reporting
- ✓ Sports reviews, Commentary and Running commentary in Radio and T.V.

References

Ahiya, B.N. & Choabra. S.S.A. (1990). *Concise course in Reporting*. New Delhi: Surjeet Publications.
Ahiya, B.N. (1988). *Theory and Practice of Journalism*: *Set to Indian Context*. New Delhi: Surjeet Publications.
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Gates. A. (1957). *Educational Psychology*. New York: Macmillan Company.
Kamali, M.V. (1983). *The Journalist handbook.* New Delhi: Vikas Publishing House Pvt. Ltd.
Skinner, C.E (1964). *Educational Psychology*. New Delhi: Prentice Hall of India PLtd.,
Varma, A.K. (1993). *Advanced Journalism*. New Delhi: Har Anand Publications.
Williams J.F(1964) .*The Principles of Physical Education*. Philadelphia: W.B. Saunder Co. Sports Journalism

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Define Educational psychology and Sports psychology and explain the concept of the mind	K1, K2
CO 2	Point out the importance of self and motivation	K1, K2
CO 3	Explain the concepts of learning and its theories	K1, K2, K3
CO 4	Interpret the ethics of Journalism and structure of bulletin	K1, K2
CO 5	Prepare report on various sports competitions	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	M	L	M	M	M	M	L	S	S	S	S
CO 2	L	L	M	L	M	M	M	M	L	S	S	S	S
CO 3	L	L	M	L	M	M	M	M	L	S	S	S	S
CO 4	L	L	M	L	M	M	M	M	L	S	S	S	S
CO 5	L	L	M	L	M	M	M	M	L	S	S	S	S

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: V	**Course name:** Adapted Physical Education	
Course code: 235UDE1	**Course type:** Discipline Specific elective course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- Know the importance of Adapted Physical Education.
- Know the classification of disabilities.
- Know the facilities and equipment for disabled sports events.
- Know the Adapted Games and Sports for persons with disabilities.
- Understand the Academic instructions, Adaptations and modifications in Inclusive Education

UNIT - I: Introduction to Adapted Physical Education: (11 Hours)

- ✓ Definition, aim, and objectives of adapted physical education
- ✓ Definition of Disabling Conditions – Physical Education for Persons with Disabilities
- ✓ Benefits of Physical Education for persons with Disabilities
- ✓ Recreational Sports Opportunities for Persons with Disabilities
- ✓ Competition Opportunities for Persons with Disabilities.

UNIT - II: Disability Sports Organization (11 Hours)

- ✓ Mission, Goal & Founding principles of Special Olympics - Operating policies in Special Olympics
- ✓ History and Growth of Special Olympics - Uniqueness from other sports organizations - Worldwide structure of Special Olympics
- ✓ Mission and Goal of Paralympics – History and Growth of Paralympics - Eligibility and Classification of Paralympics Sports
- ✓ Mission and Goal of Deaflympics – History and Growth of Deaflympics – Deaflympics Sports and Games
- ✓ Unified Sports – Recreation model – Player Development model – Competition model

UNIT - III: Classification of Disability: (11 Hours)

- ✓ Visual impairment – hearing impairment - neuromuscular impairment
- ✓ Orthopaedic impairment - cardiovascular impairment and respiratory impairment
- ✓ Intellectual disability and emotional impairment
- ✓ Adapted Physical Education Activities and Specific Guidelines: Visual Impairment, Hearing Impairment
- ✓ Adapted Physical Education Activities and Specific Guidelines: Intellectually challenged, Orthopedically Handicapped.

UNIT - IV: Facilities and Equipments: (11 Hours)

- ✓ Orientation on Facilities and Equipments
- ✓ Facilities for Elementary Schools, Secondary Schools and Colleges

- ✓ Types of Equipments – Minimum equipment, Additional Equipment
- ✓ Evaluation Equipment facilities - Leisure, Recreation
- ✓ Sports Facilities for persons with disabilities

UNIT - V: Physical Fitness and Motor Development: (10 Hours)

- ✓ Definition - Physical fitness, motor fitness
- ✓ Values of Physical Fitness – Physical Fitness through Life Long Activity
- ✓ Factors Contributing to Poor Fitness – Evaluating Physical and Motor Fitness
- ✓ Brockport Physical Fitness Test Battery – Fitnessgram Test Battery
- ✓ Modification of the Physical Fitness Training System

References

Gopalakrishan. (2012). *Adaptive Physical Education*. New Delhi, India: Sports Publication.
Jain, A. (2003). *Adapted Physical Education*. New Delhi, India: Sports Publication.
Jain. (2003). *Adapted physical education*. New Delhi: sports publications.
Sandhu. (2006). *Adapted Physical Education*. New Delhi, India: Sports Publication.
Seetharam. (2005). *Adapted physical education*. New Delhi: Friends publications.
Sharma. (2005). *Adapted physical education*. New Delhi: Friends publications.

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Explain the concepts of adapted physical education and describe the principles of adapted physical education	K1, K2
CO 2	Describe various competitions and organizations for Persons with Disabilities	K1, K2
CO 3	Classify various disabilities and relate them with their adapted activities	K1, K2, K3
CO 4	Point out the facilities and equipment for adapted sports	K1, K2
CO 5	Discuss means and methods of development of fitness among persons with disabilities	K1, K2
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 2	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 3	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 4	L	L	L	L	L	L	L	L	L	L	M	M	M
CO 5	L	L	L	L	L	L	L	L	L	L	M	M	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: VI	**Course name:** Exercise Physiology and Nutrition	
Course code: 236UCC1	**Course type:** Core course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To know the effect of exercise on skeletal system.
- To know the effect of exercise on cardiovascular system.
- To know the effect of exercise on Respiratory system.
- To understand metabolism and energy transfer.
- To understand the importance of sports nutrition.

Unit – 1 **(11 Hours)**

- ✓ Meaning and scope of Physiology of exercise
- ✓ Structure and function of skeletal Muscles - Types of Muscle fibers – Red and White muscle fiber
- ✓ Types of Muscular Contraction – Isotonic, Isometric and Isokinetic
- ✓ Effect of exercise on Muscular system – Hypertrophy, Hypotrophy

Unit – 2 **(11 Hours)**

- ✓ Mechanism of respiration – respiratory muscles – Lung volumes and Capacities -
- ✓ Heart rate – Stroke Volume – Cardiac cycle – Cardiac Output during rest and Exercise
- ✓ Blood pressure – Systolic and Diastolic blood pressure
- ✓ Effect of exercise on Respiratory system and Circulatory system

Unit – 3 **(11 Hours)**

- ✓ Nervous System – Types of Nervous System – Central Nervous System (CNS) and Peripheral Nervous System (PNS) – Structure of Neuron
- ✓ Effect of exercise on Nervous system
- ✓ Exercise and temperature regulation in Hot and Cold climate
- ✓ Exercise and Altitude – Sex differences on exercise – aging and exercise – Physical Conditioning.

Unit – 4 **(11 Hours)**

- ✓ Metabolism – Anabolism and catabolism
- ✓ Sources of energy
- ✓ Aerobic and Anaerobic Metabolism,
- ✓ Fat metabolism and protein metabolism and endocrine system.

Unit 5 **(10 Hours)**

- ✓ Meaning and Importance of Nutrition - Classification of food - Carbohydrates, Fats, Proteins, Vitamins, Minerals and Water
- ✓ Balanced diet - food pyramid –daily caloric intake and expenditure
- ✓ Pre- game meal – during game meal and post-game meal - Nutrition for Athletes and players
- ✓ Energy requirements in Various Sports - Role of Nutrition on Higher Performance in sports,

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Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Express the effect of exercise on various systems of the human body	K1, K2,
CO 2	Explain the mechanism of respiration	K1, K2
CO 3	Discuss the functions of various systems of the human body	K1, K2
CO 4	Estimate the metabolism and energy system during exercise	K1, K2, K3
CO 5	Estimate daily caloric requirement and expenditure of energy for different sports and games	K1, K2
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	**PO 1**	**PO 2**	**PO 3**	**PO 4**	**PO 5**	**PO 6**	**PO 7**	**PO 8**	**PO 9**	**PO 10**	**PSO 11**	**PSO 12**	**PSO 13**
CO 1	S	S	S	S	S	S	S	M	S	M	L	S	L
CO 2	S	S	S	S	S	S	S	M	S	M	L	S	L
CO 3	S	S	S	S	S	S	S	M	S	M	L	S	L
CO 4	S	S	S	S	S	S	S	M	S	M	L	S	L
CO 5	S	S	S	S	S	S	S	M	S	M	L	S	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: VI	**Course name:** General Theory and Methods of Sports Training	
Course code: 236UCC2	**Course type:** Core course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To understand Sports Training Concept.
- To know the Components of Physical fitness.
- To understand Flexibilities.
- To understand Training Plan.
- To understand Coaching.

Unit I: **(11 Hours)**

- ✓ Sports training - Meaning and definition
- ✓ Aim and characteristics
- ✓ Principles of sports training

Unit II: **(11 Hours)**

- ✓ Training Load –Meaning
- ✓ Components of training load
- ✓ Types of training lode
- ✓ Principles of training load
- ✓ Overload – Causes, symptoms and remedies

Unit III: **(11 Hours)**

- ✓ Strength – Types of Strength – Factors determining Strength
- ✓ Methods of Strength development
- ✓ Endurance – Types of Endurance
- ✓ Factors determining Endurance – Methods of Endurance development

Unit IV: **(11 Hours)**

- ✓ Speed – Types of speed - Factors determining Speed – Methods of speed and development – Speed barrier
- ✓ Flexibility – Types of Flexibility – Factors determining Flexibility – Improvement of Flexibility
- ✓ Coordination – Types of coordination – Factors determining coordination – Methods of Flexibility development.

Unit V: Training plan **(10 Hours)**

- ✓ Meaning of techniques, tactics and strategy.
- ✓ Training Plan: Types - Short term, long term
- ✓ Periodisation: Types and aims.

References

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Expected Course Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Facilitate the basics principles and importance of sports training	K1, K2
CO 2	Explain the concept of training components	K1, K2. K3
CO 3	Define training load and explain principles of training load	K1, K2, K3
CO 4	Illustrate the various training plan for different sports and games	K1, K2, K3
CO 5	Describe various types of training methods	K1, K2, K3,
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	S	S	S	S	M	M	S	S	S	M	S	S	M
CO 2	S	S	S	S	M	M	S	S	S	M	S	S	M
CO 3	S	S	S	S	M	M	S	S	S	M	S	S	M
CO 4	S	S	S	S	M	M	S	S	S	M	S	S	M
CO 5	S	S	S	S	M	M	S	S	S	M	S	S	M

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: VI	**Course name:** Rules of Games and Sports-Part V (Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit)	
Course code: 236UCC3	**Course type:** Core course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To provide knowledge about the history and development of the various games and sports events.
- To emphasize the marking procedure of various play areas
- To teach fundamental skills of the selected games
- To inculcate the rules and regulations of the sports and games.
- To practice officiating techniques in the selected games

Unit I - History and Development (11 Hours)

- ✓ History, Origin and development of the game (Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit)

Unit II - Dimension and Measurements of Playfields (11 Hours)

- ✓ Dimension and measurements of the court, Equipment specification, player equipment (Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit)

Unit III - Fundamentals Skills of the Games (11 Hours)

- ✓ Technical skills (Offensive & Defensive skills), Tactics and Specific Conditioning Drills
- ✓ (Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit)

Unit IV - Rules of games (11 Hours)

- ✓ Rules of games and matches (Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit)

Unit V – Officiating (10 Hours)

- ✓ Mechanism of Officiating, Duties of officials and signals (Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit)

References

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Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Interpret the historical development of Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit	K1, K2, K3
CO 2	Draw and mention the measurements of play fields and its necessary equipment	K1, K2. K3
CO 3	Demonstrate the fundamental skills in Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit	K1, K2, K3
CO 4	Point out the rules and regulations of Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit	K1, K2, K3
CO 5	Officiate and interpret the rules of Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 2	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 3	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 4	L	L	L	L	L	L	L	L	L	L	L	M	L
CO 5	L	L	L	L	L	L	L	L	L	L	L	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: VI	**Course name:** Sports Management	
Course code: 236UDE1	**Course type:** Discipline-Specific Elective Course	
Contact hours per week: 3	**Credit:** 3	**Contact hours per semester:** 54

Course Objectives

- To know the concept of Sports Management.
- To understand Program Management.
- To understand equipment & public relation.
- To know the concept of leadership.
- To learn the managerial skills to organize programmes in educational institutions

Unit-1: Introduction to Sports management: (11 Hours)

- ✓ Nature and Concept of Sports Management–Progressive concept of Sports management
- ✓ The purpose and scope of Sports Management
- ✓ Essential skills of Sports Management

Unit-2: Role of sports manager (11 Hours)

- ✓ Function of sports management
- ✓ Qualities and competencies required for the Sports Manager
- ✓ Role of sports management in an organization
- ✓ Event Management in physical education and sports

Unit-3: Leadership (11 Hours)

- ✓ Meaning and Definition of leadership
- ✓ Leadership style and method – Elements of leadership
- ✓ Forms of Leadership: Autocratic, Laissez-faire, Democratic–Benevolent Dictator
- ✓ Qualities of administrative leader- Preparation of administrative leader
- ✓ Leadership and Organizational performance.

Unit-4 Sports Management in Educational Institutions: (11 Hours)

- ✓ Sports Management in Schools, colleges and Universities
- ✓ Factors affecting planning– Planning a school or college sports programme
- ✓ Directing of school or college sports programme
- ✓ Controlling a school, college and university sports programme

Unit-5 Equipment Management: (10 Hours)

- ✓ Purchase of equipment's, guidelines for selection, purchase and selection of equipment
- ✓ Guidelines for checking, storing, issuing
- ✓ Care and maintenance of equipment & playfield

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Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Summarise the concept of sports management and establish event management in physical education and sports	K1, K2
CO 2	Identify the qualities of the administrative leader	K1, K2
CO 3	List out the sports management skills to organize the programme in educational institutions	K1, K2,K3
CO 4	Express the methods in management of equipment	K1, K2
CO 5	Organize sports programmes in educational institutions with appropriate management skills	K1, K2,K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10	PSO 11	PSO 12	PSO 13
CO 1	L	L	L	M	L	M	L	L	S	S	S	S	L
CO 2	L	L	M	M	L	L	L	M	S	S	S	S	S
CO 3	L	L	M	M	L	L	L	M	S	S	S	S	S
CO 4	M	M	M	M	M	M	M	M	M	M	S	S	S
CO 5	M	M	M	M	M	M	M	M	M	M	S	S	S

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: VI	**Course name:** Test, Measurement and Evaluation	
Course code: 236USE1	**Course type:** Skill-based Elective Course	
Contact hours per week: 3	**Credit:** 2	**Contact hours per semester:** 54

Course Objectives

- To know the basics of Test, measurement & Evaluation.
- To know the motor fitness tests.
- To know the physical fitness tests.
- To know the Anthropometric, Aerobic & Anaerobic tests.
- To know the specific skill tests.

Unit I: (11 Hours)

- ✓ Meaning and Definition of the terms – Test, Measurement and Evaluation
- ✓ Need and Importance of Measurement and Evaluation in Physical Education

Unit II: (11 Hours)

- ✓ Criteria of test selection–validity, reliability, objectivity, and norms and Administrative feasibility
- ✓ Classification of test – standardized test and teacher made test
- ✓ Rating scales – Subjective rating and objective rating.
- ✓ Test Administration

Unit III: (11 Hours)

- ✓ Motor Fitness Test – AAPHERD Youth Fitness test – JCR test
- ✓ Motor Ability – Newton Motor Ability test
- ✓ Strength Test–Dip strength test–Grip Strength test–Leg Dynamometer test
- ✓ Cardio Vascular test – Harward step test – Cooper's 12/9 minutes Run/ Walk test
- ✓ Posture Test – New York posture test

Unit IV: Games skill test (11 Hours)

- ✓ Basketball – Johnson Basketball test. SDAT skill test
- ✓ Hockey – Schimitals French Field Hockey test, SDAT skill test
- ✓ Soccer – McDonald Soccer test, SDAT skill test

Unit V: Games skill test (10 Hours)

- ✓ Volleyball – Russel – Lange Volleyball test, SDAT skill test
- ✓ Badminton – Miller Wall Volley test
- ✓ Tennis – Broer – Miller Tennis test

References

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Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Establish the principles of test, measurement and evaluation in physical education and sports	K1, K2, K3
CO 2	Classify and administer the criteria of tests	K1, K2
CO 3	Demonstrate and experiment with the various physical fitness tests	K1, K2, K3
CO 4	Measure Basketball, Hockey and Soccer skills by using standardized skill tests	K1, K2, K3
CO 5	Analyse the basic playing abilities in the game of Volleyball, Badminton and Tennis	K1, K2, K3
K1 - Understand	**K2 - Apply**	**K3 - Analyse**

Mapping with Course Outcomes and Programme Outcomes

COs	**PO 1**	**PO 2**	**PO 3**	**PO 4**	**PO 5**	**PO 6**	**PO 7**	**PO 8**	**PO 9**	**PO 10**	**PSO 11**	**PSO 12**	**PSO 13**
CO 1	S	L	L	M	L	L	M	S	M	M	L	M	L
CO 2	S	L	L	M	L	L	M	S	M	M	L	M	L
CO 3	S	S	L	M	L	L	S	S	S	S	M	M	L
CO 4	S	L	L	M	L	L	M	S	M	M	L	M	L
CO 5	S	L	L	M	L	L	M	S	M	M	L	M	L

CO-Course Outcome PO-Programme Outcome S-Strong M-Medium L-Low

Semester: VI	**Course name:** Project
Course code: 236UAE1	**Course type:** Ability Enhancement Compulsory course
Credit: 4	

State Level Study Tour

Students will visit the districts of the state to do survey on availability of sports infra-structure in concerned schools, and submit an individual project report of 02 credits and will be assessed by a viva voce of 02 credits.