



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

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

CURRICULUM

BACHELOR OF PHYSICAL EDUCATION AND SPORTS

(B.P.E.S) (THREE YEARS)

Programme Code: MBPE

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Batch - 2024-2027



**SRI RAMAKRISHNA MISSION VIDYALAYA
MARUTHI COLLEGE OF PHYSICAL EDUCATION**

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

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

1. VISION & MISSION

Vision:

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

Mission:

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

2. PREAMBLE

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

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

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

3. REGULATIONS

1. Eligibility for Admission

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

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

Note: Marks obtained in the Qualifying Examination shall be converted to a maximum of 25 marks. For example, if a candidate secured 400 marks out of 600. His marks for qualifying examinations are $[400/600] \times 25 = 12.50$ 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 / Base 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 first semester in the month of November /December: and for the second semester in the month of April / May. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such Re-appearance course(s) in the subsequent examinations to be held in November / December or April / May.
- B) A candidate should get enrolled/registered for the first-semester examination. If enrolment/registration is not possible owing to a shortage of attendance beyond the condonation limit/rules prescribed or belated joining or on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester as regular students; however, a student of the first semester shall be admitted in the second semester, if he has successfully kept the term in the first semester.

10. Condonation:

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

11. Pattern of Question Papers:

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

Format of Question Paper for 5 Units.

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

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

12. Evaluation

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

Continuous Internal Assessment (CIA) Test-I	5 Marks
Continuous Internal Assessment (CIA) Test-II	5 Marks
Pre semester	10 Marks
Assignments	5 Marks
Total	25 Marks

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

13. Passing Standard:

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

14. Grading:

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

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

Where

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

Cumulative Grade Point Average :

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

Where

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

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

15. Classification of Final Results:

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

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

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

17. Letter Gradings and Grade Points:

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

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

RANGE OF MARKS	GRADE POINTS	LETTER GRADE	DESCRIPTION
90 - 100	9.0 - 10.0	O	Outstanding
80 - 89.99	8.0 - 8.99	D+	Excellent
75 - 79.99	7.5 - 7.99	D	Distinction
70 - 74.99	7.0 - 7.49	A+	Very Good
60 - 69.99	6.0 - 6.99	A	Good
50 - 59.99	5.0 - 5.99	B	Average
40 - 49.99	4.0 - 4.99	S	Satisfactory
Below 39	0 - 0	U	Re-Appearence
ABSENT	0 - 0	AAA	Absent

18. Grade Point Calculation:

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

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

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

19. Revaluation of Examination Papers:

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

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

PROGRAMME EDUCATIONAL OBJECTIVES (PEOs)

- 1. Disciplinary Knowledge and Skills:** To develop a sense of discipline in the students through the organization of physical and sports activities.
- 2. Skilled Communicator:** To develop the ability to express thoughts and ideas effectively, demonstrate the ability to listen carefully, read and write analytically, and present complex information in a clear and concise manner to different groups.
- 3. Critical Thinker and Problem Solver:** To develop the ability to employ critical thinking and efficient problem-solving skills through the development of new strategies are expected attributing factors.
- 4. Sense of Inquiry:** To develop the capability for asking relevant/appropriate questions relating to the issues and problems in the field of physical education, fitness and rehabilitation.
- 5. Leadership:** The orientation in organization of health and sports promoting physical activities develops appropriate leadership capabilities in the students.
- 6. Skilled Manager:** To develop the ability for identifying or mobilizing appropriate resources required for organizing fruitful training and coaching programme for athletes of various sports.
- 7. Digitally Literate:** To develop the ability to use computer for keeping the health-related data base of the trainees.
- 8. Ethical Awareness and Reasoning:** To orient to avoid unethical behaviour and promoting fair play. Discouraging the use of drugs for performance enhancement. Promoting sports for the development of all round personality of the participants.
- 9. Lifelong Learners:** To develop self-paced and self-directed learning aimed at personal development.
- 10. Cooperation and Team Work:** To develop the ability to work effectively and respectfully with diverse teams; facilitate cooperative or coordinated effort on the part of a group and or a team in the interests of a common cause and work efficiently as a player.

4. PROGRAMME OUTCOMES (POs)

1. 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 sports 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.

5. 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.

6. PROGRAMME OF THE STUDY

- a. Duration of the B.P.E.S degree programme of study is for three academic years, consisting of six semesters. The total working days shall be not less than 180 days in an academic year, each semester consists of not less than 90 days. Each working day shall consist of three hours of practical courses (morning 2 hours and evening 1 hour each session) and 3 hours of theory.
- b. The programme of the study shall consist of six parts i.e., Part I – Language course, Part II – English course, Part III – Core courses, Part IV – Ability Enhancement Compulsory Courses, Part V - Practical courses, Part VI - Village Placement Programme (VPP) as indicated below.

THEORY COURSES

S.No	Course type	Course code	Title of the course
First-year - First semester			
1.	Tamil course	241BPL1	General Tamil – I (or) Base Tamil - I
2.	English course	241BPL2	English – I
3.	Core course	241BPC1	History and Foundations of Physical Education
4.	Core course	241BPC1	Rules of Games and Sports-Part I (Basketball, Badminton, Kabaddi, Softball)
5.	Generic elective course	241BGE1	Computer Application
Second semester			
1.	Tamil course	242BPL1	General Tamil – II (or) Base Tamil - II
2.	English course	242BPL2	General Tamil – II (or) Base Tamil - II
3.	Core course	242BPC1	Human Anatomy and Physiology
4.	Core course	242BPC2	Rules of Games and Sports-Part II (Volleyball, Tennis, Throwball, Kho-Kho)
5.	Generic elective course	242BGE1	Communicative English

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Second year - Third semester			
1.	Tamil course	243BPL1	General Tamil – III (or) Base Tamil - III
2.	English course	243BPL2	English – III
3.	Core course	243BPC1	Health and Safety Education
4.	Core course	243BPC1	Rules of Games and Sports-Part III (Track and Field Events)
5.	Generic elective course	243BGE1	Environmental Science
Fourth semester			
1.	Tamil course	244BPL1	General Tamil – IV (or) Base Tamil - IV
2.	English course	244BPL2	English –IV
3.	Core course	244BPC1	Rules of Games and Sports-Part IV (Field events, Ball Badminton, Football)
4.	Discipline Specific elective course	244BPD1	Methods in Physical Education
5.	Skill-based elective course	244BPS1	Value Education and Indian Culture & Heritage
6.	Ability Enhancement Compulsory course	244BPA1	Obesity and Weight Management/MOOC courses/Naan Mudhalvan
Third year - Fifth semester			
1.	Core course	245BPC1	Science of Yoga
2.	Core course	245BPC2	Athletic Care and Rehabilitation
3.	Core course	245BPC3	Kinesiology and Biomechanics
4.	Core course	245BPC4	Educational Psychology and Sports Journalism
5.	Discipline Specific elective course	245BPD1	Adapted Physical Education
6.	Internship	245BPI1	Fit Students, Fit Nation (Fitness training classes in Schools)
Sixth semester			
1.	Core course	246BPC1	Exercise Physiology and Nutrition
2.	Core course	246BPC2	General Theory and Methods of Sports Training
3.	Core course	246BPC3	Rules of Games and Sports-Part V

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			(Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit)
4.	Discipline Specific elective course	246BPD1	Sports Management
5.	Skill-based elective course	246BPS1	Test, Measurement and Evaluation
6.	Ability Enhancement Compulsory courses	246BPA1	Project/MOOC courses

PRACTICAL COURSES

S.No	Course Code	Title of the Course
First semester		
1.	241BPP1	Callisthenics, Minor Games, Gymnastics & Marching
2.	241BPP2	Basketball
3.	241BPP3	Softball
4.	241BPP4	Badminton
5.	241BPP5	Kabaddi
Second semester		
1.	242BPP1	Dands, Baithaks, Light Apparatus & Lezium
2.	242BPP2	Kho-Kho
3.	242BPP3	Tennis
4.	242BPP4	Volleyball
5.	242BPP5	Throwball
Third semester		
1.	243BPP1	<i>Track and Field events -</i> Short distance running
2.	243BPP2	Middle-distance running & Long-distance running
3.	243BPP3	Relay Races and Hurdles
4.	243BPP4	Long Jump and Triple jump
5.	243BPP5	High Jump & Pole Vault

Fourth semester		
1.	244BPP1	<i>Track and Field events -</i> Shot put & Hammer throw
2.	244BPP2	Discus throw & Javelin throw
3.	244BPP3	Pyramid, Mallakhamb and Martial Arts
4.	244BPP4	Football
5.	244BPP5	Ball Badminton
6.	244BPP6	Track and Field events (Semester III & Semester IV)
Fifth semester		
1.	245BPP1	Hockey
2.	245BPP2	Table Tennis
3.	245BPP3	Handball
4.	245BPP4	Netball
5.	245BPP5	Yoga
Sixth semester		
1.	246BPP1	Cricket
2.	246BPP2	Bharathiam & Aerobics
3.	246BPP3	Tennikoit
4.	246BPP4	Game of Specialization

Village Placement Programme

1.	246BPV1	Village Placement Progrmme
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7. SCHEME OF EXAMINATION

Part	Course code	Title of the Course	Total Hours in a week	Credit	Int. marks	Ext. marks	Total marks
Semester - I							
Theory courses							
I	241BPL1	General Tamil – I (or) Base Tamil - I	3	3	25	75	100
II	241BPL2	English –I	3	3	25	75	100
III	241BPC1	Core course: History and Foundations of Physical Education	3`	3	25	75	100
III	241BPC1	Core course: Rules of Games and Sports-Part I (Basketball, Badminton, Kabaddi, Softball)	3	3	25	75	100
III	241BGE1	Generic Elective: Computer Application	3	2	25	75	100
Practical courses							
V	241BPP1	Callisthenics (20), Minor Games (10), Gymnastics (10), Marching (10)	3	2	50	-	50
V	241BPP2	Basketball	3	2	50	-	50
V	241BPP3	Softball	3	2	50	-	50
V	241BPP4	Badminton	3	2	50	-	50
V	241BPP5	Kabaddi	3	2	50	-	50
Total			30	24	375	375	750
Semester - II							
Theory courses							
I	242BPL1	General Tamil – II (or) Base Tamil - II	3	3	25	75	100
II	242BPL2	English –II	3	3	25	75	100
III	242BPC1	Core course: Human Anatomy and Physiology	3	3	25	75	100
III	242BPC2	Core course: Rules of Games and Sports-Part II (Volleyball, Tennis, Throwball, Kho-Kho)	3	3	25	75	100
III	242BGE1	Generic Elective: Communicative English	3	2	25	75	100
Practical courses							
V	242BPP1	Dands (10), Baithaks (10), Light Apparatus (20) & Lezim (10)	3	2	50	-	50
V	242BPP2	Kho-Kho	3	2	50	-	50
V	242BPP3	Tennis	3	2	50	-	50
V	242BPP4	Volleyball	4	2	50	-	50
V	242BPP5	Throwball	2	1	50	-	50
Total			30	23	375	375	750

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Semester - III							
Theory courses							
I	243BPL1	General Tamil – III (or) Base Tamil - III	3	3	25	75	100
II	243BPL2	English – III	3	3	25	75	100
III	243BPC1	Core course: Health and Safety Education	3	3	25	75	100
III	243BPC1	Core course: Rules of Games and Sports-Part III (Track and Field events)	3	3	25	75	100
III	243BGE1	Generic Elective: Environmental Science	3	2	25	75	100
Practical courses							
V	243BPP1	Track and Field events - Short distance running	3	2	50	-	50
V	243BPP2	Middle-distance running & Long-distance running	3	2	50	-	50
V	243BPP3	Relay Races and Hurdles	3	2	50	-	50
V	243BPP4	Long Jump and Triple jump	4	2	50	-	50
V	243BPP5	High Jump & Pole Vault	2	1	50	-	50
Total			30	23	375	375	750
Semester - IV							
Theory courses							
I	244BPL1	General Tamil – VI (or) Base Tamil - VI	3	3	25	75	100
II	244BPL2	English – IV	3	3	25	75	100
III	244BPC1	Core course: Rules of Games and Sports-Part IV (Field events, Ball Badminton, Football)	3	3	25	75	100
III	244BPD1	Discipline Specific Elective course: Methods in Physical Education	3	3	25	75	100
III	244BPS1	Skill-Based Elective Course: Value Education and Indian Culture & Heritage	3	2	25	75	100
Practical courses							
V	244BPP1	Track and Field events - Shot put & Hammer throw	3	2	50	-	50
V	244BPP2	Discus throw and Javelin throw	3	2	50	-	50
V	244BPP3	Pyramid, Mallakhamb & Martial Arts	3	2	50	-	50
V	244BPP4	Football	4	2	50	-	50
V	244BPP5	Ball Badminton	2	1	50	-	50
V	244BPP6	Track and Field events (Semester III & Semester IV)	-	-	-	200	200
Total			30	23	375	575	950

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Semester - V							
Theory courses							
III	245BPC1	Core course: Science of Yoga	3	3	25	75	100
III	245BPC2	Core course: Athletic Care and Rehabilitation	3	3	25	75	100
III	245BPC3	Core course: Kinesiology and Biomechanics	3	3	25	75	100
III	245BPC4	Core course: Educational Psychology and Sports Journalism	3	3	25	75	100
III	245BPD1	Discipline Specific Elective Course: Adapted Physical Education	3	3	25	75	100
Practical courses							
V	245BPP1	Hockey	3	2	50	-	50
V	245BPP2	Table Tennis	3	2	50	-	50
V	245BPP3	Handball	3	2	50	-	50
V	245BPP4	Netball	4	2	50	-	50
V	245BPP5	Yoga	2	1	50	-	50
Total			30	24	375	375	750
Semester - VI							
Theory courses							
III	246BPC1	Core course: Exercise Physiology and Nutrition	3	3	25	75	100
III	246BPC2	Core course: General Theory and Methods of Sports Training	3	3	25	75	100
III	246BPC3	Core course: Rules of Games and Sports-Part V (Hockey, Table Tennis, Handball, Netball, Cricket, &Tennikoit)	3	3	25	75	100
III	246BPD1	Discipline-Specific Elective Course: Sports Management	3	3	25	75	100
III	246BPS1	Skill-Based Elective Course: Test, Measurement, and Evaluation	3	2	25	75	100
Practical courses							
V	246BPP1	Cricket	3	2	50	-	50
V	246BPP2	Bharathiam & Aerobics	3	1	50	-	50
V	246BPP3	Tennikoit	3	1	50	-	50
V	246BPP4	Game of Specialization	6	3	100	100	200
Village Placement Programme							
VI	246BPV1	Village Placement Programme (5 days during the semester)	-	2	100	100	200
Total			30	23	475	575	1050

Extra Credit Course

Part	Course code	Title of the Course	Total Hours in a week	Credit	Int. marks	Ext. marks	Total marks
Semester - IV							
IV	244BPA1	<i>Ability Enhancement Compulsory course:</i> Obesity and weight management/MOOC courses	-	2	-	-	-
Semester - V							
IV	245BPI1	<i>Internship: Fit Students, Fit Nation (Fitness training classes in Schools)</i>	-	2	-	-	-
Semester - VI							
IV	244BPA1	<i>Ability Enhancement Compulsory course:</i> Project/MOOC courses	-	2	-	-	-
Total			-	6	-	-	-

8. COURSE STRUCTURE AND CREDIT ABSTRACT

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

9. MARKS ABSTRACT

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

10. MARKS AND CREDIT ABSTRACT

Semester	Credit with marks	Extra Credit without marks	Total marks
I	24	-	750
II	23	-	750
III	23	-	750
IV	23	2	950
V	24	2	750
VI	23	2	1050
Grand total	140	6	5000

11. EXTENSION ACTIVITIES

Village Placement Programme

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

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

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

Internal - 100 Marks

External - 100 Marks

Total - 200 Marks

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

12. SYLLABUS

Semester: I	Course name: Tamil - I	
Course code: 241BPL1	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

(11 Hours)

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

2.ஜீவா-காலுக்குச் செருப்புமில்லை

(11 Hours)

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

3.பட்டுக்கோட்டைகல்யாணசுந்தரம்-ளசெய்யும் தொழிலே தெய்வம்

(11 Hours)

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

அலகு:2 புதுக்கவிதை

(11 Hours)

1.வைரமுத்து-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

(11 Hours)

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

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

அலகு:4 இலக்கிய வரலாறு-அறிமுகம்

(11 Hours)

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. அம்புலிஅழைத்தலஇ 3. ஆடுபுலிஆட்டம், 4. உலாவல், 5. ஊஞ்சல்இ 6. ஏணிவிளையாட்டு, 7. ஒத்தையா? இரட்டையா?, 8. ஓடாக்குதிரை, 9 .ஒடிப்பிடிக்கும் புறாவிளையாட்டு, 10. ஒடிவிளையாட்டு.

அலகு: 5 இலக்கணம்

(10 Hours)

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.

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: I	Course name: Sirappu Tamil - I	
Course code: 241BPL1	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 செய்தல்
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

(11 Hours)

6. பஞ்சம்
7. மானம் விடிவதெப்போ

அலகு 2 கட்டைவிரல்

(11 Hours)

1. சி. என் அண்ணாதுரை

அலகு 3 சிறுகதை

(11 Hours)

1. ஆடிக்காற்றே - சிற்பி
2. கடமையைச் செய்- மீரா
3. இழந்தவர்கள்- அப்துல் ரகுமான்

அலகு 4 கலைச் சொல்லாக்கம்

(11 Hours)

அலகு 5 பொருந்திய சொல் தருதல் பிழமை நீக்கி எழுதுதல்;

(10 Hours)

பார்வை நூல்கள்

1. சிற்பி பால சுப்ரமணியன், தமிழ் இலக்கிய வரலாறு. நறுமலர் பதிப்பகம், சென்னை, 2010
2. இரா. வல்லிக்கண்ணன், புத்தகவிதை தோற்றம் வளர்ச்சி வரலாறு, எழுத்து பிச்சாரம். சென்னை, 197

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	K1, K2, K3
CO 2	நாட்டுப்புற மக்களின் வாழ்வியல், அறிவாற்றல் வேளாண்மையின் இன்றைய நிலைமை ஆகியவை குறித்துச் சிந்தித்தல்	K1, K2, K3
CO 3	கற்பனை வளத்தைப் பெறுதல்	K1, K2
CO 4	தமிழ் கலைச் சொற்களை உருவாக்கம் செய்யும் ஆற்றலை வளர்த்தல்	K1, K2, K3
CO 5	தமிழ் எழுத்துக்களை பிழையின்றி எழுதும் ஆற்றல் பெறுதல்	K1, K2, K3
K1 - Understand		K2 - Apply
		K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: I	Course name: English - I	
Course code: 241BPL2	Course type: English course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

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

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

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

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

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

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

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: I	Course name: History and Foundations of Physical Education	
Course code: 241BPC1	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1: Introduction to physical education (11 Hours)

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

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

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

Unit 3: Schemes and Awards (11 Hours)

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

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

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

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

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

References

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: I	Course name: Rules of games and Sports – Part I (Basketball, Badminton, Kabaddi, Softball)	
Course code: 241BPC2	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1: History and Development (11 Hours)

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

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

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

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

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

Unit 4: Rules of games (11 Hours)

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

Unit 5: Officiating (10 Hours)

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

References

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: I	Course name: Computer Application	
Course code: 241BGE1	Course type: Generic Elective course	
Contact hours per week: 3	Credit: 2	Contact hours per semester: 54

Course Objectives

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

Unit 1: Introduction to Computer (11 Hours)

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

Unit 2: Word Processing (11 Hours)

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

Unit 3: Spreadsheet Program (11 Hours)

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

Unit 4: Presentation Software (11 Hours)

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

Unit 5: Learning Management System and e-resources

(10 Hours)

- ✓ Learning Technology - Applications of Learning Technology
- ✓ Learning Process - Methods of Learning Process
- ✓ Learning Resources - Evolution of Learning Resources
- ✓ Learning Apps - Learning Applications and Tools

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

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: II	Course name: Tamil - II	
Course code: 242BPL1	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 1 - காப்பியம்

(11 Hours)

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

(11 Hours)

1. கம்பராமாயணம்-கைகேயி சூழ்வினைப்படலம் (50 முதல் 67 ஆம் 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

(11 Hours)

1. ஐம்பெருங்காப்பியங்கள்: சிலப்பதிகாரம்- மணிமேகலை- சீவகசிந்தாமணி- வளையாபதி- குண்டலகேசி
2. ஐஞ்சிறுகாப்பியங்கள்: நாககுமாரகாவியம்- உதயணகுமாரகாவியம்- யசோதரகாவியம்- நீலகேசி- சூளாமணி
3. காப்பிய இலக்கியத்தில் விளையாட்டுக்கள்: அசதியாடல்- அம்புலி அழைத்தல்- அம்மானை- அலவன்ஆட்டல்- இடுதேளிடல்- உகிரால் பற்பல உருவம் கிள்ளல்- உலாவல்- ஊசல்- எண்ணி விளையாடல்- எதிரொலி கேட்டல்- ஏறுகோள்-கண் புதைந்து ஒளிந்தாடல்- கருவுற்ற பெண் போல் நடத்தல்- கவண்-கள்வர் காப்பவர் மறிகள் போல் நடத்தல்.

அலகு 4 - படைப்பிலக்கியம்

(11 Hours)

1.கவிதை எழுதப்பயிற்சி: கவிதை எழுதுதல்- விளக்கம்- கவிதை எழுதகருத்தில் கொள்ளவேண்டியவை- 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 5 - இலக்கணம்

(10 Hours)

1.வல்லினம் மிகும் இடங்கள் 2.வல்லினம் மிகா இடங்கள் 3.வினாவகை 4.விடைவகை

பார்வை நூல்கள்

- 1.சிலப்பதிகாரம்,பாரி நிலையம்,சென்னை
- 2.மணிமேகலை,பாரி நிலையம்,சென்னை
- 3.கம்பராணம்,வர்த்தமானன் பதிப்பகம்,சென்னை
- 4.ஹரிவிஜயலட்சுமி,தமிழ் இலக்கிய வரலாறு,என்னென்பப்பிளிகேஷன்ஸ், உடுமலைப் பேட்டை
- 5.மலையரசி,தமிழ் இலக்கியங்களில் விளையாட்டுக்கூறுகள், பாவைப்பதிப்பகம்,மதுரை-1

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: II	Course name: Sirappu Tamil - II	
Course code: 242BPL1	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-1 கட்டுரை

(11 Hours)

1. பெண்ணின் பெருமை - திரு. வி. க

அலகு-2 செய்யுள்

(11 Hours)

1. புறநானூறு கெடுக சிந்தை- ஓக்கூர் மாசத்தியார்
2. ஈன்று புறந்தருதல் பொன்முடியர்
3. யாதும் ஊரே- கனியன் பூங்குன்றன

அலகு-3 காப்பியம்

(11 Hours)

1. சீறாப்புராணம்-வானவர்க்கும்
2. பாரதியார்-நல்லதோர் வீணை

அலகு-4 இலக்கிய வரலாறு

(11 Hours)

1. புறத்திணைக் கோட்பாடுகள்

அலகு-5 மொழிபெயர்ப்பு

(10 Hours)

ஆங்கிலத்திலிருந்து தமிழில் மொழிபெயர்த்தல்

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

கற்றலின் பயன்

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	உரைநடையை அன்றாட வாழ்வில் பயன்படுத்துதல்	K1, K2, K3
CO 2	இலக்கியங்கள் காட்டும் சமூக பண்பு வாழ்வியல் முறைகளை அறிதல்	K1, K2, K3
CO 3	காப்பியங்களுடன் திரைப்படம் மற்றும் புதினம் ஆகியவற்றுடன் ஒப்பிட்டுக்காணும் அறிவைப் பெறுதல்	K1, K2
CO 4	செய்யுள் மற்றும் கவிதை புனையும் ஆற்றல் பெறுதல்	K1, K2, K3
CO 5	மொழிபெயர்த்தல் திறனை வளர்த்துக் கொள்ளுதல்	K1, K2, K3
K1 - Understand		K2 - Apply
		K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

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

Semester: II	Course name: English - II	
Course code: 242BPL2	Course type: English course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

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

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

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

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

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

References

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

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: II	Course name: Human Anatomy and Physiology	
Course code: 242BPC1	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

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

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

Unit 2: Skeletal System (11 Hours)

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

Unit 3 Cardiovascular and Respiratory Systems (11 Hours)

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

Unit 4: Digestive and Nervous Systems (11 Hours)

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

Unit 5: Glands and their functions (10 Hours)

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

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

References

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

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: II	Course name: Rules of games and Sports – Part II (Volleyball, Tennis, Throwball, Kho-Kho)	
Course code: 242BPC2	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1: History and Development (11 Hours)

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

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

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

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

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

Unit 4: Rules of games (11 Hours)

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

Unit 5: Officiating (10 Hours)

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

References

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

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

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

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

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

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

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

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: II	Course name: Communicative English	
Course code: 242BGE1	Course type: Generic Elective course	
Contact hours per week: 3	Credit: 2	Contact hours per semester: 54

Course Objectives

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

Unit 1: (11 Hours)

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

Unit 2: (11 Hours)

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

Unit 3: (11 Hours)

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

Unit 4: (11 Hours)

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

Unit 5:

(10 Hours)

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

References

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

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

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

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

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: III	Course name: Tamil - III	
Course code: 243BPL1	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

(11 Hours)

1. திருஞானசம்பந்தர்-திருநீற்றுப்பதிகம் (மந்திரமாவது நீறு1-5 பாடல்கள்): பக்தி இலக்கியம் அறிமுகம்-திருஞானசம்பந்தர் பக்தி சிறப்பு-திருநீறு பொருள் விளக்கம்-திருநீறு வைப்பதால் ஏற்படும் நன்மைகள்-பெருமைகள்
2. திருநாவுக்கரசர்-திருஅங்கமாலை (திரு அங்கமாலை) (தலையே நீ வணங்காய்: 1-5பாடல்கள்)- திருநாவுக்கரசர் பக்தி சிறப்பு-அன்பில் ஆட்கொள்ளல்-உடலில் உள்ள அங்கங்கள் இறைவனை எவ்வாறு வழிபட வேண்டும் என்று உணர்த்துதல்.

அலகு 2 - வைணவ இலக்கியம்

(11 Hours)

- 1.நம்மாழ்வார்-திருவாய் மொழி(முனியேநான்முகனே1-5பாடல்கள்): வைணவ இலக்கியம் அறிமுகம்- ஆசிரியர் குறிப்பு-திருமாவின் 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

(11 Hours)

1. பன்னிரு திருமுறைகள்- திருஞானசம்பந்தர் திருமுறை 1,2,3- திருநாவுக்கரசர் 4,5,6- சுந்தரர்-7- மாணக்கவாசகர் 8-9ஆம் திருமுறை 9 பேர் பாடியுள்ளனர்-திருமூலர்திருமந்திரம் 10-11ஆம் திருமுறை 12 பேர் பாடியுள்ளனர்- பெரியபுராணம் சேக்கிழார் 12ஆம் திருமுறை.
2. பன்னிரு ஆழ்வார்கள்-பொய்கையபழுவர்-பூதத்தாழ்வார்-பேயாழ்வார்- திருமழிசையாழ்வார்- பெரியாழ்வார்-ஆண்டாள்-குலசேகராழ்வார்-தொண்டரடிப் பொடியாழ்வார்-திருமங்கையாழ்வார்-நம்மாழ்வார்- துரகவியாழ்வார்- 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) (11 Hours)

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

அலகு 5 - மொழி பெயர்ப்பு (10 Hours)

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,பாவையதிப்பகம்,மதுரை-1
- 3.ஹரிவிஜயலட்சுமி,தமிழ் இலக்கியவரலாறு,பப்ளிகேஷன்ஸ்,உடுமலைப் பேட்டை

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: III	Course name: Sirappu Tamil - III	
Course code: 243BPL1	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 அரத்தினை அறியச் செய்தல்
4. உரைநடை இலக்கியத்திற்கான தோற்றத்தினை அறிதல்
5. மொழிப்பயிற்சி குறித்து மாணவர்களுக்கு பயிற்சி அளித்தல்

அலகு-1 கட்டுரை

(11 Hours)

1. மு.வரதராசனார் கடித இலக்கியம் (முதல் ஐந்து பகுதி)

அலகு -2 திருக்குறள்

(11 Hours)

1. கல்வி
2. கேள்வி

அலகு-3 காப்பியம்

(11 Hours)

1. சிலப்பதிகாரம் மங்கல வரழ்த்துப் பாடல்
2. சீறாப் புராணம் - மானுக்குப் பிணை நின்ற படலம்

அலகு-4 காப்பிய இலக்கிய வரலாறு

(11 Hours)

ஐம்பெருங் காப்பியம், ஐஞ்சிறுகாப்பியம், இஸ்லாமிய கிறித்துவ, சமண, பௌத்த காப்பிய வரலாறு

அலகு- 5 மொழிப் பயிற்சி

(10 Hours)

தலையங்கம், நூல் மதிப்புரை எழுதுதல், அலுவலகக் கடிதம் எழுதுதல்

பார்வை நூல்கள் :

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

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	உரைநடையை அன்றாட வாழ்வியலில் பயன்படுத்துதல்	K1, K2, K3
CO 2	இலக்கியங்கள் காட்டும் சமூக பண்பாட்டு வாழ்வியல் முறைகளை அறிதல்	K1, K2, K3
CO 3	காப்பியங்களுடன் திரைப்படம் மற்றும் புதினம் ஆகியவற்றுடன் ஒப்பிட்டுக்காணும் அறிவைப் பெறுதல்	K1, K2
CO 4	செய்யுள் மற்றும் கவிதை புனையும் ஆற்றல் பெறுதல்	K1, K2, K3
CO 5	நூலினை மதிப்பீடு செய்யும் ஆற்றல் மற்றும் கடிதம் எழுதும் ஆற்றலை வளர்த்துக் கொள்ளுதல்	K1, K2, K3
K1 - Understand		K2 - Apply
		K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: III	Course name: English – III	
Course code: 243BPL2	Course type: English course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

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

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

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

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

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

References

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

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: III	Course name: Health and Safety Education	
Course code: 243BPC1	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1: Health Education and Services (11 Hours)

- ✓ Meaning and definition of Health Education
- ✓ Aim and Scope of Health Education
- ✓ Concept, Dimensions, Spectrum, and determinants of Health
- ✓ Principles of Health Education
- ✓ Health Service Programmes in India

Unit 2: Global Health Issues (11 Hours)

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

Unit 3: Health Education in Schools (11 Hours)

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

Unit 4: Safety Education (11 Hours)

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

Unit 5: Safety application methods (10 Hours)

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

References

- Alton L. Thygerson, Benjamin Gulli, Jon R. Krohmer (2007) *First Aid, CPR, and AED*
 Educaion, M. O. F. (1957). *Health education*. Her Majesty stationery office.
 Frank, H. & Walter, H., (1976). *Turners school health education*. Saint Louis: The C.V. Mosby Company.
 Glen G. Gilbert, Robin G. Sawyer, Elisa Beth McNeill (2014) *Health Education: Creating Strategies for School & Community Health*
 Kumar R. Kumar (2004) *Guide to Prevention of Lifestyle Diseases*
 Malik, S. (2015). *Health education and environmental studies*. Sports publications.
 Melinda Flegel (2013) *Sport First Aid*
 Ronald P. Pfeiffer, Alton L. Thygerson, Nicholas F. Palmieri (2009) *Sports First Aid and Injury Prevention*
 Ronald Ross Watson, Sherma Zibadi (2018) *Lifestyle in Heart Health and Disease*

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: III	Course name: Rules of games and Sports – Part III (Track and Field events)	
Course code: 243BPC2	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

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

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

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

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

Unit 3: Rules and their interpretation (11 Hours)

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

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

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

Unit 5: Duties of officials (10 Hours)

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

References

- Bunn, J. W. (1968). *The Art of Officiating Sports*. Prentice Hall Press.
- Jain, R. K. (2013). *Hockey: Skills and Rills Rules*. Khel Sahitya Kendra.
- Malik, D. R. A. (2012). *Rules Of Games and Sports*. Lakshay Publication.
- Sharma, O. P. (2011). *Rules Of Games and Sports*. Khel Sahitya Kendra.
- YMCA. (1943). *Book of Rules of Games and Sports*. YMCA Publication House.
- YMCA. (1981a). *Rules of Games and Sports*. YMCA Publications.
- YMCA. (1981b). *Rules of Games and Sports*. YMCA Publications House.
- YMCA. (1981c). *Rules Of Games and Sports*. YMCA Publications.
- YMCA. (1981d). *Rules of Games and Sports*. YMCA.
- YMCA. (1995). *Book of Rules of Games and Sports*. YMCA Publications.

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: III	Course name: Environmental Science	
Course code: 243BGE1	Course type: Generic Elective course	
Contact hours per week: 3	Credit: 2	Contact hours per semester: 54

Course Objectives

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

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

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

Unit 2: Natural Resources (11 Hours)

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

Unit 3: Ecosystems (11 Hours)

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

Unit 4: Biodiversity (11 Hours)

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

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

UNIT 5: Impact of Pollution

(10 Hours)

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

Reference

Agarwal, K.C. (1980). *Environmental Biology*. New Delhi: Agro Botanical Publishers.
 Ananthakrishnan, T.N. (1987). *Bioresources Ecology*. New Delhi: Oxford and IBH Publishers.
 Dey, A.K. (1994). *Environmental Chemistry*. New Delhi: New Age International Pvt. Ltd.
 Sharma, P.D, (2009). *Ecology and Environment*. Meerut: Rastogi Publication.
 Subrahmanyam, N.S., & Sambamurthy, A.V.S. (2001). *Ecology*. New Delhi: Narosa Publishing House.

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: IV	Course name: Tamil - IV	
Course code: 244BPL1	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

(11 Hours)

- 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 2 - அக இலக்கியம்

(11 Hours)

- 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

(11 Hours)

- 1.திருக்குறள் - அறத்துப்பால்-அதிகாரம் 25(10 குறள்) - அருளுடைமை – திருக்குறள் அறிமுகம் - 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

(11 Hours)

- 1.எட்டுத்தொகை நூல்கள்-நற்றிணை- குறுந்தொகை- ஐங்குநூறு- 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

(10 Hours)

பெயரெச்சம்- வினையெச்சம்- வினையாலணையும் பெயர் 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 செஞ்சரி புக் ஹவுஸ் 41,பி.சிட்கோ
- 3.மலையரசி,தமிழ்இலக்கியங்களில்விளையாட்டுக்கூறுகள்,பாவைபதிப்பகம்,மதுரை-1
- 4.ஹரிவிஜயலட்சுமி,தமிழ் இலக்கியவரலாறு,பப்ளிகேஷன்ஸ்,உடுமலைப் பேட்டை

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: IV	Course name: Sirappu Tamil - IV	
Course code: 244BPL1	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 இயக்கியத்திற்கான தோற்றத்தினை அறிதல்
5. நேர்காணல் மற்றும் விளம்பர வாசகம் உருவாக்குவதற்கு பயிற்சி அளித்தல்

அலகு-1 சங்க இலக்கியம்

(11 Hours)

1. நற்றிணை -1,21, 127
2. புறநானூறு -74, 182, 183

அலகு -2 திருக்குறள்

(11 Hours)

2. அன்புடைமை

அலகு -3 காப்பியம்

(11 Hours)

1. சிலப்பதிகாரம் கனாத்திறம் உரைத்த காதை
2. கம்பராமாயணம் கைகேயி சூழ்விப் படலம்

அலகு- 4 சங்க இலக்கிய வரலாறு

(11 Hours)

எட்டுத் தொகை, பத்துப்பாட்டு வரலாறு

அலகு - 5 மொழிப் பயிற்சி

(11 Hours)

பிழை நீக்கம் நேர்காணல், விளம்பர வாசகம் உருவாக்கல்

பார்வை நூல்கள் :

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

Expected Course Learning Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	உரைநடையை அன்றாட வாழ்வியலில் பயன்படுத்துதல்	K1, K2, K3
CO 2	இலக்கியங்கள் காட்டும் சமூக நீண்ட வாழ்வியல் முறைகளை அறிதல்	K1, K2,K3
CO 3	காப்பியங்களுடன் திரைப்படம் மற்றும் புதினம் ஆகியவற்றுடன் ஒப்பிட்டுக்காணும் அறிவைப் பெறுதல்	K1, K2
CO 4	செய்யுள் மற்றும் கவிதை புனையும் ஆற்றல் பெறுதல்	K1, K2, K3
CO 5	பொதுஅறிவை வளர்த்துக்கொண்டு பயமின்றி வாழவும் ஆளுமை பண்பை வளர்க்கச் செய்தல்	K1, K2, K3
K1 - Understand		K2 - Apply
		K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: IV	Course name: English - IV	
Course code: 244BPL2	Course type: English course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

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

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

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

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

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

Reference

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

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: IV	Course name: Rules of Games and Sports-Part IV (Field events, Ball Badminton, Football)	
Course code: 244BPC1	Course type: Core Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1: History and Development (11 Hours)

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

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

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

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

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

Unit 4: Rules of games (11 Hours)

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

Unit 5: Officiating (10 Hours)

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

References

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

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

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

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

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

Course Outcomes

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: IV	Course name: Methods in Physical Education	
Course code: 244BPD1	Course type: Discipline-Specific Elective Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit 1: Method

(11 Hours)

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

Unit 2: Lesson Plan

(11 Hours)

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

Unit 3: Tournaments

(11 Hours)

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

Unit 4: Methods of Teaching

(11 Hours)

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

Unit 5: Supervision

(10 Hours)

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

References

- Chandravmishra, D. R. S. (2009). *Methods of physical education*. Sports publications.
- Cosmin. H.Rosalind, C .& Jackson, C. (1960). *Methods in Physical Education*. London: W.B. Saunders Co.
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- Voltmer, Edward. (1979). *The Organization and Administration of Physical Education*. New Jersey.: Prentice Hall, Inc.

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: IV	Course name: Value Education and Indian Culture & Heritage	
Course code: 244BPS1	Course type: Skill-based Elective Course	
Contact hours per week: 3	Credit: 2	Contact hours per semester: 54

Course Objectives

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

UNIT 1: Value Education and The Philosophical thoughts of India (11 Hours)

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

UNIT 2: The Shastras of India (11 Hours)

- ✓ Four Vedas: Rig – Yajur – Sama – Atharvana
- ✓ Epics: The Ramayana - The Mahabharata
- ✓ Four Ashramas

UNIT 3: Ramakrishna Movement (11 Hours)

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

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

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

UNIT 5: The Traditional Educational System of India

(10 Hours)

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

Reference

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

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: IV	Course name: Obesity and Weight Management
Course code: 244BPA1	Course type: Ability Enhancement Compulsory Course
Credit: 4	

Learning Objectives

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

UNIT 1: Obesity (11 Hours)

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

UNIT 2: Assessment of obesity (11 Hours)

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

UNIT 3: Weight Management (11 Hours)

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

UNIT 4: Planning of Weight Management (11 Hours)

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

UNIT 5: Desirable body weight

(10 Hours)

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

Reference

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

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

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

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

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

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: V	Course name: Science of Yoga	
Course code: 245BPC1	Course type: Core Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit I (11 Hours)

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

Unit II: (11 Hours)

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

Unit III: Asanas (11 Hours)

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

Unit IV: (11 Hours)

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

Unit V: (10 Hours)

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

References

- Debnath, M. (2007). *Basic core fitness through yoga and naturopathy*. Sports publications.
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- Yogananda. (n.d.). *Yoga in school education*. Moraji Desai National Institute of Yoga.

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: V	Course name: Athletic Care and Rehabilitation	
Course code: 245BPC2	Course type: Core Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit-I - Corrective Physical Education (11 Hours)

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

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

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

Unit-III – Massage (11 Hours)

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

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

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

Unit-IV - First Aid, and Rehabilitation

(10 Hours)

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

References

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: V	Course name: Kinesiology and Biomechanics	
Course code: 245BPC3	Course type: Core Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit I: (11 Hours)

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

Unit II: (11 Hours)

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

Unit III: (11 Hours)

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

Unit IV: (11 Hours)

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

Unit V:

(10 Hours)

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

References

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: V	Course name: Educational Psychology and Sports Journalism	
Course code: 245BPC4	Course type: Core Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

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

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

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

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

UNIT - III - Learning (11 Hours)

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

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

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

UNIT - V - Reporting and Mass Medias in Journalism

(10 Hours)

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

References

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: V	Course name: Adapted Physical Education	
Course code: 245BPD1	Course type: Discipline Specific elective course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

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

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

UNIT - II: Disability Sports Organization (11 Hours)

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

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

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

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

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

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

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

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

References

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: VI	Course name: Exercise Physiology and Nutrition	
Course code: 246BPC1	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit – 1 (11 Hours)

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

Unit – 2 (11 Hours)

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

Unit – 3 (11 Hours)

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

Unit – 4 (11 Hours)

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

Unit 5

(10 Hours)

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

References

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: VI	Course name: General Theory and Methods of Sports Training	
Course code: 246BPC2	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit I: (11 Hours)

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

Unit II: (11 Hours)

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

Unit III: (11 Hours)

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

Unit IV: (11 Hours)

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

Unit V: Training plan (10 Hours)

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

References

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- Galloway, R. W. (1999). *Sports Training*. New Delhi, India: Sports Publication.
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Expected Course Outcomes		
On the successful completion of the course, the student will be able to:		
CO 1	Facilitate the basics principles and importance of sports training	K1, K2
CO 2	Explain the concept of training components	K1, K2, K3
CO 3	Define training load and explain principles of training load	K1, K2, K3
CO 4	Illustrate the various training plan for different sports and games	K1, K2, K3
CO 5	Describe various types of training methods	K1, K2, K3,
K1 - Understand		K2 - Apply K3 - Analyse

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: VI	Course name: Rules of Games and Sports-Part V (Hockey, Table Tennis, Handball, Netball, Cricket, & Tennikoit)	
Course code: 246BPC3	Course type: Core course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

Unit I - History and Development (11 Hours)

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

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

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

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

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

Unit IV - Rules of games (11 Hours)

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

Unit V – Officiating (10 Hours)

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

References

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

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

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

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- YMCA. (1981d). *Rules of Games and Sports*. YMCA.
- YMCA. (1995). *Book of Rules of Games and Sports*. YMCA Publications.

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: VI	Course name: Sports Management	
Course code: 246BPD1	Course type: Discipline-Specific Elective Course	
Contact hours per week: 3	Credit: 3	Contact hours per semester: 54

Course Objectives

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

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

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

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

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

Unit-3: Leadership (11 Hours)

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

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

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

Unit-5 Equipment Management: (10 Hours)

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

Reference

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: VI	Course name: Test, Measurement and Evaluation	
Course code: 246BPS1	Course type: Skill-based Elective Course	
Contact hours per week: 3	Credit: 2	Contact hours per semester: 54

Course Objectives

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

Unit I: (11 Hours)

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

Unit II: (11 Hours)

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

Unit III: (11 Hours)

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

Unit IV: Games skill test (11 Hours)

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

Unit V: Games skill test (10 Hours)

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

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

Mapping with Course Outcomes and Programme Outcomes

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

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

Semester: VI	Course name: Project
Course code: 246BPA1	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.