



2025 - 2028

CURRICULUM

Bachelor of Physical Education and Sports (BPES)

Program Code: 25UBPE

**Sri Ramakrishna Mission Vidyalaya
Maruthi College of Physical Education**

COIMBATORE - 641 020.

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

1. 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.

2. 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.

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. The candidates 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 $[400/600] \times 25 = 12.50$ 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
 - ❖ General Tamil / Adippadai Tamil / Sirappu Tamil
 - ❖ 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 odd semester in the month of November /December: and for the even 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. Attendance Requirements:

- a) Students must have 75% of attendance in each semester to appear for the End Semester Examinations.
- b) Students who have attendance between 70% and 74% shall apply for condonation in the prescribed form with the prescribed fee.
- c) Students who have attendance between 65% and 69% shall apply for condonation in prescribed form with the prescribed fee along with the Medical Certificate.
- d) Students who have attendance between 60% and 64% shall carry over the End Semester Examinations in the ensuing Semester.
- e) Students who have attendance below 60% are not eligible to appear for the End Semester Examinations. They shall re-do the semester(s) and therefore, they shall not move to the ensuing semester.
- f) A student can avail condonation only once during the course of study.

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	10 Marks
Assignments	5 Marks
Total	25 Marks

The 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 cumulative semester entire programme.

$\sum_n \sum_i C_{ni}$ = Sum of the credits of the courses of the cumulative semester 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 Grading 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
40 – 49.99	4.0 – 4.99	C	Satisfactory
Below 39	0 – 0	U	Re-Appeal
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.

4. 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. **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.

5. PROGRAMME OUTCOMES (POs)

1. Apply and practice the knowledge of Sports Sciences to increase Sports performance.
2. Identify, formulate and analyse the athletes' issues and performance, reaching substantiated conclusions using Sports Sciences.
3. Design and construct a standardised playground, track and field and teacher-made tests.
4. Use research-based knowledge to collect data and interpret the performance through field tests and questionnaires.
5. Create, and prepare a scientific sport training programme and apply appropriate techniques with gender, age and achievement differences. Use technological-oriented sports gadgets and equipment.
6. Apply health and physical education knowledge to assess the public health status, and recommend corrective exercises.
7. Understand the significance of physical education and sports solutions in societal and environmental contexts, and demonstrate the knowledge of, and need for sustainable development.
8. Apply ethical principles and commit to professional ethics, responsibilities and norms of physical education and sports.
9. Work effectively as an individual, and as a member or leader in diverse teams in multidisciplinary settings.
10. Communicate effectively with trainees, students, coaches, and managers.
11. Demonstrate knowledge and understanding of physical education and sports principles and apply these to one's work, as a member and leader in a team, to participate or conduct sports competitions.
12. Recognize the need for, and have the preparation and ability to engage in independent and lifelong learning in the broadest context of technological change.

6. PROGRAMME SPECIFIC OUTCOMES (PSOs)

1. Obtain value-added courses in Tennis, Yoga, Fitness, Kalari, Aerobics
2. Participate in more competitions and exhibit the highest sports performance in the sports competitions.
3. Facilitate specific coaching in various sports & games, organize sports competitions, and establish indoor & outdoor play facilities
4. Manage sports competitions, and physical education classes and demonstrate mass drill activities in educational institutions.
5. Lead a physical education society with cultural values and ethics.

7. 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.

11. THEORY COURSES

S.No	Course type	Course Code	Title of the course
First-year - First semester			
1.	Tamil course	251ULC1	General Tamil – I (or) Adippadai Tamil – I (or) Sirappu Tamil – I
2.	English course	251ULC2	English – I
3.	Core course	251UCC1	History and Foundations of Physical Education
4.	Core course	251UCC2	Rules of Games and Sports-Part I (Basketball, Badminton, Kabaddi, Softball)
5.	Generic Elective Course	251UGE1/ 251UGE2	Computer Application/ Small Business Management
Second semester			
1.	Tamil course	252ULC1	General Tamil – II (or) Adippadai Tamil – II (or) Sirappu Tamil – II
2.	English course	252ULC2	English – II
3.	Core course	252UCC1	Human Anatomy and Physiology
4.	Core course	252UCC2	Rules of Games and Sports-Part II (Volleyball, Tennis, Throwball, Kho-Kho)
5.	Generic Elective Course	252UGE1/ 252UGE2	Communicative English/ First Aid and Emergency Care

Second year - Third semester			
1.	Tamil course	253ULC1	General Tamil – III (or) Adippadai Tamil – III (or) Sirappu Tamil – III
2.	English course	253ULC2	English – III
3.	Core course	253UCC1	Health and Safety Education
4.	Core course	253UCC2	Rules of Games and Sports-Part III (Track and Field Events)
5.	Generic Elective Course	253UGE1/ 253UGE2	Environmental Science/ Journalism and Mass Media
Fourth semester			
1.	Tamil course	254ULC1	General Tamil – IV (or) Adippadai Tamil – IV (or) Sirappu Tamil – IV
2.	English course	254ULC2	English –IV
3.	Core course	254UCC1	Rules of Games and Sports-Part IV (Field events, Ball Badminton, Football)
4.	Discipline Specific Elective Course	254UDE2	Methods in Physical Education/ Sports Technology
5.	Skill-Based Elective Course	254USE1	Value Education and Indian Culture & Heritage/ Special Olympics
6.	Ability Enhancement Compulsory Course	254UAE1	Obesity and Weight Management/MOOC courses/ Naan Mudhalvan
Third year - Fifth semester			
1.	Core course	255UCC1	Science of Yoga
2.	Core course	255UCC2	Athletic Care and Rehabilitation
3.	Core course	255UCC3	Kinesiology and Biomechanics
4.	Core course	255UCC4	Educational Psychology and Sports Journalism
5.	Discipline Specific Elective Course	255UDE1	Adapted Physical Education/ Sports Nutrition
6.	Ability Enhancement Compulsory Course Internship	255UAE1	Fit Students, Fit Nation (Fitness training classes in Schools)
Sixth semester			
1.	Core course	256UCC1	Exercise Physiology and Nutrition
2.	Core course	256UCC2	General Theory and Methods of Sports Training
3.	Core course	256UCC3	Rules of Games and Sports-Part V (Hockey, Table Tennis, Handball, Netball, Cricket,& Tennikoit)

4.	Discipline Specific Elective Course	256UDE1	Sports Management/ Sports Entrepreneurship
5.	Skill-Based Elective Course	246USE1	Test, Measurement and Evaluation/ Organisation and Administration in Physical Education
6.	Ability Enhancement Compulsory Courses	256UAE1	Project/MOOC courses

PRACTICAL COURSES

S.No	Course Code	Title of the Course
First semester		
1.	251UPC1	Badminton & Kabaddi
2.	251UPC2	Basketball & Softball
3.	251UPC3	Callisthenics, Minor Games, Gymnastics & Marching
Second semester		
1.	252UPC1	Kho-Kho & Tennis
2.	252UPC2	Volleyball & Throwball
3.	252UPC3	Dands, Baithaks, Light Apparatus & Lezim
Third semester		
1.	253UPC1	Track and Field Events: Running Events Short distance running, Middle-distance running & Long-distance running
2.	253UPC2	Track and Field Events: Jumping Events Long Jump, Triple jump, High Jump & Pole Vault
3.	253UPC3	Relay Races and Hurdles
Fourth semester		
1.	254UPC1	Track and Field Events: Throwing Events Shot put, Hammer throw, Discus throw & Javelin throw
2.	254UPC2	Football & Ball Badminton
3.	254UPC3	Pyramid, Mallakhamb and Martial Arts
Fifth semester		
1.	255UPC1	Hockey & Table Tennis
2.	255UPC2	Handball & Netball

3.	255UPC3	Yoga
Sixth semester		
1.	256UPC1	Cricket & Tennikoit
2.	256UPC2	Bharathiam & Aerobics
3.	256UPC3	Game of Specialization

Village Placement Programme

1.	256UVP1	Village Placement Progrmme
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8. 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	251ULC1	General Tamil – I (or) Adippadai Tamil – I (or) Sirappu Tamil – I	3	3	25	75	100
II	251ULC2	English –I	3	3	25	75	100
III	251UCC1	Core course: History and Foundations of Physical Education	3	3	25	75	100
III	251UCC2	Core course: Rules of Games and Sports-Part I (Basketball, Badminton, Kabaddi, Softball)	3	3	25	75	100
III	251UGE1/ 251UGE2	Generic Elective: Computer Application/ Small Business Management	3	3	25	75	100
Practical courses							
V	251UPC1	Badminton (50) & Kabaddi (50)	6	3	25	75	100
V	251UPC2	Basketball (50) & Softball (50)	6	3	25	75	100
V	251UPC3	Calisthenics(25), Minor Games (25), Gymnastics (25) & Marching (25)	6	3	25	75	100
Total			33	24	200	600	800
Semester – II							
Theory courses							
I	252ULC1	General Tamil – II (or) Adippadai Tamil – II (or) Sirappu Tamil – II	3	3	25	75	100
II	252ULC2	English –II	3	3	25	75	100
III	252UCC1	Core course: Human Anatomy and Physiology	3	3	25	75	100
III	252UCC2	Core course: Rules of Games and Sports-Part II (Volleyball, Tennis, Throwball, Kho-Kho)	3	3	25	75	100
III	252UGE1/ 252UGE2	Generic Elective: Communicative English/ First Aid and Emergency Care	3	3	25	75	100
Practical courses							
V	252UPC1	Tennis (50) & Kho-Kho (50)	6	3	25	75	100
V	252UPC2	Volleyball (50) & Throwball (50)	6	3	25	75	100
V	252UPC3	Dands (25), Baithaks (25), Light Apparatus (25) & Lezim (25)	6	3	25	75	100
Total			33	24	200	600	800

Semester – III							
Theory courses							
I	253ULC1	General Tamil – III (or) Adippadai Tamil – III (or) Sirappu Tamil – III	3	3	25	75	100
II	253ULC2	English – III	3	3	25	75	100
III	253UCC1	Core course: Health and Safety Education	3	3	25	75	100
III	253UCC2	Core course: Rules of Games and Sports-Part III (Track and Field events)	3	3	25	75	100
III	253UGE1/ 253UGE2	Generic Elective: Environmental Science/Journalism and Mass Media	3	3	25	75	100
Practical courses							
V	253UPC1	Track and Field events – Running Events Short distance running, Middle-distance running & Long-distance running	6	3	25	75	100
V	253UPC2	Track and Field events – Jumping Events Long Jump, Triple jump, High Jump & Pole Vault	6	3	25	75	100
V	253UPC3	Relay Races and Hurdles	6	3	25	75	100
Total			33	24	200	600	800
Semester – IV							
Theory courses							
I	254ULC1	General Tamil – VI (or) Adippadai Tamil – VI (or) Sirappu Tamil – IV	3	3	25	75	100
II	254ULC2	English – IV	3	3	25	75	100
III	254UCC1	Core course: Rules of Games and Sports-Part IV (Field events, Ball Badminton, Football)	3	3	25	75	100
III	254UDE1/ 254UDE2	Discipline Specific Elective course: Methods in Physical Education/ Sports Technology	3	3	25	75	100
III	254USE1/ 254USE2	Skill-Based Elective Course: Value Education and Indian Culture & Heritage/ Special Olympics	3	3	25	75	100
Practical courses							
V	254UPC1	Track and Field events - Throwing Events Shot put(25), Hammer throw(25), Discus throw (25) and Javelin throw(25)	6	3	25	75	100
V	254UPC2	Football (50) & Ball Badminton (50)	6	3	25	75	100
V	254UPC3	Pyramid, Mallakhamb (50) & Martial Arts (50)	6	3	25	75	100
Total			33	24	200	600	800

Semester – V							
Theory courses							
III	255UCC1	Core course: Science of Yoga	3	3	25	75	100
III	255UCC2	Core course: Athletic Care and Rehabilitation	3	3	25	75	100
III	255UCC3	Core course: Kinesiology and Biomechanics	3	3	25	75	100
III	255UCC4	Core course: Educational Psychology and Sports Journalism	3	3	25	75	100
III	255UDE1/ 255UDE2	Discipline Specific Elective Course: Adapted Physical Education/ Sports Nutrition	3	3	25	75	100
Practical courses							
V	255UPC1	Hockey (50) & Table Tennis (50)	6	3	25	75	100
V	255UPC2	Handball (50) & Netball (50)	6	3	25	75	100
V	255UPC3	Yoga	6	3	25	75	100
Total			33	24	200	600	800
Semester – VI							
Theory courses							
III	256UCC1	Core course: Exercise Physiology and Nutrition	3	3	25	75	100
III	256UCC2	Core course: General Theory and Methods of Sports Training	3	3	25	75	100
III	256UCC3	Core course: Rules of Games and Sports-Part V (Hockey, Table Tennis, Handball, Netball, Cricket, &Tennikoit)	3	3	25	75	100
III	256UDE1/ 256UDE2	Discipline-Specific Elective Course: Sports Management/ / Sports Entrepreneurship	3	3	25	75	100
III	246USE1/ 246USE2	Skill-Based Elective Course: Test, Measurement, and Evaluation/ Organisation and Administration in Physical Education	3	3	25	75	100
Practical courses							
V	256UPC1	Cricket (50) & Tennikoit (50)	6	3	25	75	100
V	256UPC2	Bharathiam (50) & Aerobics(50)	6	3	25	75	100
V	256UPC3	Game of Specialization	6	3	25	75	100
Village Placement Programme							
VI	256UVP1	Village Placement Programme (5 days during the semester)	-	1	25	75	100
Total			33	25	225	675	900

Extra Credit Courses

Part	Course code	Title of the Course	Total Hours in a week	Credit	Int. marks	Ext. marks	Total marks
Semester – IV							
IV	254UAE1	Ability Enhancement Compulsory Course: Obesity and weight management/MOOC courses	-	2	-	-	-
Semester – V							
IV	255UAE1	Ability Enhancement Compulsory Internship: Fit Students, Fit Nation (Fitness training classes in Schools)	-	2	-	-	-
Semester – VI							
IV	256UAE1	Ability Enhancement Compulsory Course: Project/MOOC courses	-	2	-	-	-
Total			-	6	-	-	-

9. 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	3	3	3	-	-	-	09
	Discipline-Specific Elective Courses	-	-	-	3	3	3	09
	Skill-based Elective Courses	-	-	-	3	-	3	06
V	Practical Courses	9	9	9	9	9	9	54
VI	Village Placement Programme	-	-	-	-	-	1	01
Grand Total		24	24	24	24	24	25	145
Extra Credit Courses								
IV	Ability Enhancement Compulsory Courses and Internship	-	-	-	2	2	2	06

10. 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	300	300	300	300	300	300	1800
VI	Village Placement Programme	-	-	-	-	-	100	100
Grand Total		800	800	800	800	800	900	4900

11. MARKS AND CREDIT ABSTRACT

Semester	Credit with marks	Extra Credit without marks	Total marks
I	24	-	800
II	24	-	800
III	24	-	800
IV	24	2	800
V	24	2	800
VI	25	2	900
Grand total	145	6	4900

12. 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	- 25 Marks
External	- 75 Marks
Total	- 100 Marks

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

13. THEORY SYLLABUS SEMESTER -I

Semester: I	Course name: General Tamil – I	
Course code: 251ULC1	Course type: Tamil Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course objectives

- 1.மாணவர்களுக்கு மரபுக்கவிதை பற்றி தெளிவு கிடைத்தல்.
- 2.மாணவர்களுக்கு புதுக்கவிதைகளைப்பற்றி தெளிவு கிடைத்தல்.
- 3.மாணவர்களுக்கு தமிழ் வார்த்தைகளில் வல்லினம் மிகும்,மிகா இடங்களைப்பற்றி அறிந்து கொள்ளல்.
- 4.இலக்கிய வரலாறுகளைப்பற்றியும் கிறிஸ்துவர்கள்,இஸ்லாமியர்கள் தமிழுக்கு ஆற்றிய தொண்டுபற்றி தெளிவு கிடைத்தல்.
- 5.தமிழ் கவிஞர்களைப்பற்றி தெரிந்து கொள்ளுதல்.

அலகு:1 மரபுக்கவிதை

1.பாரதியார்-கண்ணன் என் சேவகன்-ஆசிரியர் குறிப்பு-வேலையாளின் பொய் உரைகள்-சேவகனாக வந்த கண்ணன்-கண்ணன் அறிமுகம்-கண்ணனின் பண்பு நலன்கள்-பாரதியாரைகண்ணன் ஆட்கொண்ட விதம்.

2.ஜீவா-காலுக்குச் செருப்புமில்லை-ப.ஜீவானந்தம் வாழ்க்கை குறிப்பு-முதலாளிகளின் குணம்-ஏழைகளின் நிலை-கவிதையின் வழியில் போராட்டம்-போராடிப் பெற்ற உரிமைகள்-ஜீவாவின் சமூக அக்கறை-தோழனே.

3.பட்டுக்கோட்டைகல்யாணசுந்தரம்-ளசெய்யும் தொழிலே தெய்வம்-

ஆசிரியர் குறிப்பு-செய்யும் தொழில் தெய்வம்-கடமை-குலமான முண்டு-ஏழைகள் நிலைமை-பூமி தந்திடும்- தொழிலை கும்பிடுவோம்-கனவுகள்-மாறிடாமலே வாழ்ந்திடுவோம்.

அலகு:2 புதுக்கவிதை

1.வரைமுத்து-நவீனதாலாட்டு-வாழ்க்கைக்குறிப்பு-தாலாட்டு விளக்கம்-
பிற்காலத் தாலாட்டுமுறைகள்-தற்காலத் தாலாட்டு-வேலைக்குச் செல்லும்
தாய்யின் நிலை-குழந்தை கேட்ட தாலாட்டு-அன்றாட வாழ்க்கையில்
நிலைப்பாடுகள்-நவீன காலமாற்றம்.

2.கண்ணதாசன்-சாவில்லா வீட்டில்-ஆசிரியர் குறிப்பு-புத்தர்-சீடர்கள்-
தத்துவம்-அன்பு-அறம்-மரணம்-முதுமை-இயற்கை-சத்தியம் ஜெயம்-தர்மம்-
குழந்தை இறப்பு-புத்தரின் ஞான உபதேசம்.

3.அப்துல் ரஃகுமான்-முதுமை(நேயர் விருப்பம்)-ஆசிரியர் குறிப்பு-முதுமை
காலம்-இறந்த காலம்-ஞாபகம்-வியாதிகள்-மாமிச ஓவியம்-உணர்ச்சி-
மரணம்-சுவடுகள்-நரை முடி-முதுமையின் தோற்றம்-போதிமர நிழல்.

அலகு:3 சிறுகதை

1.வலம்புரிச்சங்கு-நா.பார்த்தசாரதி-பாத்திரப்படைப்பு-கதை கரு- பூமாலை
நிலை-பரம சிவம்பிள்ளை-கதையின் போக்கு-சங்கின் தனித்தன்மை-
கதையின் முடிவு.

2.மிச்சம்-கண்ணகுமார விஸ்வரூபன்-கதாபாத்திரங்கள்-கதைச்சுருக்கம்-கூலி-
அருணாச்சலம்-பலசரக்குக்கடைக்காரர்-விறகு மண்டி முதலாளி-காகிதம்
பொறுக்கும் கிழவி-கதையின் முடிவு.

அலகு:4 இலக்கிய வரலாறு-அறிமுகம்

1.புதுக்கவிதையின் தோற்றமும்,வளர்ச்சியும்-கவிதையின் தோற்றம்-
புதுக்கவிதை இலக்கியம்-தமிழ்க் கவிதையுலகின் ஏற்பட்ட மாற்றம்-
புதுக்கவிதை வளர்ச்சியின் முக்கியக் காலகட்டங்கள்-புதுக்கவிதையின்
உத்திமுறைகள்-கவிதை ஆசிரியர் குறிப்புகள்-கவிதை இயக்கம்-பெண்
கவிஞர்கள்.

2.சிறுகதையின் தோற்றமும்,வளர்ச்சியும்-சிறுகதை வரையறைகள்
தமிழ்ச்சிறுகதையின் தோற்றமும் முன்னோடிகளும்-பெண்
சிறுகதைப்படைப்பாளிகள்-சுதந்தரப் போராட்ட காலத்தமிழ்ச் சிறுகதைகள்.

3.இக்கால இலக்கியங்களில் விளையாட்டுக்கள்(முதல் பத்து)-

1.அசதியாடல்,2.அம்புலிஅழைத்தல்3.ஆடுபுலிஆட்டம்,4.உலாவல்,5.ஊஞ்சல்6.ஏணிவிளையாட்டு,7.ஒத்தையா?இரட்டையா?,8.ஓடாக்குதிரை,9.ஓடிப்பிடிக்கும் புறாவிளையாட்டு, 10.ஓடிவிளையாட்டு.

அலகு:5 இலக்கணம்-

மொழித்திறன்-சொற்பொருள்வேறுபாடு-ர,ற,ல,ள,ழ,ந,ண,ன வேறுபடுத்தி அறியும் முறை-தொடரில் வழுஉச் சொற்களை நீக்கி எழுதுதல் ஒருமை,பன்மை-தொடரில் அமையும் விதம்.

பார்வை நூல்கள்

- 1.பாரதியார் கவிதைகள்,விஜயா பதிப்பகம்,கோயமுத்தூர்
- 2.பாரதிதாசன் கவிதைகள்,மணிவாசகர் பதிப்பகம்,சென்னை
- 3.கண்ணதாசன் கவிதைகள்,பாரதி புத்தகாலயம்,சென்னை
- 4.வைரமுத்து,இன்னொருதேசியகீதம்,திருமகள் நிலையம்,சென்னை
- 5.கவிஞர் பாலா,சிற்பின் கவிதைவானம்,மணிவாசகர் பதிப்பகம்,சென்னை
- 6.அப்துல் ரகுமான்,நேயர் விருப்பம்,நேஷனல் பப்ளிசர்ஸ்,சென்னை
- 7.மு.அருணாச்சலம்,தமிழ் இலக்கிய வரலாறு,அருண் பதிப்பகம்,திருச்சி
- 8.மலையரசி,தமிழ்இலக்கியங்களில்,விளையாட்டுக்கூறுகள், பாவைப்பதிப்பகம்,மதுரை
- 9.புலவர்.பொன்மணிமாறன்-அடோன் தமிழ் இலக்கணம்,அடோன் பப்ளிஷிங் குரூப்,திருவனந்தபுரம்.

COURSE OUTCOMES

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				K 1, K 2, K 3
CO 2	மரபுக்கவிதை,புதுக்கவிதை எழுதும் ஆற்றல் வளர்கிறது.				K 2, K 3, K 4
CO 3	தமிழ் வார்த்தைகளை பிழையின்றி எழுத மற்றும் கட்டமைக்க முடிகிறது.				K1, , K 2, K3, K5,
CO 4	.இலக்கிய வரலாறு மூலம் சமயங்கள் தமிழுக்கு ஆற்றிய தொண்டு பற்றி மதிப்பிடமுடிகிறது.				K 2, K 5, K 6
CO 5	தமிழ் கவிஞர்களை அடையாளம் கண்டும் நினைவு கூறவும் அவர்களின் நெறிகளை பின்பற்ற முடிகிறது				K 4, K 5, K 1
K 1	K 2	K 3	K 4	K 5	K 6
Remember	Understand	Apply	Analyze	Evaluate	Create

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: Adippadai Tamil – I	
Course code: 251ULC1	Course type: Tamil Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course objectives

1. பிறமொழி மாணவர்களுக்குத் தமிழ் மொழியைப் பயிற்றுவித்தல்
2. தமிழ் எழுத்துக்களின் வடிவங்களை அறிவதோடு உச்சரிக்கவும் எழுதவும் பயிற்றுவித்தல்
3. கற்றுக்கொண்ட சொற்களோடு தொடர்களை அமைத்துப் பேசக் கற்றுக்கொள்ளச் செய்தல்
4. மொழி வளத்தைப் பெறச் செய்தல்
5. பிழையின்றி பேசவும் எழுதவும் கற்றுக் கொடுத்தல்

அலகு:1

உயிர் எழுத்துக்கள், மெய் எழுத்துக்கள், உயிர் மெய் எழுத்துக்கள் : உயிர் எழுத்து -மெய்யெழுத்து -உயிர்மெய் துணைக் குறியீடு -குறில் -நெடில் - வல்லினம் -மெல்லினம் -இடையினம் -எழுத்துக்களின் ஒலிப்பு .

அலகு:2

ஒரெழுத்து ஒரு மொழியும் இன்றியமையாத பெயர்ச் சொற்களும்- ஒரெழுத்துச்சொற்கள்-பல எழுத்துச் சொற்கள்-சொற்பொருள் அறிதல் -நாள் - மாதம்- எண் பெயர் அறிதல்.

அலகு:3

சொல் வகைகளும் சொற்ப பயன்பாடும் - எண் அடை-பெயரடை -வினையடை - இடைச்சொற்கள் இணைப்பு -வேற்றுமை உருபு போன்ற விதிகளை அறிதல்.

அலகு:4

பிழையின்றிப் பேசுதலும், எழுதுதலும்-திணை -பால் -எண்-இடம் ஆகியவற்றை அறிதல். இவற்றில் ஏற்படும் பிழைகளை உணர்த்தி சரி செய்தல்.

அலகு:5

மொழிப் பயன்பாட்டுப் பயிற்சி-கதை கூறுதல் மற்றும் படித்தல் -சூழ்நிலைக்கு ஏற்ப உரையாடல் அமைத்தல்.

பார்வை நூல்கள்

1. அடோன் தமிழ் இலக்கணம், அடோன் பப்ளிஷிங் குரூப், திருவனந்தபுரம்-695035
2. எம். ஏ. நு. மான், அடிப்படைத் தமிழ் இலக்கணம், வாசகர் சங்கம் வெளியீடு, சென்னை-20

COURSE OUTCOMES

Expected Course Learning Outcomes					
On the successful completion of the course, the student will be able to:					
CO 1	தமிழின் எழுத்துக்களின் வடிவங்களை அறிதல்				K 1, K 2, K 3
CO 2	உயிர், மெய் துணை வரி வடிவங்களை அறிதல்				K 2, K 3, K 4
CO 3	எழுத்துக்களின் ஒலி, ஒளி வடிவங்களை அறிதல்				K1, , K 2, K3, K5,
CO 4	தமிழ்ச் சொற்களை உச்சரிக்கும் முறைகளை அறிதல்				K 2, K 5, K 6
CO 5	அடிப்படை இலக்கணங்களை அறிதல்.				K 4, K 5, K 1
K 1	K 2	K 3	K 4	K 5	K 6
Remember	Understand	Apply	Analyze	Evaluate	Create

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

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

Semester: I	Course name: Sirappu Tamil – I	
Course code: 251ULC1	Course type: Tamil Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course objectives

- 1.இக்கால இலக்கியங்களில் இன்றியமையாத சில வகைமைகளை மாணவர்கள் அறிய செய்தால்
- 2.அழியும் நிலையில் உள்ள நாட்டுப்புறப் பாடல்கள் குறித்த விழிப்புணர்வை ஏற்படுத்துதல்
- 3.உரைநடையில் உள்ள நாடகக் கூறுகளை அறியச் செய்தல்
- 4.நடப்பு இலக்கியங்கள் வழி சமூகத்திற்கு படைத்தளிக்கத்தூண்டல்
5. கலைச் சொற்களின் மூலம் தமிழ்ச் சொற்களை மேலும் அறிதல்

அலகு-1 நாட்டுப்புறப் பாடல்

✓ **பஞ்சம்-** நாட்டுப்புறப் பாடல் அறிமுகம்-மழையின் சிறப்பு - பஞ்ச காலத்தில் நாட்டின் நிலை -தமிழ் மாதங்களில் ஏற்பட்ட பஞ்ச கொடுமைகள் -மக்களின் நிலை

✓ **மானம் விடிவதெப்போ-** மழையை வேண்டுதல்-வர்ணனிடம் கேட்டல் - உணவு, நீர் இல்லாமை-மக்களின் நிலை -வானம் பார்த்த பூமி.

அலகு-2

✓ **கட்டைவிரல் – சி. என் அண்ணாதுரை-** ஆசிரியர் குறிப்பு -கதை மாந்தர்கள் அறிமுகம் -துரோணாச்சாரியார் -வேடன் - ஏகலைவன் -அர்ஜுனன் -வில்லும் அம்பும் -வலது கை கட்டைவிரல் -கதையின் முடிவு

அலகு-3

✓ **ஆடிக்காற்றே -சிற்பி-** நூலாசிரியர் அறிமுகம் - கவிதையின்தொடக்கம் ஆடிக் காற்றே -ஆடி மாத காற்றின் சிறப்பு -புரட்சிக்காற்று -உழவர்களும் உதவும் காற்று - ஆசிரியர் காற்றிடம் சமூக நிலை குறித்து உரைத்தல் - பூத்துவிய காற்று .

✓ **கடமையைச் செய்- மீரா** -ஆசிரியர் குறிப்பு -கடமையின் தன்மை-அரசாங்க ஊழியர்கள் வேலை செய்யாமல் இருத்தல் - கிண்டல், கேலி முறையில் கவிதையின் அமைப்பு முறை - அலுவலகத்தில் நேரத்தை போக்குதல் -கவிதையின் முடிவு.

✓ **இழந்தவர்கள்- அப்துல் ரகுமான்** -ஆசிரியர் குறிப்பு - இழந்தவர்கள் -வாழ்க்கை என்ற திருவிழா -விண்மீன்கள் - பெளர்ணமி -மேகங்கள் -மனைவியின் கொலுசில் ஏற்படும் ஒலி-சங்கீதம் - கடிகாரமுள் -முத்துக்கள் -சிற்பிகள் -இதயம் - அன்பு கருணை -இனிமை -கவிதை முடிவு.

அலகு-4

✓ **கலைச் சொல்லாக்கம்**-கலைச் சொல்லாக்கம் அறிமுகம் - அறிவியல் சொற்களை தமிழாக்குவதில் உள்ள முறைகள் -ஒரு சொல்லில் இருந்து பல சொற்களை உருவாக்கம் -தொழில்நுட்ப கலைச்சொற்கள்

அலகு-5

✓ **பொருந்திய சொல் தருதல்,பிழை நீக்கி எழுதுதல்-** வல்லினம் மிகும் இடங்கள் -வல்லினம் மிகா இடங்கள் -மரபுப் பிழையை நீக்குதல் -சந்திப்பிழை நீக்கி எழுதுதல் -பறவை மற்றும் விலங்குகளின் இளமைப் பருவம் -பொருட்களின் தொகுப்புகள்-வினா விடைகள் வீரம், மறம்,வலி ஆகியவை வீரம் என்ற பொருளைக் குறிக்கும் கோழை மற்றும் மூன்றின் எதிர்ச்சொல் ஆகும்.

பார்வை நூல்கள்

1. சிற்பி பால சுப்ரமணியன், தமிழ் இலக்கிய வரலாறு. நறுமலர் பதிப்பகம், சென்னை, 2010
2. இரா. வல்லிக்கண்ணன், புதக்கவிதை தோற்றம் வளர்ச்சி வரலாறு, எழுத்து பிச்சாரம். சென்னை, 1970

COURSE OUTCOMES

Expected Course Learning Outcomes					
On the successful completion of the course, the student will be able to:					
CO 1	தான் வாழும் கால இலக்கியங்களின் நோக்கும் போக்கும் குறித்து மாணவர்கள் அறிதல்				K 1, K 2, K 3
CO 2	நாட்டுப்புற மக்களின் வாழ்வியல். அறிவாற்றல் வேளாண்மையின் இன்றைய நிலைமை ஆகியவை குறித்துச்சிந்தித்தல்				K 2, K 3, K 4
CO 3	கற்பனை வளத்தைப் பெறுதல்				K1, , K 2, K3, K5,
CO 4	தமிழ் சொற்களை அறிவியல் சார்ந்த அறிவைக் கொண்டு பெறுதல்				K 2, K 5, K 6
CO 5	தமிழ் மொழியினை பிழையின்றி எழுத உதவுகிறது				K 4, K 5, K 1
K 1 Remember	K 2 Understand	K 3 Apply	K 4 Analyze	K 5 Evaluate	K 6 Create

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: 251ULC2	Course type: English course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

1. Learning Fundamental English Grammar
2. Enriching Personal English Vocabulary
3. Developing Speaking and Writing Abilities
4. Mastering the Phonetics of the English Language
5. Developing a Fantastic Command of the English Language

Unit 1:

(11 Hours)

1.1 Prose: A Day's Wait, Author: Ernest Hemingway

1. Knowing the author.
2. How circumstances control man.
3. How the boy Schatz embodies heroic fatalism.
4. How the theme is explored.
5. Miscommunication and heroic fatalism.
6. The irony that nature is hostile and deceptive.

1.2 Poem: The Perfect Life, Poet: Ben Jonson

1. Knowing the poet.
2. Theme of the poem.
3. The power of meaningful life.
4. The meaningless and uneventful life.
5. Making things around us happy.

Unit 2:

(11 Hours)

2.1 Prose: I Was Gandhi's Jailer, Author: Patrick Quinn

1. Knowing the author.
2. Character study of Mahatma Gandhi.
3. The prison system during the period of the independent struggle.
4. The jovial attitude of the life of Mahatma Gandhi.
5. The empathy of Mahatma Gandhi.
6. The strong and determined personality as Mahatma Gandhi.

2.2 Poem: The Road Not Taken, Poet: Robert Frost

1. Knowing the poet.
2. The theme of making choices in life.
3. The mental struggle about what could have happened if you had chosen differently.
4. A wise decision to be taken in life.
5. Taking independent decision without fearing.

Unit 3:

(11 Hours)

3.1 Prose: Too Dear, Author: Leo Tolstoy

1. Knowing the author.
2. The pun in the title either too expensive or of great value.
3. The fun in the story.

4. The condition of tiny kingdoms in those days.
5. The parody and sarcasm.

3.2 Poem: Silver, Poet: Walter De La Mare

1. Knowing the author.
2. The sense of enchantment.
3. The calm mood and the tone of the poem.
4. The alliteration.
5. The Silver poets.
6. Simile and metaphors found in the poem.
7. The figure of speech and personification.

Unit 4:

(11 Hours)

4.1 Prose: The Book of Nature, Author: Jawaharlal Nehru

1. Knowing the author.
2. The story of the earth.
3. The story of the pebble.
4. The importance of writing letters to children.
5. The alphabets of nature are pebbles, rivers, fossils, etc.,

4.2 Poem: Ozymandias, Author: Percy Bysshe Shelley

1. Knowing the author.
2. The ephemeral nature of power.
3. The Sonnet Ozymandias.
4. The irony in Ozymandias.
5. The voices in Ozymandias.
6. Symbolism.

Unit 5:

(10 Hours)

5.1 Part of speech active & passive voice and Sentences: its types

1. Definitions of all parts of speech.
2. The importance of 9 parts of speech with 10 example sentences each.
3. The structures of Active and Passive voices.
4. 12 sentences in the active voice and 12 sentences in the passive voice.
5. Conversion of active voice into passive voice.
6. Four types of sentences- a. *Declarative sentence*, b. *Imperative sentence*, c. *Interrogative sentence*, d. *Exclamatory sentence*.

References

1. SRMVMCPE. (2023). English Language – I – course material. Coimbatore: Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education Publication.
2. 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, K3, K4
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, K5, K6
CO 4	With a Mastery of Speech Sounds Avoiding Misunderstanding and Repetition				K2, K3, K6
CO 5	Excelling in Skills and Enhancing Focus on Results.				K2, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Create

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: 251UCC1	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

1. Understand the basic concepts of physical education
2. Know the historical development of physical education in India
3. Acquire knowledge of schemes and awards in sports
4. Understand the philosophical and biological foundation of physical education
5. Understand the psychological and sociological foundation of physical education

Unit 1: Introduction to physical education (11 Hours)

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

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

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

Unit 3: Schemes and Awards (11 Hours)

- 3.1 National Sports Day, Fit India
- 3.2 SAI and NSNIS
- 3.3 RDS, BDS and AIU
- 3.4 Khelo India
- 3.5 Arjuna Award, Dhronochariya Award, Major Dhyan Chand Award, Maulana Abul Kalam Azad Trophy

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

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

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

- 5.1 Psychological Foundation: Attitude, Aggression, Anxiety and Attention, Cognition, emotions
- 5.2 Personality, Meaning, Definition, Characteristics & Dimensions (physical, mental, social & emotional) Factors affecting personality
- 5.3 Theories of Play

5.4 Sociological foundation: Gregarious instinct, Leadership

5.5 National integration, Individual and Society

References

1. Bookwalter, K. W. (1969). *Foundations And Principles of Physical Education*. W.B.Saunders Company.
2. Brownell, C. L. (1951). *Physical Educations Foundations and Principles*. Mc Graw Hill Book Company.
3. Bucher, C. A. (1956). *Foundations of Physical Education*. C.V. Mosby. Bucher, C. A. (1979). *Foundations of Physical Education*. C.V. Mosby.
4. Bucher, C. A. (1987). *Foundations of Physical Education and Sports*. Times Mirror /Mosby College Publishing.
5. 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.
6. Leonard, F. E. (1947b). *History of Physical Education*. Lea & Febiger.
7. Mishra, D. R. S. C. (2009). *Foundations of Physical Education*. Sports Publication.
8. 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.
9. Rajagopalan, K. (2014). *A Brief History of Physical Education in India*.
10. Rice, E. A. (1958). *A Brief History of Physical Education*. Ronald Press Company.
11. Sharma, D. R. S. R. (2004). *Sociological Foundations in Physical Educations and Sports*. Friends Publications.
12. Sharma, O. P. (1998). *History of Physical Education*. Khel Sahitya Kendra.
13. Verma, D. R. H. J. (2012). *Foundations and History of Physical Education*. Sports Publication.
14. 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, K3, K4
CO 2	Summarize the historical development of physical education in India				K1, K2
CO 3	Explain the major schemes and awards in sports				K1, K5, K6
CO 4	Point out the philosophical and biological foundation in physical Education				K2, K3, K6
CO 5	Define psychology and sociology and discuss their foundations				K2, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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	S	S	M	L	M	M	S	M	S	S	M
CO 2	S	L	L	S	L	S	M	M	M	M	S	S	M
CO 3	L	L	M	L	S	M	L	M	M	S	M	S	M
CO 4	S	L	L	S	L	L	M	S	S	S	S	S	M
CO 5	L	M	L	S	M	L	M	M	M	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: 251UCC2	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1: History and Development (11 Hours)

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

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

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

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

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

Unit 4: Rules of games (11 Hours)

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

Unit 5: Officiating (10 Hours)

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

References

1. Bunn, J. W. (1968). *The Art of Officiating Sports*. Prentice Hall Press. Jain, R. K. (2013). *Hockey: Skills and Rills Rules*. Khel Sahitya Kendra.
2. Malik, D. R. A. (2012). *Rules of Games and Sports*. Lakshay Publication. Sharma, O. P. (2011). *Rules of Games and Sports*. Khel Sahitya Kendra.
3. YMCA. (1943). *Book of Rules of Games and Sports*. YMCA Publication House.
YMCA. (1981a). *Rules of Games and Sports*. YMCA Publications.
4. YMCA. (1981b). *Rules of Games and Sports*. YMCA Publications House.

5. YMCA. (1981c). *Rules of Games and Sports*. YMCA Publications.
6. YMCA. (1981d). *Rules of Games and Sports*. YMCA.
7. 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, K3, K4
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, K5, K6
CO 4	Point out the rules and regulations of Basketball, Badminton, Kabaddi, Softball				K2, K3, K6
CO 5	Officiate and interpret the rules of Basketball, Badminton, Kabaddi, Softball				K2, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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: 251UGE1	Course Type: Generic Elective Course	
Contact Hours Per Week: 3	Credit: 3	Contact Hours Per Semester: 54

Course Objectives

1. To obtain knowledge of computer application
2. To learn and access MS Word
3. To learn and access MS Excel
4. To learn and access MS PowerPoint
5. To use Learning Management System and e-resources

Unit 1: Introduction to Computer**(11 Hours)**

- 1.1 Introduction to Computers: Uses, Types and generations of Computers
- 1.2 Components of computer, Input and Output Device
- 1.3 Information and communication technology (ICT).
- 1.4 Application of Computers in Physical Education
- 1.5 Application software used in Physical Education and sports

Unit 2: Word Processing**(11 Hours)**

- 2.1 Introduction to MS Word / Google Docs
- 2.2 Getting started with Microsoft Word
- 2.3 Creating, saving and opening a document
- 2.4 Formatting Editing Features drawing table. Graph
- 2.5 Spelling and Grammar Check; Printing Option
- 2.6 Page Setup, Paragraph Alignment, Inserting Page Number, and Footnote.

Unit 3: Spread sheet Program**(11 Hours)**

- 3.1 Introduction to MS Excel / Google Sheets
- 3.2 Getting started with Microsoft Excel
- 3.3 Creating, saving and opening spreadsheet
- 3.4 Basic Function, Creating formulas
- 3.5 Format and editing features for charting data.

Unit 4: Presentation Software**(11 Hours)**

- 4.1 Introduction to MS Power Point / Google Slides
- 4.2 Getting started with Microsoft PowerPoint
- 4.3 Creating, saving and opening ppt. file
- 4.4 Format and editing features a slide show, design, inserting slide number
- 4.5 Enhancing of Picture, Graph, Table, Finalizing a presentation

Unit 5: Learning Management System and e-resources**(11 Hours)**

- 5.1 Introduction to LMS, E-Resources, Components
- 5.2 Learning Technology-Applications of Learning Technology
- 5.3 Learning Process-Methods of Learning Process
- 5.4 Learning Resources-Evolution of Learning Resources
- 5.5 Learning Apps-Learning Applications and Tools

References

1. Ally, M. (2019). *Foundations of Educational Theory for Online Learning*. Athabasca University Press.
2. Barlow, J. (2019). *Computers and Information Technology: A Complete Guide*. TechPress.
3. Beighley, L. (2019). *Head First Excel: A Learner's Guide to Spreadsheets*. O'Reilly Media.
4. Gookin, D. (2021). *Microsoft Word for Beginners: Learn MS Word Step by Step*. Wiley.
5. Mahadeorao, D. R. R. (2016). *Computer Applications in Physical Education*. Sports Publication.
6. Thakur, D. R. J. K. (2014). *Statistics and Computer Application in Physical Education*. KhelSahitya Kendra.
7. Martin, E. (2020). *Presentation Zen: Simple Ideas on Presentation Design and Delivery*. New Riders.
8. Morley, D., & Parker, C. S. (2021). *Understanding Computers: Today and Tomorrow (16th ed.)*. Cengage Learning.
9. Norton, P. (2020). *Introduction to Computers (8th ed.)*. McGraw-Hill Education.
10. Robbins, J. (2021). *Learning Google Apps: Google Docs, Sheets, and Slides in Action*. Packt Publishing.
11. Siemens, G., & Downes, S. (2020). *Connectivism and Learning in a Digital Age*. Open University Press.
12. Stallings, W. (2020). *Computer Organization and Architecture (11th ed.)*. Pearson.
13. Wiley, D. A. (2019). *The Future of Open Educational Resources*. Routledge.

Expected Course Learning Outcomes						
On the successful completion of the course, the student will be able to:						
CO1	Discuss the need and importance of input and output devices, uses of computers in Physical Education,					K1,K2,K4
CO2	Use various options in Microsoft Word, Design ports documentation using MS Word / Google Docs.					K1,K2,K3,K6
CO3	Compute necessary calculations by using Microsoft Excel, Create interactive sports data dashboards using MS Excel / Google Sheets					K1,K2,K6
CO4	Use Microsoft PowerPoint for classroom teaching, Create interactive presentation. Use PowerPoint / Google Slide					K1, K2,K3,K6
CO5	Utilize Learning Management Systems and e-sources and software In the field of physical education					K1,K2,K5,K6
K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create	

Mapping with Course out comes 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
CO1	M	S	L	L	M	L	M	S	S	M	S	S	L
CO2	L	M	L	L	M	M	S	S	M	S	S	S	M
CO3	L	S	M	M	M	L	M	S	S	M	S	S	L
CO4	L	M	S	M	M	S	S	M	L	S	S	S	M
CO5	L	M	L	M	M	S	S	M	M	S	S	S	L

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

Semester: I	Course Name: Small Business Management	
Course Code: 251UGE2	Course Type: Generic Elective Course	
Contact Hours Per Week:3	Credit:3	Contact Hours Per Semester:54

Course Objectives:

1. Understand the fundamentals of small business and its role in the economy.
2. Identify key characteristics of entrepreneurs and their significance in sports and fitness.
3. Analyze business ideas and evaluate feasibility for startups in the sports domain.
4. Apply principles of management for planning, finance, HR, and marketing in small businesses.
5. Evaluate support systems and government schemes for small enterprises.

Unit 1: Introduction to Small Business

- 1.1 Definition and Characteristics of Small Business
- 1.2 Role and Importance in the Economy
- 1.3 Types of Small Business Enterprises (including sports academies, fitness centers)
- 1.4 Differences between Small and Large Business
- 1.5 Scope for Small Business in Sports and Physical Education

Unit 2: Entrepreneurship Development

- 2.1 Concept of Entrepreneurship
- 2.2 Characteristics and Types of Entrepreneurs
- 2.3 Functions of an Entrepreneur
- 2.4 Barriers to Entrepreneurship
- 2.5 Role of Entrepreneurship in Sports and Fitness Industry

Unit 3: Business Planning and Setup

- 3.1 Business Idea Generation
- 3.2 Feasibility Study and SWOT Analysis
- 3.3 Steps in Starting a Small Business
- 3.4 Legal Requirements – Licenses and Registrations
- 3.5 Choosing a Location, Infrastructure and Equipment Planning

Unit 4: Management of Small Business

- 4.1 Principles of Management in Small Business
- 4.2 Financial Management – Budgeting, Accounting, and Funding Sources
- 4.3 Human Resource Management – Recruitment and Staff Development
- 4.4 Operations Management – Quality Control and Inventory
- 4.5 Marketing and Promotion Strategies (esp. for sports institutions)

Unit 5: Problems and Support for Small Business

- 5.1 Common Problems Faced by Small Business Owners
- 5.2 Government Schemes and Incentives (like MSME, Startup India)
- 5.3 Institutional Support – NSIC, SIDBI, DIC, NABARD
- 5.4 Case Studies of Successful Small Sports Businesses
- 5.5 Role of Incubators and Accelerators

References:

1. Gupta, C.B. & Khanka, S.S. – *Entrepreneurship and Small Business Management*, Sultan Chand & Sons
2. Desai, V. – *Small Scale Industries and Entrepreneurship*, Himalaya Publishing
3. Kapoor, N.D. – *Elements of Business Law*, Sultan Chand & Sons
4. Holt, D.H. – *Entrepreneurship: New Venture Creation*, Prentice Hall India
5. Sasi Kumar, K. – *Sports Management*, Friends Publications

EXPECTED COURSE OUTCOMES					
On the successful completion of the course, students will be able to:					
CO1	Define and explain the nature, role, and types of small businesses.				K1, K2
CO2	Describe entrepreneurial traits and assess their role in sports and fitness.				K2, K3
CO3	Conduct feasibility analysis and prepare a basic business plan.				K4, K6
CO4	Manage small business operations including finance, HR, and marketing.				K4, K6
CO5	Identify common problems and government support systems for small businesses.				K2, K5
K1 – Remembering	K2 – Understand	K3- Apply	K4- Analyse	K5- Evaluating	K6 – Creating

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
CO1	L	L	L	L	M	M	M	S	M	S	M	M	L
CO3	L	L	L	L	M	M	M	S	M	S	M	M	L
CO3	L	L	L	L	M	M	M	S	M	S	M	M	L
CO4	L	L	L	L	M	M	M	S	M	S	M	M	L
CO5	L	L	L	L	M	M	M	S	M	S	M	M	L

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

14. THEORY SYLLABUS SEMESTER –II

Semester: II	Course name: General Tamil – I	
Course code: 252ULC1	Course type: Tamil Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course objectives

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

அலகு:1காப்பியம்

1.சிலப்பதிகாரம்-1 – வழக்குரை காதை-சிலப்பதிகாரம் அறிமுகம்- கண்ணகி பாண்டியன் அவையில் வழக்குரைத்து நீதி கேட்டது- கோப்பெருந்தேவியின் தீய கனவு-கண்ணகி கடுஞ்சீற்றம்-கோவலன் கள்வன் அல்ல என்று நீதி கேட்டல்-பாண்டியன் தானே கள்வன் உயிர்துறத்தல்-மதுரையின் அழிவு.

2.மணிமேகலை - ஆதிரை பிச்சையிட்ட காதை-மணிமேகலை நூல் அறிமுகம்- காயண்டிகை ஆதிரையின் கற்பின் திறனை விளக்குதல்- சாதுவனின் குணநலன்-நாகர் மலை வாழ் மக்கள் மணிமேகலை ஆதிரையிடம் பிச்சை பெறுதல்.

அலகு:2 புராணம்

1.கம்பராமாயணம்-கைகேயி சூழ்வினைப்படலம் (50முதல்67ஆம் பாடல்கள்

நீக்கலாக)-கம்பராமாயணம் அறிமுகம்-கூனியின் சூழ்ச்சி-கைகேயியின் நிலை-தசரதன் வருகை-அயோத்தியின் நகரத்தின் காட்சி-வரம் கேட்டல்-பரதன் அரசாட்சி ஏற்றல்-இராமன் கனகம் சொல்லுதல்.

2.பெரியபுராணம்-மெய்ப்பொருள் நாயனார் புராணம்-பெரியபுராணம்
அறிமுகம்-மெய்ப்பொருள் நாயனார் வாழ்க்கை குறிப்பு-பக்தி சிறப்பு-முத்த நாதன் வருகை- அன்பின் வெளிப்பாடு-திருநீற்றுநெறி.

அலகு:3 இலக்கிய வரலாறு-அறிமுகம்

1.ஐம்பெருங்காப்பியங்கள்-சிலப்பதிகாரம்-மணிமேகலை-சீவகசிந்தாமணி-வளையாபதி-குண்டலகேசி

2.ஐஞ்சிறுகாப்பியங்கள்-நாககுமாரகாவியம்-உதயனகுமாரகாவியம்-யசோதரகாவியம்-நீலகேசி-சூளாமணி

3.காப்பிய இலக்கியத்தில் விளையாட்டுக்கள்-அசதியாடல்-அம்புலி அழைத்தல்-அம்மாணை-அலவன்ஆட்டல்-இடுதேளிடல்-உகிரால் பற்பல உருவம் கிள்ளல்-உலாவல்-ஊசல்-எண்ணி விளையாடல்-எதிரோலி கேட்டல்-ஏறுகோள்-கண் புதைந்து ஒளிந்தாடல்- கருவுற்ற பெண் போல் நடித்தல்-கவண்-கள்வர் காப்பவர் மறிகள் போல் நடித்தல்.

அலகு:4 படைப்பிலக்கியம்

1.கவிதை எழுதப்பயிற்சி-கவிதை எழுதுதல்-விளக்கம்-கவிதை எழுதகருத்தில்கொள்ளவேண்டியவை-பயிற்சி முறைகள்.

2.சிறுகதை எழுதப் பயிற்சி-சிறுகதை எழுதுதல்-விளக்கம்-சிறுகதை எழுதும் திறனை வளர்க்கத் தேவையான கருத்துகள்-பயிற்சி முறைகள்-சிறுகதைக்குரிய எடுத்துக்காட்டு.

3.விண்ணப்பம் வரைதல்-வேலை வேண்டி விண்ணப்பம்-பேருந்து நிலையம் அமைத்துத்தர வேண்டி விண்ணப்பம்-உதவி வேண்டி விண்ணப்பம்

அலகு:5இலக்கணம்

1.வல்லினம் மிகும் இடங்கள்-2.வல்லினம் மிகா இடங்கள்-3.வினாவகை-6-

4.விடைவகை-8

பார்வை நூல்கள்

1.சிலப்பதிகாரம்,பாரி நிலையம்,சென்னை

2.மணிமேகலை,பாரி நிலையம்,சென்னை

3.கம்பராமாயணம்,வர்த்தமானன் பதிப்பகம்,சென்னை

4.ஹரிவிஜயலட்சுமி,தமிழ் இலக்கிய வரலாறு,என்னெஸ்பப்ளிகேஷன்ஸ், உடுமலைப் பேட்டை

5.மலையரசி,தமிழ் இலக்கியங்களில் விளையாட்டுக்கூறுகள், பாவைப்பதிப்பகம்,மதுரை-1

COURSE OUTCOMES

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.			K 1, K 2, K 3	
CO 2	சமய இலக்கியங்கள் வழி பக்திநிலை மற்றும் அறவுணர்வை அடையாளம் காணமுடிகிறது.			K 2, K 3, K 4	
CO 3	காப்பியகளை பயில்வதன் மூலம் ஆளுமைப் பண்புகள் வளர்ந்து நேர்காணலில் கலந்து கொள்ள முடிவும்.			K1, , K 2, K3, K5,	
CO 4	தமிழில் போட்டித்தேர்வுகளை எதிர்கொள்ள பயன்படுகிறது.			K 2, K 5, K 6	
CO 5	தமிழ் மொழியினை பிழையின்றி எழுத உதவுகின்றது.			K 4, K 5, K 1	
K 1	K 2	K 3	K 4	K 5	K 6
Remember	Understand	Apply	Analyze	Evaluate	Create

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: Adippadai Tamil – I	
Course code: 252ULC1	Course type: Tamil Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course objectives

1. தமிழ்மொழி படிப்பதின் சிறப்பு படிப்பதின் மூலம் ஏற்படும் நன்மைகளை பயிற்றுவித்தல்
2. நீதி நூல்களின் வழி தமிழ் மொழியின் பெருமையினை பயிற்றுவித்தல்
3. உலக வாழ்க்கைக்கு தேவையான அறம், ஒழுக்கம் பண்பாடு கற்றுக்கொடுத்தல்
4. தமிழ்ச் சான்றோர்களின் சிறப்புகளை பயிற்றுவித்தல்
5. விளையாட்டின் முக்கியத்துவங்கள் திருவிழாக்களின் பெருமைகள் குறித்த குறிப்புக்களைப் பயிற்றுவித்தல்.

அலகு:1

ஆத்திச்சூடி 1 முதல் 12 வரை-நீதிநூல் அறிமுகம் -நூலாசிரியர் சிறப்பு - உயிரெழுத்துக்களின் வர்க்கம் - அறம் செய விரும்பு- ஆறுவது சினம்- இயல்வது கரவேல்- ஈதல் விலக்கேல்- உடையது விளம்பேல்- ஊக்கமது கைவிடல்- எண்ணெழுத் திகழேல்- ஏற்ப திகழ்ச்சி- ஐயமிட் டுண்- ஒப்புர ஒழுகு- ஒதுவ தொழியேல்- ஒளவியம் பேசேல்.

அலகு:2

வெற்றி வேற்கை 1முதல் 15 வரை-நூல் அறிமுகம் -ஆசிரியர் குறிப்பு - எழுத்தறிவித்தவன் இறைவனாகும் -கல்விக் கழகு கசடற மொழிதல் -செல்வக் கழகு செழுங்கிளை தாங்குதல் -வேதியருக் கழகு வேதமும் ஒழுக்கமும் - மன்னவருக் கழகு செங்கோல் முறைமை -வணிகர்க் கழகு வளர் பொருளிட்டல்-உழவர்க் கழகு ஏர் உழு தூண் விரும்பல்-மந்திரிக் கழகு வரும் பொருளுரைத்தல்-தந்திரிக்கழகு தறுகண் ஆண்மை -உண்டிக் கழகு விருந்தோடுண்டல்-பெண்டிர்க் கழகு எதிர் பேசாதிருத்தல் -குலமகட்லழகு தன் கொழுநனைப் பேணுதல் -விலைமகட் கழகு தன் மேனி மினுக்குதல் -அறிஞர் கழகு கற்றுணர்ந் தடங்கல்- வறிஞர்க் கழகு வறுமையில் செம்மை.

அலகு:3

திருக்குறள்- கடவுள் வாழ்த்து அதிகாரம் முதல் ஐந்து திருக்குறள் -ஆசிரியர் குறிப்பு -நூல் குறிப்பு -குறள் விளக்கங்கள்.

அலகு:4

தமிழ் அறிஞர்களை அறிந்து கொள்ளுதல்- தமிழறிஞர்கள் பற்றிய செய்தி - தமிழுக்கு ஆற்றிய பணி -பாரதியார் -பாரதிதாசன் -மு.வரதராசனார் -திரு.வி.க

அலகு:5

விளையாட்டுக்கள், விழாக்கள் குறித்த குறிப்புகள் -தமிழர் விளையாட்டுகள்- விளையாட்டின் முக்கியத்துவம் -விளையாட்டின் நோக்கம் -திருவிழாக்களின் சிறப்பு -கிராமப்புறங்களின் நகர்ப்புறங்களின் திருவிழாக்கள்.

பார்வை நூல்கள்

1. ஒளவையார் ,ஆத்திதடி, விஜயா பதிப்பகம், கோயம்புத்தூர் -1
2. உரையாசிரியர் அருண் ஷங்கர் , வெற்றிவேற்கை, பிரேமா பிரசுரம்,சென்னை-20
3. திருக்குறள்,விஜயா பதிப்பகம், கோயம்புத்தூர் -1
4. இலக்கிய வரலாறு, மு.வரதராசனார் ,விஜயா பதிப்பகம், கோயம்புத்தூர் -1

COURSE OUTCOMES

Expected Course Learning Outcomes					
On the successful completion of the course, the student will be able to:					
CO 1	நீதிநூற்களைப் படிப்பதால் ஒழுக்கம், தன்னம்பிக்கை, பண்பு வளர்கிறது.			K 1, K 2, K 3	
CO 2	அற நூற்களின் மூலம் ஆளுமை பண்பினையும்,தனித்தன்மையையும் வளர்த்தல்			K 2, K 3, K 4	
CO 3	அன்றாட வாழ்க்கைக்கு தேவையான சிறப்பினை வளர்த்தல்			K1, , K 2, K3, K5,	
CO 4	தமிழ் நூல்களை கற்றவர்களின் மூலமாக அறிந்து அறிவை வளர்த்தல்			K 2, K 5, K 6	
CO 5	உடல், மனம்,அறிவு ஆகியவைகளை விளையாட்டுக்கள் மூலம் வளர்த்தல், விழாக்களின் மூலம் பாரம்பரியத்தை அறிந்து கொள்ளுதல்.			K 4, K 5, K 1	
K 1	K 2	K 3	K 4	K 5	K 6
Remember	Understand	Apply	Analyze	Evaluate	Create

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

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

Semester: II	Course name: Sirappu Tamil – I	
Course code: 252ULC1	Course type: Tamil Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course objectives

- 1.உரைநடை இலக்கியத்துள், கட்டுரை இலக்கியம் குறித்து மாணவர்களுக்கு அறிமுகம் செய்தல்
- 2.பண்டைத் தமிழ் இலக்கியத்தில் உள்ள சிறப்பையும் பொருண்மையும் அறிதல்
- 3.காப்பியம் மற்றும் பக்தி இலக்கியங்களில் உள்ள அறத்தினை அறியச் செய்தல்
- 4.உரைநடை இலக்கியத்திற்கான தோற்றத்தினை அறிதல்.
5. பிறமொழிச் சொற்களை தமிழ் மொழியில் மொழிபெயர்க்கும் ஆற்றலை வளர்த்தல்

அலகு -1கட்டுரை

✓பெண்ணின் பெருமை-திரு. வி. க -ஆசிரியர் குறிப்பு -எழுதிய நூல்கள் -தாய்மை உணர்வு -பழந்தமிழ் காலம், வேத காலம் மற்றும் இடைக்கால பெண் கல்வி -புராணங்கள் காட்டும் பெண்கள்.

அலகு-2 செய்யுள்

✓புறநானுறு கெடுக சிந்தை- ஒக்கூர் மாசத்தியார்- நூல் அறிமுகம் -நூலின் சிறப்புக்கள் -மறக்குல பெண் பண்புகள் -மகனைப் போருக்கு அனுப்புதல் -இன்னொரு மகன் இல்லையே என்று ஏங்குதல்.

✓ஈன்று புறந்தருதல் பொன்முடியர்-பொன்முடியார் சிறப்பு -கடமையின் வரிசை -தாய்மையின் கடமை -தந்தையின் கடமை -கொல்லனின் கடமை -சமுதாயத்தின் கடமை -வேந்தனின் கடமை -ஆண் மகனின் கடமை.

✓யாதும் ஊரே- கனியன் பூங்குன்றன்- நூலாசிரியர் அறிமுகம் -யாதும் ஊரே யாவரும் கேளிர் -தீதும் நன்றும் பிறர் தர வாரா -சிறியோர் நிலை -பெரியோர் நிலை -இயற்கை சிறப்பு.

அலகு-3 காப்பியம்

✓சீறாப்புராணம்-வானவர்க்கும் -சீறாப்புராணம் அறிமுகம் -உமர் புலவர் -வானவர் தலைவர் ஓதிய திருக்குர்ஆன் வேத உரைகள் நபிகள் நாயகத்திற்கு வெளிப்படுத்தப்பட்டதும் -அதனை நபிகள் நாயகம் மக்களுக்கு எடுத்துரைத்து அறிவுரை கூறியதும் கூறப்படுகின்றது.

✓பாரதியார்-நல்லதோர் வீணை- நூலாசிரியர் வரலாறு -சிவ சக்தியிடம் கேட்கும் கேள்வி -மாநிலம் பயனுற வாழ்வதற்கே -உள்ளம், உடல் ,உயிர் ,அருள்வதில் உனக்கெதுந் தடை உள்ளதோ?.

அலகு-4 இலக்கிய வரலாறு

✓புறத்திணைக் கோட்பாடுகள்- தொல்காப்பிய செய்தி -திணைக் கோட்பாடுகள் - சமூக வாழ்க்கை -துறைகளில் விளக்கம் - புறத்திணை விளக்கம் -போர் முறைகள் -நில அமைப்பு முறைகள்.

அலகு-5 மொழிபெயர்ப்பு

✓ஆங்கிலத்திலிருந்து தமிழில் மொழிபெயர்த்தல்-மொழிபெயர்ப்பு - விளக்கம் -மொழிபெயர்ப்பின் தன்மை -மொழிபெயர்ப்பின் நோக்கமும் பயன்பாடும் -மொழிபெயர்ப்பில் நெறிமுறைகள் - மொழிபெயர்ப்பில் செய்யும் முறை -மொழிபெயர்ப்பிற்குரிய எடுத்துக்காட்டுகள்.

பார்வை நூல்கள்:

1 ஒளவை துரைசாமிப் பிள்ளை,காப்பிய இலக்கிய வரலாறு, சாரதா பதிப்பகம்,சென்னை-2010

2.அ.அ மணவாளன், சங்க இலக்கிய வரலாறு, நயு செஞ்சரிபுக் கவுஸ்,சென்னை-2009

COURSE OUTCOMES

Expected Course Learning Outcomes					
On the successful completion of the course, the student will be able to:					
CO 1	உரைநடையை அன்றாட வாழ்வில் பயன்படுத்துதல்				K 1, K 2, K 3
CO 2	இலக்கியங்கள் காட்டும் சமூக பண்பாட்டு வாழ்வியல் முறைகளை அறிதல்				K 2, K 3, K 4
CO 3	காப்பியங்களுடன் திரைப்படம் மற்றும் புதினம் ஆகியவற்றுடன் ஒப்பிட்டுக்காணும் அறிவைப் பெறுதல்				K1, , K 2, K3, K5,
CO 4	செய்யுள் மற்றும் கவிதை புனையும் ஆற்றல் பெறுதல்				K 2, K 5, K 6
CO 5	மொழிபெயர்த்தல் திறனை வளர்த்துக் கொள்ளுதல்				K 4, K 5, K 1
K 1 Remember	K 2 Understand	K 3 Apply	K 4 Analyze	K 5 Evaluate	K 6 Create

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: 252ULC2	Course type: English course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1: (11 Hours)**1.1 Prose: My Struggle for an Education by Booker T. Washington**

1. Knowing the author.
2. Washington's forbearance as a black boy.
3. The family suffering from slavery.
4. How poverty attacked this poor boy.
5. His determination to study.
6. The kind man in this lesson.
7. The taskmistress, the headmistress of the school.
8. The real test. Washington had to win an admission into School

1.2 Poetry: The Well of St. Keyene by Robert Southey

1. Knowing the poet.
2. The humour in the poem.
3. The spell on the well.
4. The natural scene of the well.
5. The outwitting of the wife over the husband.

Unit 2: (11 Hours)**2.1 Prose: Maori Villages by M. Brown**

1. Knowing the author.
2. The wonder of the Hot Spring district.
3. The lifestyle of the Maoris.
4. The church of the Maoris.
5. The interesting illustration of the author.

2.2 Poetry: Upagupta by Rabindranath Tagore

1. Knowing the poet.
2. The descriptions of the sage and the dancing girl.
3. The city of Mathura.
4. The portrayal of nature by the poet.
5. The fulfilment of the promises of the hermit.

Unit 3: (11 Hours)**3.1 Prose: Hari by Nayantara Sahgal**

1. Knowing the author.
2. How a servant of the Nehru family grew up in it to become virtually one of its members.
3. The funny facets of this lesson.

4. The official information we get from the pre-independent India.

3.2 Poetry: James Honeyman by W. H. Auden

1. Knowing the poet.
2. How the scientific genius destroys the scientist and his family and the country.
3. The scientific progress and the terrible power it has to destroy mankind.
4. The quality of life of man.

Unit 4:

(11 Hours)

4.1 Prose: My Lost Dollar by S Leacock

1. Knowing the author
2. Fun in the story.
3. The geographical mentions in the story.
4. The Little pains of life with our dear ones.
5. Back to honesty movement.
6. The moral of the story, the self-appeasement.

4.2 Poetry: If by Rudyard Kipling

1. Knowing the author.
2. How to behave in life's situations.
3. Line by line morality taught by Kipling to his son.

Unit 5:

(10 Hours)

5.1 Paragraph writing and formal & informal letter writing

1. What is a paragraph?
2. Purposes of a good paragraph.
3. The five steps of a paragraph.
4. Writing the two types of letters formal and informal.
5. Steps of a formal letter.
6. Examples of formal and informal letters.

References

1. 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, K3
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, K4
CO 3	Making the Delivery Effective				K1, K3, K5
CO 4	With a Mastery of Speech Sounds Avoiding Misunderstanding and Repetition				K2, K3, K6
CO 5	Excelling in Skills and Enhancing Focus on Results.				K3, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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	M	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	M	L	M	M	L	M	M	M
CO 5	L	L	M	M	M	M	S	S	M	M	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: 252UCC1	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

1. To know the basics of anatomy and physiology.
2. To understand the skeletal system.
3. To know the concept of the cardiovascular and respiratory systems.
4. To know the concept of the digestive and nervous system
5. To understand the functions of glands

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

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

Unit 2: Skeletal System (11 Hours)

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

Unit 3 Cardiovascular and Respiratory Systems (11 Hours)

- 3.1 Cardiovascular system – Structure of the heart
- 3.2 Functions the of heart
- 3.3 Respiratory system – Structure of lungs
- 3.4 Mechanism of Respiration
- 3.5 Blood – Constituents – functions – Blood groups

Unit 4: Digestive and Nervous Systems (11 Hours)

- 4.1 Digestive system – Structure and functions of Kidney
- 4.2 Functions of the liver
- 4.3 Nervous system – Structure of the brain
- 4.4 Functions of the brain and spinal cord
- 4.5 Functions of Neuron and Reflex arc

Unit 5: Glands and their functions (10 Hours)

- 5.1 Endocrine Glands – Pituitary gland
- 5.2 Thyroid, and parathyroid glands
- 5.3 Adrenal gland
- 5.4 Pancreas glands
- 5.5 Role of endocrine glands in growth, development and regulations of body functions.

References

1. Chaurasias, B. D. (1992). *Human Anatomy*. CBS Publishers & Distributors.
2. Kumar, D. R. A. (2013). *An Introduction to Anatomy and Physiology*. Friends Publications.
3. Mojumdar, D. R. R. M. (2009). *Anatomy and Physiology*. Sports Publication.
4. Murugesh, D. R. N. (1993). *Basic anatomy and physiology*. Sathya publishers.
5. Myshne, D. A. (1971). *Human anatomy and physiology*. Mir publishers.
6. Mysline. (1990). *Human anatomy and physiology*. Mir publishers.
7. Pearce, E. C. (1993). *Anatomy And Physiology for Nurses*. Jaypee Brothers Medical.
8. Ranganathan, T. S. (1983). *A text book of human anatomy*. S. Chand & company ltd.
9. Singh, S. (2006). *Introduction to anatomy and physiology*. Friends publications.
10. 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, K3, K4
CO 2	Describe the structure and functions of various organs of the human Body				K1, K2, K5
CO 3	Classify the cell, bones, joints, and explain the circulatory system, respiratory system, digestive system, excretory system and nervous system				K1, K5, K6
CO 4	Sketch and point out the organs of the human body				K2, K3, K6
CO 5	Analyze and interpret the effect of exercise on various systems of the human body				K2, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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	S	S	S	S	M	S	M	M	S	S
CO 2	S	S	M	M	S	S	S	M	S	M	S	S	S
CO 3	L	S	M	S	S	S	M	M	S	M	M	M	S
CO 4	S	S	M	M	M	M	M	M	M	M	S	S	S
CO 5	S	S	M	M	S	S	M	M	S	M	S	M	S

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, Throw ball, Kho- Kho)	
Course Code: 252UCC2	Course Type: Core course	
Contact Hours per Week: 3	Credit: 3	Contact Hours Per Semester: 54

Course Objectives

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

Unit 1: History and Development**(11 Hours)**

- 1.1 History, Origin and development of the Volleyball,
- 1.2 History, Origin and development of the Tennis,
- 1.3 History, Origin and development of the Throw ball,
- 1.4 History, Origin and development of the Kho -Kho)

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

- 2.1 Dimension and measurements of the Volleyball court, Equipment specification, player equipment,
- 2.2 Dimension and measurements of the Tennis court, Equipment specification, player equipment,
- 2.3 Dimension and measurements of the Throwball court, Equipment specification, player equipment,
- 2.4 Dimension and measurements of the Kho-Kho court, Equipment specification, player equipment,

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

- 3.1 Volleyball - Technical skills (Offensive & Defensive skills), Tactics and Specific Conditioning Drills
- 3.2 Tennis - Technical skills (Offensive & Defensive skills), Tactics and Specific Conditioning Drills
- 3.3 Throw ball - Technical skills (Offensive & Defensive skills), Tactics and Specific Conditioning Drills
- 3.4 Kho-Kho - Technical skills (Offensive & Defensive skills), Tactics and Specific Conditioning Drills.

Unit 4: Rules of Games**(11 Hours)**

- 4.1 Volleyball - Rules of Games and Matches
- 4.2 Tennis - Rules of Games and Matches
- 4.3 Throw ball - Rules of Games and Matches
- 4.4 Kho-Kho - Rules of Games and Matches

Unit 5: Officiating**(10 Hours)**

- 5.1 Volleyball- Mechanism of Officiating, Duties of officials and signals
- 5.2 Tennis - Mechanism of Officiating, Duties of officials and signals
- 5.3 Throw ball - Mechanism of Officiating, Duties of officials and signals
- 5.4 Kho-Kho - Mechanism of Officiating, Duties of officials and signals

References

1. Bunn, J. W. (1968). The Art of Officiating Sports. Prentice Hall Press.
2. Jain, R. K. (2013). Hockey: Skills and Rills Rules. Khel Sahitya Kendra.
3. Malik, D. R. A. (2012). Rules of Games and Sports. Lakshay Publication.
4. Sharma, O. P. (2011). Rules of Games and Sports. Khel Sahitya Kendra.
5. YMCA. (1943). Book of Rules of Games and Sports. YMCA Publication House.
6. YMCA. (1981a). Rules of Games and Sports. YMCA Publications.
7. YMCA. (1981b). Rules of Games and Sports. YMCA Publications House.
8. YMCA. (1981c). Rules of Games and Sports. YMCA Publications.
9. YMCA. (1981d). Rules of Games and Sports. YMCA.
10. 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				K 1, K 2, K 3
CO 2	Draw and Mention the Measurements of Play Fields and its Necessary Equipment				K 2, K 3, K 4
CO 3	Demonstrate the Fundamental skills in Volleyball, Tennis, Throwball, Kho-Kho				K1, , K 2, K3, K5,
CO 4	Point out the Rules and Regulations of Volleyball, Tennis, Throwball, Kho-Kho				K 2, K 5, K 6
CO 5	Officiate and Interpret the Rules of Volleyball, Tennis, Throwball, Kho-Kho				K 4, K 5, K 1
K1 Remember	K 2 Understand	K 3 Apply	K 4 Analyze	K 5 Evaluate	K 6 Create

Mapping with Course Outcomes and Programme Outcomes													
CO s	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	M	M	M	M	M	M	M	M	M	M	M	M	L
CO 3	M	M	L	M	M	M	M	M	L	L	L	M	L
CO 4	S	S	S	S	S	S	M	M	L	S	S	M	L
CO 5	M	M	M	M	M	M	M	M	M	M	M	M	L

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

Semester: II	Course name: Communicative English	
Course code: 242BGE1	Course type: Generic Elective course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1: (11 Hours)

- 1.1 Imperative sentences, Declarative sentences
- 1.2 Interrogative sentences, Exclamatory sentences
- 1.3 Asking for Permission, Requests
- 1.4 Self-introduction, Greetings
- 1.5 Describing an Object

Unit 2: (11 Hours)

- 2.1 Short Answers
- 2.2 Asking for Time
- 2.3 Asking about Trains
- 2.4 Asking about Prices
- 2.5 Telephone Conversation, Miscellaneous Conversation

Unit 3: (11 Hours)

- 3.1 The announcement in the sports meet
- 3.2 Preparing annual sports meet report
- 3.3 Welcome address and vote of thanks in a sports meet
- 3.4 Master of ceremony in a sports meet

Unit 4: (11 Hours)

- 4.1 A mock interview
- 4.2 At the personal interview
- 4.3 Interviewing a Sports Person.

Unit 5: (10 Hours)

- 5.1 Reading & Writing: Reading a few sentences
- 5.2 Reading a passage
- 5.3 Reading newspaper
- 5.4 Writing letters - Writing application - Writing a notice.

References

1. Anil Kumar. (2012). *Spoken English*. New Delhi: The Readers Paradise.
2. Radhakrishna, Pillai. and Rajeevan, K. (2011). *Spoken English for you - Level One*. Chennai: Emerald Publishers.
3. Ramakrishna Mission Vivekananda University. (2012). *Communication skills*. Coimbatore: Ramakrishna Mission Vivekananda University Publication.
4. 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, K3, K4
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, K5, K6
CO 4	Attaining greater positions on life				K2, K3, K6
CO 5	Mingling with the scholars and the elite of the society and safeguarding identity				K2, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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	M	M	M	M	S	S	S	S
CO 2	S	L	M	M	M	S	M	L	S	M	S	S	S
CO 3	S	S	S	M	S	M	M	M	M	M	S	S	S
CO 4	S	S	M	M	M	M	L	M	M	M	S	M	M
CO 5	L	L	L	L	L	S	M	M	S	S	S	M	S

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

Semester: II	Course name: First Aid and Emergency Care	
Course code: 252UGE2	Course type: Generic Elective course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

1. Understand the principles and importance of first aid.
2. Identify and manage various medical emergencies.
3. Demonstrate basic life-saving techniques such as CPR and artificial respiration.
4. Administer first aid for common injuries and environmental emergencies.
5. Handle and transport injured persons safely in emergency situations.

Unit 1: Introduction to First Aid

- 1.1 Definition and scope of first aid
- 1.2 Importance and objectives of first aid
- 1.3 Basic principles of emergency care (ABC – Airway, Breathing, Circulation)
- 1.4 Legal and ethical considerations in providing first aid
- 1.5 First aid kit: contents, storage, and maintenance

Unit 2: Cardiopulmonary Emergencies

- 2.1 CPR: techniques for adults, children, and infants
- 2.2 Artificial respiration: mouth-to-mouth, mouth-to-nose
- 2.3 First aid for heart attack: signs, symptoms, and care
- 2.4 First aid for stroke: recognition and immediate actions
- 2.4 Management of choking: Heimlich maneuver

Unit 3: Wounds and Injuries

- 3.1 Types of wounds: open, closed, abrasions, lacerations
- 3.2 Control of bleeding: direct pressure, elevation, pressure points
- 3.3 First aid for fractures and dislocations
- 3.4 Management of burns: classification and care
- 3.4 First aid for scalds: causes and treatment

Unit 4: Environmental Emergencies

- 4.1 Recognition and first aid for heat stroke and heat exhaustion
- 4.2 Care for hypothermia and frostbite
- 4.3 Management of snake bites: do's and don'ts
- 4.4 First aid for insect stings and allergic reactions
- 4.5 Treatment for various poisonings (oral, inhaled, contact)

Unit 5: Emergency Transport and Victim Handling

- 5.1 Methods for safe movement of injured persons
- 5.2 Techniques for bandaging different body parts
- 5.3 Splinting methods for fractures and joint injuries
- 5.4 Use of stretchers and improvised tools in transport
- 5.5 Role and duties of the first responder in mass casualty situations

References

1. American Red Cross. *First Aid/CPR/AED Participant's Manual*.
2. St. John Ambulance. *First Aid Manual (Revised edition)*.
3. Usha Nayar. *Manual of First Aid*.
4. National Safety Council. *First Aid and CPR Guide*.
5. T. Pitchai. *First Aid and Emergency Care*.
6. WHO. *Emergency and Trauma Care Training Manual*.

EXPECTED COURSE OUTCOMES					
On the successful completion of the course, students will be able to:					
CO1	Define first aid and explain its legal and ethical responsibilities				K1, K2,
CO2	Perform CPR and other emergency techniques				K1, K2,
CO3	Identify different types of injuries and apply suitable first aid..				K2,3
CO4	Manage environmental emergencies efficiently				K1, K2, K4
CO5	Demonstrate safe victim handling and transport				K2, K5, K6
K1 – Remembering	K2 – Understand	K3- Apply	K4- Analyse	K5- Evaluating	K6 – Creating

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
CO1	L	L	L	L	M	M	M	S	M	S	M	M	L
CO3	L	L	L	L	M	M	L	M	L	S	L	S	L
CO3	L	L	L	L	M	L	M	S	L	M	M	M	L
CO4	L	L	L	L	M	M	L	M	M	S	S	L	L
CO5	L	L	L	L	M	L	M	S	L	S	M	M	L

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

15. THEORY SYLLABUS SEMESTER -III

Semester: III	Course name: General Tamil – III	
Course code: 253ULC1	Course type: Tamil Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course objectives

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

அலகு:1 சைவ இலக்கியம்**1.திருஞானசம்பந்தர்-திருநீற்றுப்பதிகம்(மந்திரமாவது நீறு1-5பாடல்கள்)-**

பக்தி இலக்கியம் அறிமுகம்-திருஞானசம்பந்தர் பக்தி சிறப்பு-திருநீறு பொருள் விளக்கம்-திருநீறு வைப்பதால் ஏற்படும் நன்மைகள்-பெருமைகள்

2.திருநாவுக்கரசர்-திருஅங்கமாலை(திருஅங்கமாலை)(தலையே நீ

வணங்காய்1-5பாடல்கள்)-திருநாவுக்கரசர் பக்தி சிறப்பு-அன்பில் ஆட்கொள்ளல்-உடலில் உள்ள அங்கங்கள் இறைவனை எவ்வாறு வழிபட வேண்டும் என்று உணர்த்துதல்.

அலகு:2 வைணவ இலக்கியம்

1.நம்மாழ்வார்-திருவாய் மொழி(முனியேநான்முகனே1-5பாடல்கள்)-

வைணவ இலக்கியம் அறிமுகம்- ஆசிரியர் குறிப்பு-திருமாலின் சிறப்புகள்- நம்மாழ்வார் தன்னை ஏற்றருளுமாறு வேண்டுதல்-ஆத்மாவுக்கு பற்றுக் கொம்பு-படைத்தல் தொழில்-ஆசை கொண்டு அருளுக என்று வேண்டுதல்

2.ஆண்டாள்-நாச்சியார் திருமொழி-ஆறாம் திருமொழி(வாரணமாயிரம்1-

5பாடல்கள்)-ஆசிரியர் குறிப்பு-ஆண்டாள் கண்ட கனவு-தோழியிடம்

கனவை உரைத்தல்-திருமண நிகழ்வுகள்

அலகு:3 இலக்கியவரலாறு – அறிமுகம்

1.பன்னிரு திருமுறைகள்-திருஞானசம்பந்தர் திருமுறை1,2,3-

திருநாவுக்கரசர்4,5,6-சுந்தரர்-7-மாணக்கவாசகர்8-9ஆம்திருமுறை

9பேர் பாடியுள்ளனர்-திருமலர்திருமந்திரம் 10-11ஆம்திருமுறை12பேர்

பாடியுள்ளனர்-பெரியபுராணம் சேக்கிழார்12ஆம் திருமுறை.

2.பன்னிரு ஆழ்வார்கள்-பொய்கையபழ்வார்-பூதத்தாழ்வார்-பேயாழ்வார்-

திருமழிசையாழ்வார்-பெரியாழ்வார்-ஆண்டாள்-குலசேகராழ்வார்-தொண்டரடிப்

பொடியாழ்வார்-திருமங்கையாழ்வார்-நம்மாழ்வார்-மதுரகவியாழ்வார்-

திருப்பாணாழ்வார்.

3.சமுதாய நோக்கில் விளையாட்டுக்கள்

விளையாட்டு-விளையாட்டு நெறிமுறைகள்-சமயம் சார்ந்த விளையாட்டு-

விளையாட்டும் ஐம்பூதமும்-விளையாட்டும் அறிவியலும்.

அலகு:4 நாடகம்-காவியத் தலைவி கண்ணகி(காட்சி 1 முதல் காட்சி 15 வரை)

நெடுஞ் சேரலாதன் அவை – அரசன் அரண்மனை-அரண்மனை
நந்தவனம்-சேர நாட்டின் மலைப்பகுதி-இளங்கோவடிகள் நால் இயற்றி
முடித்தல்-கோவலன் வீடு-வீட்டின் நந்தவனம்-கண்ணகி இல்லம்-மாதவி
நாட்டியம்-மாதவியின் இல்லம்-வீதி-மாலதி வீடு-கோவில்-கண்ணகி

அலகு:5 மொழி பெயர்ப்பு

மொழி பெயர்ப்பு-பொதுப்பகுதி-அலுவலகப்பகுதி-ஆங்கிலத்திலிருந்து
தமிழில் மொழி பெயர்த்தல்.

பார்வை நூல்கள்

- 1.பக்தி இலக்கியம்-ப.அருணாச்சலம்,சைவசித்தாந்த நூற்பதிப்புக் கழகம்,
சென்னை-06(பதிப்பு1990)
- 2.மலையரசி,தமிழ் இலக்கியங்களில் விளையாட்டுக்
கூறுகள்,பாவைபதிப்பகம்,மதுரை-1
- 3.ஹரிவிஜயலட்சுமி,தமிழ் இலக்கியவரலாறு,பப்ளிகேஷன்ஸ்,உடுமலைப்
பேட்டை

COURSE OUTCOMES

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.			K 1, K 2, K 3	
CO 2	மாணவர்கள் சமுதாய உணர்வினை மதிப்பிட முடிகிறது			K 2, K 3, K 4	
CO 3	முன்னோர்களின் விளையாட்டுகளை அறித்து கொண்டு அதன் மூலம் தன்னை கட்டமைத்து கொள்ளுதல்.			K1, , K 2, K3, K5,	
CO 4	சமூகத்தில் உயர்நிலையை அடைய வழிகளை கண்டறிய முடிகிறது.			K 2, K 5, K 6	
CO 5	மேடையிலும் பிறதொடர்பு ஊடகங்களிலும் தயக்கமின்றிச்சரளமாகப் பேசப்பயிற்சி,எழுத்து ஆற்றலை வளர்க்க முடிகிறது.			K 4, K 5, K 1	
K 1	K 2	K 3	K 4	K 5	K 6
Remember	Understand	Apply	Analyze	Evaluate	Create

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: Adippadai Tamil – III	
Course code: 253ULC1	Course type: Tamil Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course objectives

1. சொல் வளத்தை பெருக்க தமிழ் மொழியில் உள்ள சொற்களைப் பயிற்றுவித்தல்
2. அன்றாட வாழ்க்கையில் பயன்படுத்தப்படும் சொற்களை தமிழ் மொழியில் பயிற்றுவித்தல்
3. தமிழ் மொழியினை உச்சரிக்கும் விதத்தினையும், அன்றாட பயன்பாட்டுச் சொற்களையும் பயிற்றுவித்தல்
4. பொது இடங்களில் பேசப்படும் தமிழ்ச் சொற்களை பிழையின்றி பேச பயிற்றுவித்தல்
5. வாக்கியங்களை அமைத்து உரையாடல் மூலமாக தமிழின் பெருமையினை பயிற்றுவித்தல்

அலகு:1

சொல் வளம் பெறுதல் -பூக்கள் -பழங்கள் -மரங்கள், பறவைகள்-ஊர்வன - இசைக்கருவிகள் -அணிகலன்.

அலகு:2

சொல் வளம் பெறுதல் -உறவுகள்- வண்ணங்கள்-வீட்டு உபயோகப் பொருட்கள் - கட்டிடங்கள் -அலுவலகப் பொருட்கள்.

அலகு:3

சொல் வளம் பெறுதல் - பருவங்கள் -காலங்கள் -திசைகள்-அளவீடுகள் - இடங்கள் -நோய்கள் -பல்வேறு ஒலிகள்.

அலகு:4

சொல் வளம் பெறுதல் -அலுவலகம் தொடர்புடைய வார்த்தைகள் -விவசாயம் தொடர்புடைய வார்த்தைகள் -போக்குவரத்து தொடர்புடைய வார்த்தைகள்.

அலகு:5

சொல்வளம் பெறுதல் -வாக்கியங்கள்-உரையாடல்கள்

பார்வை நூல்கள்

1. அடோன் தமிழ் இலக்கணம், அடோன் பப்ளிஷிங் குரூப், திருவனந்த புரம்-695035.
2. எம். ஏ. நு. மான், அடிப்படைத் தமிழ் இலக்கணம், வாசகர் சங்கம் வெளியீடு, சென்னை-20

COURSE OUTCOMES

Expected Course Learning Outcomes					
On the successful completion of the course, the student will be able to:					
CO 1	தமிழின் வரி வடிவங்களை அறியச் செய்தல்.				K 1, K 2, K 3
CO 2	உயிர் எழுத்துக்கள், மெய்யெழுத்துக்கள், துணை வரி வடிவங்களை அறிய செய்தல்.				K 2, K 3, K 4
CO 3	ஒவ்வொரு சொற்களும் பிறக்கும் பொழுதும் அவற்றின் பிறப்பு முறைகளை அறியச் செய்தல்.				K1, K 2, K3, K5,
CO 4	அன்றாட வாழ்க்கையில் தமிழ்ச்சொற்களை பிற மொழி கலப்பின்றி பேசச் செய்தல்				K 2, K 5, K 6
CO 5	பணி புரியும் இடங்களிலும் தமிழ் மொழியின் வழக்காற்று சொற்களைப் பயன்படுத்தி பேசச்செய்தல்.				K 4, K 5, K 1
K 1	K 2	K 3	K 4	K 5	K 6
Remember	Understand	Apply	Analyze	Evaluate	Create

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

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

Semester: III	Course name: Sirappu Tamil – III	
Course code: 253ULC1	Course type: Tamil Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course objectives

- 1.உரைநடை இலக்கியத்தும், கட்டுரை இலக்கியம் குறித்து மாணவர்களுக்கு அறிமுகம் செய்தல்
- 2.பண்டைத் தமிழ் இலக்கியத்தில் உள்ள சிறப்பையும் பொருளையும் அறிதல்
- 3.காப்பியம் மற்றும் பக்தி இலக்கியங்களில் உள்ள அறத்தினை அறியச் செய்தல்
- 4.உரைநடை இலக்கியத்திற்கான தோற்றத்தினை அறிதல்
5. மொழிப் பயிற்சி குறித்து மாணவர்களுக்கு பயிற்சி அளித்தல்.

அலகு-1கட்டுரை

✓மு.வரதராசனார் கடித இலக்கியம் -கடித இலக்கியம் அறிமுகம் -தம்பிக்கு கடிதம் ஒன்று முதல் எட்டு வரை -எழில் -அண்ணன் -அன்னை -உலக வாழ்க்கை -கதை கூறி விளக்குதல் -தம்பியை உயர்நிலைக்கு உயர்த்துதல் - கடிதத்தின் முடிவு.

அலகு -2திருக்குறள்

- ✓கல்வி -அதிகாரம் அறிமுகம் -திருக்குறள் அறிமுகம் -கல்வியின் சிறப்பு - சிறந்த நூல்களை கற்பதால் ஏற்படும் நன்மை -என் எழுத்து பற்றி அறிதல்.
- ✓கேள்வி-கேள்வி -அதிகாரம் அறிமுகம் -செல்வத்தின் பயன் -செவி உணவாகிய வேள்வி -வள்ளுவர் குறிப்பிடும் கல்விச்செல்வம்.

அலகு-3காப்பியம்

- ✓சிலப்பதிகாரம்- மங்கள வாழ்த்து பாடல் -சிலப்பதிகார அறிமுகம் -புகார் நகர் -திருமண நிகழ்வு -கண்ணகி ,கோவலன் தந்தை, தாயார், அறிமுகம் - வாழ்த்துரை.
- ✓சீறாப் புராணம் -மானுக்குப் பிணை நின்ற படலம் - சீறாப்புராணம் அறிமுகம் -முகமுது நபி வனத்தில் கண்ட காட்சி -மானின் மனநிலை - மானுக்கு பிணையாக நபிகள் நாயகம் நின்றல் -வேடனின் செயலை மான் கூறும் திறன் -மனித நேயத்தின் பண்பு -காப்பிய முடிவு.

அலகு-4 காப்பிய இலக்கிய வரலாறு

- ✓ ஐம்பெரும் காப்பியங்கள் -சிலப்பதிகாரம் -மணிமேகலை -சீவக சிந்தாமணி -வளையாபதி- குண்டலகேசி .
- ✓ ஐஞ்சிறு காப்பியங்கள் - உதயணகுமார காவியம் -நாககுமார காவியம் - யசோதர காவியம்-தூளாமணி-நீலகேசி.
- ✓ இஸ்லாமிய, கிறிஸ்துவ ,சமண, பௌத்த காப்பிய வரலாறு - இஸ்லாமியர்கள் கிறிஸ்தவர்கள் தமிழுக்கு ஆற்றிய தமிழ் பணி - காப்பியங்கள் மூலம் அறக்கருத்தை எடுத்துரைத்தல் -சமண பௌத்த காலத்தில் காப்பியங்களின் வளர்ச்சி -கட்டமைப்புக்கள் -கோட்பாடு - வரலாற்றுச் சான்றாதாரங்கள்.

அலகு- 5 மொழிப்பயிற்சி

- ✓தலையங்கம் -ஒரு குறிப்பிட்ட தலைப்பு அல்லது பிரச்சனை குறித்து ஆசிரியர் எழுதுவது தலையங்கம் -தலையங்கங்கள் இடம்பெறும் இடங்கள் -தலையங்கம் எதற்காக எழுதப்படுகிறது -தலையங்கத்தின் உண்மைத்தன்மை.
- ✓நூல் மதிப்புரை எழுதுதல் -நூலின் தனித்தன்மையை அறிதல் - நூலினை விமர்சித்தல் -நூலினை மதிப்பாய்வின் மூலம் அறிதல் - சமூக அறிவியல் ஆராய்ச்சியின் மூலம் நூலினை மதிப்பிடுதல்.
- ✓அலுவலக கடிதம் எழுதுதல் -வேலை வேண்டி கடிதம் -புகார் கடிதம் -அலுவலக செயல்பாட்டு கடிதம்.

பார்வை நூல்கள் :

- 1.ஒளவை துரைசாமிப் பிள்ளை,காப்பிய இலக்கிய வரலாறு, சாரதா பதிப்பகம்,சென்னை-2010
- 2.மு.வ. தமிழ் இலக்கிய வரலாறு, சாகிதிய அகாதமி வெளியீடு,சென்னை-2000

COURSE OUTCOMES

Expected Course Learning Outcomes					
On the successful completion of the course, the student will be able to:					
CO 1	உரைநடையை அன்றாட வாழ்வியலில் பயன்படுத்துதல்				K 1, K 2, K 3
CO 2	இலக்கியங்கள் காட்டும் சமூக பண்பாட்டு வாழ்வியல் முறைகளை அறிதல்				K 2, K 3, K 4
CO 3	காப்பியங்களுடன் திரைப்படம் மற்றும் புதினம் ஆகியவற்றுடன் ஒப்பிட்டுக்காணும் அறிவைப் பெறுதல்				K1, K 2, K3, K5,
CO 4	செய்யுள் மற்றும் கவிதை புனையும் ஆற்றல் பெறுதல்				K 2, K 5, K 6
CO 5	நூலினை மதிப்பீடு செய்யும் ஆற்றல் மற்றும் கடிதம் எழுதும் ஆற்றலை வளர்த்துக் கொள்ளுதல்				K 4, K 5, K 1
K 1	K 2	K 3	K 4	K 5	K 6
Remember	Understand	Apply	Analyze	Evaluate	Create

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: 253ULC2	Course type: English course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1:**(11 Hours)****1.1 Prose: A Gloppy Has Departed – J. Nehru**

1. Knowing the author.
2. Nehru's comparison of Mahatma Gandhi with the Sun.
3. The living flame, Mahatma Gandhi.
4. The central idea of the lesson.
5. The vision of Mahatma Gandhi.

1.2 Poetry: Good bye Party for Miss. Pushpa. T.S. – Nissim Ezekiel

1. Knowing the poet.
2. The central idea of the poem.
3. Critical appreciation.
4. The parody.
5. The Indian culture.

Unit 2:**(11 Hours)****2.1 Prose: What is Life? J.B.S. Haldane**

1. Knowing the author.
2. The life of animals and plants.
3. Life after death.
4. The similarities and dissimilarities between man and machine.
5. The camera and the human eye.
6. Similarities between and dissimilarities between humans and plants.

2.2 Poetry: The Tiger – William Blake

1. Knowing the author.
2. The meaning of the poem.
3. Symbolism in the poem.
4. The message of the " Tyger and the Lamb ".
5. Romantic poem.
6. The mood of the " Tyger "

Unit 3:

(11 Hours)

3.1 Prose: My Greatest Olympic Prize- Jesse Owens

1. The moral of the story " My Greatest Olympic Prize "
2. The character of Luz Long.
3. The motto of the Olympic games.
4. Determination of Jesse Owens.
5. The friendship bloomed between Jesse Owens and Luz Long.

3.2 Poetry: Ulysses–Alfred Tennyson

1. Knowing the author.
2. The theme of " Ulysses ".
3. The plot in " Ulysses ".
4. The thirst of Ulysses.
5. The famous lines of Tennyson's " Ulysses ".
6. The characteristics of Ulysses.
7. Poetic devices used in " Ulysses ".
8. The dramatic monologue.

Unit 4:

(11 Hours)

4.1 Prose: The Vision of Patriotism- Sarojini Naidu

1. Knowing the author.
2. The three visions of patriotism.
3. Gopal Krishna Gokhale.
4. The description of Allahabad, Kawnpore, Lucknow and Aligarh.
5. Ganga and Yamuna.

4.2 Poetry: A Bird Came Down the Walk- E mail Dickson

1. Knowing the poetess.
2. The distress of nature towards men.
3. The bird's relationship with the world around.

Unit 5:

(10 Hours)

5.1 Application writing and Paragraph writing

1. Positive impression.
2. The functions of application writing.
3. Receiver with cover letter.
4. Rules of writing an application.
5. The five steps of paragraph writing
6. The importance and values of making paragraphs.

References

1. James Daniel, P.C. (2011). Petals of Prose and Poetry, Harrows Publications.
2. 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, K3
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, K4
CO 3	Making the Delivery Effective				K1, K2, K43
CO 4	With a Mastery of Speech Sounds Avoiding Misunderstanding and Repetition				K2, K4, K5
CO 5	Excelling in Skills and Enhancing Focus on Results.				K4, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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	M	M	M	S	M	M	M	M
CO 2	L	L	L	L	M	S	M	M	S	M	M	M	M
CO 3	L	S	S	M	S	M	M	M	M	S	M	M	M
CO 4	L	S	M	M	M	M	L	M	M	M	M	M	M
CO 5	L	L	M	M	M	M	M	M	S	S	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: 253UCC1	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

1. To know the concepts of Health Education and Services.
2. To understand the various diseases and malnutrition.
3. To know the importance of Health Education in Schools
4. To know the concept of Safety Education
5. To understand the application of safety measures in playing areas

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

- 1.1 Meaning and definition of Health Education
- 1.2 Aim and Scope of Health Education
- 1.3 Concept, Dimensions, Spectrum, and determinants of Health
- 1.4 Principles of Health Education
- 1.5 Health Service Programmes in India

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

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

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

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

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

- 4.1 Definition – characteristics
- 4.2 Principles of safety education
- 4.3 Need for safety education in physical education
- 4.4 Factors affecting safety
- 4.5 Need and importance of safety

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

- 5.1 Home- Fire, Security measure, Electrical, Child, Gas & Water.
- 5.2 Swimming pool- Pool barrier, Supervisor, Emergency, Pool rules.
- 5.3 Gymnasium- Training supervision, Equipment, Safe landing.
- 5.4 Play field- Surface, Celandines
- 5.5 School play equipment- Sharp less Gadgets, Protective gears.

References

1. Alton L. Thygerson, Benjamin Gulli, Jon R. Krohmer (2007) *First Aid, CPR, and AED*
2. Education, M. O. F. (1957). *Health education*. Her Majesty stationery office.
3. Frank, H. & Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.

4. Glen G. Gilbert, Robin G. Sawyer, Elisa Beth McNeill (2014) *Health Education: Creating Strategies for School & Community Health*
5. Kumar R. Kumar (2004) *Guide to Prevention of Lifestyle Diseases*
6. Malik, S. (2015). *Health education and environmental studies*. Sports publications.
7. Melinda Flegel (2013) *Sport First Aid*
8. Ronald P. Pfeiffer, Alton L. Thygeson, Nicholas F. Palmieri (2009) *Sports First Aid and Injury Prevention*
9. 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, K3
CO 2	Classify communicable and non-communicable diseases and apply principles of personal & environmental hygiene in schools				K1, K2, K4,
CO 3	Prepare health records and provide health services in schools				K1, K4, K5
CO 4	Define safety education and explain the need for safety education in physical education				K2, K3, K4
CO 5	Apply various methods of safety measures				K4, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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	S
CO 2	S	M	S	M	S	M	L	L	S	M	S	S	S
CO 3	S	M	S	M	S	M	L	L	S	M	S	S	S
CO 4	L	L	M	M	S	M	M	S	M	M	M	M	M
CO 5	L	L	L	L	M	L	M	M	S	S	S	S	S

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: 253UCC2	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

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

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

Unit 2: Computation of RLR & KLR (11 Hours)

- 2.1 Computation of Running line radius and Kerb line radius
- 2.2 Computation of Stagger Distance
- 2.3 Computation of Diagonal Excess/ break line

Unit 3: Rules and their interpretation (11 Hours)

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

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

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

Unit 5: Duties of officials (10 Hours)

- 5.1 Duties of Management Officials
- 5.2 Duties of Competition Officials
- 5.3 Additional Officials
- 5.4 Officials and their duties for Track Events – Field Events

References

1. 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.
2. YMCA. (1943). *Book of Rules of Games and Sports*. YMCA Publication House. YMCA. (1981a). *Rules of Games and Sports*. YMCA Publications.
3. YMCA. (1981b). *Rules of Games and Sports*. YMCA Publications House. YMCA. (1981c). *Rules of Games and Sports*. YMCA Publications.
4. YMCA. (1981d). *Rules of Games and Sports*. YMCA.
5. 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				K2, K3, K4
CO 3	Interpret the rules and regulations of track events				K4, K5, K6
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				K2, K4, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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	M	M	L	S	S	M	M	M	S
CO 2	L	M	M	L	S	M	M	M	S	S	S	M	S
CO 3	M	M	M	S	S	S	S	M	S	S	M	M	S
CO 4	L	M	M	S	M	S	M	S	M	S	M	M	S
CO 5	L	L	M	M	L	L	M	M	S	S	S	M	M

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

Semester: III	Course name: Environmental Science	
Course code: 253UGE1	Course type: Generic Elective course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

1. To know the basics of Environmental Studies
2. To understand the types of natural resources
3. To know the functions of ecosystems
4. To know the concept of the biodiversity
5. To understand the impact of pollution

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

- 1.1 Introduction to environmental studies with their importance.
- 1.2 Need for public awareness.
- 1.3 Sensitization and participation.
- 1.4 Swachh Bharat

Unit 2: Natural Resources (11 Hours)

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

Unit 3: Ecosystems (11 Hours)

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

Unit 4: Biodiversity (11 Hours)

- 4.1 Introduction - Definition: genetic, species and ecosystem diversity
- 4.2 Bio-geographical classification of India
- 4.3 Value of biodiversity: consumptive use, productive use, social, ethical aesthetic and option values
- 4.4 Bio-diversity at global, national and local levels, India as a mega diversity nation, Hot spots of biodiversity
- 4.5 Threats to biodiversity: habitat loss, poaching of wildlife, man-wildlife conflicts
Endangered and endemic species of India
- 4.6 Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity

Unit 5: Impact of Pollution**(10 Hours)**

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

Reference

1. Agarwal, K.C. (1980). *Environmental Biology*. New Delhi: Agro Botanical Publishers.
2. Ananthakrishnan, T.N. (1987). *Bioresources Ecology*. New Delhi: Oxford and IBH Publishers.
3. Dey, A.K. (1994). *Environmental Chemistry*. New Delhi: New Age International Pvt. Ltd.
4. Sharma, P.D, (2009). *Ecology and Environment*. Meerut: Rastogi Publication.
5. 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:

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, K3
CO 2	Classify the natural resources and explain the role of an Individual				K1, K2, K4
CO 3	Explain the types and structure of Ecosystems				K4, K5, K6
CO 4	Define Bio-diversity and explain the threats of bio diversities				K1, K2, K4
CO 5	Enumerate the impact of various pollutions				K3, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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	M	S	S	M
CO 2	S	M	S	M	S	M	M	S	S	M	S	S	S
CO 3	S	M	S	M	S	M	M	M	S	M	S	S	S
CO 4	L	L	M	M	M	S	S	M	S	S	M	M	M
CO 5	L	L	L	L	M	M	M	M	M	S	M	S	S

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

Semester: III	Course name: Journalism and Mass Media	
Course code: 253UGE2	Course type: Generic Elective course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives:

1. Understand the basic principles and history of journalism and mass media.
2. Explain the structure and types of mass media and their roles in society.
3. Apply journalistic writing techniques for various media formats.
4. Analyze the role of media ethics, laws, and responsibilities.
5. Evaluate the impact of mass media on public opinion and culture.
6. Create simple journalistic content for print, radio, and digital platforms.

Unit 1: Introduction to Journalism**(11 Hours)**

- 1.1 Definition: Journalism is the activity of gathering, assessing, creating, and presenting news and information.
- 1.2 Nature: It is both a profession and a service to society, based on truth and public interest.
- 1.3 Scope: Includes print, broadcast, and digital platforms; extends to investigative, sports, science, and political journalism.
- 1.4 History: Traces back to handwritten newsletters, evolving through print to the digital revolution.
- 1.5 Functions: Informing the public, educating society, shaping opinions, providing a watchdog role, and entertaining audiences.

Unit 2: Mass Media**(11 Hours)**

- 2.1 Types: Print (newspapers, magazines), Radio, Television, and Digital (websites, social media).
- 2.2 Characteristics: Print is permanent; radio is audio-based; TV is audio visual; digital is interactive and real-time.
- 2.3 Comparison: Print is detailed and slow; radio is quick and accessible; TV is engaging; digital is instant and global.
- 2.4 Reach: Mass media reaches large audiences simultaneously, transcending geographic boundaries.
- 2.5 Role in Democracy: Acts as the fourth pillar, enabling informed citizenry and accountability of institutions.

Unit 3: News Reporting and Writing**(11 Hours)**

- 3.1 News Values: Timeliness, proximity, conflict, prominence, impact, and human interest (5Ws & 1H).
- 3.2 Structure: Inverted pyramid – most important facts first, followed by supporting details.
- 3.3 Hard News: Factual, urgent, and time-sensitive reports (e.g., politics, crime).
- 3.4 Feature Writing: In-depth, narrative-style stories with human interest and emotion.
- 3.5 Interviewing: Requires preparation, good questioning, and reliable sourcing; key to authentic news.

Unit 4: Media Laws and Ethics (11 Hours)

- 4.1 Press Laws: Governed by the Press Council of India; includes regulations on defamation, contempt of court, etc.
- 4.2 Defamation: Publishing false information that harms someone's reputation – civil and criminal liabilities apply.
- 4.3 Contempt of Court: Restriction on publications that interfere with judicial processes.
- 4.4 Freedom of the Press: Not explicitly mentioned in the Constitution, but derived from Article 19(1)(a) – Freedom of Speech.
- 4.5 Ethics: Truthfulness, accuracy, objectivity, impartiality, and accountability are core values in journalism.

Unit 5: Media and Society (10 Hours)

- 5.1 Media Effects: Can shape public opinion, manipulate emotions (propaganda), and influence cultural norms.
- 5.2 Public Opinion: Media sets the agenda and influences how issues are perceived and discussed in society.
- 5.3 Cultural Change: Media introduces new values and lifestyles, contributing to both cultural development and erosion.
- 5.4 Social Media: Empowers citizens to report news (citizen journalism) and interact with information sources.
- 5.5 Media Literacy: Critical skill for analyzing media messages, identifying bias, and avoiding misinformation.

References

1. "Mass Communication in India" – Keval J. Kumar
2. "Principles of Journalism" – M.V. Kamath
3. "Introduction to Mass Communication" – Stanley Baran
4. "Journalism in India: History, Growth and Development" – R. Parthasarathy
5. "Mass Media and Society" – James Curran & Michael Gurevitch
6. Press Council of India Website: <https://presscouncil.nic.in>

Course Outcomes

CO No.	Course Outcomes	Bloom's Level
CO1	Define journalism, mass communication, and media terminologies.	K1, K2
CO2	Discuss types of journalism and forms of media.	K1, K2
CO3	Demonstrate skills in writing news reports and features.	K1, K3
CO4	Examine media responsibilities, laws, and code of ethics.	K1, K4
CO5	Assess media influence on society and communication processes.	K1, K2, K5
CO6	Produce short journalistic content for different platforms.	K1, K2, K6
K1 – Remembering	K2 – Understand	K3- Apply
		K4- Analyse
		K5- Evaluating
		K6 – Creating

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
CO1	L	L	L	L	L	M	M	S	M	S	M	M	L
CO3	L	L	L	L	M	M	L	M	L	S	L	S	L
CO3	L	L	L	L	L	L	M	S	L	M	M	M	L
CO4	L	L	L	L	M	M	L	M	M	S	S	L	L
CO5	L	L	L	L	M	L	M	S	L	S	M	M	L

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

16. THEORY SYLLABUS SEMESTER -IV

Semester: IV	Course name: General Tamil – IV	
Course code: 254ULC1	Course type: Tamil Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

அலகு:1 புற இலக்கியம்

- 1.புறநானூறு-உற்றுழி உதவியும்-பாடல் 183-நூல் அறிமுகம்-கல்வியின் சிறப்பு- வாழ்க்கைக்கு எது நன்மை – தாயின் மனம்.
- 2.“நெல்லும் உயிரன்றோ” – பாடல் 1186-பாடல் அறிமுகம்- மன்னனின் சிறப்பை உரைத்தல் - குடி மக்களை காத்தல்.
- 3.“நாடாகொன்றோ” - பாடல் 187 – பாடல் அறிமுகம் - துறவியர்கள் கற்று உணர்ந்த நன்மையான செய்திகள் .

அலகு:2அக இலக்கியம்

- 1.குறுந்தொகை- கன்று முண்ணாது-பாடல் 27-அக இலக்கியம் அறிமுகம்- தலைவிகூற்று-பசலை நோய்.
- 2.நற்றிணை-கண்டனென் மகிழ்ந- பாடல் 30-நூல் அறிமுகம் -பரத்தையிற் பிரிவு-தோழி கூற்று – தலைவன் கூற்று.

அலகு:3 நீதி இலக்கியம்

1.திருக்குறள் - அறத்துப்பால்-அதிகாரம் 25(10 குறள்) - அருளுடைமை - திருக்குறள்அறிமுகம் -அருளுடைமை அதிகாரத்தின் சிறப்பு.

2.நான்மணிக்கடிகை-நிலத்திற்கு அணியென்ப(11-20)-அழகூட்டும்அணி எது- வேண்டுபவை-நோய் தருவன-மிக நல்லவை-விளைவன-வேண்டுமானால்- ஆழத்தைக் கடப்போர்-இறுவாய்கள்-ஆக்கங்கள்-அதிர்வன-பாழாக அமைவன.

அலகு:4 இலக்கிய வரலாறு-அறிமுகம்

1.எட்டுத்தொகை நூல்கள்-நற்றிணை-குறுந்தொகை-ஐங்குநாறு-பதிற்றுப்பத்து பரிபாடல்-கலித்தொகை-அகநானூறு-புறநானூறு.

2.சங்க,நீதி இலக்கியங்களில் விளையாட்டு-முதல்(10)-அசதியாடல்-அம்புலி அழைத்தல்-அலவன் ஆட்டல்-உலாவல்-ஊசல்-எண்ணிவிளையாடல்- எதிரொலி கேட்டல்-ஏறுகோள்-ஓரை-கண் புதைந்து ஒளிந்தாடல்.

அலகு:5 இலக்கணம்-பெயரெச்சம்-வினையெச்சம்-வினையாலணையும்பெயர் அளபெடை-பண்புத் தொகை-வினைத்தொகை-மாத்திரை-போலி- சார்பெழுத்துக்கள்.

பார்வை நூல்கள்

1.சங்கஇலக்கியத் தொகுப்பு-நியூசெங்கரி புக் ஹவுஸ் 41,பி.சிட்கோ இன்டஸ்ட்ரியல் எஸ்டேட்,அம்பத்தூர்,சென்னை-98.இரண்டாம் பதிப்பு2004

2.பதினெண் கீழ்க் கணக்கு நூல்கள் தொகுப்பு-நியூ செஞ்சுரி புக் ஹவுஸ் 41,பி.சிட்கோ

3.மலையரசி,தமிழ்இலக்கியங்களில்விளையாட்டுக்கூறுகள்,பாவைபதிப்பகம், மதுரை-1

4.ஹரிவிஜயலட்சுமி,தமிழ் இலக்கியவரலாறு,பப்ளிகேஷன்ஸ்,உடுமலைப் பேட்டை

COURSE OUTCOMES

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.				K 1, K 2, K 3
CO 2	நீதி இலக்கியங்களின் மூலம் அறம், ஒழுக்கம், ஆளுமைப்பண்புகள் வளர்ந்து சமுதாயத்தில் உயரிய நிலையை அடையமுடிகிறது.				K 2, K 3, K 4
CO 3	தமிழில் போட்டித்தேர்வுகளை எதிர்கொள்ள பயன்படுகிறது.				K1, , K 2, K3, K5,
CO 4	சமுதாய சிறப்புகளை பேணுவதற்கான வழிகள் மற்றும் மதிப்பீடுகள் கிடைக்கின்றது.				K 2, K 5, K 6
CO 5	தமிழ் மொழியினை பிழையின்றி எழுத உதவுகின்றது.				K 4, K 5, K 1
K 1	K 2	K 3	K 4	K 5	K 6
Remember	Understand	Apply	Analyze	Evaluate	Create

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: Adippadai Tamil – IV	
Course code: 254ULC1	Course type: English course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course objectives

1. தமிழ் இலக்கணத்தின் மூலமாகவார்த்தைகளின் அமைப்பு பற்றிப்பயிற்றுவித்தல்.
2. கல்வி தொடர்புடைய வார்த்தைகளில் தமிழ்ச் சொற்களைப் பயிற்றுவித்தல்
3. தமிழ் மொழியில் உரையாடல், திரைப்படங்களில் திரைப் பெயர்கள், செய்திகள் முதலியவற்றில் தமிழ்ச்சொற்களின் பயன்பாட்டை பயிற்றுவித்தல்.
4. ஒருமை பன்மைப் பெயர்கள், வேற்றுமை உருபுகள் முதலிய இலக்கணச் சொற்களைப் பயிற்றுவித்தல்.
5. மொழிபெயர்ப்பின் தனித்தன்மையை பயிற்றுவித்தல்.

அலகு:1

சொல் வளம் பெறுதல்-ஒரெழுத்துவார்த்தைகள்-ஈரெழுத்து வார்த்தைகள்- உணவுப்பொருளின் பெயர்கள்- தொழிலாளர் பெயர்கள்.

அலகு:2

சொல் வளம் பெறுதல்-கல்வி தொடர்புடைய வார்த்தைகள்- அன்றாட சொற்கள்.

அலகு:3

சொல் வளம் பெறுதல்-உரையாடல்- திரைப்படங்கள் திரைப் பெயர்கள்- செய்திகள்.

அலகு:4

சொல் வளம் பெறுதல்-ஒருமை பன்மைப் பெயர்கள்- வினா சொற்கள்- வேற்றுமை உருபுகள்.

அலகு:5

சொல் வளம் பெறுதல்-தற்கால மொழிபெயர்ப்புச் சொற்கள்.

பார்வை நூல்கள்

1. அடோன் தமிழ் இலக்கணம், அடோன் பப்ளிஷிங் குரூப், திருவனந்தபுரம்- 695035
2. எம். ஏ. நு. மான், அடிப்படைத் தமிழ் இலக்கணம், வாசகர் சங்கம் வெளியீடு, சென்னை-20

COURSE OUTCOMES

Expected Course Learning Outcomes					
On the successful completion of the course, the student will be able to:					
CO 1	தமிழின் வரி வடிவங்களை அறியச் செய்தல்.				K 1, K 2, K 3
CO 2	அன்றாடவாழ்க்கையில் தூய தமிழ்ச் சொற்களைப் பயன்படுத்த செய்தல்				K 2, K 3, K 4
CO 3	தமிழ் இலக்கண சாராம்சங்களை அறியச் செய்தல்.				K1, , K 2, K3, K5,
CO 4	மொழியின் பிறப்பு முறைகளைப் பற்றியும், வேற்றுமை உருபுகள் பற்றி அறியச் செய்தல்.				K 2, K 5, K 6
CO 5	மொழிபெயர்ப்பு நூல்களின் மூலமாகபிறமொழி நூல்களைமொழிபெயர்க்கும் அறிவை வளர்த்தல்.				K 4, K 5, K 1
K 1 Remember	K 2 Understand	K 3 Apply	K 4 Analyze	K 5 Evaluate	K 6 Create

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

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

Semester: IV	Course name: Sirappu Tamil – IV	
Course code: 254ULC1	Course type: English course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course objectives

- 1.உரைநடை இலக்கியத்துள், கட்டுரை இலக்கியம் குறித்து மாணவர்களுக்கு அறிமுகம் செய்தல்
- 2.பண்டைத் தமிழ் இலக்கியத்தில் உள்ள சிறப்பையும் பொருண்மையும் அறிதல்
- 3.காப்பியம் மற்றும் பக்தி இலக்கியங்களில் உள்ள அறத்தினை அறியச் செய்தல்
- 4.உரைநடை இயக்கியத்திற்கான தோற்றத்தினை அறிதல்
- 5.நேர்காணல் மற்றும் விளம்பர வாசகம் உருவாக்கும் பயிற்சி அளித்தல்

அலகு-1 சங்க இலக்கியம்

✓நற்றிணை-பாடல் எண்:1-சங்க இலக்கியம் அறிமுகம்-ஆசிரியர் குறிப்பு -தலைவன் பிரிவு -தலைவிக்கு தோழி உணர்த்துதல் - தலைவியின் கூற்று -காதலின் உயர்நிலை.

✓பாடல் எண்:21-ஆசிரியர் குறிப்பு- இலக்கியத்தில் போர் பற்றி அறிதல் -தலைவன் நிலை -தேர் பாகன் கூறுதல் -அன்பின் உயரிய நிலை.

✓பாடல் எண் :127-ஆசிரியர் குறிப்பு-பாணன் தலைவனுக்கு தூது விடுதல் -தோழி கூற்று -தலைவி கூற்று -பாவை கூற்று -பாணன் கூற்று .

✓புறநானூறு -பாடல் எண்:74-புறநானூறு அறிமுகம்-ஆசிரியர் குறிப்பு - கல்வியின் சிறப்பு-நெடுஞ்செழியன் பற்றி அறிதல் -கற்றவரின் நிலை - கல்லாதவரின் நிலை -கல்வியால் ஏற்படும் நன்மை.

✓பாடல் எண் :182-ஆசிரியர் குறிப்பு -உலகம் வாழ்கிறது எதனால் என்று அறியும் பாடல் -பிறருக்கு உதவுதல் -சினம் பற்றி உரைத்தல் - உழைப்பின் உன்னதம் அறிதல்.

✓பாடல்எண்:183-ஆசிரியர் குறிப்பு -பிறர்க்கெனமுயலுதல்-மனித வாழ்வின் அறங்கள் .

அலகு -2 திருக்குறள்

✓அன்புடைமை -திருக்குறள் அறிமுகம் -அன்பின் சிறப்பு -உயிரும் உடம்பும் -அன்பின் சிறப்பு -வாழ்க்கையின் பயன் -அறம் -கருணை போன்றவை பற்றி அறிதல்.

அலகு -3 காப்பியம்

✓சிலப்பதிகாரம் கனாத் திறம் உரைத்த காதை-சிலப்பதிகாரம் அறிமுகம் - தெய்வத்தை வழிபடுதல் -மாலதியின் வரலாறு -சாத்தன் கோயில் -பிணத்தைப் புடுங்கித் திண்ணுதல் -சாத்தான் மகவாய் வருதல் - கண்ணகியின் மறுமொழி -கண்ணகியின் விடை -வெண்பா -காதை முடிவு.

✓கம்பராமாயணம் கைகேயி சூழ்வினைப் படலம்-கம்பராமாயணம்-நூல் பற்றி அறிமுகம் -அயோத்தி மாநகரத்தின் சிறப்பு -இராமபிரானின் திறன் -தசரதன் மகனுக்கு பட்டம் சூட்ட எண்ணுதல் -சூனியின் சதி -கைகேயி வரம் கேட்டல் -இராமன் வனவாசம் செல்லுதல்.

அலகு- 4 சங்க இலக்கிய வரலாறு

✓எட்டுத்தொகை -நற்றிணை -குறுந்தொகை -ஐங்குறுநூறு -கலித்தொகை - அகநானூறு -புறநானூறு -பதிற்றுப்பத்து-பரிபாடல்.

✓பத்துப்பாட்டு -திருமுருகாற்றுப்படை-பொருநராற்றுப்படை - சிறுபாணாற்றுப்படை -பெரும்பாணாற்றுப்படை -முல்லைப்பாட்டு - மதுரைக்காஞ்சி -நெடுநல்வாடை -குறிஞ்சிப்பாட்டு -பட்டினப்பாலை - மலைபடுகடாம்.

அலகு - 5 மொழிப்பயிற்சி

✓பிழை நீக்கி எழுதுதல் -ஒற்றுப்பிழை- சந்திப்பிழை- மரபுப்பிழை நீக்கி எழுதுதல்

✓நேர்காணல் -பயிற்சி முறை -ஆளுமைப் பண்பை வளர்த்தல் - பத்திரிகை காண நேர்காணல் -வேலைக்கான நேர் காணல்.

✓விளம்பர வாசகம் உருவாக்கல் -விளம்பரத்தை உருவாக்குதல் பற்றி அறிதல் -சந்தைப்படுத்துவதற்கான உத்திகளை அறிதல் -சொற்றொடர் அமைத்தல் .

பார்வை நூல்கள் :

- 1.ஒளவை துரைசாமிப் பிள்ளை,காப்பிய இலக்கிய வரலாறு, சாரதா பதிப்பகம்,சென்னை-2010
- 2.மு.வ.தமிழ் இலக்கிய வரலாறு, சாத்திய அகாதமி வெளியீடு, சென்னை - 2000.

எதிர்பார்க்கப்படும் பாடத்திட்டத்தின் கற்றல் முடிவுகள்

- 1.உரைநடையை அன்றாட வாழ்வியலில் பயன்படுத்துதல்
- 2.இலக்கியங்கள் காட்டும் சமூக நீண்ட வாழ்வியல் முறைகளை அறிதல்
- 3.காப்பியங்களுடன் திரைப்படம் மற்றும் புதினம் ஆகியவற்றுடன் ஒப்பிட்டுக்காணும் அறிவைப் பெறுதல்
- 4.செய்யுள் மற்றும் கவிதை புனையும் ஆற்றல் பெறுதல்

COURSE OUTCOMES

Expected Course Learning Outcomes					
On the successful completion of the course, the student will be able to:					
CO 1	உரைநடையை அன்றாட வாழ்வியலில் பயன்படுத்துதல்				K 1, K 2, K 3
CO 2	இலக்கியங்கள் காட்டும் சமூக நீண்ட வாழ்வியல் முறைகளை அறிதல்				K 2, K 3, K 4
CO 3	காப்பியங்களுடன் திரைப்படம் மற்றும் புதினம் ஆகியவற்றுடன் ஒப்பிட்டுக்காணும் அறிவைப் பெறுதல்				K1, , K 2, K3, K5,
CO 4	செய்யுள் மற்றும் கவிதை புனையும் ஆற்றல் பெறுதல்				K 2, K 5, K 6
CO 5	பொது அறிவை வளர்த்துக் கொண்டு பயமின்றி வாழவும் ஆளுமை பண்பை வளர்க்கச் செய்தல்				K 4, K 5, K 1
K 1	K 2	K 3	K 4	K 5	K 6
Remember	Understand	Apply	Analyze	Evaluate	Create

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: 254ULC2	Course type: English course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1:**(11 Hours)****1.1 Prose: Early Influences by Abdul Kalam**

1. Knowing the author
2. The early childhood of Kalam.
3. Influences of Ahmed Jallaluddin, STR Manickam, Shamsuddin.
4. 'The Dinamani' daily. The principal news items of the days.
5. The important political activities happening around in Kalam's childhood.

2.1 Poetry: My Grandmother's House by Kamaladas

1. Knowing the poetess
2. The loneliness of Kamaladas
3. Theme of the poem
4. Description of the grandmother's house, the memories.
5. The emotional appeal.

Unit 2:**(11 Hours)****2.1 Prose: On Keyhole Morals by A.G. Gardiner**

1. Knowing the author.
2. Respecting others' privacy.
3. The two lives of every person, private and public.
4. The real personality behind closed doors.
5. To read or not one's son's letters.
6. The devil's offer and our answer.

2.2 Poetry: Let Me Not To the Marriage of True Minds by William Shakespeare

1. Knowing the poet.
2. What is a sonnet?
3. The steadfast nature of True love.
4. The imagery.
5. Time has no effect on true lovers.
6. The simile and the metaphor.

Unit 3:**(11 Hours)****3.1 Prose: Survival by A.G Margaret Atwood**

1. Knowing the author.
2. The theme of Survival.
3. The Canadian literature should have an identity.
4. Atwood's reading of Canadian short stories in high school.
5. The treatment of animals by man described by Atwood.

6. The relation between humans and the world in which we live.

3.2 Poetry: Lucy by William Wordsworth

1. Knowing the author.
2. The character of Lucy.
3. The role of nature in Lucy.
4. The metaphor and the simile.

Unit 4:

(11 Hours)

4.1 Prose: Dangers of Drug Abuse by Hardin B. Jones

1. Knowing the author.
2. What drugs do in the human body.
3. Distinction between medicines and sensual drugs.
4. How the brain is affected by sensual drugs.
5. The condition of a drug addict.
6. The complexity of the brain.
7. The delirious effects of drugs.

4.2 Poetry: O Captain! by Walt Whitman

1. Knowing the poet.
2. The images of the captain and the ship.
3. Death as sleep.
4. The reason for the exaltation of the people.
5. The fatherly effect.

Unit 5:

(10 Hours)

5.1 Active and Passive Voice (Grammar), Expansion of Proverbs Creative Writing

1. The two structures of sentences, active voice and passive voice.
2. The 24 sentences, 12 in active voice and 12 in passive voice.
3. Expansion of proverbs and their uses.
4. Exercises in expansion of proverbs.
5. Writing of passages by students to make creative writing.

Reference

1. Dr. P.C. James Daniel, Petals of Prose and Poetry, Harrows Publications, 2011.
2. SRMVMCPPE. (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.				K2, K4
CO 3	Making the Delivery Effective				K2 K3, K4
CO 4	With a Mastery of Speech Sounds Avoiding Misunderstanding and Repetition				K3, K6
CO 5	Excelling in Skills and Enhancing Focus on Results.				K1, K6
K1- Remember	K2-Understand	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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: 254UCC1	Course type: Core Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1: History and Development (11 Hours)

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

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

- 2.1 Dimension and measurements of the court, Equipment specification, and player equipment (Ball Badminton, Football)
- 2.2 Dimension and measurements of Field events (Shot-put, hammer throw, discus throw, and javelin throw)

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

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

Unit 4: Rules of games (11 Hours)

- 4.1 Rules of games and matches (Ball Badminton, Football)
- 4.2 Rules and their Interpretations of Shot-put, hammer throw, discus throw, and javelin throw

Unit 5: Officiating (10 Hours)

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

References

1. Bunn, J. W. (1968). *The Art of Officiating Sports*. Prentice Hall Press.
2. Jain, R. K. (2013). *Hockey: Skills and Rills Rules*. Khel Sahitya Kendra.
3. Malik, D. R. A. (2012). *Rules of Games and Sports*. Lakshay Publication. Sharma, O. P. (2011). *Rules of Games and Sports*. Khel Sahitya Kendra.
4. YMCA. (1943). *Book of Rules of Games and Sports*. YMCA Publication House.
5. YMCA. (1981a). *Rules of Games and Sports*. YMCA Publications.
6. YMCA. (1981b). *Rules of Games and Sports*. YMCA Publications House.
7. YMCA. (1981c). *Rules Of Games and Sports*. YMCA Publications.
8. YMCA. (1981d). *Rules of Games and Sports*. YMCA.
9. 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, K3, K4
CO 2	Draw and mention the measurements of play fields and its necessary equipment				K1, K2
CO 3	Demonstrate the fundamental skills in Ball Badminton, Football				K1, K5, K6
CO 4	Point out the rules and regulations of Field events, Ball Badminton, Football				K2, K3, K6
CO 5	Officiate and interpret the rules of Field events, Ball Badminton, Football				K2, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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	M	L	M	L	S	M	M	M	M	S	M	S
CO 2	M	L	M	S	M	S	M	S	M	S	S	M	S
CO 3	L	M	L	L	L	M	M	S	M	S	M	M	M
CO 4	M	L	M	M	S	L	S	M	M	S	S	M	S
CO 5	L	L	M	L	S	M	M	M	M	S	S	M	M

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

Semester: IV	Course Name: Methods in Physical Education	
Course Code: 254UDE1	Course Type: Discipline-Specific Elective Course	
Contact Hours per Week: 2	Credit: 3	Contact Hours Per Semester: 54

Course Objectives

1. Understand the basics of class management.
2. Know the various topics of teaching techniques.
3. Know the various types of teaching aids and lesson planning.
4. Know teaching innovations.
5. Understand and application of supervision.

Unit 1: Method**(11 Hours)**

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

Unit 2: Lesson Plan**(11 Hours)**

- 2.1 Values – Types: General and Particular lesson plan.
- 2.2 Command: Response Command – Rhythmic Command
- 2.3 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)**

- 3.1 Meaning-Types. Method of drawing fixtures for knock out/elimination - league/Round Robin
- 3.2 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)**

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

Unit 5: Supervision**(10 Hours)**

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

References

1. Chandravimishra, D. R. S. (2009). *Methods of physical education*. Sports publications.
2. Cosmin. H. Rosalind, C. & Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.
3. Daughtrey. (1967). *Methods in physical education for secondary schools*. W.B Saunders Company.
4. Dheer, S., & Radhika Kamal. (1991). *Organization and Administration of Physical Education*. New Delhi: Friends Publication.
5. Greyson Daughtrey. (1969). *Methods in Physical Education and Health for Secondary Schools*. London: W. B. Saunders Company.
6. Kozman, H. C. (1995). *Methods in physical education*. Sports publications.
7. Michael W. Metzler. (2000). *Instructional Models for Physical Education*. London: Allyn and Bacon.
8. Sachdeva, M.S. (1983). *Modern Approach to School Organization and Administration*. Ludhina: Parkash Brothers Educational Publisher.
9. Schneider. (1958). *Methods of health education*. W.B. Saunders Company
10. 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.
11. 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 summaries class management					K2, K3, K4
CO 2	Explain and categorize the types & principles of the lesson Plan					K1, K2, K5
CO 3	Draw and prepare fixtures for various types of tournaments					K2, K4, K6
CO 4	Differentiate various methods of teaching techniques					K3, K5, K1
CO 5	Establish a unique supervision techniques in the educational Institutions					K1, K2, K3, K5, K6
K 1 Remember	K 2 Understand	K 3 Apply	K 4 Analyze	K 5 Evaluate	K 6 Create	

Mapping with Course Outcomes and Programme Outcomes													
CO s	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	M	M	M	M	M	M	M	M	M	M	M	M	L
CO 3	M	M	L	M	M	M	M	M	L	L	L	M	L
CO 4	S	S	S	S	S	S	M	M	L	S	S	M	L
CO 5	M	M	M	M	M	M	M	M	M	M	M	M	L

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

Semester: IV	Course Name: Sports Technology	
Course Code: 254UDE2	Course Type: Discipline-Specific Elective Course	
Contact Hours per Week: 3	Credit: 3	Contact Hours Per Semester: 54

Course Objectives

1. Understand the role of technology in modern sports.
2. Analyze various technological tools and their applications in training and performance enhancement.
3. Evaluate the effectiveness of sports equipment and wearable technology.
4. Explore recent innovations in sports surfaces, materials, and design.
5. Apply knowledge of biomechanics and sports data analysis in real-world sports scenarios.

Unit 1: Introduction to Sports Technology (11 Hours)

- 1.1 Meaning and Definition of Sports Technology
- 1.2 History and Evolution of Technology in Sports
- 1.3 Importance and Scope of Technology in Sports
- 1.4 Modern Needs and Application Areas
- 1.5 Role of Technology in Training and Performance

Unit 2: Equipment and Material Technology (11 Hours)

- 2.1 Modern Sports Equipment – Design and Materials
- 2.2 Wearable Technology in Sports
- 2.3 Smart Footwear, Clothing, and Sensors
- 2.4 Equipment Testing and Standardization (FIFA, ICC, etc.)
- 2.5 Safety Equipment – Helmets, Guards, etc.

Unit 3: Surface and Facility Technology (11 Hours)

- 3.1 Synthetic Surfaces – Tracks, Courts, and Fields
- 3.2 Technology in Gym and Fitness Facilities
- 3.3 Measurement and Marking Technologies
- 3.4 Environmental Control – Lighting, Temperature, Air
- 3.5 Maintenance of Sports Infrastructure

Unit 4: Biomechanics and Performance Analysis (11 Hours)

- 4.1 Basic Biomechanics Principles in Sports
- 4.2 Motion Tracking Systems (Dartfish, Hawk-Eye, etc.)
- 4.3 Use of High-Speed Cameras and Video Feedback
- 4.4 Force Measurement Platforms and EMG
- 4.5 Injury Prevention and Rehabilitation Technologies

Unit 5: ICT and Data Analytics in Sports (10 Hours)

- 5.1 Role of Information and Communication Technology
- 5.2 Data Analytics in Sports – Basics and Applications
- 5.3 GPS and Wearable Data Analysis
- 5.4 Software Used in Sports Coaching and Management
- 5.5 Virtual Reality and Simulation in Sports Training

Reference

1. **Peter O'Donoghue** – *"Sports Performance Measurement and Analytics"*, Routledge
2. **Amitava Mukherjee** – *"Sports Technology: Concepts and Applications"*, PHI Learning
3. **Kirkendall, D. T.** – *"Technology in Sports: Advances, Applications, and Ethical Considerations"*
4. **Hay, J. G.** – *"The Biomechanics of Sports Techniques"*, Prentice Hall
5. **Journals** – *Journal of Sports Sciences, Sports Engineering, International Journal of Sports Technology*

EXPECTED COURSE OUTCOMES					
On the successful completion of the course, students will be able to:					
CO1	Define and describe key concepts of sports technology				K1, K2
CO2	Explain the design and application of modern sports equipment and surfaces				K2, K3
CO3	Analyze biomechanical and ICT tools for performance and training				K2, K4
CO4	Evaluate the impact of sports technology on safety and performance				K1, K5
CO5	Design and implement basic technology-enabled training modules				K2, K6
K1 – Remembering	K2 – Understand	K3- Apply	K4- Analyse	K5- Evaluating	K6 – Creating

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
CO1	L	L	L	L	L	M	M	S	M	S	M	M	L
CO3	L	L	L	L	L	M	L	S	M	M	M	L	L
CO3	L	L	L	L	L	L	M	M	M	S	M	M	L
CO4	L	L	L	L	L	M	M	S	M	L	S	M	L
CO5	L	L	L	L	L	M	M	S	M	S	M	M	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: 254USE1	Course type: Skill-based Elective Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

1. Understand the need and importance of Value Education
2. Know about Indian Culture and its relevance to modern life.
3. Enable the students to know about the philosophical thoughts of India.
4. Inculcate certain basic values in the minds of students who are considered to be the pillars of modern India.
5. 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 and The Philosophical thoughts of India (11 Hours)

- 1.1 Values: Meaning, Definition
- 1.2 Value Education: Need and Importance
- 1.3 The Pursuit of human life - Purusartha
- 1.4 Four Purusaths: Dharma (Righteousness, Moral values) - Artha (Prosperity, Economic values) - Kama (Pleasure, Love, Psychological values) - Moksha (Spiritual liberation, Spiritual values)

Unit 2: The Shastras of India (11 Hours)

- 2.1 Four Vedas: Rig – Yajur – Sama – Atharvana
- 2.2 Epics: The Ramayana - The Mahabharata
- 2.3 Four Ashramas

Unit 3: Ramakrishna Movement (11 Hours)

- 3.1 The life and message of Ramakrishna Paramahansa
- 3.2 The life and message of Sarada Devi, the Holy Mother
- 3.3 The life and message of Swami Vivekananda with special reference to his views on value- based education and religion
- 3.4 Swami Vivekananda's address at the World Parliament of Religions in Chicago
- 3.5 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)

- 4.1 An Introduction to the Freedom Movement: Sepoy Mutiny - Partition of Bengal - Jallian Wala Bagh Massacre - Civil Disobedient Movement - Dandi March
- 4.2 Freedom Fighters: Utham Singh - Senbagaraman Pillai –Jhalkaribai – Kuyili - Lokmanya Bal Gangadhar Tilak

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

- 5.1 An Introduction - the important features of education
- 5.2 Education in view of Swami Vivekananda
- 5.3 Personality development -The good qualities of a student - Preventing the obstacles to the growth of children

5.4 Good qualities of a teacher

5.5 Education for Unity

Reference

1. 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, K3
CO 2	Interpret the importance of Purusartha and Vedas.				K1, K2, K3
CO 3	Transfer the ideology of Ramakrishna Movements				K1, K2, K4
CO 4	Describe the history of the freedom movement of India				K1, K3, K5
CO 5	Explain the traditional education system of India and relate the education in view of Swami Vivekananda				K3, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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	S	M	M	M	M	M
CO 4	L	L	L	L	L	L	M	L	S	M	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: Special Olympics	
Course code: 254USE2	Course type: Skill-based Elective Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives:

1. Describe the unique aspects of the Special Olympics movement.
2. Distinguish between Special Olympics and other adaptive sports like Paralympics.
3. Apply inclusive coaching and event management strategies.
4. Recommend safety and health practices for Special Olympic athletes.
5. Create inclusive sports activities based on case studies and community models.

Unit 1: Introduction to Special Olympics (11 Hours)

- 1.1 Origin and growth of the Special Olympics movement
- 1.2 Mission and values of Special Olympics
- 1.3 Key differences between Paralympics and Special Olympics
- 1.4 Organizational structure: Global, national, and local governance
- 1.5 Role of Eunice Kennedy Shriver in initiating the movement

Unit 2: Athlete Classification and Participation (11 Hours)

- 2.1 Definition and types of intellectual disabilities
- 2.2 Eligibility criteria for Special Olympics athletes
- 2.3 Principles of fair and equitable classification
- 2.4 Unified Sports: concept and implementation
- 2.5 Inclusion and community participation

Unit 3: Coaching and Event Management (11 Hours)

- 3.1 Qualities and responsibilities of Special Olympic coaches
- 3.2 Volunteer engagement and roles
- 3.3 Training principles tailored to intellectual disabilities
- 3.4 Planning and managing Special Olympics events
- 3.5 Ethics and sensitivity in coaching

Unit 4: Health, Safety, and Social Impact (11 Hours)

- 4.1 Common health challenges faced by Special Olympic athletes
- 4.2 Safety measures during training and events
- 4.3 Special Olympics Healthy Athletes Program
- 4.4 Athlete leadership development programs
- 4.5 Social inclusion and empowerment through sports

Unit 5: Case Studies and Projects (10 Hours)

- 5.1 Case study: Successful Special Olympic athletes and coaches
- 5.2 The role of schools in promoting inclusive sports
- 5.3 NGO participation and partnership in Special Olympics
- 5.4 Developing a sample inclusive sports activity/plan
- 5.5 Student presentations on local inclusive sports efforts

References:

1. Special Olympics Inc. (2021). *Coaching Special Olympics Athletes Manual*.
2. Block, M. E. (2007). *A Teacher's Guide to Including Students with Disabilities in General Physical Education*.
3. Lieberman, L. J., & Houston-Wilson, C. (2018). *Strategies for Inclusion: Physical Education for Everyone*.
4. Special Olympics. (www.specialolympics.org)
5. UNESCO Guidelines on Inclusion in Physical Education and Sport
6. Jansma, P. (2011). *Basic Adapted Physical Education*.

EXPECTED COURSE OUTCOMES					
On the successful completion of the course, students will be able to:					
CO1	Describe the philosophy and mission of Special Olympics.				K1,K2
CO2	Identify and classify athletes with intellectual disabilities.				K2, K3
CO3	Plan inclusive training and events.				K1, K6
CO4	Evaluate the effectiveness of programs in improving social inclusion.				K2, K5
CO5	Develop strategies to engage schools and communities in the Special Olympics movement.				K4, K5, K6
K1 – Remembering	K2 – Understand	K3- Apply	K4- Analyse	K5- Evaluating	K6 - Creating

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
CO1	L	L	L	L	M	L	M	S	L	L	M	M	L
CO3	L	L	L	L	M	L	M	L	M	S	L	L	L
CO3	L	L	L	L	M	M	L	S	L	S	M	M	L
CO4	L	L	L	L	M	L	M	S	L	L	L	L	L
CO5	L	L	L	L	M	M	M	S	M	S	M	M	L

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

Semester: IV	Course name: Obesity and Weight Management
Course code: 254UAE1	Course type: Ability Enhancement Compulsory Course
Credit: 4	

Learning Objectives

1. To understand the basics of Obesity and its types.
2. To understand the various methods of Obesity assessment.
3. To Understand methods of weight management
4. To know the planning of weight management
5. To know the desirable body weight

Unit 1: Obesity (11 Hours)

- 1.1 Obesity - Introduction - Definition – Epidemiology Prevalence - Incidence -variance
- 1.2 Etiology of obesity - Psychological correlation – Genesis influence
- 1.3 Types of Obesity - Android Obesity – Gynoid obesity
- 1.4 Pathophysiology of obesity
- 1.5 Complications of obesity

Unit 2: Assessment of obesity (11 Hours)

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

Unit 3: Weight Management (11 Hours)

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

Unit 4: Planning of Weight Management (11 Hours)

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

Unit 5: Desirable body weight (10 Hours)

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

Reference

1. Allsen, P.E. J.M.Harrison and B.Vance(1989). Fitness for life: An individualized Approach. Dubuque,IA:Wm.C.Brown,
2. Edward T. Howley B. Don Franks (2003) Health Fitness Instructors Hand book, Human Kinetics, Canda.
3. Hawley. E.T. and Franks B.D. (1977) Health Fitness Instructor's handbook. Third Edition. Human Kinetics, Champaign Illinois
4. Rick Frey (Ed) (1995) Practical Body Composition Guide, Human Kinetics, Canada.
5. 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, K3, K4
CO 2	Interpret the assessment techniques of Obesity				K1, K2,K4
CO 3	Describe and list the factors affecting weight management				K1, K3, K6
CO 4	Explain the role of exercise and diet for maintain weight				K2, K3, K5
CO 5	Calculate desirable body weight and explain unhealthy approaches to lose weight				K2, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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

17. THEORY SYLLABUS SEMESTER -V

Semester: V	Course name: Science of Yoga	
Course code: 255UCC1	Course type: Core Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

1. To understand the meaning, necessity, and significance of Yoga.
2. To gain knowledge about the different types and limbs of Yoga.
3. To learn and practice various asanas and their effects on daily life.
4. To explore different methods of Pranayama.
5. To acquire knowledge of Kriyas and their benefits.

Unit 1: Fundamentals of Yoga (11 Hours)

- 1.1 Definition, Need, and Importance of Yoga
- 1.2 Historical Background of Yoga: Contributions of Patanjali and B.K.S. Iyengar
- 1.3 Types of Yoga: Bhakti Yoga, Karma Yoga, Jnana Yoga, and Raja Yoga

Unit 2: Eight Limbs of Yoga and Their Influence (11 Hours)

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

Unit 3: Asanas – Techniques and Benefits (11 Hours)

- 3.1 Step-by-Step Procedure and Benefits of Asanas: Padmasana, Dhanurasana, Bhujangasana, Vakrasana, Matsyasana, Yoga Mudrasana, Sarvangasana, Halasana, Ardha Matsyendrasana, Mayurasana, Vajrasana, Pascimottanasana, Salabhasana, Ardha Salabhasana, Savasana.

Unit 4: Pranayama – Breathing Techniques (11 Hours)

- 4.1 Breathing Ratios and the Concept of Ten Vayus
- 4.2 Various Types of Pranayama:
- 4.3 Ujjayi, Suryabhedana, Bhramari, Murchha, Plavini, Sitkari, Shitali

Unit 5: Kriyas, Bandhas, and Mudras (10 Hours)

- 5.1 Six Kriyas (Cleansing Techniques): Trataka, Kapalabhati, Neti, Dhauti, Basti, Uttiyana Nauli
- 5.2 Four Bandhas (Energy Locks): Moola Bandha, Uddiyana Bandha, Jalandhara Bandha, Tri Bandha
- 5.3 Four Mudras (Gestures for Energy Control): Asvini Mudra, Yoni Mudra, Sambhavi Mudra, Kesari Mudra

References

1. Debnath, M. (2007). *Basic core fitness through yoga and naturopathy*. Sports publications.
2. Digambarji, S. (1972). *Yoga kosa*. Kaivaiyadhama S.M.Y.M Sati.
3. Hittleman, R. (1978). *Yoga meditation plan*. Yoga universal church.

4. Krishna, G. (1993). *The purpose of yoga*. UBS publishers distributor ltd.
5. Lall. (1979). *Yoga*. Messrs Banarsidas Bhanot.
6. Menuhin, Y. (1993). *Yoga sutras of patanjali*. Harper Colins publishers.
7. Moorthy, A. M. (2004). *Yoga Therapy*. Teachers Publishing House.
8. Narang. (1970). *Hatha yoga simplifield*. The yoga institute.
9. Rajan, M. (1982). *Yoga stretching and pranayama*. Allied publishers private limited.
10. Satyananda, S. (1990). *Yoga education for children*. Bihar schools of yoga.
11. Tivari, R. (2010). *Methods in physical education*.
12. Khel Sahitya Kendra. Vanaik, D. R. A. (2005). *Methods in physical education*. Friends publications.
13. Verma, H. (2012). *Methods and management of physical education*. Sports publications.
- Vivekanand, S. (2013). *Karma yoga*. Advaita ashrama.
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- Yogananda. (n.d.). *Yoga in school education*. Moraji Desai National Institute of Yoga.

Course Outcomes

Expected Course Learning Outcomes					
On the successful completion of the course, the student will be able to:					
CO 1	Explain the principles of Ashtanga Yoga and understand indications and contraindications of yoga practices				K1, K2, K3
CO 2	Describe the importance and procedures of Asanas and Pranayama				K3, K4, K5
CO 3	Outline the procedures and analyze the benefits of Kriyas and Bandhas				K2, K4, K5,
CO 4	Explain the techniques and benefits of Mudras and Meditation				K3, K5, K6
CO 5	Apply yogic therapy principles to manage common physical and mental conditions				K4, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

Mapping with Course Outcomes and Programme Outcomes

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PSO11	PSO12	PSO13
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: 255UCC2	Course type: Core Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1: Corrective Physical Education**(11 Hours)**

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

Unit 2: Posture and Rehabilitation Exercises**(11 Hours)**

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

Unit 3: Massage**(11 Hours)**

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

Unit 4: Sports Injuries Care, Treatment and Support**(11 Hours)**

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

Unit 5:First Aid, and Rehabilitation**(10 Hours)**

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

References

1. Christopher, N. M. (1997). *Sports injuries*. Butterworth-Heinemann Ltd.
2. Mellion, M. B. (1989). *Sports injuries and Athletic problems*. Surjet publications.
3. Morris, C. M. (1993). *sports injuries*. Butterworth-Beineman Ltd.
4. Narang, P. (2007). *Handbook of sports injuries*. Sports publications.
5. Renstrom. (1993). *sports injuries*. Blackwell scientific publications.
6. Renstrom. (1994). *Clinical practice of sports injury prevention and care*. Blackwell scientific publications.
7. Schneider, R. C. (1985). *Sports injuries*.
8. Williams & Wilkins. Shekar, K. C. (2017). *Sports physiotherapy*. Khel Sahitya Kendra.
9. Srinivasaraju. (2012). *Book of injuries and rehabilitation*. Sports publications.

Expected Course Learning 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, K3
CO 2	Relate the importance of rehabilitation for various postural Deformities				K1, K2, K4
CO 3	Demonstrate various types of massages and explain their Importance				K1, K3, K5
CO 4	Facilitate first aid and tapings during practical situations				K1, K3, K4
CO 5	Develop a therapeutic exercises program for various bodily Ailments				K4, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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: 255UCC3	Course type: Core Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1: (11 Hours)

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

Unit 2: (11 Hours)

- 2.1 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 3: (11 Hours)

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

Unit 4: (11 Hours)

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

Unit 5: (10 Hours)

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

References

1. Agshe, S. (2013). *Kinesiology in physical education*. New Delhi: Khel sahitya Kendra.
2. Clurg, M. C. (2007). *Biomechanics of human motion*. New Delhi: Sports publications.
3. Cooper. (1972). *Kinesiology*. The C.V Mosby company.
4. Council On Kinesiology. (1968a). *Kinesiology review*. American association for health.
4. Gerald, S. (1980). *Bio mechanics of women gymnastics*. Prentice hall inc. England wood cliffs.
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7. Margaria, Rodolfo. (1976). *Biomechanics & energetics of muscular exercise*. Oxford university press.
8. Parameswara, R. (1984). *Kinesiology*. Ludhiana: Parkash brothers.
9. Rajalakshmi, D. R. D. (2007). *Biomechanics of sports and games*. Sports educational technologies.
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11. Sing, H. (2013). *Biomechanics In Sports training*. New Delhi, India: Khel Sahitya Kendra.
12. Willbrite. (1971a). *Kinesiology*. W.B Saunders Company.

Course Outcomes

Expected Course Learning 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, K3, K5
CO 2	List the origin, insertion, and action of various muscles				K1, K2, K4
CO 3	Explain the importance of Biomechanics in physical education, and fundamental concepts in Kinesiology				K2, K3, K5
CO 4	Distinguish linear kinematics, angular kinematics, and linear Kinetics				K2, K4, K6
CO 5	Interpret the mechanical concepts in sports				K4, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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	S	S	S	M	M	M	M	S	M	S	M	S
CO 2	M	S	S	S	M	M	M	M	S	M	S	M	S
CO 3	S	M	S	S	M	M	M	M	S	M	S	M	S
CO 4	S	S	S	S	M	M	M	M	S	M	S	M	S
CO 5	S	S	S	S	M	M	M	M	S	M	S	M	S

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

Semester: V	Course name: Educational Psychology and Sports Journalism	
Course code: 255UCC4	Course type: Core Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

1. To understand basic knowledge and the importance of sports psychology
2. To understand the learning theories and personality
3. To understand the various psychological attributes
4. To deal with aspects of Sports Journalism
5. To understand the culture in sport

Unit –1: Introduction of Psychology and Concept of Mind (11 Hours)

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

Unit – 2: Development of Self and Motivation (11 Hours)

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

Unit – 3: Learning (11 Hours)

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

Unit – 4: Ethics of Journalism and Sports Bulletins (11 Hours)

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

Unit – 5: Reporting and Mass Medias in Journalism (10 Hours)

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

References

1. Ahiya, B.N. & Choabra. S.S.A. (1990). *Concise course in Reporting*. New Delhi: Surjeet Publications.
2. Ahiya, B.N. (1988). *Theory and Practice of Journalism: Set to Indian Context*. New Delhi: Surjeet Publications.
3. Baft, S.C. (1993). *Broadcast Journalism Basic Principles*. New Delhi, Har Anand Publications.
4. Boaz, G.D.(1957). *General Psychology*. Chennai: Boaz institute of psychology Services,
5. Gates. A. (1957). *Educational Psychology*. New York: Macmillan Company.
6. 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.,
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8. 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				K2 , K3, K4
CO 2	Point out the Importance of Self and Motivation				K1, K2,K6
CO 3	Explain the Concepts of Learning and its Theories				K2, K4, K5
CO 4	Interpret the ethics of Journalism and Structure of Bulletin				K2, K3, K6
CO 5	Prepare Report on Various Sports Competitions				K2, K3, K5, K6
K 1 Remember	K 2 Understand	K 3 Apply	K 4 Analyze	K 5 Evaluate	K 6 Create

Mapping with Course Outcomes and Programme Outcomes

Mapping with Course Outcomes and Programme Outcomes													
Cos	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PSO11	PSO12	PSO13
CO1	L	L	L	L	L	L	L	L	L	L	L	M	L
CO2	M	M	M	M	M	M	M	M	M	M	M	M	L
CO3	M	M	L	M	M	M	M	M	L	L	L	M	L
CO4	S	S	S	S	S	S	M	M	L	S	S	M	L
CO5	M	M	M	M	M	M	M	M	M	M	M	M	L

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

Semester: V	Course name: Adapted Physical Education	
Course code: 255UDE1	Course type: Discipline Specific elective course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit - 1: Introduction to Adapted Physical Education: (11 Hours)

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

Unit - 2: Disability Sports Organization (11 Hours)

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

Unit - 3: Classification of Disability: (11 Hours)

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

Unit - 4: Facilities and Equipment: (11 Hours)

- 4.1 Orientation on Facilities and Equipment
- 4.2 Facilities for Elementary Schools, Secondary Schools and Colleges
- 4.3 Types of Equipments – Minimum equipment, Additional Equipment
- 4.4 Evaluation Equipment facilities - Leisure, Recreation
- 4.5 Sports Facilities for persons with disabilities

Unit - 5: Physical Fitness and Motor Development:**(10 Hours)**

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

References

1. Gopalakrishnan. (2012). *Adaptive Physical Education*. New Delhi, India: Sports Publication.
2. Jain, A. (2003). *Adapted Physical Education*. New Delhi, India: Sports Publication.
3. Jain. (2003). *Adapted physical education*. New Delhi: sports publications.
4. Sandhu. (2006). *Adapted Physical Education*. New Delhi, India: Sports Publication.
5. Seetharam. (2005). *Adapted physical education*. New Delhi: Friends publications.
6. 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, K4
CO 2	Describe various competitions and organizations for Persons with Disabilities				K1, K2, K4
CO 3	Classify various disabilities and relate them with their adapted Activities				K1, K2, K4
CO 4	Point out the facilities and equipment for adapted sports				K2, K3, K5
CO 5	Discuss means and methods of development of fitness among persons with disabilities				K1, K4, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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	M	S	M	M	M	S
CO 2	L	L	L	L	L	L	L	L	S	M	S	M	S
CO 3	L	L	L	L	M	L	M	L	S	S	S	M	S
CO 4	L	L	L	M	L	L	L	L	M	M	M	M	S
CO 5	L	L	L	L	M	L	M	M	S	S	M	M	M

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

Semester: V	Course name: Sports Nutrition	
Course code: 255UDE2	Course type: Discipline Specific Elective Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

1. Define the core principles of sports nutrition.
2. Explain how nutrients influence athletic performance and recovery.
3. Estimate energy and hydration needs based on different activities.
4. Create sport-specific nutrition plans.
5. Evaluate supplement usage and understand anti-doping regulations.

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

- 1.1 Define sports nutrition and its importance in physical performance.
- 1.2 Understand the scope and relevance of nutrition for athletes.
- 1.3 Learn basic nutritional guidelines and Dietary Reference Intake (DRI).
- 1.4 Explore the connection between nutrition and performance outcomes.
- 1.5 Recognize the role of balanced nutrition in endurance and recovery.

Unit - 2: Nutrients and Their Functions (11 Hours)

- 2.1 Identify the functions and sources of carbohydrates, proteins, and fats.
- 2.2 Understand daily requirements and roles of macronutrients.
- 2.3 Classify vitamins and minerals and learn their roles in exercise.
- 2.4 Explain the importance of water and electrolytes in hydration.
- 2.5 Detect signs of nutrient deficiencies affecting performance.

Unit - 3: Energy Systems and Nutritional Needs (11 Hours)

- 3.1 Describe the ATP-PC, glycolytic, and oxidative energy systems.
- 3.2 Understand caloric needs based on sport and activity levels.
- 3.3 Learn how to estimate total energy expenditure.
- 3.4 Evaluate body composition and BMI in athletic performance.
- 3.5 Connect energy systems with different sports demands.

Unit - 4: Nutrition for Sport Performance (11 Hours)

- 4.1 Plan effective pre-event, during-event, and post-event meals.
- 4.2 Understand recovery nutrition and nutrient timing.
- 4.3 Explore hydration strategies and energy replacement.
- 4.4 Develop sport-specific diet plans (e.g., endurance, strength).
- 4.5 Apply nutrition planning across training and competition phases.

Unit - 5: Ergogenic Aids and Supplementation (10 Hours)

- 5.1 Identify common supplements and their roles in sports.
- 5.2 Understand the difference between legal and banned substances.
- 5.3 Learn physiological effects and safety of supplementation.
- 5.4 Review anti-doping regulations (WADA/NADA guidelines).
- 5.5 Discuss risks, ethics, and safe use of ergogenic aids.

References:

1. **Burke, L. & Deakin, V.** (2015). *Clinical Sports Nutrition*. McGraw-Hill Education.
2. **Bean, A.** (2017). *The Complete Guide to Sports Nutrition*. Bloomsbury Sport.
3. **Williams, M.H.** (2012). *Nutrition for Health, Fitness and Sport*. McGraw-Hill.
4. **Jeukendrup, A. & Gleeson, M.** (2018). *Sport Nutrition: An Introduction to Energy Production and Performance*. Human Kinetics.
5. **Manore, M. M., & Thompson, J.** (2000). *Sport Nutrition for Health and Performance*. Hum

EXPECTED COURSE OUTCOMES		
On the successful completion of the course, students will be able to:		
CO 1	Define and describe basic concepts of sports nutrition.	K1, K2,
CO 2	Explain the role of macronutrients and micronutrients in performance.	K1, K2, K4
CO 3	Analyze different energy systems in relation to nutrition.	K1, K4
CO 4	Develop nutrition plans tailored to sport-specific needs.	K1, K3, K6
CO 5	Evaluate the use and risks of supplements and ergogenic aids.	K2, K5

K1 – Remembering	K2 – Understand	K3- Apply	K4- Analyse	K5- Evaluating	K6 – Creating
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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
CO1	S	S	S	S	M	S	S	M	S	M	L	S	L
CO3	S	S	S	S	S	S	S	M	S	M	L	S	L
CO3	S	S	S	S	S	S	S	M	S	M	L	S	L
CO4	S	S	S	S	S	S	S	M	S	M	L	S	L
CO5	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: V	Course name: Fit Nutrition
Course code: 255UAE1	Course type: Ability enhancement compulsory course
Credit: 2	

Fitness Training class in schools

Students will be engaged in the Fit Vidyalaya Programme to the schools they teach fitness and games skills in the training of concerned classes, and submit an individual training report to the in-charge. The in-charge 02 credits will be assessed by the Fit Vidyalaya training report.

18. THEORY SYLLABUS SEMESTER -VI

Semester: VI	Course name: Exercise Physiology and Nutrition	
Course code: 256UCC1	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

1. To know the effect of exercise on skeletal system.
2. To know the effect of exercise on cardiovascular system.
3. To know the effect of exercise on Respiratory system.
4. To understand metabolism and energy transfer.
5. To understand the importance of sports nutrition.

Unit – 1 (11 Hours)

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

Unit – 2 (11 Hours)

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

Unit – 3 (11 Hours)

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

Unit – 4 (11 Hours)

- 4.1 Metabolism – Anabolism and catabolism
- 4.2 Sources of energy
- 4.3 Aerobic and Anaerobic Metabolism,
- 4.4 Fat metabolism and protein metabolism and endocrine system.

Unit - 5 (10 Hours)

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

References

1. Amrit Kumar, M. R. (1995). *Exercise physiology*. Chennai: Poompugar Pathippagam.
2. Aneja. (2012). *Exercise physiology*. New Delhi, India: Sports Publication.
3. Bacharach. (2010). *Nutrition and health (a scientific app)*. New Delhi: Sports educational technologies.
4. Glark, L. (1973). *Nutrition*. Connecticut: Keats publishing.
5. Gopalakrishnan. (2012). *Exercise in physical education and sports*. New Delhi: Sports educational technologies.
6. Holloszy, J. O. (1999). *Exercise and sports sciences reviews*. USA: Lippincott Williams & Wilkins.
7. Kishore, K. (2012). *Nutrition for sports and health*. New Delhi: sports educational technologies.
8. Mc Ardle, W. D. (1991). *Exercise Physiology*. London: Lea & Febiger.
9. Roger, W. J. (1971). *Nutrition against disease*. New York: pitman publishing corporation.
10. Scott. (1999). *Exercise Physiology*. USA: Human Kinetics.
11. William, M. D. (1981). *Exercise Physiology*. London: Lea & Febiger.
12. Willmore, J. H. (1999). *Physiology of sport and exercise*. USA: Human Kinetics.
13. Yadav, S. (1997). *Nutrition and health*. New Delhi: Anmol publications

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, K3, K5
CO 2	Explain the mechanism of respiration				K1, K2, K5
CO 3	Discuss the functions of various systems of the human body				K2, K4, K5
CO 4	Estimate the metabolism and energy system during exercise				K2, K4, K6
CO 5	Estimate daily caloric requirement and expenditure of energy for different sports and games				K4, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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: 256UCC2	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

1. To understand Sports Training Concept.
2. To know the Components of Physical fitness.
3. To understand Flexibilities.
4. To understand Training Plan.
5. To understand Coaching.

Unit 1: (11 Hours)

- 1.1 Sports training - Meaning and definition
- 1.2 Aim and characteristics
- 1.3 Principles of sports training

Unit 2: (11 Hours)

- 2.1 Training Load –Meaning
- 2.2 Components of training load
- 2.3 Types of training load
- 2.4 Principles of training load
- 2.5 Overload – Causes, symptoms and remedies

Unit 3: (11 Hours)

- 3.1 Strength – Types of Strength – Factors determining Strength
- 3.2 Methods of Strength development
- 3.3 Endurance – Types of Endurance
- 3.4 Factors determining Endurance – Methods of Endurance development

Unit 4: (11 Hours)

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

Unit 5: Training plan (10 Hours)

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

References

1. Aravind Bahadur, S. (2002). *Sports Training*. New Delhi: Friends publications.
Galloway, R. W. (1999). *Sports Training*. New Delhi, India: Sports Publication.
2. Mahaboobjan. (2012). *Sports training*. New Delhi: Prerna Prakashan.

3. Mishra, S. C. (2009). *Sports training*. New Delhi: sports publications.
4. W, D. F. (2002). *Sports training principles*. New Delhi: Friends publications.
5. Walter, C. (2013). *Sports training*. New Delhi: sports educational technologies.
- Yograj, T. (2003). *Sports training*. New Delhi: sports publications.

Course Outcomes**Expected Course Learning 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, K3, K4
CO 2	Explain the concept of training components				K1, K2, K5
CO 3	Define training load and explain principles of training load				K2, K4, K5
CO 4	Illustrate the various training plan for different sports and Games				K2, K4, K6
CO 5	Describe various types of training methods				K4, K5, K6
K1- Remember	K2-Understan	K3- Apply	K4-Analyse	K5-Evaluation	K6-Creat

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: 256UCC3	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1 - History and Development (11 Hours)

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

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

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

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

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

Unit 4 - Rules of games (11 Hours)

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

Unit 5 – Officiating (10 Hours)

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

References

1. 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.
2. 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.

3. YMCA. (1981b). *Rules of Games and Sports*. YMCA Publications House. YMCA.
- (1981c). *Rules of Games and Sports*. YMCA Publications.
4. YMCA. (1981d). *Rules of Games and Sports*. YMCA.
5. 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:					
CO1	Interpret the historical development of Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit				K1, K2, K3
CO2	Draw and mention the measurements of play fields and its necessary equipment				K1, K3, K4
CO3	Demonstrate the fundamental skills in Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit				K2, K3, K5
CO4	Point out the rules and regulations of Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit				K1, K2, K4
CO5	Officiate and interpret the rules of Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit				K2, K5, K6
K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create

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	S	M	S	M	S	M	M	L	M	L
CO 2	L	L	S	M	S	S	S	S	S	M	S	M	L
CO 3	L	L	L	L	M	M	S	M	M	M	S	M	L
CO 4	L	L	L	L		M	M	S	S	M	S	M	S
CO 5	L	L	L	L	L	L	L	M	S	M	L	M	L

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

Semester: VI	Course name: Sports Management	
Course code: 256UDE1	Course type: Discipline-Specific Elective Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

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

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

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

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

Unit-3: Leadership (11 Hours)

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

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

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

Unit-5 Equipment Management: (10 Hours)

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

Reference

1. Abay N, B. (2012). *Management of physical education*. New Delhi: Sports publications.
2. Abhay, B. (2013). *Management of sports*. New Delhi: Friends publications.
3. Dawson, T. (2006). *Management of sports*. New Delhi: Sports publications.
4. Etc, W. (2008). *Managing sports facilities and major events*. Australia: Allen & Unwin.
5. Rajkumar, D. (2013). *Sports management: theory and practice*. New Delhi: Friends publications
6. Samiran, C. (1998). *Sports management*. New Delhi: sports publications.
7. Sharma, J. P. (2010). *Management of physical education*. New Delhi: Khel Sahitya Kendra.
8. Singh. (1998). *Sports management*. New Delhi: Sports publications.
9. Srivastava. (2007). *Management of sports and physical education*. New Delhi: Sports publications.
10. Vivek, S. (2010). *Sports management*. New Delhi: Khel Sahitya Kendra.
11. Westerbeek. (2008). *Managing sports facilities and major events*. Australia: Allen Unwin.
12. Zeigler, E. F. (2008). *Management competency development in sports and physical education*. New Delhi: Sports educational technologies.

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				K2, K3, K4
CO 2	Identify the qualities of the administrative leader				K1, K2, K4
CO 3	List out the sports management skills to organize the programme in educational institutions				K2, K5, K6
CO 4	Express the methods in management of equipment				K3, K5, K1
CO 5	Organize sports programmes in educational institutions with appropriate management skills				K1, K2, K5, K6
K 1 Remember	K 2 Understand	K 3 Apply	K 4 Analyze	K 5 Evaluate	K 6 Create

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: Sports Entrepreneurship	
Course code: 256UDE2	Course type: Discipline-Specific Elective Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Outcomes

1. Remember the fundamental concepts and types of entrepreneurship.
2. Understand the structure and dynamics of the sports entrepreneurship ecosystem.
3. Apply business planning tools to sports-based ideas.
4. Analyze case studies and identify success and failure factors in sports businesses.
5. Create a business plan for a sports startup integrating innovation and branding.

Unit 1 – Introduction to Entrepreneurship (11 Hours)

- 1.1 Meaning and definition of entrepreneurship
- 1.2 Characteristics and qualities of successful entrepreneurs
- 1.3 Types of entrepreneurship (e.g., social, corporate, sports-specific)
- 1.4 Importance and role of entrepreneurship in sports development
- 1.5 Difference between entrepreneur and intrapreneur

Unit 2 – Sports Entrepreneurship Ecosystem (11 Hours)

- 2.1 Overview and structure of the sports industry (India & Global)
- 2.2 Current trends and opportunities in sports business
- 2.3 Government schemes, funding options, and incubation centers
- 2.4 Legal regulations and policies related to sports enterprises
- 2.5 Stakeholders in sports entrepreneurship ecosystem

Unit 3 – Sports Business Planning (11 Hours)

- 3.1 Generating business ideas and analyzing market opportunities
- 3.2 Essentials of sports marketing (4Ps of marketing in sports)
- 3.3 Financial planning, funding sources, and budgeting basics
- 3.4 Key components of a sports business plan
- 3.5 Risk management and scalability of sports startups

Unit 4 – Innovation and Branding in Sports (11 Hours)

- 4.1 Innovative sports products, services, and delivery models
- 4.2 Use of technology in sports business
- 4.3 Branding strategies, sponsorship models, and media relations
- 4.4 Personal branding of athletes and endorsement strategies
- 4.5 Role of social media and digital marketing in sports

Unit 5 – Case Studies and Project Work**(10 Hours)**

- 5.1 Analysis of successful sports entrepreneurs and their journeys
- 5.2 Common challenges, failures, and lessons learned in sports business
- 5.3 Case study presentation of innovative sports startups
- 5.4 Mini project: Drafting a business plan for a sports-based idea
- 5.5 Peer review and feedback session

References

1. Taneja, S. & Gupta, S. L. (2017). *Entrepreneurship Development*. Galgotia Publishing.
2. Byers, T., Slack, T., & Parent, M. (2012). *Key Concepts in Sport Management*. SAGE Publications.
3. Ratten, V. (2018). *Sport Entrepreneurship and Innovation*. Routledge.
4. Desai, V. (2011). *Entrepreneurship Development and Management*. Himalaya Publishing.
5. Government of India portals – *Startup India, Khelo India, MSME Schemes for Sports*.

EXPECTED COURSE OUTCOMES					
On the successful completion of the course, students will be able to:					
CO1	Define entrepreneurship and describe its relevance to the sports industry.				K1, K2
CO2	Explain the role of government policies and legal systems in promoting sports enterprises.				K1, K2
CO3	Develop a feasible business plan for a sports startup.				K2, K3, K6
CO4	Analyze sports business models and strategies using case study approaches.				K2, K4
CO5	Design innovative and sustainable branding strategies in the sports domain.				K5, K6
K1 – Remembering		K2 – Understand		K3- Apply	K4- Analyse
				K5- Evaluating	K6 - Creating

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
CO1	L	L	L	L	M	M	M	S	M	S	M	M	L
CO3	L	L	L	L	M	M	M	S	M	S	M	M	L
CO3	L	L	L	L	M	M	M	S	M	S	M	M	L
CO4	L	L	L	L	M	M	M	S	M	S	M	M	L
CO5	L	L	L	L	M	M	M	S	M	S	M	M	L

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

Semester: VI	Course name: Test, Measurement and Evaluation	
Course code: 246USE1	Course type: Skill-based Elective Course	
Contact hours per week: 3	Credit: 2	Contact hours per semester: 54

Course Objectives

1. To know the basics of Test, measurement & Evaluation.
2. To know the motor fitness tests.
3. To know the physical fitness tests.
4. To know the Anthropometric, Aerobic & Anaerobic tests.
5. To know the specific skill tests.

Unit 1: Introduction (11 Hours)

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

Unit 2: Criteria & Administration (11 Hours)

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

Unit 3: Fitness Test (11 Hours)

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

Unit 4: Games skill test (11 Hours)

- 4.1 Basketball – Johnson Basketball test. SDAT skill test
- 4.2 Hockey – Schimitals French Field Hockey test, SDAT skill test
- 4.3 Soccer – McDonald Soccer test, SDAT skill test

Unit 5: Games skill test (10 Hours)

- 5.1 Volleyball – Russel – Lange Volleyball test, SDAT skill test
- 5.2 Badminton – Miller Wall Volley test
- 5.3 Tennis – Broer – Miller Tennis test

References

1. Bhatt. (2010). *Test and measurement in physical education*. New Delhi: sports publications.
2. Bovard, J. F. (1949). *Test and measurements in physical education*. London: WB Saunders Company.
3. Charless Harold, M. (2004). *Testes and measurements in health and physical education*. New Delhi:Friends publications.

4. Karad, P. L. (2011). *Test, measurement, and evaluation in physical education*. New Delhi: Khel Sahitya Kindra.
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7. Scott Gladys, M. (2009). *Measurement and evaluation in physical education*. New Delhi: sports educational technology.
8. Sharma. (2005b). *Test and measurement in education*. New Delhi: Shrisai printographers.
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Expected Course Learning Outcomes					
On the successful completion of the course, the student will be able to:					
CO1	Establish the principles of test, measurement and evaluation in physical education and sports				K1, K2, K3
CO2	Classify and administer the criteria of tests				K1, K2, K4
CO3	Demonstrate and experiment with the various physical fitness Tests				K1, K3, K4
CO4	Measure Basketball, Hockey and Soccer skills by using standardized skill tests				K2, K5, K6
CO5	Analyse the basic playing abilities in the game of Volleyball, Badminton and Tennis				K1, K4, K5
K1-Remember	K2-Understand	K3-Apply	K4-Analyse	K5-Evaluate	K6-Create

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: Organization And Administration In Physical Education	
Course code: 246USE2	Course type: Skill-based Elective Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives:

1. Understand the foundational concepts of organization and administration in Physical Education, including their definitions, purposes, and underlying principles.
2. Plan and manage physical education facilities and equipment effectively, considering safety, space, and student needs.
3. Prepare and maintain budgets by identifying sources of finance and ensuring financial accountability in physical education programs.
4. Implement supervision and evaluation methods to monitor, assess, and enhance the quality of physical education activities.
5. Design and organize sports tournaments and academic timetables to ensure structured participation and optimal utilization of time and resources.

Unit 1: Introduction to Organization and Administration (11 Hours)

- 1.1 Organization involves systematic planning and structuring of Physical Education programs.
- 1.2 Administration includes the execution, supervision, and evaluation of PE activities.
- 1.3 Importance lies in ensuring smooth functioning, safety, and student development.
- 1.4 Principles include clarity of objectives, delegation, communication, and discipline.
- 1.5 Objectives and functions focus on promoting physical fitness, skill development, and team spirit.

Unit 2: Facilities and Equipment (11 Hours)

- 2.1 Planning playfields and gymnasiums should be based on student needs, safety, and space.
- 2.2 Maintenance ensures longevity, safety, and readiness of facilities.
- 2.3 Indoor equipment includes mats, ropes, dumbbells, etc., for use inside buildings.
- 2.4 Outdoor equipment includes goalposts, nets, and field-marking tools.
- 2.5 Regular inspection and inventory are essential for effective equipment management.

Unit 3: Budget and Finance (11 Hours)

- 3.1 Budgeting helps allocate resources efficiently for PE programs.
- 3.2 Sources of finance include government grants, donations, fees, and sponsorships.
- 3.3 Budget preparation involves estimating expenses for equipment, events, and maintenance.
- 3.4 A good budget supports smooth operations and timely purchases.
- 3.5 Financial transparency and proper records are vital for accountability.

Unit 4: Supervision and Evaluation (11 Hours)

- 4.1 Supervision ensures that activities follow rules and meet educational goals.
- 4.2 Techniques include observation, feedback, checklists, and performance analysis.
- 4.3 Evaluation assesses the effectiveness of PE programs and student outcomes.
- 4.4 Records and registers include attendance, inventory, injury logs, and event reports.

4.5 Continuous supervision and evaluation improve quality and efficiency in PE.

Unit 5: Tournament and Time Table

(10 Hours)

- 5.1 Tournaments can be knock-out, league, or combination formats.
- 5.2 Knock-out tournaments eliminate losing teams after each match.
- 5.3 League tournaments allow all teams to play each other at least once.
- 5.4 Fixtures must be carefully prepared to avoid clashes and ensure fairness.
- 5.5 Timetable planning helps manage academic and physical activities without conflict.

References:

1. Bucher, C. A. (1983). *Administration of Physical Education and Athletic Programme*. St. Louis: The C.V. Mosby Co.
2. Frank Broyels. J. & Robert, D.H. (1979). *Administration of Sports, Athletic Programme: A Managerial Approach*. New York: Prentice Hall Inc.
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4. Pandey, L.K. (1977). *Methods in Physical Education*. Delhi: Metropolitan Book Depo.
5. Samiran Chak Raborts. (1998). *Sports Management*. Delhi: Sports publication.
6. Sharad Chandara Mishra. (2005). *Organisation and Administration in Physical Education*. New Delhi: Sports Publication.
7. Kamlesh, M.L. "Management Concepts in Physical Education and Sports", Khel Sahitya Kendra, New Delhi.
8. Singh, Hardayal. "Science of Sports Training", DVS Publications.

EXPECTED COURSE OUTCOMES

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

CO 1	Describe the fundamental principles and importance of administration in Physical Education				K1, K2, K3
CO 2	Plan and manage sports facilities and equipment effectively.				K1, K2
CO 3	Develop a realistic and functional Physical Education budget.				K1, K2, K3
CO 4	Organize and evaluate sports events and maintain necessary records.				K1, K2, K3
CO 5	Demonstrate the ability to prepare fixtures and time-tables for sports programmes.				K1, K2, K3
K1 – Remembering	K2 – Understand	K3- Apply	K4- Analyse	K5- Evaluating	K6 – Creating

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
CO1	L	L	L	L	M	M	M	S	M	S	M	M	L
CO3	L	L	L	L	M	M	M	S	M	S	M	M	L
CO3	L	L	L	L	M	M	M	S	M	S	M	M	L
CO4	L	L	L	L	M	M	M	S	M	S	M	M	L
CO5	L	L	L	L	M	M	M	S	M	S	M	M	L

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

Semester: VI	Course name: Project
Course code: 256UAE1	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 infrastructure in concerned schools, and submit an individual project report of 02 credits and will be assessed by a viva voce of 02 credits.

19. PRACTICAL SYLLABUS- SEMESTER -I

Semester: I	Course name: Badminton & Kabaddi
Course code: 251UPC1	Course type: Practical

Introduction of Badminton

Basic Skills: Racket parts, Racket grip, Shuttle Grip- The basic stances- The basic strokes- Serve, Forehand-overhead and underarm, Backhand-overhead and underarm- Drills and lead up games

Types of games: Singles, doubles, including mixed doubles.

Marking and rules & Regulations of the game

Introduction of Kabaddi

Basic Skills:

- Skills in Raiding - Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, Pursuing.
- Skills of Holding the Raider - Various formations, Catching from particular position, Different, catches, Luring the raider to take particular position so as to facilitate catching, catching
- Formations and techniques.
- Additional skills in raiding - Bringing the antis in to a particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.

Marking and rules & Regulations of the game

Semester: I	Course name: Basketball-3 & Softball
Course code: 251UPC2	Course type: Practical

Basic Skills of Basketball

1. Introduction of Basketball
2. Dribbling:
 - Controlling the ball while moving
 - Use both hands, maintain control and keep eyes up
3. Passing:
 - Chest pass, bounce pass, overhead pass
 - Quick and accurate passing is key for teamwork
4. Shooting:
 - Lay-ups, jump shots, free throws
 - Proper form, follow-through, and footwork are important
5. Rebounding:
 - Grabbing the ball after a missed shot (offensive or defensive)
 - Requires timing, positioning, and strength
6. Defense:
 - Guarding an opponent to prevent scoring
 - Includes footwork, positioning, and staying alert
7. Footwork:
 - Pivoting, sliding, and quick changes of direction
 - Important for both offense and defense

Basic Skills of Softball

1. Introduction of Softball
2. Throwing:
 - Accurate and strong throws using proper grip and body mechanics
3. Catching:
 - Using a glove to catch grounders, fly balls, and throws
 - Requires hand-eye coordination and quick reaction
4. Hitting: (Batting)
 - Proper stance, grip, swing, and timing to hit the ball
 - Focused on hand-eye coordination and bat control
5. Fielding
 - Collecting and handling the ball effectively
 - Includes ground balls, pop flies, and quick reaction plays
6. Base Running
 - Running the bases with speed and intelligence
 - Includes sliding, tagging up, and stealing bases
7. Pitching (for pitchers only):
 - Underhand throwing technique
 - Control, speed, and accuracy are essential

Semester: I	Course name: Calisthenics, Minor Games, Gymnastics & Marching
Course code: 251UPC3	Course type: Practical

Calisthenics:

Freehand exercise: standing series, sitting series, half squat exercises, full squat exercises, forward moving exercises, backward exercises, launghing exercises, two count exercises and four count exercises.

Minor Games:

1. Tag Games: Freeze tag, Shadow tag, Blob tag.
2. Relay Games: Tunnel ball relay, Kangaroo relay, baton relay, obstacle relay.
3. Parachute Games: Popcorn, mushroom, cat and mouse (using parachutes).
4. Throwing / Catching Games: Hot potato, beanbag toss, dodge ball.
5. Chasing/Dodging Games: Sharks and minnows, cat and mouse.
6. Rhythm or Action Games: Simon says, clapping games, follow the leader.
7. Ball Games: Four square, wall ball, kickball (simplified).

Gymnastics:

1. Forward Roll
2. Backward Roll
3. Log Roll (pencil roll)
4. Tuck Sit & Pike Sit
5. Straddle Sit & Stretch
6. Handstand (against wall or free)
7. Cartwheel

Marching:

1. Marching: Basic marching taught for discipline, rhythm, posture, and group coordination.
2. Military Marching: Precise, disciplined marching in formation, used in armed forces.
3. Parade Marching: Marching for ceremonies or celebrations, often with music.
4. Drill Marching: Structured movements with commands (e.g., left turn, halt, about turn).
5. Band Marching: Involves musical instruments; coordination of movement and music.

20. PRACTICAL SYLLABUS - SEMESTER -II

Semester: II	Course name: Kho-Kho & Tennis
Course code: 252UPC1	Course type: Practical

KHO-KHO**Introduction of Kho- Kho****Basic Skills:**

- General skills of the game - Running, chasing, Dodging, Faking etc.
- Skills in chasing - Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul.
- Skills in Running - Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
- Marking and rules & Regulations of the game

TENNIS**Introduction of Tennis****Basic Skills:**

- Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip
- Stance and Footwork
- Basic Ground strokes-Forehand drive, Backhand drive-
- Basic service- Basic Volley- Over-head Volley- Chop

Marking and rules & Regulations of the game

Semester: II	Course name: Volleyball & Throwball
Course code: 252UPC2	Course type: Practical

Introduction of Volleyball

Basic Skills:

- **Service-** Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
- **Pass-** Under arm & Overhead
- **Smash**
- **Block-** Single & Combine
- **Dig**

Marking and rules & Regulations of the game

Introduction of Throwball

Basic Skills:

- Service: Short service, Long service, flat service
- Receiving the ball - Jump and receive the ball, Sit and receive the ball.
- Throwing the ball - Spin, diagonal throw, jump and throw

Rules and regulations & Officiating system

Marking and rules & Regulations of the game

Semester: II	Course name: Dands, Baithaks, Light Apparatus & Lezim
Course code: 252UPC3	Course type: Practical

Dands

Introduction

Types- Normal, Hanuman, Snake, Scorpion, Frog, Leaf, Chakra and Clap

Baithaks

Introduction

Types- Chair, Hanuman, Sarang, Sanjeevini

LIGHT APPARATUS

Introduction

Types- (Tumbles, Clubs, Hoops, Ball, Poll, Ribbon and Flower base)

- Forward Raise & Lower – Raise the Apparatus to shoulder level and lower.
- Side Sweep – Swing the Apparatus from left to right in a smooth arc.
- Overhead Wave – Hold Apparatus above head and wave in a circular motion.
- Cross-Body Swing – Move the Apparatus diagonally across the body.
- Overhead Pass – Pass the hoop over the head and down behind.
- Waist Twirl – Rotate the hoop around the waist.
- Side Swing – Swing the hoop from side to side.
- Jump Through – Hold hoop and jump through it repeatedly.
- Front Lift – Hold the pole and lift it to shoulder level.
- Side Swing – Swing the pole horizontally left to right.
- Overhead Twist – Hold the pole overhead and twist the torso.
- Forward Lunge with Pole – Lunge forward while holding the pole horizontally.
- Upward Toss – Toss the Apparatus upward and catch.
- Side Rolls – Roll the Apparatus across the arms.
- Circular Spin – Spin the Apparatus in a horizontal circle.
- Balance Hold – Balance the Apparatus vertically on the palm.

LEZIM

Introduction

Basic Skills

1. Charvat Lezim Skills

- Single Hand Swing – Swing the Lezim in one hand forward and backward in rhythm.
- Double Hand Overhead Swing – Raise Lezim overhead and swing in a circular motion.
- Side-to-Side Step with Shake – Step left and right while shaking the Lezim in both hands.
- Forward March Shake – March forward in step, shaking Lezim in front of the body.

2. Octawath Lezim Skills

- Eight-Count Arm Rotation – Rotate arms with Lezim in a full circular pattern over eight beats.
- Cross-Body Swing – Move Lezim diagonally across the body in rhythm.
- Forward-Backward Step with Shake – Step forward four counts, backward four counts while shaking Lezim.
- Overhead & Side Swing Combo – Alternate between overhead shakes and side swings every four counts.

21. PRACTICAL SYLLABUS- SEMESTER -III

Semester: III	Course name: Track and Field Events: Running Events Short distance running, Middle-distance running & Long-distance running
Course code: 253UPC1	Course type: Practical

1. Short-Distance Running (Sprints)

Distance Range: 100m, 200m, and 400m

Skills:

- Explosive power – fast start from the blocks
- Acceleration – reaching top speed quickly
- Speed – maximum velocity maintenance
- Stride technique – efficient, powerful strides
- Reaction time – quick response to starting gun

Common Events: 100 meters, 200 meters, 400 meters, 4x100 meter relay, 4x400 meter relay (often considered a sprint relay, though it borders middle-distance)

2. Middle-Distance Running

Distance Range: 800m to 3000m and 1500m

Skills:

- Speed endurance – ability to maintain high speed for a longer period
- Pacing strategy – not starting too fast, controlling pace
- Aerobic and anaerobic capacity – balance of oxygen efficiency and lactic acid tolerance
- Tactical awareness – positioning, timing the final kick

Common Events: 800 meters, 1500 meters, Mile run (1609m), 3000 meters (sometimes classified as long-distance)

3. Long-Distance Running

Distance Range:

- **Track:** 5000m, 10,000m
- **Road:** Marathon, Half-marathon

Skills:

- Aerobic endurance – efficient oxygen usage for sustained effort
- Mental toughness – dealing with fatigue, maintaining focus
- Pacing and rhythm – maintaining consistent pace
- Nutrition and hydration strategy – especially in longer races

Common Events: 5000 meters, 10,000 meters, Half-marathon (21.1 km), Marathon (42.195 km), Cross-country running & Ultramarathons (50km and above)

Track Marking, Rules and Officiating of all events

Semester: III	Course name: Track and Field Events: Jumping Events Long Jump, Triple Jump, High Jump & Pole Vault
Course code: 253UPC2	Course type: Practical

1. Long Jump

Basic Skills

- Approach Run – Accelerated sprint to generate speed.
- Take-off – Strong push from take-off board using one foot.
- Flight – Maintain body control in the air (hang or hitch-kick style).
- Landing – Extend legs forward, lean slightly forward, and land on both feet in the pit.

2. Triple Jump

Basic Skills

- Hop – Take-off and land on the same foot.
- Step – Land on the opposite foot after hop.
- Jump – Final leap landing on both feet in the pit.
- Rhythm – Maintain 1-2-3 sequence without breaking speed.

3. High Jump

Basic Skills

- Approach Run – Curved run-up for optimal take-off angle.
- Take-off – Drive off one foot, body leaning away from bar.
- Flight – Clear the bar using Fosbury Flop or Straddle technique.
- Landing – Land safely on upper back and shoulders on the mat.

4. Pole Vault

Basic Skills

- Grip & Carry – Correct hand spacing and balanced pole carry.
- Approach Run – Accelerated sprint while lowering the pole tip.
- Plant & Take-off – Plant pole into box and drive upward.
- Swing-up & Turn – Swing legs up, invert body, and turn for clearance.
- Bar Clearance & Landing – Push off pole, clear bar, land safely on mat.

Field Marking, Rules and Officiating of all the jumping events

Semester: III	Course name: Relay Races and Hurdles
Course code: 253UPC3	Course type: Practical

1. Relay Races (4X400 Relay and 4X100 Relay)

Basic Skills

- Starting Technique
- Baton Grip – Baton Exchange-Visual Pass (used in medley or longer relays) .Non-Visual Pass (used in sprints)
- Changeover Zone Running
- Finishing Technique
- Understanding of Relay Exchange Zones
- Ground Marking

2. Hurdles (100, 110 & 400 Hurdles)

Basic Skills

- Starting Technique
- Approach to Hurdle
- Lead Leg Action
- Trail Leg Action
- Arm Action
- Landing & Recovery
- Rhythm Between Hurdles

Track Marking, Rules and Officiating of all the relay and hurdle events

22. PRACTICAL SYLLABUS- SEMESTER -IV

Semester: IV	Course name: Track and Field Events: Throwing Events Shot put, Hammer throw, Discus throw & Javelin throw
Course code: 254UPC1	Course type: Practical

Introduction of Throwing Events**Basic Skills:**

- **Shot put:** Grip- Stance- Release- Follow through
- **Hammer throw:** Grip- Rotating- Release- Follow through
- **Discus throw:** Grip- Stance- Release- Follow through
- **Javelin throw:** Grip- Run-up- Stride- Release- Follow through

Techniques of the Throwing events: Gliding, Rotation or disco put, Stride and Rotating

Sector Marking & Rules and Regulations their interpretations and duties of officials

Semester: IV	Course name: Football & Ball Badminton
Course code: 254UPC2	Course type: Practical

Introduction of Football**Basic Skills:**

- Kicking - Inside kick, Instep kick, Outer instep kick, lofted kick
- Trapping - trapping the rolling ball, trapping bouncing ball with sole
- Dribbling - With instep, inside and outer instep of the foot.
- Heading - From standing, running and jumping.
- Throw in.
- Feinting - With the lower limb and upper part of the body.
- Tackling - Simple tackling, Slide tackling.
- Goal Keeping - Collection of balls, Ball clearance - kicking, throwing and deflecting.

Introduction of Ball Badminton

Basic Skills: Grip- Stance and Footwork- Basic service.

Tactics: Defensive, attacking in game

Marking & Rules and Regulations their interpretations and duties of officials

Semester: IV	Course name: Pyramid, Mallakhamb and Martial Arts
Course code: 254UPC3	Course type: Practical

Pyramid:**Introduction****Types:**

- Static Pyramid – Held in a fixed position.
- Dynamic Pyramid – Involves movements and transitions.
- Combination Pyramid – Mix of static and dynamic elements.

Skills:

- Base – Strong, stable members.
- Middle – Lighter, balanced members.
- Top (Flyer) – Lightest, agile member.

Mallakhamb:**Introduction****Types:**

- Pole Mallakhamb – Performed on a fixed vertical wooden pole.
- Rope Mallakhamb – Performed on a suspended cotton rope.
- Hanging Mallakhamb – Performed on a shorter pole suspended in air.

Skills:

- Mounting: Basic climb using thighs, calves, and feet (pole) or toe-hooks (rope).
- Positioning: Keep body close to apparatus, maintain balance.
- Postures: Practice basic holds like Ardha Shishasana, Vajrasana, Padmasana, and aerial splits.
- Dismounting: Smooth, controlled descent to prevent injuries.

Martial Arts:**Introduction of Kalari payattu and Silambam****Basic Skills:**

- Kalari payattu- Leg Exercises-4, Animal Postures- 4, Chuvadu- 8
- Silambam- Grip, Stick Rotating methods (Single and double hand weaving), Block and hitting

23. PRACTICAL SYLLABUS- SEMESTER –V

Semester: V	Course name: Hockey & Table Tennis
Course code: 255UPC1	Course type: Practical

HOCKEY**Introduction of Hockey****Basic Skills:**

- Dribbling
- Pushing
- Stopping
- Hitting- Flicking- Scooping-
- Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass-
- Dodging-
- Goal keeping – Hand defence, foot defence

Positional play: Attack and Defense.

TABLE TENNIS**Introduction of Table Tennis****Basic Skills:**

- The Grip-The Tennis Grip, Pen Holder Grip
- Service-Forehand, Backhand,
- Side Spin, High Toss- Strokes-Push, Chop, Drive, Half Volley,
- Smash, Drop-shot, Balloon, Flick Shot, Loop Drive- Stance and Ready position and foot work

Marking and rules & Regulations of the games

Semester: I	Course name: Handball & Netball
Course code: 255UPC2	Course type: Practical

HANDBALL**Introduction of Handball****Fundamental Skills**

- Catching, Throwing, Ball Control,
- Goal Throws – Jump Shot, Centre Shot, Dive Shot, Reverse Shot,
- Dribbling - High and Low,
- Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre,
- Blocking, Goal keeping, Defense.

NETBALL**Introduction of Netball****Fundamental Skills:**

- Passing Skills: Chest Pass – Bounce Pass – Overhead Pass – Hook Pass
- Catching Skills: Two-Hand Catch – One-Hand Catch – Overhead Catch
- Footwork Skills: Pivoting – Landing (One-Foot / Two-Foot) – Dodging
- Shooting Skills: Set Shot – Jump Shot – Lay-up Style Shot

Marking and Rules & Regulations of the games

Semester: V	Course name: Yoga
Course code: 255UPC3	Course type: Practical

Introduction of Yoga

Fundamental Skills: Surya Namaskar- Pranayama- Kriyas- Asanas- Sitting, Standing, Lying Prone Position & Lying Supine Position

24. PRACTICAL SYLLABUS- SEMESTER -VI

Semester: VI	Course name: Cricket & Tennikoit
Course code: 256UPC1	Course type: Practical

CRICKET**Introduction of Cricket****Basic Skills:**

- **Batting:** Grip, Stance, Back Lift, Leading the shoulder, Foot work (Front Foot, Back Foot) and Ball contact & Follow-through
- **Bowling:** Grip, Run-up, Take off with coil, Landing, Deliver the ball and Follow-through
- **Wicket Keeping:** Position, Half squad, Judge the ball, move and gather the ball
- **Fielding:**
 - **Catching-** Cup or Thump out, Reverse cup or Thump in
 - **Ball Stopping-** Long sitting barrier, Orthodox

Marking and rules & Regulations of the game**TENNIKOIT****Introduction of Tennikoit****Basic Skills:**

- Service
- Receiving
- Throwing
- Attacking Movements

Marking and rules & Regulations of the game

Semester: VI	Course name: Bharathiam & Aerobics
Course code: 256UPC2	Course type: Practical

Introduction of Bharathiam

Basic Skills:

1. Starting Position

- Stand erect with feet together, arms at sides- Eyes forward, body relaxed but alert.

2. Arm Movements

- Upward Stretch – Side Stretch –Forward Stretch –Cross Arm Movement

3. Leg Movements

- Forward Step –Side Step –Lunge Position

4. Combined Movements

- Arm swing with forward step- Side arm stretch with side step- Lunge with overhead arm stretch- Knee raise with forward arm push.

5. Rhythm & Coordination

- Perform movements in sync with counts or drum beat- Maintain proper posture throughout- Keep movements smooth and controlled.

Introduction of Aerobics

Basic Skills:

Rhythmic Aerobics dance- Low impact aerobics- High impact aerobics- Aerobic kick boxing- Postures – Warm up and cool down- THR Zone – Being successful in exercise and adaptation to aerobic workout.

Semester: VI	Course name: Game of Specialization
Course code: 256UPC3	Course type: Practical

Students are preparing and submitting a record for their game of specialization (Kabaddi, Kho-Kho, Cricket, Football, Hockey, Softball, Volleyball, Handball, Basketball, Netball, Badminton, Table Tennis, or Tennis).

Programmes Offered:

- BPES
- BPEd
- MPED
- PhD (Full time)
- PhD (Part Time)

Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education

**An Autonomous College Re-accredited by NAAC with "A+" Grade
(Affiliated to Tamil Nadu Physical Education and Sports University, Chennai)**

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