

FOUNDATION OF PHYSICAL EDUCATION AND SPORTS

Semester	: I	CIA	: 25
Credits	: 5	EXT	: 75
Course Code	: U1R3PECC1	Total	:100
Hours Per Week	: 05	Total Inst. Hours	: 75
Category of the Course:	Core Course	Nature of the Skill	: Employability

COURSEOBJECTIVES:

1. To provide knowledge about fundamental course of Physical Education.
2. To give understanding about Historical Development about Physical Education in India.
3. To attain knowledge about Biological formation of Physical Education.
4. To impart knowledge about Sports Organization
5. To gain fair idea about national sports Federation/Association

Unit-I

Introduction to Physical Education (15 Hrs)

- 1.1 Meaning, Definition Physical Education, Physical Training and Physical Culture
- 1.2 Aims and Objectives of Physical Education
- 1.3 **Importance of Physical Education in present era.**
- 1.4 Misconceptions about Physical Education.
- 1.5 **Role of Physical Education with General Education.**

Unit-II

Origin and Historical Development of Physical Education (15 Hrs)

- 2.1 Physical education in Ancient Greece (Sparta- Athens)
- 2.2 Ancient Olympic Games- **Modern Olympic Games**
- 2.3 **Asian games – Common Wealth Games**
- 2.4 **Winter Olympics- Para Olympics**
- 2.5 Y.M.C.A. and its contributions.

Unit-III

Physical Education In India (15 Hrs)

- 3.1 Vedic Period (2500BC- 600BC) -,
- 3.2 Early Hindu Period (600BC- 320AD)& Later Hindu Period (320AD- 1000AD),
- 3.3 Medieval period (1000AD- 1757AD)
- 3.4 Post Mughal British Period (Before 1947),Physical Education in India (After1947)
- 3.5 **Professional courses in Physical Education**

Unit-IV

Foundation of Physical Education

(15 Hrs)

- 4.1 Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism.
- 4.2 Biological -- Growth and Development, Age and Gender characteristics, Body Types
- 4.3 Psychological -- Attitude, interest. Cognition, Emotions and Sentiments.
- 4.4 Sociological, Society and Culture, Social Acceptance and recognition
- 4.5 Leadership in Physical Education

UNIT-V

Various Schemes, Federations, Association and Trophies in Sports and Games

(15 Hrs)

- 5.1 All India Council for Sports –Sports Authority of India –Sports Development Authority Of Tamil Nadu
- 5.2 School Games Federation Of India –Association of Indian Universities- India Olympic Association
- 5.3 Trophies- Ranji Trophy , Santhosh Trophy, Maulana Abdul Khalam Azad Trophy, Burdwan Trophy
- 5.4 Uber Cup, Davis Cup, Euro Cup, Ryder Cup, Azlan Shah Cup, Barna Bellack Cup,
- 5.5 Awards and Honours –Arjuna award- Dhronacharya Award – Major Dhayan Chand Khel Ratna Award.

COURSE OUTCOMES:

1. The pass out would be able Role of Physical Education - **K2**
2. He would be able to identify and relate with the History of Physical Education.- **K2**
3. Able to comprehend the relationship between Philosophy, Education - **K5**
4. He would be able to identify the works of Philosophers of Education and Physical Education. - **K3**
5. He would know recent developments and academic foundation of Physical Education. - **K6**

Text Books:

- Bucher, Charles A (1986), Foundations of Physical Education, St. Louis: CV Mosby Company.
- Nixon, E E & Cozen, F W (1969), An Introduction to Physical Education, Philadelphia: W.B Saunders Co. Thirunarayanan, C.
- Hariharan S (1990), Analytical History of Physical Education. Karaikudi C.T & S.H Publication.
- Sandeep Kumar “history, principles and foundations in physical education’ ISBN:978-81-921354-4-1, 2016.

References:

- ❖ Bucher, C. A. (n.d.) - Foundation of physical education. St. Louis: The C.V. MosbyCo.
- ❖ Deshpande, S. H. (2014) - Physical Education in Ancient India. Amravati: Degree college of Physicaleducation.
- ❖ Dash, B.N. (2003.) –Principles of Education, Neelkamal publication, Hyderabad
- ❖ Kamlesh, M.L. (2002) –Sociological Foundation of Physical Education, Metropolitan Book co. Pvt. Ltd.,Delhi,
- ❖ Pandey, R.S.(1991) Philosophical & Sociological Foundation of Education, Vinod PustakMandir,Agra,.
- ❖ Bhatia, K.K. &Narang, C.L. (1984.)– Philosophical & Sociological Bases of Education, Prakash Bros., Ludhiana,
- ❖ Adams, William.C (1991.) – Foundation of Physical Education Exercises and Sports Sciences, Lea and Febigor,Philadelphia,
- ❖ Dr. Kamlesh M.L. (2004) - Principles and History of Physical Education and Sports, Friends Publication (India) New Delhi.

Web link:

- ✓ <https://www.aaastateofplay.com/the-history-of-physical-education/>

CO – PO MAPPING

Title of the Course: Foundation of Physical Education						Course Code: U1R3PECC1					
Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	2	2	3	3	2	3	3	3	3	2	2.6
CO2	3	3	2	3	3	3	2	3	2	3	2.7
CO3	2	3	3	3	2	3	3	2	3	3	2.7
CO4	2	2	2	2	3	2	2	2	3	2	2.2
CO5	3	3	3	3	3	3	3	3	2	3	2.9
Mean Overall Score											2.62
Result											High

THEORIES OF GAMES AND SPORTS – I

(BASKETBALL, KABADDI, BADMINTON)

Semester	: I	CIA	: 25
Credits	: 5	EXT	: 75
Course Code	: U1R3PECC2	Total	:100
Hours Per Week	: 05	Total Inst. Hours	: 75
Category of the Course:	Core Course	Nature of the Skill	: Employability

COURSEOBJECTIVES:

- 1.To impart the fundamental knowledge about the sports and games.
- 2.To understand the various scientific principles in coaching of sports and games,
- 3.To provide fundamental knowledge about sports and games.
- 4.To provide basic knowledge about Marking and officiating techniques.
- 5.To provide basic knowledge on planning, preparation and construction of marking for sports and games

Unit-I

Introduction to basketball Game (15 Hrs)

- 1.1 Origin and development of the Game
- 1.2 **Layout and Marking of Basketball Court**
- 1.3 **Court Dimension.**
- 1.4 **Equipment's and their Specifications.**
- 1.5 **Rules and Interpretation of the game.**

Unit-II

Fundamental Skills, Tactics and Training for the Basketball (15 Hrs)

- 5.1 **Basic Skills of Basketball**
- 5.2 Skill Test - Johnson Basketball Ability Test
- 5.3 **Officials – Number of Officials -Duties of Officials ,**
- 5.4 **Scoring Procedure, Score sheet**
- 5.5 **Federations, Association, Famous Personalities and Tournaments**

Unit-III

Introduction to Kabaddi Game (15 Hrs)

- 3.1 Origin and development of the Kabaddi
- 3.2 **Layout and Marking of Kabaddi Court - Court Dimension**

- 3.3 Basic Skills of Kabaddi
- 3.4 Rules and Interpretation of Kabaddi
- 3.5 Officials – Number of Officials -Duties of Officials ,
- 3.6 Kabaddi Scoring Method - Score sheets
- 3.7 Federations, Association, Famous Personalities and Tournaments

Unit-IV

Introduction to Badminton Game (15 Hrs)

- 4.1 Origin and development of the Game
- 4.2 Layout and Marking of Badminton Court
- 4.3 Court Dimension.
- 4.4 Equipment's and their Specifications.
- 4.5 Rules and Interpretation of the game.

Unit-V

Fundamental Skills, Tactics and Training for the Badminton Game (15 Hrs)

- 5.1 Basic Skills of Badminton
- 5.2 Skill Test – French Short Service Test
- 5.3 Officials – Number of Officials -Duties of Officials ,
- 5.4 Scoring Procedure, Score sheet
- 5.5 Federations, Association, Famous Personalities and Tournaments

Course outcomes

- | | |
|--|-------------|
| 1. The pass out would be oriented with the rules regulations of the chosen game- | K1 |
| 2. The pass out would be able to lay out and mark the dimensions of the court- | K3 |
| 3. He would be able to organize the concerned sports event and officiate in it - | K6 |
| 4. He would be oriented in the art of coaching the sports team | - K3 |
| 5. He shall also be able to organize Matches for respective games | - K5 |

Text books

- Aibara, E.B., (1975). Cricket. Patiala: National Institute of Sports
- Anand. R.L. (1986). Play field manual, Patiala: NIS publication.
- Book of rules of games and sports, (2005). New Delhi: National council of Y.M.C.A of India.
- Rao, E.Prasad (2002). The complete hand book on Kabaddi. Vizianagaram: Jagadamba publication

References

- ❖ Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice

- ❖ Hall. Bunn, J. W. (1972). Scientific principles of coaching.
- ❖ Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
- ❖ Coleman Brain et al. (1976), Ep Publishing Ltd.
- ❖ Tyson Frank (1985). The Cricket Coaching Manual. Calcutta, Rupa& Co.
- ❖ Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company, 1972
- ❖ Dr.Anil Sharma O.P.Sharma Rules of games sports publication 4264/3

Web link:

- ✓ <http://akilaavinuty.blogspot.com/2020/02/introduction-of-officiating-and-coaching.html>

CO – PO MAPPING

Title of the Course: Theories of Games and Sports – I (Basketball, Kabaddi, Badminton)						Course Code: U1R3PECC2					
Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	3	2	3	3	3	3	2	3	3	2.8
CO2	3	2	2	2	3	2	2	2	2	3	2.3
CO3	3	3	2	2	3	3	2	3	3	3	2.7
CO4	3	2	3	3	3	3	2	3	3	3	2.8
CO5	3	3	3	2	3	3	3	3	2	3	2.8
Mean Overall Score											2.72
Result											High

HEALTH EDUCATION AND FIRST AID

Semester	: I	CIA	: 25
Credits	: 3	EXT	: 75
Course Code	: U1R3PEDSE1:1	Total	: 100
Hours Per Week	: 04	Total Inst. Hours	: 60

Category of the Course: Discipline Specific Elective Nature of the Skill : Employability

Objectives

1. To provide the fundamentals concepts of Health Education and Aim.
2. To enable the students to understand the various communicable and non-communicable diseases.
3. To provide Knowledge about Personal Health.
4. To analyze and enhance the need of health supervision & health Instruction.
5. To provide Knowledge about first Aid for various injuries and critical situation..

Unit – I

Health Education (12Hrs)

- 1.1 Meaning, Nature, Need and Scope of health Education. Factors influencing Health
- 1.2 State, National and International health organization
- 1.3 Meaning of wellness - Health – components of Health
- 1.4 Physical and Mental Health, Community Health, Environmental Health, Occupational Health.

Unit – II

Communicable, Non-Communicable disease (12 Hrs)

- 2.1 Communicable, Non-Communicable disease and their prevention
- 2.2 Sign and symptoms and preventive measure of typhoid, Cholera, Pulmonary Tuberculosis, Malaria.
- 2.3 Non-Communicable diseases – Symptoms and Prevention of Peptic ulcer, Malignancy, Cancer, Hypertension, Diabetic mellitus.
- 2.4 Nutritional Deficiencies and their prevention through physical activity

Unit – III

Health Education in Schools (12 Hrs)

- 3.1 Need and scope of Health Education in Schools
- 3.2 Personal hygiene School health Programme.
- 3.3 Preventing alcohol, tobacco and other drugs abuses in schools

Unit – IV

Health agencies (12 Hrs)

- 4.1 Health Agencies - Structure and Functions of International and National agencies -
- 4.2 WHO, UNICEF, IRCS, FAO, UNDP, ILO and World Bank - Indian Red Cross Society,
- 4.3 JRC, IMA, TAI, Family planning Association of India, Central Social welfare Board,
- 4.4 Blood Donation - Need and Importance of Blood Donation, Guidelines for Blood Donation

UNIT – V

First Aid

(12Hrs)

5.1 Definition and importance of first aid

5.2 First aid for Athletic injuries – sprain, strain – dislocation – cramp – fracture and its types.

5.3 Sign, Symptoms and first aid for Poisoning, Drowning, Dog Bite and Burns

5.4 Types of Bleeding

5.5 Wound and its type – Contusion – Abrasion – Puncture wound – Laceration.

5.6 Artificial respiration

Course Outcome:

1. The student will be able to identify and synthesize the factors that influence health –**K2**
2. The student will be able to recognize the health related challenges in current time and able to apply the preventive measures. –**K2**
3. The student will be able to identify the role of peers, community and media in health promotion and protection. –**K3**
4. The student will be able to demonstrate the expertise in above stated domains in a school setup. –**K5**
5. The student will be able to provide first aid in times of Emergency –**K6**

Text books:

- Frank, H. & Walter, H., (1976). Turners school health education. Saint Louis: The C.V. Mosby Company.
- Odum, E.P. (1971). Fundamental of ecology. U.S.A.: W.B. Saunders Co.
- Dr. Dev Raj Yadav. “ Health Education” ISBN: 978-93-86641-04-5. Edition 2018.

References:

- Agrawal, K.C. (2001). Environmental biology. Bikaner: Nidhi publishers Ltd.
- Bensley, R. J. and Fisher, J. B (2009). Community Health Education Methods. Massachusetts: Jones and Bartlett Publishers.
- Edward, J. T. (2006). Health and Disease, New Delhi: Sports Publication.
- Anspaugh, D. J. and Ezell, G. (2003). Teaching today’s Health. USA: Allyn & Bacon.
- McKenzie, J. F. and Smeltzer, J. L (2001). Planning, Implementing, and Evaluating Health Promotion Programs: A Primer, USA: Allyn & Bacon
- First Aid to the Injured, New Delhi: St. John Ambulance Association
- School Safety Policies, Washington: America Association for Health, Physical Education and Recreation.

Weblink

- ✓ <https://www.cdc.gov/HealthyYouth/SHER/standards/index.html>

CO – PO MAPPING

Title of the Course: Health Education and First Aid						Course Code: U1R3PEDSE1:1					
Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	3	2	2	2	3	3	2	2	3	2.5
CO2	3	2	3	2	2	3	3	3	2	2	2.5
CO3	2	2	3	3	2	2	3	3	3	2	2.5
CO4	3	2	3	3	3	3	3	3	2	2	2.8
CO5	2	3	2	2	3	3	3	2	2	2	2.4
	Mean Overall Score										2.58
	Result										High

SPORTS JOURNALISM

Semester	: IV	CIA	: 25
Credit	: 3	EXT	: 75
Course code	: U1R3PEDSE1:2	Total	: 100
Hours Per Week	: 04	Total Inst. Hours	: 60

Category of the Course: Discipline Specific Elective

Nature of the Skill : Entrepreneurship

OBJECTIVES:

1. To enrich the knowledge about presenting the facts
2. To provide knowledge about on matters pertaining to sports topics and competitions
3. Provides the basic knowledge about editing, reporting, writing and communication ethics
4. Enumerate the knowledge about basics duties of sports announcers ,commentators for radio or TV
5. To provide knowledge about National and International news agencies

UNIT I

Introduction

(12 Hrs)

- 1.1 Meaning and definition of Journalism
- 1.2 Ethics of journalism
- 1.3 Sports ethics and sportsmanship
- 1.4 Reporting sports events
- 1.5 National and international Sports news agencies

UNIT II

Sports bulletin

(12 Hrs)

- 2.1 Concept of sports bulletin
- 2.2 Types of bulletin
- 2.3 Journalism and sports education
- 2.4 Structure of sports bulletin -Compiling bulletin
- 2.5 General news reporting and sports reporting

UNIT III

Mass media

(12 Hrs)

- 3.1 Youth Physical Fitness Test.
- 3.2 Tuttle Pulse Ratio Test
- 3.3 Newton Motor Ability Test

3.4 Phillips JCR Test

UNIT IV

Report writing on Sports

(12Hrs)

- 4.1 Brief review of Olympic games ,Asian games ,Commonwealth games, World Cup ,National games and Indian traditional games.
- 4.2 Preparing report of an annual sports meet for publication in newspaper
- 4.3 Organisation of press meet
- 4.4 Practical assignment to observe the matches and prepare report and news of the same
- 4.5 Visit to newspaper office and TV centre to know various departments and their works

UNIT V

Broadcast Sports

(12 Hrs)

- 5.1 Special demands on broadcast journalism
- 5.2 The broadcast sport department
- 5.3 The language of broadcast sport
- 5.4 The reporter's notebook for broadcast

Course outcomes :

1. The students will be oriented in basic art of mass communication and reporting of sports events through various mediums.
2. Know how to seek accreditation to sports events and to report on such events
3. Analysis of how sports is covered in modern media – newspaper, radio, TV, internet
4. Demonstrate analytic skills in relation to sporting events
5. Helps in the method of interviewing in different ways

Text books

- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haran and Publication
- Ahiya B.N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. Delhi: Surjeet Publications

Reference Books:

- ❖ Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
- ❖ Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
- ❖ Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- ❖ Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
- ❖ Mohit Chakrabarti (2008): Value Education: Changing Perspective, New Delhi: Kanishka Publication,.

Web link:

<https://www.nctj.com/want-to-be-a-journalist/Sportsjournalism>

CO – PO MAPPING

Title of the Course: Sports Journalism						Course Code: U1R3PEDSE1:2					
Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	2	3	3	2	3	2	2	3	2	2.6
CO2	3	3	2	3	3	3	2	3	2	3	2.7
CO3	2	3	2	3	3	3	2	3	3	2	2.6
CO4	3	2	3	3	3	2	3	2	3	3	2.7
CO5	3	2	3	2	2	3	3	3	2	2	2.6
	Mean Overall Score										2.6
	Result										High

YOGA EDUCATION

Semester	: I	CIA	: 25
Credits	: 2	EXT	: 75
Course Code	: U1R3PESEC1:1 (NME)	Total	:100
Hours Per Week	: 02	Total Inst. Hours	: 30
Category of the Course:	NME	Nature of the Skill	: <u>Employability</u>

COURSE OBJECTIVES:

- 1.To Impart the fundamental knowledge about Yoga
- 2.To understand the relationship between Fitness and wellness
- 3 To provide knowledge of Yogic practice and Techniques
- 4.To impart knowledge of pranayama and Mudras
- 5.To provide knowledge of Kriyas and Meditation

Unit-I

Introduction to Yoga

(6 Hrs)

- 1.1 Yoga -Meaning, Definition ,Importance of Yoga
- 1.2 Aims and Objectives of Yoga
- 1.3 Historical Background of Yoga
- 1.4 Importance of Yoga in Physical Education & sports
- 1.5 Contribution of Thirumoolar and Patanjali.

Unit-II

Foundation of Yoga

(6 Hrs)

- 2.1 Yoga in Bhagavat Gita
- 2.2 The Astanga Yoga- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samathi
- 2.3 Types of Yoga- Karma Yoga, JnanaYoga , Hatha Yoga, Raja Yoga, &Bhakthi Yoga.

Unit-III

Asanas

(6 Hrs)

- 3.1 Definition – Classification of Asanas
- 3.2 RelaxativeAsanas- Shavasana, Makarasana
- 3.3 Meditative Asanas – Padmasana, Vajrasana
- 3.4 Cultural Asanas – Thadasana, Patchimottasana, ArthaMatyasayendra Asana, Danurasana, Sarvangasana and Halasana.

3.5 Surya Namaskar -Techniques and Benefits

Unit-IV

(6 Hrs)

Introduction to Pranayama

4.1 Meaning and Definition – Concept of Pranayama

4.2 Guidelines for practicing Pranayama – Benefits of Pranayama

4.3 Pranayama- Nadi Suddhi, Sitali and Sitkari

4.4 Controllingofbreath: Puraka–Kumbhaka–Rechaka

UNIT-V

Introduction to Meditation and Cleansing Process

(6 Hrs)

5.1 Meditation – Meaning of Mudras, Bhandas, Khriyas.

5.2 Mudras- Chin Mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra, Prana Mudra

5.3 Kriyas- Kapalabhathi, Trataka, Neti(JalaNeti, Sutra Neti) Dhauthi(VamanaDhauthi.

5.4 Bandhas:Meaning and Definition – Types:Jalandra–Uddiyana–Mula.

COURSE OUTCOMES:

1. The pass out understand the importance of yoga in physical education and sports. - **K2**
2. Gain Knowledge about Physical Fitness Components and Wellness Components - **K2**
3. He would be able to know the various school of yoga.. - **K2**
4. He would be able learn the technique of asana, pranayama on various systems of the body. - **K5**
5. He would able learn the techniques and benefits of bandhas, kriyas and mudras - **K3**

Text Books:

- Chandrasekaran, K., (1999). Sound Health through Yoga. Sedapatti: PremKalyan Publications.
- Gharote, M.L. &Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalayadhama.
- Iyengar, B.K.S. (2001). Yoga the path to holistic health, Dorling Kindersley.
- Saraswati, Niranjanananda. (2010). Prana and Pranayama, Mungaer: Bihar School of Yoga.
- Saraswati, Satyananda. (2008). Four Chapters on Freedom, Mungaer: Bihar School of Yoga.
- Dr. Mahendra Kumar. “ Yoga Education” ISBN: 978-93-86641-03-8. Edition. 2017.

Reference books

- ❖ Bhowmil, Sanjibkumar. (2012). A text book on Yoga and Health. Delhi: Sports publication.
- ❖ Brown, F.Y. (2000). How to use yoga. Delhi: Sports Publication
- ❖ Feuersten, Georg. (2002). The yoga tradition, Delhi: Motilalbanarsidass publishers.

- ❖ Rajjan, S.M. (1985).Yoga strengthening of relaxation for sports man. New Delhi: Allied Publishers

CO – PO MAPPING

Title of the Course: Yoga Education						Course Code: U1R3PESEC1					
Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	2	3	2	2	2	3	3	2	3	3	2.5
CO2	3	2	3	3	2	3	3	3	2	3	2.7
CO3	3	3	3	3	3	2	3	3	3	3	2.9
CO4	3	2	3	3	3	3	3	3	2	3	2.8
CO5	2	3	2	3	3	3	3	3	3	3	2.8
Mean Overall Score											2.74
Result											High

LIFE STYLE DISORDERS

Semester	: I	CIA	: 25
Credits	: 2	EXT	: 75
Course Code	: U1R3PESEC1:2 (NME)	Total	: 100
Hours Per Week	: 02	Total Inst. Hours	: 30
Category of the Course:	NME	Nature of the Skill	: <u>Employability</u>

COURSEOBJECTIVES:

- 1.To Impart the fundamental knowledge about Life style disorder
- 2.To understand the Values of Good Posture.
- 3.To provide knowledge of Obesity and its Management
- 4.To impart knowledge of Heart diseases.
- 5.To provide knowledge Diabetes Mellitus

Unit-I

Introduction

(6 Hrs)

- 1.1 Meaning and Definition of Life style
- 1.2 Healthy and Unhealthy Life style
- 1.3 Need and Importance of a Healthy life style
- 1.4 Meaning and Definition of Life style Disorder
- 1.5 Causes and Prevention of Life style Disorders

Unit-II

Posture

(6 Hrs)

- 2.1 Posture – Good Posture – Bad posture
- 2.2 Values of Good Posture
- 2.3 Postural Deformities – Bow leg, Knock Knee, Flat foot, Lordosis, Kyphosis, Scoliosis
- 2.4 Corrective Exercises.

Unit-III

Obesity

(6 Hrs)

- 3.1 Meaning and Definition of Obesity
- 3.2 Body mass Index
- 3.3 Causes of Obesity
- 3.4 Obesity Management

Unit-IV

Myocardial Infarction (Heart attack) Hyper tension and Stroke (6 Hrs)

- 4.1 Meaning of Myocardial Infraction(Heart attack) Hypertension and Stroke
- 4.2 Causes and Symptoms Myocardial Infarction(Heart attack) Hypertension and Stroke
- 4.3 Treatment and Prevention Myocardial Infraction(Heart attack) Hypertension and Stroke

Unit-V

(6 Hrs)

Diabetes mellitus

- 3.1 Meaning of Diabetes Miletus
- 3.2 Causes and Symptoms Diabetes Miletus
- 3.3 Treatment and Prevention Diabetes Miletus

COURSE OUTCOMES:

- 1.The pass out understands the causes of Life style Disorder - **K2**
- 2.Gain Knowledge about Postural Deformities and their corrective exercises - **K2**
- 3.He would have a thorough Knowledge about Obesity Management - **K2**
- 4.The pass out would be able to understand about various heart diseases - **K5**
- 5.He would learn about causes symptom of Diabetes mellitus - **K3**

Text Books:

- ✓ Textbook of Medical Biochemistry for Medical Students by DM Vasudevan and Sreekumari S. 5th edition, Japee Brothers, Medical Publishers, ISBN 81-8448-124-1:9788184481242.
- ✓ Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu& Jeff Lumiri, 2018.
- ✓ Lifestyle Diseases: Lifestyle Disease Management by Cliff Nyambichu (Author), Jeff Lumiri (Editor)ASIN : B079V77DBM
- ✓ Lifestyle Medicine: Lifestyle, the Environment and Preventive Medicine in Health and Disease, Third Edition.ISBN: 0128104260, 9780128104262 Editors: Michael Sagner, Garry Egger, Andrew ...

Reference books

- ❖ Guide to Prevention of Lifestyle Diseases by R. Kumar (Author), M. Kumar (Author), Deep & Deep Publications, ISBN-13: 978-8176295185.
- ❖ Kenneth B. Matheny, (1992) Stress And Strategies for Lifestyle Management, Published by Georgia State University Business Press
- ❖ Akira Miyazaki et al, “New Frontiers in Lifestyle-Related Disease”, Springer, 2008

- ❖ Lifestyle in Heart Health and Disease 1st Edition - January 18, 2018 **Editors:** Ronald Watson, Sherma Zibadi ISBN: 9780128112793 , eBook ISBN: 9780128112809

CO – PO MAPPING

Title of the Course: Lifestyle Disorders						Course Code: U1R3PESEC1:2					
Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	2	3	2	2	2	3	3	2	3	3	2.5
CO2	3	2	3	3	2	3	3	3	2	3	2.7
CO3	3	3	3	3	3	2	3	3	3	3	2.9
CO4	3	2	3	3	3	3	3	3	2	3	2.8
CO5	2	3	2	3	3	3	3	3	3	3	2.8
Mean Overall Score											2.74
Result											High

PRACTICAL – GAMES AND SPORTS – I
(BASKETBALL, KABADDI, BADMINTON)

Semester	: I	CIA	: 40
Credits	: 2	EXT	: 60
Course Code	: U1R3PEFCP	Total	: 100
Hours Per Week	: 02	Total Inst. Hours	: 30
Category of the Course:	Core Course	Nature of the Skill	: Employability

COURSEOBJECTIVES:

- 1.To impart the fundamentals of knowledge about the of sports and games.
- 2.To understand the various scientific principles in coaching of sports and games,
- 3.To provide fundamental knowledge about sports and games.
- 4.To provide basic knowledge about Marking and officiating techniques.
- 5.To provide basic knowledge on planning, preparation and construction of marking for sports and games

Unit-I

Introduction to Basketball Game (6 Hrs)

- 1.1 Layout and Marking of Basketball Court – Court Dimension
- 1.2 Equipment's and their Specification
- 1.3 Rules and Interpretation of the in Basketball
- 1.4 Official Signals in Basketball

Unit-II

Fundamental Skills, Tactics and Training for the Basketball Game (6 Hrs)

- 2.1 Basic Skills of Basketball
- 2.2 Basketball Skill Tests
- 2.3 Lead up activity for the Fundamental Skill in Basketball
- 2.4 Specific Exercises for the various skill in Basketball
- 2.5 Scoring in Basketball

Unit-III

Introduction to Kabaddi Game (6 Hrs)

- 3.1 Layout and Marking of Kabaddi Court-Court Dimension
- 3.2 Basic Skills of Kabaddi
- 3.3 Rules and Interpretation of Kabaddi

3.4 Official Signals in Kabaddi

3.5 Scoring in Kabaddi.

Unit-IV

Introduction to basketball Game

(6 Hrs)

4.1 Layout and Marking of Badminton Court- Court Dimension

4.2 Equipment's and their Specification

4.3 Rules and Interpretation of the in Badminton Game

4.4 Official Signals in Badminton

Unit-V

Fundamental Skills, Tactics and Training for the Badminton Game

(6 Hrs)

5.1 Basic Skills of Badminton

5.2 Badminton Skill Tests for the Game

5.3 Lead up activity for the Fundamental Skill in Badminton

5.4 Specific Exercises for the various skill in Badminton

5.5 Scoring in Badminton

Course outcomes

- 1.The pass out would be oriented with the rules regulations of the chosen game - **K1**
- 2.The pass out would be able to lay out and mark the dimensions of the court - **K3**
3. He would be able to organize the concerned sports event and officiate in it - **K6**
4. He would be oriented in the art of coaching the sports team - **K3**
5. He shall also be able to organize Matches for respective games - **K5**

Text books

- Aibara, E.B., (1975). Cricket. Patiala: National Institute of Sports
- Anand. R.L. (1986). Play field manual, Patiala: NIS publication.
- Book of rules of games and sports, (2005). New Delhi: National council of Y.M.C.A of India.
- Rao, E.Prasad (2002). The complete hand book on Kabaddi. Vizianagaram: Jagadamba publication

References

- ❖ Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice
- ❖ Hall. Bunn, J. W. (1972). Scientific principles of coaching.
- ❖ Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
- ❖ Coleman Brain et al. (1976), Ep Publishing Ltd.
- ❖ Tyson Frank (1985). The Cricket Coaching Manual. Calcutta, Rupa& Co.
- ❖ Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company, 1972

❖ Dr.Anil Sharma O.P.Sharma Rules of games sports publication 4264/3

Web link:

✓ <http://akilaavinuty.blogspot.com/2020/02/introduction-of-officiating-and-coaching.html>

CO – PO MAPPING

Title of the Course: Practical – Games and Sports – I (Basketball, Kabaddi, Badminton) SEC-1						Course Code: U1R3PEFCP					
Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	3	2	3	3	3	3	2	3	3	2.8
CO2	3	2	2	2	3	2	2	2	2	3	2.3
CO3	3	3	2	2	3	3	2	3	3	3	2.7
CO4	3	2	3	3	3	3	2	3	3	3	2.8
CO5	3	3	3	2	3	3	3	3	2	3	2.8
	Mean Overall Score										2.72
	Result										High

ORGANIZATION , ADMINISTRATION IN PHYSICAL EDUCATION

Semester	:	II	CIA	: 25
Credits	:	5	EXT	: 75
Course Code	:	U2R3PECC3	Total	:100
Nature of the Course	:	Employability	Instruction Hours	: 75

COURSE OBJECTIVES:

- To apprehend the organization and administration planning.
- To know the importance, types and structures of tournament.
- To comprehend office management, record, register and budget criteria.
- To attain efficiency in time table management and equipment maintenance.
- To understand the needs and principles of supervision.

Unit -I

Organization and Administration (15 hours)

- 1.1 Meaning, Need and importance of organization and administration in physical education.
- 1.2 **Qualification and Responsibilities of Physical Education Teacher.**
- 1.3 **Program planning- Meaning, Importance, Principles of program planning in physical education**
- 1.4 **Functions of Planning - Organizing, Staffing, Directing, Communicating, Coordination, Controlling, Evaluating and Innovating**

Unit-II

Competition Organization (15 hours)

- 2.1 **Tournaments - Importance ,Types of Tournament and its organization structure**
- 2.2 **Knock-out Tournaments, League or - Round Robin Tournaments, Combination Tournament**
- 2.3 **Organization structure of Athletic Meet**
- 2.4 **Intramurals, Extramural planning of organizing Tournament..**

UnitIII

Office Management, Record, Register & Budget - (15 hours)

- 3.1 **Office Management: Meaning, definition, functions and kinds of office management**
- 3.2 **Records and Registers:-Maintenance of attendance Register, stock Register, Medical examination Record**

- 3.3 Budget: Meaning, Importance of Budget making
- 3.4 Criteria of a good Budget, Sources of Income, Expenditure,
- 3.5 Preparation of Budget

Unit IV

Facilities & Time-Table Management

(15 hours)

- 4.1 Equipment- Need, importance, purchase, care and maintenance ,
- 4.2 Facilities -Types -Infrastructure –indoor, outdoor , Care of Gymnasium, swimming pool, play fields, play grounds
- 4.3 Time Table Management: Meaning, Need, Importance and factors affecting time table.

Unit-V

Supervision - (15 hours)

- 5.1 Meaning and Need for Supervision
- 5.2 Guiding principles of Supervision.
- 5.3 Functions of the Supervisor
- 5.4 Methods in supervision: Visits – Periodical, Surprise, Request, Visitation Procedure - Report on the visit.

Course outcomes

- Understand the Principles and Process of Administration and Management - **K2**
- Administer Physical Education and Sports Programme in Schools - **K3**
- Develop appropriate Physical Education Curriculum, Tools and Budget to manage School Programmes. - **K3**
- Apprise and Manage Physical education Facilities and timetable management in school - **K3**
- Know the various methods in supervision. - **K2**

Text Books:

- Hughes , L.W. and French, E. (1990) The Administration of Physical Education, Ronald Press Co
- Thomas .J.P. (1969) Organization & Administration in Physical Education
- Ruth Bradley (2010) Keeping Records and Budgets:Loyal Press Publisher
- John By (1990) Organizing Successful Tournaments, Human kinetics

Reference

- ❖ Greenberg (2018) Organization and Administration of Physical Education: Human Kinetics Publisher
- ❖ Leslie William Irwin (1960) Principles and Techniques of Supervision in Physical Education: W.C.Brown Company
- ❖ Reddy (2011) Administration and Management of Physical Education Sports, Friends kinetics.
- ❖ Chandra shekar (2009) Sports Administration, New Delhi, Khel Sahitya Kendra.
- ❖ March krotee (2007) Management of Physical Education and Sports, Tata MC Graw –Hill
- ❖ Charles Bucher, Jay S.shivers,Richard D.Bucher (1984,1974) Recreation for today’s Society, Newjersey.
- ❖ John By (1990) Organizing Successful Tournaments, Human kinetics.

CO – PO MAPPING

Title of the Course: Organization , Administration in Physical Education						Course Code: U2R3PECC3					
Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	2	3	3	3	3	3	2	2	3	3	2.8
CO2	3	2	3	3	3	2	3	3	3	3	2.8
CO3	2	3	2	3	2	3	3	2	2	3	2.5
CO4	3	2	3	2	3	3	3	3	3	2	2.7
CO5	2	3	2	3	3	3	3	2	3	3	2.7
	Mean Overall Score										2.7
	Result										High

ANATOMY AND PHYSIOLOGY

Semester	: II	CIA	: 25
Credits	: 5	EXT	: 75
Course code	: U2R3PECC4	TOTAL	: 100
Nature of the Course:	Skill development	Instruction Hours	: 75

Objectives

- To understand the basic principles and systematic anatomic structures
- To enumerate knowledge about various subject matter related to anatomy
- To analyze the knowledge of various anatomical structure and their function
- To remember and recall the structure and functions of various systems of our body.
- Appraise the effects of various glands in our body.

Unit-I .

Introduction (15 Hrs)

- 1.1 Meaning -definition -Need and importance of anatomy and physiology
- 1.2 Cell-Structure and Functions of various parts of the Cell- Cell division
- 1.3 Tissues-types of tissues -(Epithelial, Muscular, Connective, and Nerves tissues)
- 1.4 Subject matter of Anatomy and Physiology - Myology, Histology, Osteology, Anthology, Dermatology, Ophthalmology, Cardiology, Neurology, Nephrology

Unit-II

Skeletal System (15 Hrs)

- 2.1 Skeletal system – function, Bones- Classifications
- 2.2 Bones of Skull, Trunk, Upper limb, Lower limb –Structure and Parts.
- 2.3 Joints-Definition - Functions
- 2.4 Functional and structural classification of Joints

Unit-III (15 Hrs)

Circulatory system & Respiratory system

- 3.1 Circulatory system – Heart, Blood vessels, Blood
- 3.2 Concept of stroke volume, cardiac output - Blood Pressure.
- 3.3 Blood-Constitutions of Blood-Functions of Blood-Blood Groups-Blood Clotting Mechanism
- 3.4 Respiratory System , mechanism of respiration Lung Volume, Lung Capacities

Unit-IV

(15 Hrs)

Digestive system & Nervous system

- 4.1 Structural units and functional mechanism of digestive system
- 4.2 Liver , Pancreas –Structure and Functions
- 4.3 Excretory System – Kidney, Skin - Structure and functions.
- 4.4 Classification of Nervous System – Central Nervous System, Peripheral Nervous System- structure and functions

Unit-V

(15 Hrs)

Endocrine System

- 5.1 Classification of Glands,
- 5.2 Pituitary, Thyroid, - Structure and functions
- 5.3 Parathyroid, Adrenal and Pancreas. Role in growth, development & regulations of Body functions
- 5.4 Difference between Hormones and Enzymes

Course outcomes

- The student will be oriented with the basic structure and function of human body - **K2**
- He would be able to Relate and interpret the role of exercise on Body systems - **K3**
- Adapt the art to apply the knowledge of anatomy and physiology - **K3**
- Construct anatomy and physiology related pedagogical materials exploring their creative imaginations - **K6**
- Knows the need and importance of anatomy and physiology in the field of Physical Education - **K4**

Text books

- Pearce, Evelyn B., (1979) Anatomy and physiology for Nurses, London: Faber and Faber Ltd.
- Wilmore, Jack H and Costill, David L. (1994). Physiology of Sports and Exercise. Human kinetics.
- Wilson, Kathleen J. W. (1987). Anatomy and Physiology, Health and illness. 6thEdition. Churchill Livingstone Edinburgh.Publication.
- Dr. Harsh Kumar Yadav, “ Anatomy and Physiology” ISBN: 978-81-921352-1-2. Edition. 2016.

Reference

- ❖ Pearce, Evelyn B., (1979) Anatomy and physiology for Nurses, London: Faber and Faber Ltd.
- ❖ Wilmore, Jack H and Costill, David L. (1994). Physiology of Sports and Exercise. Human kinetics.
- ❖ Wilson, Kathleen J. W. (1987). Anatomy and Physiology, Health and illness. 6thEdition. Churchill Livingstone Edinburgh.Publication.

- ❖ Dr. Harsh Kumar Yadav, “ Anatomy and Physiology” ISBN: 978-81-921352-1-2. Edition. 2016.
- ❖ Get Body Smart (2016) An online examination of human anatomy and physiology-Animated Text Narrations and Quizzes to Explain the Structures and Functions of the Human Body Systems. [Online] Available from: <http://www.getbodysmart.com/> [Accessed 20th July 2016].
- ❖ Hall, J. E. & Guyton, A. C. (2011).Guyton and Hall textbook of medical physiology. Philadelphia, PA, Saunders Elsevier.

Weblinks

- ✓ Jam Campus (2018) THE PARTS OF A CELL SONG. [online video] Available at: <https://www.youtube.com/watch?v=NkC9AiJf7gI> [Accessed 03 July 2018].
- ✓ JCCCvideo (2010) the Plasma Membrane. [online video] Available at: <https://www.youtube.com/watch?v=moPJkCbKjBs> [Accessed 03 July 2018].
- 11. Manocchia. P. (2007) Anatomy of Exercise-A trainer’s inside guide to your workout. New York, A & C Black.

CO – PO MAPPING

Title of the Course: Introduction of Anatomy and Physiology						Course Code: U2R3PECC4					
Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PO1	PO2	PO3	PO4	PO5	
CO1	3	3	2	2	3	3	2	2	3	3	2.6
CO2	3	2	2	3	2	3	3	2	3	3	2.6
CO3	3	3	3	2	3	2	3	2	3	3	2.7
CO4	3	3	3	3	3	3	2	2	3	3	2.8
CO5	3	2	3	2	3	3	3	3	3	3	2.8
Mean Overall Score											2.7
Result											High

THEORIES OF GAMES AND SPORTS – II
(VOLLEYBALL, KHO-KHO, FOOTBALL)

Semester	: II	CIA	: 25
Credits	: 3	EXT	: 75
Course Code	: U2R3PEDSE2	Total	:100
Nature of the Course	: Employability	Instruction Hours	: 60

COURSE OBJECTIVES:

- To impart the fundamentals of knowledge about sports and games.
- To understand the various scientific principles in coaching of sports and games,
- To provide fundamental knowledge about sports and games.
- To provide basic knowledge about Marking and officiating techniques.
- To provide basic knowledge on planning, preparation and construction of marking for sports and games

Unit-I

Introduction to Volleyball (12 Hrs)

- 1.1 Origin and development of the Game
- 1.2 **Layout and Marking of Volleyball Court**
- 1.3 **Court Dimension.**
- 1.4 **Equipment's and their Specifications.**
- 1.5 **Rules and Interpretation of the game.**

Unit-II

Fundamental Skills, Tactics and Training for Volleyball (12 Hrs)

- 2.1 **Basic Skills of Volleyball**
- 2.2 **Skill Test – Brady Volleyball Test**
- 2.3 **Officials – Number of Officials -Duties of Officials ,**
- 2.4 **Scoring Procedure, Score sheet**
- 2.5 **Federations, Association, Famous Personalities and Tournaments**

Unit-III

Introduction to Kho-Kho (12 Hrs)

- 3.1 Origin and development of the Kho-Kho
- 3.2 **Layout and Marking of Kho-Kho**
- 3.3 **Court - Court Dimension**

- 3.4 Basic Skills of Kho-Kho
- 3.5 Rules and Interpretation of Kho-Kho
- 3.6 Officials – Number of Officials -Duties of Officials ,
- 3.7 Scoring Method - Score sheet
- 3.8 Federations, Association, Famous Personalities and Tournaments

Unit-IV

Introduction to Football

(12 Hrs)

- 4.1 Origin and development of the Game
- 4.2 Layout and Marking of Football Field
- 4.3 Field Dimension.
- 4.4 Equipment's and their Specifications.
- 4.5 Rules and Interpretation of the game.

Unit-V

Fundamental Skills, Tactics and Training for Football

(12 Hrs)

- 5.1 Basic Skills of Football
- 5.2 Skill Test – McDonald Soccer Test
- 5.3 Officials – Number of Officials -Duties of Officials ,
- 5.4 Scoring Procedure, Score sheet
- 5.5 Federations, Association, Famous Personalities and Tournaments

Course outcomes

- The pass out would be oriented with the rules regulations of the games - **K1**
- The pass out would be able to lay out and mark the dimensions of the court - **K3**
- He would be able to organize the concerned sports event and officiate in it - **K6**
- He would be oriented in the art of coaching the sports team - **K3**
- He shall also be able to organize Matches for respective games - **K5**

Text books

- Anand. R.L. (1986). Play field manual, Patiala: NIS publication.
- Book of rules of games and sports, (2005). New Delhi: National council of Y.M.C.A of India.
- Rao, E.Prasad (2002). The complete hand book on Kabaddi. Vizianagaram: Jagadamba publication

References

- ❖ Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice
- ❖ Hall. Bunn, J. W. (1972). Scientific principles of coaching.
- ❖ Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
- ❖ Coleman Brain et al. (1976), Ep Publishing Ltd.
- ❖ Tyson Frank (1985). The Cricket Coaching Manual. Calcutta, Rupa& Co.
- ❖ Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company, 1972
- ❖ Dr.Anil Sharma O.P.Sharma Rules of games sports publication 4264/3

Web link:

- ✓ <http://akilaavinuty.blogspot.com/2020/02/introduction-of-officiating-and-coaching.html>

CO – PO MAPPING

Title of the Course: Theories of Games and Sports – II (Volleyball, Kho-Kho, Football)						Course Code: U2R3PEDSE2					
Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	3	2	3	3	3	3	2	3	3	2.8
CO2	3	2	2	2	3	2	2	2	2	3	2.3
CO3	3	3	2	2	3	3	2	3	3	3	2.7
CO4	3	2	3	3	3	3	2	3	3	3	2.8
CO5	3	3	3	2	3	3	3	3	2	3	2.8
Mean Overall Score											2.72
Result											High

NUTRITION FOR HEALTHY LIFE

Semester	: II	CIA	: 25
Credits	: 2	EXT	: 75
Course code	: U2R3PESEC2:1(NME)	TOTAL	: 100
Nature of the Course:	Skill Development	Instruction Hours	: 30

Objectives

- To introduce the students to the fundamentals of Nutrition, food and health
- To familiarize them with importance of nutrition during various stages of life.
- To impart knowledge regarding management of nutritional disorders.
- To emphasize on the Nutritional Problem faced by the community
- Imparting Diet plan for all age groups.

Unit-I

Nutrition (6Hrs)

- 1.1 Nutrition – Definition, Objectives,
- 1.2 Principles and scope of nutrition and health education
- 1.3 Importance & Role of nutrition
- 1.4 Nutritional guidelines for health and fitness

Unit-II

Introduction to Nutritional deficiency (Causes, symptoms, treatment, prevention) (6 Hrs)

- 2.1 Protein Energy Malnutrition PEM)
- 2.2 Vitamin A Deficiency (VAD)
- 2.3 Iron Deficiency Anemia (IDA), Iodine Deficiency Disorders (IDD)
- 2.4 Zinc Deficiency ,Fluorosis

Unit-III

Obesity and Weight Management (6 Hrs)

- 3.1 Obesity – definition and causes
- 3.2 Health complications of overweight and obesity.
- 3.3 Diet and exercise for weight management
- 3.4 Principles of planning weight reducing diets

Unit-IV

Nutritional problems affecting the community (6 Hrs)

- 4.1 Under nutrition, Nutritional Anemia
- 4.2 Severe Acute Malnutrition and Moderate Acute Malnutrition.
- 4.3 Over nutrition
- 4.4 Eating disorder

Unit-V

Nutrition for All (6 Hrs)

- 5.1 Infants – Pre school children
- 5.2 School children - Adolescents
- 5.3 Adulthood and old age
- 5.4 Sports person/athletes

Course outcomes:

- Learned about nutrition, its basic guidelines and its role
- Gain the knowledge about Nutritional deficiency
- Provided the basic knowledge of weight management in modern era.
- Understood the concept of design diet plan for all age groups.
- Fair idea about the nutritional problem faced by the community.

Text books

- Compton Jenkins, (2007) Dynamics of Fitness & Health, Kendall/Hut Publishing
- Ken Hardman, (2011), Contemporary Issues in Physical Education, Meyer & Meyer Sport
- Mcglynn, G., (1993). Dynamics of fitness. Madison: W.C.B Brown
- Sharkey, B. J.(1990). Physiology of fitness, Human Kinetics Book.
- Dr. S. Durbey and K. Singh, “ Sports Nutrition and Weight Managements” ISBN:978-93-86641-02-1, 2016.

References

- ❖ Denford, H.G. Recreation in the American community, Harper & Brothers Publishers, New York, 1953.
- ❖ Butler GD. Introduction of Community Recreation McGraw – Hill Book Company, New York, 1949.
- ❖ Royappa, D.J., Govind Rajulu, L.K. Camping and Education, Jupiter Press Private Ltd, Madras
- ❖ Rubin, R. Book of Camping, N.V. Assn Press, 1949.
- ❖ Torkildsen, G. Leisure and recreation Management, E.& F.N. Span Ltd., New York, 1986.
- ❖ Difiore, J.(1998). Complete guide to postnatal fitness. London: A & C Black
- ❖ Giam, C.K & The K.C. (1994). Sport medicine exercise and fitness. Singapore: P.G. Medical Book

Weblink

- www.wikinvest.com/concept/Health_%26_Wellness

CO – PO MAPPING

Title of the Course: Nutrition for Healthy life						Course Code: U2R3PESEC2:1(NME)					
Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	2	3	2	3	2	3	2	3	2	2	2.4
CO2	2	2	3	3	3	3	2	3	2	3	2.6
CO3	3	2	2	2	3	3	2	2	2	3	2.4
CO4	2	2	3	2	3	3	2	3	2	2	2.4
CO5	3	3	2	3	3	2	3	2	3	2	2.6
Mean Overall Score											2.6
Result											High

SAFETY EDUCATION AND FIRST AID

Semester	: II	CIA	: 25
Credits	: 2	EXT	: 75
Course code	: U2R3PESEC2:2(NME)	TOTAL	: 100
Nature of the Course:	Skill Development	Instruction Hours	: 30

Course Objectives

- To teach basic knowledge about safety education.
- To provide basic knowledge about first aid techniques.
- To provide awareness about injury management
- To teach safety measures in different environment.
- Learns about giving first aid for health problems.

Unit-I

Introduction (6 Hrs)

- 1.1. Meaning and Definition of Safety and Safety Education,
- 1.2 **Factors Contributing Safety-Objectives of teaching programme on Safety**
- 1.3. Meaning and Definition of Accident-**Types of Accident, Need of teaching Safety Education**
- 1.4 **Safety against Poisons- Animals- Insects- Instruments –Infected water.**

Unit-II

Safety education (6 Hrs)

- 2.1. **Safety at Home – Safety at School**
- 2.2. **Safety on the Roads (Traffic rules and regulations, traffic signals , Traffic, symbols)**
- 2.3. **Safety in Physical Education and Sports**
- 2.4 **Safety in Play area, Gymnasium –Swimming Pool. Safety on camps**

Unit-III

First aid (6Hrs)

- 3.1. Meaning and Definition of First Aid
- 3.2. The aims of first aid. The responsibility of the First aider..
- 3.3. Priority of the treatment by First aider, Major first aid techniques
- 3.4 First aid kit – Rules of First aid – ABC Rule

Unit-IV

Safety Management of Injuries

(6 Hrs)

- 4.1. Fracture – Causes – Types- Symptoms- Management
- 4.2. Dislocation-Causes –Symptoms-Management, Sprain-Causes-Symptoms-Management.
- 4.3. Strain-Causes –Symptoms- Management, Cramp-Causes-Symptoms-Management
- 4.4. Wounds-Causes-Types-Management. Bleeding-Types-Forms-Symptoms Management

Unit-V

Safety Management for Health Problems

(6 Hrs)

- 5.1. Unconsciousness- Causes-Symptoms-Management. Fainting-Causes-Symptoms-Management
- 5.2. Heart Attack-Causes–Symptoms-Management, Stroke-Causes- Symptoms-Management
- 5.3. Asthma-Causes–symptoms-management, Epilepsy-Causes- Symptoms-Management...
- 5.4. First Aid for Shock-Drowning-Poisoning-Dog bite-Snake bite-Burn

Course outcomes:

- | | | |
|--|---|-----------|
| ➤ Provided the basic knowledge about sports medicine. | - | K1 |
| ➤ Gains a knowledge about safety measures in different environment | - | K2 |
| ➤ Learned the fundamental concepts of safety and first aid. | - | K3 |
| ➤ Understands the concept of injuries management. | - | K4 |
| ➤ Understands the concept of Health problem management | - | K5 |

Text books

- Mathew, D.K. & Fox, E.L, (1971). Physiological basis of physical education and athletics. Philadelphia: W.B. Saunders Co.

- Williams, J. G. P. (1962). Sports medicine. London: Edward Arnold Ltd.
- Dr. Hement Varma, “ Sports Medicine” ISBN:978-81-921352-7-4. Edition 2016.

References:

- ❖ L.G. Gupta Mammal of First Aid & Abhitabh Gupta
- ❖ Park and Park “Preventive and social medicine”
- ❖ Anderson “School Health Practice”.
- ❖ Bedi Yashpal “Social and Preventive medicine”.

CO – PO MAPPING

Title of the Course: Safety education and first aid						Course Code: U2R3PESEC2:2(NME)					
Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	2	3	2	3	3	3	3	2	2	2.6
CO2	2	3	2	3	3	3	2	3	3	2	2.6
CO3	3	2	3	3	3	3	3	3	3	3	2.9
CO4	3	3	2	3	3	3	2	3	3	3	2.8
CO5	3	2	3	3	3	3	2	2	3	2	2.6
Mean Overall Score											2.7
Result											High

PRACTICAL – GAMES AND SPORTS – II

(VOLLEYBALL, KHO-KHO, FOOTBALL)

Semester	: II	CIA	: 40
Credits	: 2	EXT	: 60
Course Code	: U2R3PESEC3P	Total	: 100
Nature of the Course	: Employability	Instruction Hours	: 30

COURSE OBJECTIVES:

- To impart the fundamentals of knowledge about the of sports and games.
- To understand the various scientific principles in coaching of sports and games,
- To provide fundamental knowledge about sports and games.
- To provide basic knowledge about Marking and officiating techniques.
- To provide basic knowledge on planning, preparation and construction of marking for sports and games

Unit-I

Introduction to Volleyball Game

(6 Hrs)

- 1.1 **Layout and Marking of Volleyball Court – Court Dimension**
- 1.2 **Equipment and their Specification**
- 1.3 **Rules and Interpretation of Volley ball**
- 1.4 **Official Signals in Volleyball**

Unit-II

Fundamental Skills, Tactics and Training for the Volley ball

(6 Hrs)

- 2.1 **Basic Skills of Volleyball**
- 2.2 **Volleyball Skill Tests**
- 2.3 **Lead up activity for the Fundamental Skill in Volleyball**
- 2.4 **Specific Exercises for the various skill in Volleyball**
- 2.5 **Scoring in Volleyball**

Unit-III

Introduction to Kho-Kho Game

(6 Hrs)

- 3.1 **Layout and Marking of Kho-Kho Court-Court Dimension**
- 3.2 **Basic Skills of Kho-Kho**
- 3.1 **Rules and Interpretation of Kho-Kho**
- 3.2 **Official Signals in Kho-Kho**
- 3.3 **Scoring in Kho-Kho**

Unit-IV

Introduction to Football Game

(6 Hrs)

- 4.1 Layout and Marking of Football Field- Football Field Dimension
- 4.2 Equipment and their Specification
- 4.3 Rules and Interpretation of the in Football Game
- 4.4 Official Signals in Football

Unit-V

Fundamental Skills, Tactics and Training for the Football Game

(6 Hrs)

- 5.1 Basic Skills of Football
- 5.2 Football Skill Test
- 5.3 Lead up activity for the Fundamental Skills in Football
- 5.4 Specific Exercises for the various skills in Football
- 5.5 Scoring systemss in Football

Course outcomes

- The pass out would be oriented with the rules regulations of games - **K1**
- The pass out would be able to lay out and mark the dimensions of the court - **K3**
- He would be able to organize the concerned sports event and officiate in it - **K6**
- He would be oriented in the art of coaching the sports team - **K3**
- He shall also be able to organize Matches for respective games - **K5**

Text books

- Anand. R.L. (1986). Play field manual, Patiala: NIS publication.
- Book of rules of games and sports, (2005). New Delhi: National council of Y.M.C.A of India.
- Rao, E.Prasad (2002). The complete hand book on Kabaddi. Vizianagaram: Jagadamba publication
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References

- ❖ Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice
- ❖ Hall. Bunn, J. W. (1972). Scientific principles of coaching.
- ❖ Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). The mechanics of athletics. London: University of London Press Ltd.
- ❖ Coleman Brain et al. (1976), Ep Publishing Ltd.
- ❖ Tyson Frank (1985). The Cricket Coaching Manual. Calcutta, Rupa& Co.

- ❖ Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company, 1972
- ❖ Dr.Anil Sharma O.P.Sharma Rules of games sports publication 4264/3

Web link:

- ✓ <http://akilaavinuty.blogspot.com/2020/02/introduction-of-officiating-and-coaching.html>

Title of the Course: Practical – Games and Sports – II (Volleyball, Kho-Kho, Football) SEC-3						Course Code: U2R3PESEC3P					
Course Outcomes (COs)	Programme Outcomes (POs)					Programme Specific Outcomes (PSOs)					Mean Score of COs
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	3	2	3	3	3	3	2	3	3	2.8
CO2	3	2	2	2	3	2	2	2	2	3	2.3
CO3	3	3	2	2	3	3	2	3	3	3	2.7
CO4	3	2	3	3	3	3	2	3	3	3	2.8
CO5	3	3	3	2	3	3	3	3	2	3	2.8
Mean Overall Score											2.72
Result											High