

FOUNDATION OF PHYSICAL EDUCATION AND SPORTS

Semester	: I	CIA	: 25
Credits	: 5	EXT	: 75
Course Code	: U1R3PECC1	Total	:100
Nature of the Course: Employability		Instruction Hours : 75	

COURSE OBJECTIVES:

- To provide knowledge about fundamental course of physical Education.
- To give understanding about historical development about physical education in india.
- To attain knowledge about biological formation of Physical Education.
- To impart knowledge about sports organization
- 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 (After 1947)
- 3.5 Professional courses in Physical Education

Unit-IV

Foundation of Physical Education

(15Hrs)

- 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:

- The pass out would be able Role of Physical Education - **K2**
- He would be able to identify and relate with the History of Physical Education.- **K2**
- He would be able to comprehend the relationship between Philosophy, Education and Physical Education. - **K5**
- He would able to identify the works of Philosophers of Education and Physical Education. - **K3**
- 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.
- HariharanS(1990), Analystical 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. Mosby Co.
- ❖ Deshpande, S. H. (2014) - Physical Education in Ancient India. Amravati: Degree college of Physical education.
- ❖ 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
Nature of the Course:	Employability, Skill Development	Instruction Hours	: 75

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 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 ,Officials – Number of Officials -Duties of Officials ,
- 3.5 Kabaddi Scoring Method - Score sheets
- 3.6 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

- The pass out would be oriented with the rules regulations of the chosen game- **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

- 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
Nature of the Course:	Employability	Instruction Hours	: 60

Objectives

- To provide the fundamentals concepts of Health Education and Aim.
- To enable the students to understand the various communicable and non-communicable diseases.
- To provide Knowledge about Personal Health.
- To analyze and enhance the need of health supervision & health Instruction.
- 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, Environment health, Occupational health.

Unit – II

Communicable, Non-Communicable disease (12Hrs)

- 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 (12Hrs)

- 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 (12Hrs)

- 5.1 Health Agencies-Structure and Functions of International and National agencies-
- 5.2 WHO, UNICEF, IRCS, FAO, UNDP, ILO and World Bank-Indian Red Cross Society,
- 5.3 JRC, IMA, TAI, Family planning Association of India, Central Social welfare Board,
- 5.4 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 Bit and Burns

5.4 Types of Bleeding

5.5 Wound and its type – Contusion – Abrasion – Puncher 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 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	: I	CIA	: 25
Credit	: 3	EXT	: 75
Course code	: U1R3PEDSE1:2	Total	: 100
Nature of the course	: Entrepreneurship, Skill Development	Instruction hours	: 60

OBJECTIVES:

- To enrich the knowledge about presenting the facts
- To provide knowledge about on matters pertaining to sports topics and competitions
- Provides the basic knowledge about editing, reporting, writing and communication ethics
- Enumerate the knowledge about basics duties of sports announcers ,commentators for radio or TV
- 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 :

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

Text books

- Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. HaranandPublication
- 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. HaranandPublication
- ❖ Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: LotusPress.
- ❖ Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava CollegePublication
- ❖ MohitChakrabarti (2008): Value Education: Changing Perspective, New Delhi: KanishkaPublication,.

Web link:

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

CO – PO MAPPING

Title of the Course: Sport 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	Total	: 100

Nature of the Course: **Employability, Entrepreneurship, Skill Development**

Instruction Hours : 30

COURSE OBJECTIVES:

- To Impart the fundamental knowledge about Yoga
- To understand the relationship between Fitness and wellness
- To provide knowledge of Yogic practice and Techniques
- To impart knowledge of pranayama and Mudras
- 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, Jnana Yoga , Hatha Yoga, Raja Yoga, & Bhakthi Yoga.

Unit-III

Asanas (6 Hrs)

- 3.1 Definition – Classification of Asanas
- 3.2 Relaxative Asanas- Shavasana, Makarasana
- 3.3 Meditative Asanas – Padmasana, Vajrasana
- 3.4 Cultural Asanas – Thadasana, Patchimottasana, Artha Matyasayendra 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 Controlling of breath: 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- Kapalabhati, Trataka, Neti(Jala Neti, Sutra Neti) Dhauti(Vamana Dhauti).
- 5.4 Bandhas: Meaning and Definition – Types: Jalandra – Uddiyana – Mula.

COURSE OUTCOMES:

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

Text Books:

- Chandrasekaran, K., (1999). Sound Health through Yoga. Sedapatti: Prem Kalyan Publications.
- Gharote, M.L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
- 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, Sanjib kumar. (2012). A text book on Yoga and Health. Delhi: Sports publication.
- ❖ Brown, F.Y. (2000). How to use yoga. Delhi: Sports Publication
- ❖ Feuerstein, Georg. (2002). The yoga tradition, Delhi: Motilal banarsidass 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: U1R3PESEC1:1					
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	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	Total	: 100
Nature of the Course:	Employability, Skill Development	Instruction Hours	: 30

COURSE OBJECTIVES:

- To Impart the fundamental knowledge about Life style disorder
- To understand the Values of Good Posture.
- To provide knowledge of Obesity and its Management
- To impart knowledge of Heart diseases.
- 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 (6Hrs)

- 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)

3.6 Meaning of Myocardial Infarction(Heart attack) Hypertension and Stroke

3.7 Causes and Symptoms Myocardial Infarction(Heart attack) Hypertension and Stroke

3.8 Treatment and Prevention Myocardial Infarction(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:

- The pass out understands the causes of Life style Disorder - **K2**
- Gain Knowledge about Postural Deformities and their corrective exercises - **K2**
- He would have a thorough Knowledge about Obesity Management - **K2**
- The pass out would be able to understand about various heart diseases - **K5**
- 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 Disease1st Edition - January 18, 2018 **Editors:** Ronald Watson,

PRACTICAL – GAMES AND SPORTS – I

(BASKETBALL, KABADDI, BADMINTON)

Semester	: I	CIA	: 40
Credits	: 2	EXT	: 60
Course Code	: U1R3PEFCP	Total	: 100
Nature of the Course: Employability, Skill development			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 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

- | | | |
|--|---|-----------|
| ➤ The pass out would be oriented with the rules regulations of the chosen game | - | 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

- 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)						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: 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, Entrepreneurship, Skill Development.		
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.

CO – PO MAPPING

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 Mannaal 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)					
Cours+e 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, Entrepreneurship, Skill Development		
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
-

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 – 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

THEORIES OF TRACK AND FIELD

Semester	: III	CIA	: 25
Credit	: 5	EXT	: 75
Course code	: U3R3PECC5	Total	: 100
Nature of the course	: Employability skill	Instruction hours	: 75

OBJECTIVES:

- Enable students to understand various organizations in athletics
- Provides the understanding about all the Track events
- Provide fundamental knowledge about field Events
- To educate the knowledge about Track Marking
- To Enable the basic Field Marking with necessary specifications

UNIT I

IAAF structure and functions (12Hrs)

- 1.1 Meaning of Athletics – Track and Field events-Classification of Events.
- 1.2 IAAF and AFI – Structure and Functions.
- 1.3 Age groups – Youth Boys and Girls – Junior Men and Women – Master Men and Women

UNIT II

Track Events - Techniques (13 Hrs)

- 2.1 Sprint Events – Crouch Start and its Techniques
- 2.2 Types of Finishing – Various Middle and Long Distance Events
- 2.3 Hurdles – Types – Various Stages
- 2.4 Relay – Visual and Non-Visual Method – Upsweep, down sweep and Push technique.

UNIT III

Field events - Techniques (16 Hrs)

- 3.1 Horizontal Jumps – Long Jump, Triple Jump- Various Stages
- 3.2 Vertical Jumps - High Jump, Pole vault- Various Stages
- 3.3 Throwing events – Shot put, Discus throw and Javelin throw - Various Stages
- 3.4 Combined Events – Triathlon, Pentathlon, Heptathlon, Octathlon and Decathlon

UNIT IV

Track – standard and non – standard

(17 Hrs)

4.1 Types of Track – Standard and Non – Standard – Need for a Standard Track

4.2 Types of Running Surface – Mud, Grass, Cinder and Synthetic.

4.3 Guiding Principles of a Standard Track. Layout of 200mts Track Marking– Stagger Start, Arc Start, Relay Marking

4.4 Layout of 400mts Track Marking – Stagger Start, Arc Start, Relay Marking, Hurdles Marking.

UNIT V

Layout – Field Events – All specifications

(17Hrs)

5.1 Long Jump, Triple Jump, High Jump

5.2 Shot put, Discus throw and Javelin throw.

5.3 Basic Rules and Regulations related to Track and Field events

5.4 Tie breaking system.

Course outcomes:

- | | | |
|---|---|-----------|
| ➤ Learned about the Track and Field and its organizations. | - | K1 |
| ➤ Provided basic knowledge about Sprint, Hurdles, Relay races | - | K2 |
| ➤ Attained the knowledge about Techniques of Field Events | - | K4 |
| ➤ Understood the important concepts of Track Markings | - | K5 |
| ➤ Attained the knowledge about Markings for Field Events | - | K6 |

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.
- Bosen, Ken O. (1994).Track & Field Fundamental Techniques, Patiala: MS Publication.
- Dr. Sellamuthu Saraboji “Athletics Rules” ISBN: 978-93-80800-53-0. 2019

Reference Books:

- ❖ 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.
- ❖ Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd. Lawther, J.D. (1965).
- ❖ Psychology of coaching. New York: Pre. Hall.
- ❖ Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.
- ❖ Official Rule Book / Handbook of the concerned federation of sports.

Web link:

- ✓ <http://akilaavinutv.blogspot.com/2020/02/introduction-of-officiating-and-coaching.html?m=1>

CO – PO MAPPING

Title of the Course: Theories of Track and Field						Course Code: U3R3PECC5					
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	3	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	3	3	3	3	3	2	2	2.7
	Mean Overall Score										2.66
	Result										High

Track and Field Practical – I (Track, Hurdles, Relay and Combined Events)

Semester	: III	CIA	: 40
Credit	: 5	EXT	: 60
Course code	: U3R3PECC6P	Total	: 100
Nature of the course	: Employability skill	Instruction hours	: 75

OBJECTIVES:

- Enable students to mark track & officiate
- To Impart the understanding about rules of track events
- To Educate fundamental rules of Middle and Long distance Events
- Provides the knowledge about Combined Events
- To impart the basic rules of Relay and Hurdle races.

UNIT I

Track Markings (20Hrs)

Stagger, Starts, Relay and Hurdles Marking

1.1 Layout of 200mts Track Marking– Stagger Start, , Relay Marking

1.2 Layout of 400mts Track Marking – Stagger Start, Relay Marking, Hurdles Marking.

UNIT II

Sprint events Markings and Rules (10 Hrs)

2.1 100 mts – Marking, Start, Running Technique. Finish

2.2 200 mts – Marking, Stagger, Start, Running Technique. Finish

2.3 400 mts – Marking, Stagger, Start, Running Technique. Finish

UNIT III

Track (18Hrs)

3.1 Middle Distance Events – 800 mts, 1500 mts - Marking, Stagger, Start, Running Technique.
Finish

3.2 Long Distance Events - 5000 mts, 10,000 mts, cross country Race - Running Technique. Finish

UNIT IV

Combined Events – List of Events- Techniques

(12 Hrs)

4.1 Triathlon

4.2 Heptathlon

4.3 Decathlon

4.4 Octathlon

4.5 Pentathlon

UNIT V

Relay, Hurdles

(15Hrs)

5.1 Relay exchange – visual, non - visual exchange and push technique.

5.2 Hurdles – high and low – Hurdle clearance

5.3 Running in between the hurdles

Course outcomes:

- | | | |
|--|---|-----------|
| ➤ Learned to mark and officiate Track and Field Events | - | K1 |
| ➤ Gained knowledge about Rules of Track events. | - | K2 |
| ➤ Attained the knowledge of Middle and Long Distance events | - | K4 |
| ➤ Understood the important concept in Combined events | - | K5 |
| ➤ Gained the knowledge about the techniques in Relay and hurdles | - | K6 |

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.
- Bosen, Ken O. (1994).Track & Field Fundamental Techniques, Patiala: MS Publication.
- Dr. Sellamuthu Saraboji “Athletics Rulls” ISBN: 978-93-80800-53-0. 2019

Reference Books:

- ❖ 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.
- ❖ Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
- ❖ Lawther, J.D. (1965).
- ❖ Psychology of coaching. New York: Pre. Hall.
- ❖ Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.

❖ Official Rule Book / Handbook of the concerned federation of sports.

Web link:

✓ <http://akilaavinuty.blogspot.com/2020/02/introduction-of-officiating-and-coaching.html?m=1>

CO – PO MAPPING

Title of the Course: Track and Field Practical – I (Track, Hurdles, Relay and Combined Events)						Course Code: U3R3PECC6P					
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	3	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	3	3	3	3	3	2	2	2.7
	Mean Overall Score										2.66
	Result										High

BASIC BIOMECHANICS IN SPORTS

Semester	: III	CIA	: 25
Credits	: 3	EXT	: 75
Course code	: U3R3PEDSE3:1	TOTAL	: 100
Nature of the Course:	Skill development	Instruction Hours	: 45

Objectives

- To provide the base to Biomechanics in Sports.
- To know the mechanical advantages applied in Sports.
- To know the basic Mechanical concepts
- To understand human movements through Kinesiology and Biomechanics.
- To know the Application of Biomechanical Principles

Unit-I

Introduction to Sports Biomechanics (5 Hrs)

- 1.1 Meaning and Definition Biomechanics
- 1.2 Meaning and Definition Sports Biomechanics
- 1.3 Need and Importance of Biomechanics in sports

Unit-II

Mechanical Concepts of Sports Biomechanics (10 Hrs)

- 2.1 Motion- Types of Motion
- 2.2 Newton's Laws of Motion and their application to sports activities
- 2.3 Lever – Types of Lever
- 2.4 Equilibrium- Types of Equilibrium and their application to sports activities
- 2.5 Inertia –Types of Inertia

Unit-III

Implication of Biomechanical aspect in Sports (8 Hrs)

- 3.1 Force- types- Factors affecting Force
- 3.2 Gravitational Force, Projectiles- Trajectory
- 3.3 Mass and weight, work, power, energy
- 3.4 Impact and Elasticity.

Unit-IV

Kinetics and Kinematics

(12 Hrs)

4.1 Angular Kinematics of Human Movement.

4.2 Linear Kinetics of Human Movement

4.3 Centrifugal and Centripetal force.

4.4 Centre of Gravity, Line of Gravity

Unit-V

Application of Biomechanical Principles

(10 Hrs)

5.1 Application of Biomechanical Principles in fundamental movements-Walking, Running,

5.2 Application of Biomechanical Principles in fundamental movements- Jumping, Throwing

5.3 Application of Biomechanical Principles in fundamental movements- Pulling and Pushing

Course outcomes

- The student would be Oriented with the basics of Sports Biomechanics - **K1**
- The student gains knowledge about the mechanical concepts of Biomechanics - **K2**
- Learned the basic knowledge on Kinetics and Kinematics. - **K3**
- Relate and interpret the role of various mechanical principles in human movement.- **K4**
- Gained knowledge to imply Biomechanical aspects in sports. - **K5**

Textbook

- Gladys, Scott., M. (2005). Text book in Kinesiology. New York: Warren's Books.
- Hay, J. (1993). The Biomechanics of Sports Techniques. Englewood Cliffs New Jersey:Prentice Hall Inc.
- Peter, McGinnis (2005).Biomechanics of Sport and Exercise. Champaign: Human Kinetics.
- Dr. Amit Banerjee, “ Sports Kinesiology” ISBN:978-81-8908-204-9. Edition 2017

References:

- ❖ Anthony J. Blazeovich (2017). Sports Biomechanics: The Basics: Optimizing Human Performance: Bloomsbury
- ❖ Peter M. (2013), Biomechanics of Sport and Exercise: Human Kinetics .
- ❖ BeotraAlka, (2000) Drug Education Handbook on Drug Abuse in Sports: SportsAuthority of India Delhi.
- ❖ David, L Costill. (2004). Physiology of Sports and Exercise. Human Kinetics.
- ❖ Richard, W. Bofowers.(1989). Sports Physiology. WMC: Brown Publishers.

CO – PO MAPPING

Title of the Course: Basic Biomechanics in Sports						Course Code: U3R3PEDSE3:1					
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	3	3	3	2	2	3	2.6
CO2	3	3	2	2	2	3	3	2	2	3	2.5
CO3	2	2	2	2	3	2	3	2	3	3	2.4
CO4	2	2	2	2	2	3	3	2	3	3	2.4
CO5	3	2	2	2	3	2	3	2	3	3	2.5
	Mean Overall Score										2.48
	Result										High

ESSENTIALS OF EXERCISE PHYSIOLOGY

Semester	: III	CIA	: 25
Credit	: 3	EXT	: 75
Course code	: U3R3PEDSE3:2	Total	: 100
Nature of the course	: Employability skill	Instruction hours	: 75

OBJECTIVES:

- Enable students to understand the importance of Exercise Physiology in sports
- To understand fundamentals about metabolism and energy transfer.
- Study the effects on exercises on skeletal muscles.
- To know about influences of exercises on various system of the body.
- To Impart Knowledge about ergogenic aids, climatic conditions & sports performance.

UNIT I

INTRODUCTION

(12Hrs)

1.1 Exercise Physiology- Meaning, Definition & Evolution

1.2 Importance of Exercise Physiology in games and sports

1.3 Current trends in Exercise Physiology

1.4 Exercise -Importance of exercise

1.5 Aerobic and Anaerobic exercises

UNIT II

Energy source and Production

(10 Hrs)

2.1 Adenosine Tri phosphate -Sources of ATP system

2.2 Anaerobic glycolysis Aerobic glycolysis cycle

2.3 Energy production -Carbohydrate metabolism

2.4 Fat metabolism

2.5 Protein metabolism

UNIT III

Muscular system

(8 Hrs)

3.1 Chemical composition of muscle

3.2 Basic properties of muscle , Mechanism of muscular contraction

3.3 Sliding Filament Theory of Muscular Contraction

3.4 Types of Muscle Fibers

3.5 Effect of exercise on muscular system

UNIT IV

Exercise and systems

(8 Hrs)

4.1 Effect of exercise on respiratory system

4.2 Effect of exercise on cardiovascular system

4.3 Effect of exercise on skeletal system

4.4 Effect of exercise on nervous system

UNIT V

Climatic Condition and sports performance and Ergogenic Aids

(7Hrs)

5.1 Effect of exercise on hot altitude

5.2 Effect of exercise on cold altitude

5.3 Effect of exercise on high altitude

5.4 Physiology response of various ergogenic Aids

5.5 Human growth hormones on sports performance

5.6 Stimulants on sports performance

Course outcomes:

- Learned about the Exercise Physiology and its Importance. -K1
- Attaining the basic concept about metabolism and energy transfer - K2
- Studied the effects of exercises on muscular system – K1
- Gain knowledge effects of exercises on various systems of body – K6
- Understood about ergogenic aids climatic conditions & sports performance - K5

Text books

- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc., Englewood Cliffs.
- David, L Costill. (2004). Physiology of Sports and Exercise. New Jersey: Human Kinetics.
- Fox, E.L., and Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
- Richard, W. Bowers. (1989). Sports Physiology. WMC: Brown Publishers.
- Shaver, L. (1981). Essentials of Exercise Physiology. New Delhi: Subject Publications.

Reference books

- ❖ Amrit Kumar, R, Moses. (1995). Introduction to Exercise Physiology. Madras: Poompugar Pathipagam.
- ❖ Beotra Alka, (2000) Drug Education Handbook on Drug Abuse in Sports: Sports Authority of India Delhi.
- ❖ Khanna, G.L., (1990). Exercise physiology & sports medicine. Delhi: Lucky Enterprises.
- ❖ Sandhya Tiwaji. (1999). Exercise Physiology. Sports Publishers.
- ❖ Vincent, T. Murche. (2007). Elementary Physiology. Hyderabad: Sports Publication.
- ❖ William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams and

Web link:

✓ <https://www.teachpe.com/>

CO – PO MAPPING

Title of the Course: Essentials of Exercise Physiology						Course Code: U3R3PEDSE3:2					
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	3	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	3	3	3	3	3	2	2	2.7
	Mean Overall Score										2.66
	Result										High

SPORTS FIRST AID

Semester	: III	CIA	: 25
Credits	: 2	EXT	: 75
Course code	: U3R3PESEC4:1	TOTAL	: 100
Nature of the Course:	Skill Development	Instruction Hours	: 45

Course Objectives

- To teach basic knowledge about First Aid
- To provide knowledge about first aid techniques.
- To impart knowledge about wounds and their first aid measures
- To provide awareness about injury management
- Learns about Care and Prevention of sports injuries

Unit-I

Introduction (7 Hrs)

- 1.1 Meaning and Definition of First Aid
- 1.2 Aims of first aid - Responsibility of the First aider.
- 1.3 Principles of First Aid
- 1.4 First aid kits – Rules of First aid – ABC Rule

Unit-II

First aid Techniques (10Hrs)

- 2.1 Dressing -Types of dressing, application of dressing,
- 2.2 Bandages- Types of bandages
- 2.3 Slings and its uses - Different types of slings - Applying the sling for different part of the body according to the area

Unit-III

First aid for wounds (8Hrs)

- 3.1 First aid – Open and Closed Wounds
- 3.2 Bleeding - Types and its management
- 3.3 First aid for asphyxia.
- 3.4 First aid for Dislocation

Unit-IV

Injuries and their Management (10 Hrs)

- 4.1 Spine, neck, Head Injuries - Management

- 4.2 Upper extremity injuries - Management
- 4.3 Lower extremity injuries - Management
- 4.4 Muscles and tendons injuries - cramps, sprain and strain

Unit-V

Care and prevention of sports injuries

(10 Hrs)

- 5.1 Protective equipment for sports
- 5.2 Technical factors in overuse injuries.
- 5.3 Emergency first aid Response,
- 5.4 Emergency care for unexpected sports injuries.

Course outcomes:

- Able to understand the concepts of first aid - **K2**
- Gains knowledge of various bandages slings and dressing techniques - **K5**
- Able to identify and recognize possibilities of Injuries and its management- **K2**
- Understands the concept of injuries management. - **K3**
- Learned the Care and Prevention of sports Injuries - **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 Manual 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: Sports first aid						Course Code: U3R3PESEC4:1					
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	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

GYM MANAGEMENT

Semester	: III	CIA	: 25
Credits	: 2	EXT	: 75
Course Code:	U3R3PESEC4:2	Total	:100
Nature of the Course: Employability skill , Skill Development			
Instruction Hours	: 45		

Course objectives:

- To understand gym management Philosophy.
- To know about characteristics of good gym Instructor.
- Understand the Qualities and skill of Good gym instructor.
- Gain knowledge about management of gym
- To enable student to understand principles of fitness training

Unit I

Introduction (8 Hrs)

- 1.1 Introduction of gym management: Meaning
- 1.2 Definition and history of gym ,Types of gym & gym equipments
- 1.3 Characteristics of gym Instructor
- 1.4 Need & scope of gym in modern era

Unit-II

Purpose, Essential Skill & Qualities (12 Hrs)

- 2.1 Nature and Concept of gym Management
- 2.2 Progressive concept of gym management
- 2.3 purpose and scope of gym Management
- 2.4 Essential skills of gym Management, Qualities and competencies required for the Gym Trainer

Unit-III

Equipments (12 Hrs)

- 3.1 Communication skills and appearance Public relation Supervision and administration Facility management, Introduction to exercise equipment
- 3.2 Types of exercise equipment, Placement of equipment, Handling
- 3.3 Utilization of equipment Counseling, Test, Measurement and Evaluation Concepts of tests
- 3.4 Physical testing, Physiological testing & Anthropometric measurements

Unit-IV

Finance (7 Hrs)

- 4.1 Financial management in gym , Budget – Importance, Criteria of good budget,
- 4.2 Steps of Budget making, Principles of budgeting.
- 4.3 Developing performance standard, establishing a reporting system

Unit-V

Management (6 Hrs)

- 5.1 Event Management in Gym
- 5.2 Evaluation, the reward/punishment system
- 5.3 Factors affecting planning of gym.

Course outcomes:

- To make student to use competencies and skills needed for becoming an effective gym instructor - **K1**
- Attained knowledge about gym scheduling and class bookings - **K3**
- Attained knowledge about Equipment Handling - **K2**
- Attained knowledge about Financial Insights - **K4**
- Attained knowledge about Improved Member Experience. - **K6**

Text Books

- Gym management interface: an overview, Sunil K Joseph, Uvaiz Muhammed, Jishnu T Jojo, Jerry M Jose, Prem Jose Vazhacharickal and Geethu Thomas, ISBN 9798550865491
- Fitness Equipment for Beginners: How and When to use gym equipment, Publisher: Independent Publishing Platform (March 4, 2018) ISBN-10 1986200035, ISBN-13 978-1986200035

Reference Books

- ❖ Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rashpal Singh Brar
2004, Physical Education for B.P.E, B.P.Ed. and M.P.Ed. Kalyani Publishers Ludhiana
- ❖ Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchha and Dr. Tarak Nath Pramanik
2015 B.P.ED. Guide Sports Publication
- ❖ Donald K. Mathews, “ Measurement in physical Education” London W.B. Saunders company. 1978.
- ❖ Jack H. Wilmore and David L. Costill, “Physiology of sports and Exercise” USA: Human

❖ John W. Bunn, “Scientific Principles of coaching “New Jersey: Prentice Hall Inc.1985.

Title of the Course: Gym management						Course Code: U5R2PESEC2:2					
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	3	3	2.9
CO5	2	3	2	3	3	3	3	3	3	3	2.8
	Mean Overall Score										2.76
	Result										High

METHODS IN PHYSICAL EDUCATION

Semester	: IV	CIA	: 25
Credit	: 5	EXT	: 75
Course code	: U4R3PECC7	Total	: 100
Nature of the course	: Employability	Instruction hours	: 75

OBJECTIVES :

- To study and understand the fundamental concepts of methods.
- To study and understand the fundamental concepts of Indigenous activities
- To provide basic knowledge on lesson plan and teaching innovations.
- To Impart the Knowledge of Drawing Fixtures
- To provide basic knowledge of Sports Meet

UNIT I

Introduction (15 Hrs)

- 1.1 Meaning – Factors influencing Method
- 1.2 Presentation techniques-Steps in the way of Presentation.
- 1.3 Class Management (General and Specific)
- 1.4 Principles of Class Management.
- 1.5 Teaching aids.

UNIT II

Physical activities and indigenous activities (15 hrs)

- 2.1 Calisthenics, Marching, Minor and Major games,
- 2.2 Indigenous activities, Rhythmic activities, Gymnastics,
- 2.3 Defensive arts and Swimming
- 2.4 Asanas.
- 2.5 Methods of teaching Physical activities, various commands.

UNIT III

Lesson plan (10 Hrs)

- 3.1 Lesson plan-values of lesson plan.
- 3.2 Types of lesson plan - General and Particular lesson plan
- 3.3 Parts of lesson plan.
- 3.4 Preparation of lesson plan

UNIT IV

Tournaments and fixtures

(15 Hrs)

4.1 Meaning of Tournaments.

4.2 Single Knock out – Seeding

4.3 League Fixtures – Cyclic and Stair case method. Combination Tournaments.

4.4 Merits and Demerits of Knock out and League tournaments.

4.5 Method of deciding winner in the League tournaments

4.6 Tie breaking in league tournaments.

UNIT V

Sports meet

(20 Hrs)

5.1 Intramural Competition – Benefits – Drawbacks – Methods of Organizing and Conducting.

5.2 Extramural Competition – Benefits – Drawbacks – Methods of Organizing and Conducting.

5.3 Group competitions- Benefits-Methods of organizing and conducting.

5.4 Sports Meet –method of organizing and conducting Sports meet

5.5 Handicap Sports, telegraphic sports and Tabloid sports.

5.6 Play days – method of organization and conducting -model programme of play days.

Course outcomes:

- | | | |
|---|---|------------|
| ➤ Fair idea about Teaching Technique was gained | - | K2. |
| ➤ Learned the various kinds of Indigenous activities | - | K3 |
| ➤ Focused on teaching lesson plan in detail. | - | K4 |
| ➤ Able to put fixtures for matches | - | K6 |
| ➤ Can conduct Intramural and Extramural Sports Competition. | - | K5 |

Text books

- Bhatia,& Bhatia,(1959). The principles and methods of teaching. New Delhi: Doaba House.
- Kochar, S.K. (1982). Methods and techniques of teaching. New Delhi: Sterling Publishers

Reference Books:

- ❖ Dheer,S.,&Radhika Kamal, Organization, and Administration of Physical Education of Physical Education, Friends Publication, New Delhi, 1991.
- ❖ Voltner, Edward. F., Arthur A.Esslinger, Betty Foster McCule and Kenneth G.Tillman (1979), The Organization and Administration of Physical Education , Prentice Hall, Inc., New Jersey.

CO – PO MAPPING

Title of the Course: Methods in Physical Education						Course Code: U4R3PECC7					
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	2	3	3	3	3	3	2	3	2.7
CO2	3	2	3	2	3	3	2	2	3	3	2.6
CO3	2	3	3	2	3	3	3	2	3	2	2.6
CO4	2	2	3	3	2	2	3	2	3	2	2.4
CO5	3	3	2	2	3	3	2	2	3	3	2.6
	Mean Overall Score										2.58
	Result										High

TRACK AND FIELD PRACTICAL -II (Jumps and Throws)

Semester	: IV	CIA	: 40
Credit	: 5	EXT	: 60
Course code	: U4R3PECC8P	Total	: 100
Nature of the course : Employability, Entrepreneurship, Skill Development			
Instruction hours	: 75		

OBJECTIVES:

- Enable students to gain knowledge about Long jump and High Jump
- Provides the understanding about Triple Jump
- Provide fundamental knowledge about Shot put
- Provides the knowledge about practicing the techniques of Javelin
- Provides the basic knowledge of rules in Discu

UNIT I

Long Jump and High Jump (15Hrs)

- 1.1 Approach run
- 1.2 Take off foot
- 1.3 Flight and landing
- 1.4 Technique
- 1.5 Scoring and Tie breaking system

UNIT II

Triple Jump (15 Hrs)

- 2.1 Approach run
- 2.2 Take off foot
- 2.3 Flight and landing,
- 2.4 Technique
- 2.5 Scoring and Tie breaking system

UNIT III

Shotput (10 Hrs)

- 3.1 General and specific warming up .
- 3.2 Grip ,Preparation / standing position Rotation,

3.3 Release and follow throw

3.4 Scoring and Tie breaking system.

UNIT IV

Javelin

(20 Hrs)

4.1 Grip ,Preparation / standing position Rotation,

4.2 Release and follow throw

4.3 Scoring and Tie breaking system

Hammer Throw

4.4 Grip ,Preparation / standing position Rotation,

4.5 Release and follow throw

4.6 Scoring and Tie breaking system

UNIT V

Discus

(15 Hrs)

5.1 General and specific warming up.

5.2 Grip ,Preparation / standing position Rotation,

5.3 Release and follow throw

5.4 Scoring and Tie breaking system.

Course outcomes:

- | | | |
|---|---|-----------|
| ➤ Learned about the Long jump and High Jump | - | K1 |
| ➤ Provided basic knowledge about Triple Jump events. | - | K2 |
| ➤ Attained the knowledge of rules and regulation about Shot put | - | K4 |
| ➤ Understood the important concept in Hammer Throw | - | K5 |
| ➤ Attained the knowledge about Discus techniques | - | K6 |

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.
- Bosen, Ken O. (1994).Track & Field Fundamental Techniques, Patiala: MS Publication.
- Dr. SellamuthuSaraboji “Athletics Rulls” ISBN: 978-93-80800-53-0. 2019

Reference Books:

- ❖ Bunn, J. W. (1968). The art o f officiating sports. Englewood cliffs N.J.Prentice
- ❖ Hall. Bunn, J. W. (1972). Scientific principles ofcoaching.

- ❖ Englewood cliffs N. J. Prentice Hall. Dyson, G. H. (1963). The mechanics of athletics. London: University of London PressLtd.
- ❖ Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd. Lawther, J.D.(1965).
- ❖ Psychology of coaching. New York: Pre.Hall.
- ❖ Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. GrawHill.
- ❖ Official Rule Book / Handbook of the concerned federation ofsports.

Web link:

- ✓ <http://akilaavinuty.blogspot.com/2020/02/introduction-of-officiating-and-coaching.html?m=1>

CO – PO MAPPING

Title of the Course: PRACTICAL - TRACK AND FIELD -II (Jumps & Throws)						Course Code: U4R3PECC8P					
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	3	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	3	3	3	3	3	2	2	2.7
	Mean Overall Score										2.66
	Result										High

TEST AND MEASUREMENT IN PHYSICAL EDUCATION

Semester	: IV	CIA	: 25
Credit	: 3	EXT	: 75
Course code	: U4R3PEDSE4:1	Total	: 100
Nature of the course	: Skill Development	Instruction hours	: 45

OBJECTIVES:

- To impart the fundamentals of Test, Measurement and Evaluation.
- To understand various fitness tests and tests.
- To attain the basic knowledge of Physical Fitness Test.
- To attain knowledge about sports skill Test.
- To impart knowledge about various Physiological measurement tests

UNIT I

Introduction to Test, Measurement and Evaluation (10Hrs)

- 1.1 Meaning of Test, Measurement & Evaluation in Physical Education.
- 1.2 Importance of Test, Measurement & Evaluation in Physical Education.
- 1.3 Criteria of selecting an appropriate test.
- 1.4 Types and classification of test

UNIT II

Components of Physical fitness Test (12 Hrs)

2.1 Health Related Physical fitness.

- 1.1 Strength test : Dip Strength test-, Push-ups, Pull-ups
- 1.2 Endurance Test - Bent knee sit up test
- 1.3 Cardio-Vascular Test-Cooper's test
- 1.4 Flexibility test-Sit and reach test.
- 1.5 Body Composition - Skin fold caliper Test

2.2 Performance Related Physical fitness

- 2.1 Speed – 50 m dash
- 2.2 Explosive power- Standing Broad jump-Sargent jump (Vertical jump)
- 2.3 Agility test-Shuttle run test.
- 2.4 Balance – Stork stand
- 2.5 Reaction Time – Scale drop test
- 2.6 Co-ordination Test –Soft ball Throw for Distance

UNIT III

Physical Fitness Tests

(8 Hrs)

3.1 AAPHERED Youth Physical Fitness Test

3.2 Newton Motor Ability Test

3.3 Methany Johnson Test.

UNIT IV

Sports Skill Tests

(10 Hrs)

4.1 Lockhart and McPherson Badminton test

4.2 Johnson Basketball test

4.3 McDonald soccer test

4.4 Schmithals French field Hockey test

4.5 Tennis – Dyer Test

4.6 Volleyball test-Russell Lange Test

UNIT V

Physiological measurements

(5 Hrs)

5.1 Height and weight measurement –BMI,

5.2 Length measurement –Arm and Leg Breath measurement-Hand, Ankle, Foot,

5.3 Girth measurement – Arm, Thigh, Calf.

5.4 Physiological Measurements-Pulse rate, Breath holding time, vital capacity..

Course outcomes:

- The students will be able to recognize and relate the concept of test, Measurement and evaluation in the context of Physical Education. - **K2**
- The students will be able to construct and conduct the physical fitness test. - **K3**
- The students will be able to implement the Skill Test - **K4**
- The syllabus would orient the students in the art of applications of Skill Test - **K5**
- Students developed the knowledge of measuring Physiological Measurements - **K6**

Text books

- Barrow, Harold M. Rosomany (1964). A physical approach to measurement in physical education, Philadelphia: Lea and Febiger
- Kansal, K. Devinder (2012). A practical approach to test, measurement and evaluation. New Delhi: SSS publication
- Morrow, Jr James., Jackson, Allen, Disch, James, Mood, Dale, (2011). Measurement and Evaluation in Human Performance with Web Study Guide-4th Edition

Reference Books:

- ❖ Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark:Ho+Storm.
- ❖ Barron, H. M., &Mcchee, R. (1997). A practical approach to measurement in physical education.Philadelphia: Lea and Febiger.
- ❖ Barron, H.M. &Mcchee, R. (1997). A Practical approach to measurement in physical education.Philadelphia: Lea and Febiger.
- ❖ Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi:D.V.S.Publications.

Web link:

✓ <https://ncert.nic.in/textbook/pdf/keh109.pdf>

CO – PO MAPPING

Title of the Course: Test and Measurement in Physical Education						Course Code: U4R3PDESE4:1					
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	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										2.48
	Result										High

ADVANCEMENT OF SPORTS TECHNOLOGY

Semester	: IV	CIA	: 25
Credits	: 3	EXT	: 75
Course code	: U4R3PEDSEC4:2	TOTAL	: 100
Nature of the Course:	Skill Development	Instruction Hours	: 45

Objectives

- To provide the basic knowledge about sports technology.
- To educate the various latest modern sports materials.
- To educate the various latest modern surfaces.
- To equip the students to learn the technology used in sports Equipment.
- To familiarize the students with the latest technology involved in sports

Unit-I

Introduction (8 Hrs)

- 1.1. Meaning, definition, purpose, advantages and applications
- 1.2 General Principles and purpose of instrumentation in sports,
- 1.3. Workflow of instrumentation and business aspects, Technological impacts on sports

Unit-II

Science of sports materials (10 Hrs)

- 2.1. Adhesives- Nano glue, nano-moulding technology, Nano turf.
- 2.2. Foot wear production, Factors and application in sports, constraints.
- 2.3. Foams- Polyurethane, Polystyrene, Styrofoam, closed- cell and open-cell foams, Neoprene, Foam.
- 2.4 Smart Materials–Shape Memory Alloy(SMA), Thermo chromic film, High-density modeling foam.

Unit-III

Surfaces of playfields (9 Hrs)

- 3.1. Modern surfaces for playfields, construction and installation of sports surfaces. Types of materials – synthetic, wood, polyurethane. Artificial turf.
- 3.2. Modern technology in the construction of indoor and outdoor facilities.
- 3.3. Technology in manufacture of modern play equipments
- 3.4 Use of computer and software in Match Analysis and Coaching

Unit-IV

Modern equipment (9 Hrs)

- 4.1. Playing Equipments: Ball, Materials and Advantages, Bat/Stick/Racquets: Types, Materials and Advantages

- 4.2. Clothing and shoes :Types, Materials and Advantages.
- 4.3. Measuring equipments: Throwing and Jumping Events
- 4.4. Protective equipments: Types, Materials and Advantages.
- 4.5. Sports equipment with nano-technology, Advantages

Unit-V

Training gadgets

(9 Hrs)

- 5.1. Basketball: Ball Feeder, Mechanism and Advantages
- 5.2. Cricket: Bowling Machine, Mechanism and Advantages
- 5.3. Tennis: Serving Machine, Mechanism and Advantages
- 5.4 Volleyball: Serving Machine Mechanism and Advantages
- 5.5. Lighting Facilities: Method of erecting Flood Light and measuring luminous. Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events

Course outcomes:

- Studied the application of sports technology. - **K1**
- The basic concept of using latest sports materials.. - **K2**
- Provided the knowledge about the various sports surfaces to develop Performance. - **K4**
- Learned the basic idea about the training programmes. - **K5**
- Studied the different types of Training Gadgets and its advantages - **K4**

References

- ❖ Charles J.A.Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK: Butterworth Heiremann.
- ❖ Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher .
- ❖ John Mongilo, (2001), "Nano Technology 101 "New York: Green wood publishing group. Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
- ❖ Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.)

Web link :

- ✓ <https://www.kreedon.com/innovative-sports-technology/>

CO – PO MAPPING

Title of the Course: Sports Technology						Course Code: U4R3PEDSE4:2					
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	3	3	2	2	3	2	2.6
CO2	2	3	2	2	3	3	2	3	2	3	2.5
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	3	3	3	3	3	2	2	2.7
	Mean Overall Score										2.62
	Result										High

SPORTS NUTRITION AND WEIGHT MANAGEMENT

Semester	: IV	CIA	: 25
Credits	: 2	EXT	: 75
Course code	: U4R3PESEC5:1	TOTAL	: 100
Nature of the Course:	Employability	Instruction Hours	: 45

Objectives

- To introduce the students to the fundamentals of Nutrition, food and health
- To familiarize them with importance of nutrition.
- To emphasize on the Obesity faced
- To impart knowledge regarding Weight management
- Imparting Diet plan for School children and sports person.

UNIT-I

Introduction to Sports Nutrition

(9 Hrs)

- 1.1 Nutrition Sports Nutrition: Meaning and Definition
- 1.2 Basic Nutritional Guidelines
- 1.3 Role of Nutrition in Sports
- 1.4 Factors to be considered for developing Nutritional Plan.

UNIT II

Nutrients: Ingestion to Energy Metabolism:

(10 Hrs)

- 2.1 Carbohydrates, Protein, Fat- Meaning, Classification and its Functions.
- 2.2 Role of Carbohydrates, Fat and Protein during Exercise.
- 2.3 Vitamins, Minerals, Water: Meaning, Classification and its Function.
- 2.4 Role of Hydration during Exercise, Water Balance.

UNIT III

Obesity:

(10 Hrs)

- 3.1 Obesity Meaning, Definition, Types, Causes
- 3.2 Solution for overcoming Obesity.
- 3.3 Myths of Spot Reduction and Weight Loss Dieting
- 3.4 Exercise for Weight Control.

UNIT -IV

Weight Management:

(8 Hrs)

- 4.1 Meaning, Concept of Weight Management in the Modern Era
- 4.2 Factors affecting Weight Management
- 4.3 Values of Weight Management
- 4.4 Maintaining a Healthy Life Style
- 4.5 Body Mass Index (BMI)

Diet Plan:

(8 Hrs)

- 5.1 Determination of desirable Body Weight
- 5.2 Daily Calorie Intake and Expenditure
- 5.3 Balanced Diet for Indian School Children
- 5.4 Weight Management Programme for Sports Children
- 5.5 Role of Diet and Exercise in Weight Management
- 5.6 Diet Plan and Exercise Schedule for Weight Gain and Loss.

COURSE OUTCOME

1. Gained Knowledge about the role of Nutrition in Sports
2. Learned to Sketch the basic classification, functions and utilization of nutrients.
3. Have Knowledge about Obesity Problem.
4. Able to evaluate the factors weight management and solutions for obesity
5. Can Design caloric requirements for various sports and age groups.

Text Book

- ❖ Bessesen, D.H.(2008). Update on obesity. J ClinEndocrinolMetab.93(6),2027_2034.
- ❖ Butryn, M.L., Phelan, S.,&Hill, J. O.(2007). Consistent self_monitoring of weight: a key component of successful weight loss maintenance.Obesity (Silver Spring). 15(12),3091_3096.
- ❖ Chu, S.Y.& Kim, L.J.(2007).Maternal obesity and risk of stillbirth:ametaanalysis AM J (2207).Bariatric surgery for morbid obesity. N Engl J Med,356(21),2176_2183.
- ❖ DeMaria, E.J.(2007).Bariatric surgery for morbid obesity. N Engl J MED,356(21),2176_2183.

CO – PO MAPPING

Title of the Course: SPORTS NUTRITION AND WEIGHT MANAGEMENT						Course Code: U4R3PESEC5:1					
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	3	2	3	3	2	3	2	2.6
CO2	3	2	3	3	3	3	2	3	2	3	2.7
CO3	3	2	2	3	2	3	3	2	2	3	2.5
CO4	3	2	3	2	3	3	2	3	3	2	2.6
CO5	3	3	2	2	3	2	3	2	3	2	2.5
	Mean Overall Score										2.58
	Result										High

ADAPTED PHYSICAL EDUCATION

Semester : IV	CIA	: 25
Credit :2	EXT	: 75
Course Code : U4R3PESEC5:2	Total	: 100
Nature of the Course : Employability skill	Instruction hours	: 45

COURSE OBJECTIVES :

- The knowledge would enable the students to understand the activity recruitment of various levels of a physically challenged persons
- The knowledge would us enable the students to prepare and organise worthwhile activity programs for various levels of physically challenged persons
- Gets the knowledge about demonstrate the ability to successfully implement an adapted physical education program to a student with a disability.
- Understand the influence of selected conditions, or disabilities on the learning and performance of physical education activities.
- Be able to demonstrate the ability to modify physical education activities to meet student needs and abilities

UNIT I (8hrs)

Introduction

- 1.1 Meaning ,definition and importance of adapted physical education and sports
- 1.2 Purpose aims and objectives of adopted physical education and sports
- 1.3 Program organisation of adopted physical education and sports
- 1.4 Organisations addressing and giving opportunities to people with disabilities
- 1.5 Adopted sports- Para Olympics and other opportunities

UNIT II (10hrs)

Development of individual education program (IEP)

- 2.1 The student with a disability
- 2.2 components and development of IEP
- 2.3 Principles of adopted physical education and sports
- 2.4 Role of physical education teacher

UNIT III (10hrs)

Development considerations of an individual

- 3.1 Motor development
- 3.2 Perceptual motor development

3.3 Early childhood and adapted physical education

3.4 Teaching style ,method and approach in teaching adopted physical education

UNIT IV

(10hrs)

Individual with unique need and activities

4.1 Behaviour and special learning disability

4.2 Visual impaired and deafness

4.3 Health impaired students and physical education

4.4 HRPF and it's development for individual with unique need

4.5 Role of games and sports in adopted physical education

UNIT V

(7 hrs)

Disorders

5.1 Orthopaedic impaired, Cerebral palsy, Les Autres

5.2 From infant toddler and young children to aging and disability

5.3 Mental Retardation

5.4 Severely disabled, emotionally disturbed and Autism

Courseoutcomes

- Facilitate the student's independent function and two decreases the effect of the child's disability
–K2
- Gain Benefit from the special education process
– K3
- Enhance their self-esteem and self-image
–K4
- Promote physical activity as part of an active lifestyle it develops their fundamental motor skills
- K5
- promoting physical activity as part of an active lifestyle it develops their fundamental motor skills
-K2

Textbooks

- ❖ Adapted physical education national standards by National Consortium for Physical Education and Recreation for Individuals with Disabilities (U.S.)Publication Date: 2006
- ❖ Adapted physical education and sport , 6th edition by Winnick, Joseph P,Publication Date: 2016
- ❖ Autism encyclopedia : the complete guide to autism spectrum disorders by Boutot, E. Amanda, Publication Date: 2009,,see: Section 5.6 "Effects of exercise on self-stimulatory behavior"

Reference

- Beverly, N. (1986). Moving and Learning. Times Mirror/Mosby CollegePublishing.
- Cratty, B.J. Adapted Physical Education in the Mainstream. (4th Edition) Love Publishing

Company.

- Houner, L.D. Integrated Physical Education- A guide for the elementary classroomteacher.
- Winnick, J.P. (2005). Adapted Physical Education and Sports. Human Kinetics (4th Edition).

Web link:

https://en.wikipedia.org/wiki/Adapted_physical_education

CO – PO MAPPING

Title of the Course: Adapted Physical Education						Course Code : U4R3PESEC5:2					
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	3	3	3	3	2	3	3	2	2	2.7
CO2	2	3	3	2	3	3	2	3	3	2	2.6
CO3	2	3	2	3	2	3	3	2	3	3	2.6
CO4	2	3	2	3	3	2	2	2	3	3	2.5
CO5	3	2	2	2	2	3	2	3	3	3	2.5
	Mean Overall Score										2.58
	Result										High

TEST AND MEASUREMENT IN PHYSICAL EDUCATION

PRACTICAL

Semester	: IV	CIA	: 40
Credit	:2	EXT	: 60
Course code	:U4R3PESEC6P	Total	: 100
Nature of the course	: Employability skill	Instruction hours	: 30

OBJECTIVES :

- To attain the basic knowledge of criteria for administration of test.
- To attain knowledge about classification of test.
- To impart the fundamentals of Test, Measurement and Evaluation.
- To understand various fitness tests and sport skill tests.
- To impart knowledge about various Physiological measurement tests

UNIT I

Health based physical fitness components test (12 Hrs).

1.1 Strength test : Dip Strength test-Push-ups, Pull-ups

1.2 Endurance Test - Bent knee sit up test

1.3 Cardio-Respiratory Test-Cooper's test, Harvard step-up test.

1.4 Flexibility test-Sit and reach test.

1.5 Body Composition - Skin fold caliper Test Triceps-Biceps-Supra-iliac,

UNIT II

Skill based Physical fitness components test (12 Hrs)

2.1 Speed – 50 m dash

2.2 Explosive power- Standing Broad jump-Sargent jump (Vertical jump)

2.3 Agility test-Shuttle run test.

2.4 Balance – Stork stand

2.5 Reaction Time – Scale drop test

2.6 Co-ordination Test –Soft ball Throw for Distance

UNIT III

Physical Fitness Tests (8 Hrs)

3.1 AAPHERED Youth Physical Fitness Test

3.2 Newton Motor Ability Test

3.3 Metheny Johnson Test

UNIT IV

Sports Skill Tests

(8Hrs)

4.1 Lockhart and McPherson Badminton test

4.2 Johnson Basketballtest

4.3 McDonald soccertest

4.4 Schmithals Hockeytest

4.5 Tennis – Dyer Test

4.6 Volleyball test-Russell Lange Test

UNIT V

Physiological measurements

(5 Hrs)

5.1 Height and weight measurement –BMI,

5.2 Length measurement –Arm and Leg Breath measurement-Hand, Ankle, Foot,

5.3 Girth measurement – Arm, Thigh, Calf.

5.4 Physiological Measurements-Pulse rate, Breath holding time, vital capacity..

Course outcomes:

- The students will be able to recognize and relate the concept of Test, measurement and evaluation in the context of Physical Education. - **K2**
- The students will be able to construct and conduct the physical fitness and sports skilltest. - **K3**
- The students will be able to implement the criteria of testselection. - **K4**
- The syllabus would orient the students in the art of applications of test, measurement and evaluation in physical and sports activities - **K5**
- Students developed the knowledge of practical competency in conducting physical fitness and sports skill tests - **K6**

Text books

- Barrow, Harold M. Rosomany (1964). A physical approach to measurement in physical education, Philadelphia: Lea and Febiger
- Kansal, K. Devinder (2012). A practical approach to test, measurement and evaluation. New Delhi: SSS publication
- Morrow, Jr James., Jackson, Allen, Disch, James, Mood, Dale, (2011). Measurement and Evaluation in Human Performance with Web Study Guide-4th Edition

Reference Books:

- ❖ Bangsbo, J. (1994). Fitness training in football: A scientific approach. Bagsvaerd, Denmark:Ho+Storm.

- ❖ Barron, H. M., & Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
- ❖ Barron, H.M. & Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
- ❖ Kansal, D.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.

Web link:

✓ <https://ncert.nic.in/textbook/pdf/kehp109.pdf>

CO – PO MAPPING

Title of the Course: Test and Measurement in Physical Education (Practical)						Course Code: U4R3PESEC6P					
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										2.48
	Result										High

FUNDAMENTALS OF RESEARCH AND STATISTICS

Semester	: V	CIA	: 25
Credits	: 5	EXT	: 75
Course code	: U5R3PECC9	TOTAL	: 100
Nature of the Course:	Skill Development	Instruction Hours	: 90

Objectives

- To provide the basic knowledge of research in physical education.
- To impart the knowledge of selection of research problem
- To impart the fundamental concept of statistics.
- To educate the use of grouping data
- To educate the use & importance of Statistical Techniques

Unit-I

Introduction (15 Hrs)

- 1.1 Research-Meaning and Definition.
- 1.2 General Types of research- Basic, Action and Applied research.
- 1.3 Specific classification of research-Comparative, Relationship, Predictive, Experimental, Historical and case study research.
- 1.4 Need and importance of research in Physical Education and Sports.

Unit-II

Research Problem (20Hrs)

- 2.1 Criteria for selection the research problem
- 2.2 Research proposal
- 2.3 Hypothesis–formulation of hypothesis
- 2.4 Research report

Unit-III

Statistics (15 Hrs)

- 3.1 Meaning and Definition of Statistics- and
- 3.2 History of Statistics
- 3.3 Types of Statistics Data–Quantitative and Qualitative data–Grouped and Un-Grouped data.
- 3.4 Need and Importance of Statistics in Physical Education and Sports

Unit-IV

Measures of Central Tendency (20 Hrs)

- 4.1 Measures of Central Tendency- Mean, Median and Mode

Definitions. Specific Characteristics and Uses

4.2 Computation of Mean, Median and Mode from the Un-grouped data and discrete data..

4.3 Measures of Variability-Range-Quartile deviation-Mean deviation-Standard deviation-

Definitions. Specific Characteristics and Uses

4.4 Computation of Standard deviation, Quartile deviation and Mean deviation Standard deviation from the Un-grouped data

Unit-V

Correlation

(20 Hrs)

5.1 Meaning and Definition of Correlation.

5.2 Types of Correlation.

5.3 Computation of Product Moment Correlation from the Un-grouped data.

Course outcomes:

- | | | |
|--|---|-----------|
| ➤ Gains the basic knowledge of Research in Physical Education. | - | K1 |
| ➤ Will be able to Prepare research proposal for higher education | - | K3 |
| ➤ Attained basic knowledge about Statistics. | - | K6 |
| ➤ Learned the fundamentals concept of statistical techniques | - | K4 |
| ➤ Learned the techniques of grouping data. | - | K5 |

Textbooks

- Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey:PrenticeHall, Inc.
- Clarke,DavidH.andClakeH.N.Hares.(1986).ResearchProcessinHealthEducationPhysical EducationandRecreation.EnglewoodCliffs, NewJersey, Prentice Hall,Inc.
- Verma,J.P.(2000). Atextbookonsportsstatistics.Gwalior:VenusPublications. Best,J.W.(1963).
- Dr.Amit Banejee.“ResearchandStatisticinPhysicalEducation”ISBN:978-81-8908-205-3.Edition.2017.

References:

- ❖ DhananjoyShaw– FundamentalStatisticsinPhysicalEducationandSportsSciences
- ❖ Best,JohnW andJamesV.Kahn.(1992).ResearchinEducation.NewDelhi:PrenticeHallofIndia.
- ❖ Berg,KrisEand RichardW.Latin.(1994).EssentialsofModernResearch MethodsinHealth,PhysicalEducation,andRecreation. NewJersey. Prentice Hall.
- ❖ Clarke,DavidHandH.HarrisonClarke. (1984).ResearchProcessinPhysicalEducation,Recreation,andHealth.

CO – PO MAPPING

Title of the Course: Fundamentals of Research and Statistics						Course Code: U5R3PECC9					
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	2	3	2	3	3	3	2	2.6
CO2	3	2	3	3	2	3	2	3	2	2	2.5
CO3	3	2	2	3	3	3	3	2	3	3	2.7
CO4	2	3	3	2	3	2	3	2	2	2	2.4
CO5	2	3	3	2	3	2	2	3	2	3	2.5
	Mean Overall Score										2.54
	Result										High

Basics of Sports Physiotherapy

Semester	: V	CIA	: 25
Credit	:4	EXT	: 75
Course code	: U5R3PECC10	Total	: 100
Nature of the course	: Employability skill, Entrepreneurship	Instruction hours	: 90

Course objectives:

- To provide the basic knowledge about sports physiotherapy
- To know about Good and Bad Posture & Spinal deformities.
- Understand about the Physiotherapy Modalities.
- Gain knowledge about massages
- To educate student to understand about Therapeutic exercise

Unit – I

Introduction

(15 Hrs)

- 1.1 Physiotherapy, Sports Physiotherapy- Meaning, Definition
- 1.2 Aims and Objectives of Physiotherapy, Principles of Physiotherapy,
- 1.3 Need and Importance of Physiotherapy in the field of Physical Education.

Unit –II

Posture, Spine

(20 Hrs)

- 2.1 Posture- Good posture – Values and Effects of Good Posture
- 2.2 Bad Posture- Causes and Effects of Poor Posture
- 2.3 Normal Curves of Spine- Spinal Deformities, Lordosis, Kyphosis, Scoliosis
- 2.4 Other deformities – Bow leg, Knock Knee, Flat foot

Unit –III

Physiotherapy Modalities

(20 Hrs)

- 3.1 Hydrotherapy, Cryotherapy, Contrast bath, Whirlpool bath
- 3.2 Thermotherapy
- 3.3 Electro therapy-Infrared Lamp, Ultra sound wave therapy, Short wave Diathermy

Unit –IV

Massage

(20 Hrs)

- 4.1 Massage – History, Meaning, Definition, Indication and Contra Indication

4.2 Classification of massage manipulation

4.3 Stroking Manipulation – Effleurage , Stroking

4.4 Percussion Manipulation -

4.5 Pressure Manipulation -

4.6 Shaking Manipulation

Unit –V

Therapeutic exercises and Rehabilitation

(15 Hrs)

5.1 Therapeutic Exercises -Aims and Objectives

5.2 Types of Therapeutic Exercises- Passive, Active, Active assisted, Resisted, PNF

5.3 Rehabilitation – Meaning, Definition, objectives

5.4 Equipment used in Exercise therapy –Wobble board, Shoulder wheel, Wall bars, Pulleys, Pronator and Supinator

Course Outcomes:

- Understands the need and importance of Sports Physiotherapy.
- Learned about posture and spinal Deformities
- Gained Knowledge about the usage of Physiotherapy Modalities
- Attained knowledge about basic usage of massage manipulation
- Understood about rehabilitation and therapeutic exercises

REFERENCE BOOKS

- ❖ **Integrated Sports Massage Therapy E-Book** by Anders Jelvéus · 2011
ISBN: 9780702049057, 0702049050 Publisher: [Elsevier Health Sciences](#)
- ❖ **Sports Medicine, Physiotherapy and Rehabilitation**
ISBN: 9789388457989, 9388457986 Published: 2020 - [Parmod Kumar](#)
- ❖ **Physical Therapies in Sport and Exercise** – 2007 ,ISBN:9780443103513, 0443103518,
Publisher: Churchill,Editors:Gregory S. Kolt, Lynn Snyder-Mackler
- ❖ **Cryotherapy ,Theory, Technique, and Physiology** by Kenneth L. Knight · 1985
Publisher: Chattanooga

Text books

- **Therapeutic Modalities in Rehabilitation**, by William E. Prentice · 2021-
ISBN:9781264264568, 1264264569 eBook-Publisher: McGraw
- **Moe's Textbook of Scoliosis and Other Spinal Deformities** by John H. Moe, John Errol Lonstein · 1995-ISBN:9780721655338, 0721655335-Publisher:[W.B. Saunders](#)
- **Modern Management of Spinal Deformities** -ISBN:9781639893614, 163989361X Published: 2022-Publisher:[STATES ACADEMIC Press](#)- Editor:Joe Morrison

- **Sports Physiotherapy** ISBN:9788178796680, 8178796686 Published:2011 Publisher: Sports,
Editor: Tahir P. Hussain

CO-PO MAPPING

Title of the Course: Basics of Sports Physiotherapy						Course Code: U5R3PECC10					
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	3	3	2	3	3	2	2.7
CO2	3	3	2	3	3	3	2	3	3	3	2.8
CO3	2	3	2	3	3	3	2	3	3	2	2.6
CO4	3	2	3	2	3	2	3	3	3	3	2.7
CO5	3	2	3	3	3	3	3	3	2	3	2.8
	Mean Overall Score										2.72
	Result										High

Theories of Games and Sports –III (Hockey, Table Tennis, Tennis)

Semester	: V	CIA	: 25
Credits	: 4	EXT	: 75
Course Code	: U5R3PECC11	Total	: 100
Nature of the Course:	Employability, Entrepreneurship	Instruction Hours	: 75

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 Hockey Game (15 Hrs)

- 1.1 Origin and development of the Game
- 1.2 Layout and Marking of Hockey Field
- 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 Hockey (15 Hrs)

- 5.1 Basic Skills in Hockey
- 5.2 Skill Test – Schmithals Hockey 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 Table Tennis Game (15 Hrs)

- 3.1 Origin and development of the Table Tennis
- 3.2 Layout and Marking of table Tennis Board - Court Dimension
- 3.3 Basic Skills of Table Tennis
- 3.4 Rules and Interpretation of Table Tennis
- 3.5 Officials – Number of Officials -Duties of Officials ,
- 3.6 Table Tennis Scoring Method - Score sheets
- 3.7 Federations, Association, Famous Personalities and Tournaments

Unit-IV

Introduction to Tennis Game

(15 Hrs)

- 4.1 Origin and development of the Game
- 4.2 Layout and Marking of Tennis 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 Tennis

(15 Hrs)

- 5.1 Basic Skills of Tennis
- 5.2 Skill Test – Dyer Tennis 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 chosen game- **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

- 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.

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.
- ❖ 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 – III (Hockey, Table Tennis , Tennis)						Course Code: U5R3PECC11					
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

PRACTICAL – GAMES AND SPORTS – I

(Hockey, Table tennis, Tennis)

Semester	: V	CIA	: 40
Credits	: 2	EXT	: 60
Course Code	: U5R3PECC12P	Total	: 100
Nature of the Course:	Employability, Entrepreneurship	Instruction Hours	: 75

COURSE OBJECTIVES:

- To impart the fundamentals knowledge about the 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 Hockey Game (15 Hrs)

1.1 Layout and Marking of Hockey Field –Dimension

1.2 Equipment's and their Specification

1.3 Rules and Interpretation of the in Hockey

1.4 Official Signals in Hockey

Unit-II

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

2.1 Basic Skills of Basketball

2.2 Hockey Skill Tests – Schmithals Hockey Test

2.3 Lead up activity for the Fundamental Skill in Hockey

2.4 Specific Exercises for the various skill in Hockey

2.5 Scoring in Hockey

Unit-III

Introduction to Table Tennis Game (15 Hrs)

3.1 Layout and Marking of Table Tennis Board

3.2 Basic Skills of Table Tennis

3.3 Rules and Interpretation of Table Tennis

3.4 Official Signals in Table Tennis

3.5 Scoring in Table Tennis

Unit-IV

Introduction to Tennis

(15 Hrs)

4.1 Layout and Marking of Tennis Court- Court Dimension

4.2 Equipment's and their Specification

4.3 Rules and Interpretation of the in Handball Game

4.4 Official Signals in Tennis

Unit-V

Fundamental Skills, Tactics and Training for the Tennis Game

(15 Hrs)

5.1 Basic Skills of Tennis

5.2 Handball Skill Tests – Dyer Tennis Test

5.3 Lead up activity for the Fundamental Skill in Tennis

5.4 Specific Exercises for the various skill inTennis

5.5 Scoring

Course outcomes

- | | | |
|--|---|-----------|
| ➤ The pass out would be oriented with the rules regulations of the chosen game | - | 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

- 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.

References

- ❖ Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice
- ❖ Hall. Bunn, J. W. (1972). Scientific principles of coaching.
- ❖ Coleman Brain et al. (1976), Ep Publishing Ltd.
- ❖ Dr.Anil Sharma O.P.Sharma Rules of games sports publication 4264/3

CO – PO MAPPING

Title of the Course: Practical – Games and Sports – I (Hockey, Table tennis, Handball)						Course Code: U5R3PECC12P					
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

Sports Injury Management

Semester : V
Credits : 3
Course Code : U5R3PEDSE5:1
Nature of the Course: **Employability**

CIA : 25
EXT : 75
Total : 100
Instruction Hours : 60

Course objectives:

- To understand about the sports Injuries.
- To have knowledge about causes of sports Injuries
- To know about the Classification of Sports Injuries.
- Understand the Prevention of Sports Injuries.
- To enable student in management of Sports Injuries

UnitI

Introduction

(12 Hrs)

- 1.1 Sports Injuries: Meaning and Definition
- 1.2 Need and Importance of Sports Injury Management
- 1.3 Impact of Surfaces on Sports Persons
- 1.4 Impact of Environment on Sports Persons
- 1.5 Evaluation of Sports Injuries

Unit-II

Sport Specific Injuries

(12 Hrs)

- 3.1 Individual Events – Track and Field Events
- 3.2 Team Events – Cricket, basketball, Football, Hockey
- 3.3 Combat games- Boxing, Judo, Wrestling
- 3.4 Water Sports
- 3.5 Overuse Injuries

Unit-III

Classification of Sports Injuries

(12 Hrs)

- 3.1 Based on occurrence- Acute Injuries, Subacute Injuries, Chronic Injuries
- 3.2 Based on Tissue Damage-Skin, Muscle, Tendon, Ligament, Bone, Joint, Nerve, blood vessels.
- 3.3 Injuries to Head – Skull, Scalp, Brain, Eye, Ear

Unit-IV

Regional Injuries

(10 Hrs)

- 4.1 Upper Extremity Injuries – Shoulder ,Elbow, Wrist, hand and fingers

4.2 Lower Extremity Injuries- Hip, Thigh, Knee, Cartilage, Ligaments, Patella

4.3 Neck Injuries

4.4 Thoracic Injuries

4.5 Abdominal Injuries

Unit-V

Health Issues in climatic conditions, Principles of prevention & Rehabilitation, Pain (14 Hrs)

5.1 Heat related Injuries- Heat stroke, Heat stress, Heat Exhaustion, Heat Cramp

5.2 Cold related Injuries – Frostbite , Hypothermia, Altitude sickness

5.3 Principles of Prevention of Injuries.

5.4 Principles of rehabilitation.

5.5 Pain-Pain Reduction Theories

Course outcomes

- The pass out would be oriented with the Need for sports Injury Management - **K1**
- The pass out would be able to know about sports specific injuries - **K3**
- He would be oriented about the classification of Injuries - **K3**
- He would be able to identify the regional injuries of body in sports - **K6**
- He shall also be able to understand the prevention of sports injuries - **K5**

Text books

- ❖ Lillegard, Butcher & Rucker: Handbook of Sports Medicine: A symptom – Oriented Approach, Butterworth & Heinemann
- ❖ Baker: The Hughston Clinic Sports Medicine Book, Williams & Wilkins
- ❖ Morris B. Mellion: Office Sports Medicine, Hanley & Belfus.
- ❖ Richard B. Birrer: Sports Medicine for the primary care Physician, CRC Press.
- ❖ Torg, Welsh & Shephard: Current Therapy in Sports Medicine III - Mosby.
- ❖ Zulunga et al: Sports Physiotherapy, W.B. Saunders.
- ❖ Brukner and Khan: Clinical Sports Medicine, McGraw Hill.

References

- Nicholas Hershman: Vol. I the Upper Extremity in Sports Medicine. Vol. II the Lower Extremity and Spine in Sports Medicine. Vol. III the Lower Extremity and Spine in Sports Medicine.
- C. Norris: Sports Injuries – Diagnosis and Management for Physiotherapists, Heinemann

CO – PO MAPPING

Title of the Course: Sports Injury Management						Course Code: U5R3PEDSE5:1					
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	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

SPORTS KINESIOLOGY

Semester : V
Credits : 3
Course Code : U5R3PEDSE5:2
Nature of the Course: **Employability**

CIA : 25
EXT : 75
Total : 100
Instruction Hours : 60

COURSE OBJECTIVES:

- To Impart fair idea about the role of Kinesiology
- Provide knowledge about Axis and Planes
- To enable students with the knowledge about bones
- To impart knowledge about Classification of Joints.
- To provide knowledge about Muscles origin, insertion and action.

UNIT -I

Introduction

- 1.1 Meaning of kinesiology (10 Hrs)
- 1.2 Brief History of Kinesiology
- 1.3 Need and importance of Kinesiology in Physical Education and Sports

UNIT II

Axis and planes of motion:

- (10 Hrs)
- 2.1 Meaning of Axis - Sagittal, Frontal and Vertical Axis.
- 2.2 Meaning of Planes– Sagittal, Frontal and Transverse planes.
- 2.3 Structure and function of Joints – Elbow Joint, Wrist Joint, Shoulder Joint, Knee Joint, Ankle Joint and Hip Joint.

UNIT -II

An Introduction to Bones:

- (14 Hrs)
- 3.1 Endoskeleton, Exoskeleton
- 3.2 Axial skeleton, Appendicular Skeleton
- 3.3 Parts of Skeletal System
- 3.4 Types of Bones

UNIT -III

Joints and their movements:

- (14 Hrs)
- 4.1 Classification of Joints
- 4.2 Fundamental movements at the Joints.
- 4.3 Flexion, Extension , Abduction, Adduction, Rotation, Circumduction
- 4.4 Pronation, Supination, Inversion, Eversion, Plantar Flexion and Dorsi Flexion

UNIT -V

Major Muscles – Location and Action:

- (12 Hrs)
- 5.1 Origin , Insertion, and Action of Muscles:
- 5.2 Pectoralis Major and Minor
- 5.3 Deltoid, biceps, Triceps

5.5 Quadriceps, Hamstring, Gastrocnemius.

- Studied the importance of Kinesiology in Physical Education and sports. – K1
- Learned about planes and Axis. –K2
- Provided the basic knowledge of joints and its classification –K4
- Known the Types of bones and movement of joints –K3
- Gained knowledge about the major muscles of the human body -K5

- Gladys, Scott., M. (2005). Text book in Kinesiology. New York: Warren's Books.
- Hay, J. (1993). The Biomechanics of Sports Techniques. Englewood Cliffs New Jersey:Prentice Hall Inc.
- Peter, McGinnis (2005).Biomechanics of Sport and Exercise. Champaign: Human Kinetics.
- Dr. Amit Banerjee, “ Sports Kinesiology” ISBN:978-81-8908-204-9. Edition 2017.

- ❖ Gladys Scoth – Kinesiology (Analysis of Human Motion)
- ❖ Coper and Glassgow, Kinisiology joint, Louis C.V.Mosby Company 1976.
- ❖ Dr.Dhavanjoy Shah Pedagogic Kinesiology sports publications New Delhi 1998.
- ❖ Logan and McKinney “ Anatomic Kinesiology
- ❖ Raschi and Burke “Kinesiology and Applied Anatomy
- ❖ Walks and Lutt gens “ Kinesiology”

Title of the Course: Sports Kinesiology						Course Code: U5R3PEDSE5:2					
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	3	3	3	3	3	2	3	3	2.8
CO2	3	2	3	3	3	3	2	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										2.70
	Result										High

INDIGENOUS ACTIVITIES - PRACTICAL

(Mass Demonstration)

Semester	: V	CIA	: 40
Credits	: 3	EXT	: 60
Course code	: U5R3PDSE6P	TOTAL	: 100
Nature of the Course:	Entrepreneurship, Skill Development	Instruction Hours	: 60

Objectives

- To provide leadership quality among the students.
- To develop the use of light apparatus Wands, Indian Clubs, for mass drill
- To provide fundamental practical knowledge on Mass drill activities.
- To develop the rhythmic activities such as Calisthenics, Wands, Indian Clubs, March Past.
- To master over in Teaching and supervising the class.

Unit-I

Model Lesson Plan (General Lesson Plan) (10 Hrs)

- 1.1. Roll call – Height order, File formation.
- 1.2. Formal part, Special part – Class formation, Warming- up.
- 1.3. Demonstration, Rectifying mistakes
- 1.4 Recreative part – **Minor Games**
- 1.5 Review and Dismissal

Unit-II

Callisthenics (10 Hrs)

- 2.1. **Standing series**
- 2.2. **Sitting series**
- 2.3. **Jumping series**
- 2.4 **Twisting Series**
- 2.5 **Clapping Series**
- 2.6 **Lunging series**
- 2.7 **Stepping series**

Unit-III

Light Apparatus (10 Hrs)

- 3.1 **Wands**
- 3.2 **Indian Clubs**
- 3.3 **Dumbbells**

3.4 Lezium

Unit-IV

(15 Hrs)

Rhythmic Exercises

4.1 Dands

4.2 Baithaks

4.3 Aerobics

Unit-V

Drill and Marching

(10 Hrs)

- 3.1. Attention - Stand-at-ease
- 3.2. Mark time march
- 3.3. Quick march
- 3.4 Eyes right – Salute, Halt
- 3.5 Turnings (About turn, right turn, left turn)

Course Outcomes

- | | | |
|---|---|-----------|
| ➤ Studied the various aspects of mass drill activities. | - | K2 |
| ➤ Fair idea about light apparatus activities. | - | K1 |
| ➤ Provided the practice in count vise exercise. | - | K3 |
| ➤ Gain knowledge of the various rhythmic activities. | - | K2 |
| ➤ Fair idea about indigenous activities to build a career | - | K6 |

Text books

- Lawrence, Debbie. (1999). Exercise to music. London: A& C Black publishers

References

- ❖ Dheer,S.,&Radhika Kamal, Organization, and Administration of Physical Education of Physical Education, Friends Publication, New Delhi, 1991.
- ❖ Voltner, Edward. F., Arthur A.Esslinger, Betty Foster Mc Cule and Kenneth G.Tillman (1979), The Organization and Administration of Physical Education, Prentice Hall, Inc., New Jersey.
- ❖ Coleman Brain et al. (1976), Ep Publishing Ltd.

Weblink

- ✓ https://www.researchgate.net/publication/317411661_Aerobic_fitness

CO – PO MAPPING

Title of the Course: Indigenous Activities (Mass Demonstration)						Course Code: U5R3PEDSE6P					
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

PRINCIPLES OF SPORTS TRAINING

Semester	: VI	CIA	: 25
Credit	: 4	EXT	: 75
Course code	: U6R3PECC13	Total	: 100
Nature of the course	: Employability	Instruction hours	: 90

OBJECTIVES :

- To understand the training as performance based science
- To provide knowledge about different means and methods of various trainings
- Enumerate knowledge on preparing training schedule for various sports and games
- Imports the knowledge on types of periodization for performance development
- Helps to create various training facilities and plans from novice to advance performance

UNIT I

Introduction of sports training (15Hrs)

- 1.1 Sports training- Definition, Aims and objectives of sports training
- 1.2 Principles of sports training

1.3 Types of sports Training –Weight Training, Plyometric Training, Fartlek Training, circuit training, Continuous running, Interval Training, Acceleration Sprinting

UNIT II

Training components (20 Hrs)

- 2.1 Strength: its types, methods employed for developing them
- 2.2 Speed: its types, methods employed for developing them
- 2.3 Endurance: its types, methods employed for developing them
- 2.4 Flexibility: its types, methods employed for developing them
- 2.5 Coordination: its types, methods employed for developing them

UNIT III

Training Load (15 Hrs)

- 3.1 Principles of load and its components
- 3.2 Determination of optimum load
- 3.3 Overload its causes and identification
- 3.4 Tackling over load

UNIT IV

Technical and Tactical Training

(20 Hrs)

4.1 Characteristics of technique

4.2 Methods of technique development

4.3 Tactical training characteristics,

4.4 Methods of tactical training

4.5 Phases of skill acquisition

UNIT V

Training Programming and Planning

(20 Hrs)

5.1 Periodization and its types of periodization

5.2 Aims and content of periods – Preparatory, Competition, Transitional period

5.3 Planning; Meaning and types

5.4 Principles of planning

Course outcomes:

- The learners will be able to identify the fundamental concepts, theories and principles of human body training related to sportsperformance. - **K1**
- The learners will be able to demonstrate the skills to train different fitness components and relatedplanning. - **K3**
- Thelearnerswillbeabletounderstandtheorganizationtoachievehigh performanceinsports. - **K6**
- The learners will be able to fine the concept of technical and tactical training. - **K4**
- Help the learners to know about training process , components of load And over load - **K5**

Text books

- Bompa, Tudor O. (1990). Periodization theory and methodology of training. (4Ed) Champaign: Human Kinetics
- Harre, Dietrich, (ed). (1982) Principles of sports training. Berlin. Sportverlag,
- Matreyev, I. (1982) Fundamentals of sports training. Berlin. Sportverlag,
- Dr. Sukhbir Singh. “ Sports Training” ISBN: 978-81-921352-5-0, Edition 2016.

Reference Books:

- ❖ Dick, W. F. (1980).Sports training principles. London:Lepus
- ❖ Books. Harre, D.(1982).Principles of sports training. Berlin:Speculated.

- ❖ Jensen, R. C.& Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2ndEdn.
- ❖ Mathyew, L.P. (1981).Fundamental of sports training. Moscow: ProgressPublishers.
- ❖ Singh, H. (1984).Sports training, general theory and methods. Patiala:NSNIS.
- ❖ Uppal, A.K., (1999).Science of Sports Training. New Delhi: FriendsPublication.
- ❖ SchlichMonfred(2003), Circuit Training for all sports, sports book publisherToronto

Web link:

- ✓ <https://www.trainingpeaks.com/blog/macrocycles-mesocycles-and-microcycles-understanding-the-3-cycles-of-periodization/>

CO – PO MAPPING

Title of the Course: Principles Sports Training						Course Code: U6R3PECC13					
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	3	3	3	2	3	3	2	2	2.7
CO2	2	3	3	2	3	3	2	3	3	2	2.6
CO3	3	3	3	3	2	3	3	3	3	3	2.9
CO4	3	3	2	3	3	2	3	3	3	3	2.8
CO5	3	2	2	2	2	3	3	3	3	3	2.6
	Mean Overall Score										2.72
	Result										High

Sports Psychology and Sociology

Semester	: VI	CIA	: 25
Credits	: 4	EXT	: 75
Course code	: U6R3PECC14	TOTAL	: 100
Nature of the Course:	Skill development	Instruction Hours	: 90

Objectives

- To provide the basic knowledge on Sports Psychology
- To Gain Knowledge about the psychological factors such as Personality, Motivation
- To Study the Principles and laws of learning
- To provide the knowledge on Emotional factors like stress , Anxiety & Tension
- To study the Sociology, its need and importance and its types.

Unit-I

Introduction of Sports Psychology: (20 Hrs)

- 1.1 Meaning and nature of Sports Psychology.
- 1.2 Branches of Sports Psychology
- 1.3 History & Development of Sports Psychology in India
- 1.4 Sports Psychological association of India - origin & development

Unit-II

Personality and Sports: (20 Hrs)

- 2.1 Personality- Meaning and Theories of Personality
- 2.2 Motivation – Types of motivation
- 2.3 Motivational Factors
- 2.4 Perception-Wrong or Errors of perception

Unit-III

Learning (20 Hrs)

- 3.1 Cognitive process, Mentally Retarded, Motor Physical Characteristics of Mentally Retarded.
- 3.2 Learning -Laws of learning, Theories of learning
- 3.3 Retention and Forgetting
- 3.4 Theories of Retention and Forgetting

Unit-IV

Emotional factors

(15 Hrs)

4.1 Tension, Anxiety and Stress.

4.2 Aggression-Types

4.3 Theories of Aggression - Aggression and Athletic competition.

Unit-V

Sports Sociology:

(15 Hrs)

5.1 Meaning and Definition of Sports Sociology.

5.2 Nature & scope of Sports Sociology

5.3 Importance of Sports Sociology in Physical Education.

5.4 Women sports with reference to social aspects

Course outcomes:

- | | | |
|--|---|----|
| ➤ The study would orient the student in basic concepts of psychology. | - | K2 |
| ➤ The student would be oriented in identifying factors determining one's overall personality. | - | K4 |
| ➤ He would understand various laws of learning and their relevance in teaching learning process. | - | K5 |
| ➤ The study would orient him in getting through with the psychology of sports person | - | K3 |
| ➤ The student would understand the effects of emotional factors on Sports performance. | - | K5 |

Text books

- Blair, J. & Simpson, R.(1962). Educational psychology, New York: McMillan Co.
- Cratty, B. J. (1968). Psychology and physical activity. Eaglewood Cliffs. Prentice Hall.
- Dr. Sandeep Kumar. "Sports Psychology and Sociology" ISBN: 978-81-921352-6-7. Edition. 201

References:

- Alison and Robinson. (2018), Excelling in Sport Psychology: Planning, Preparing, and Executing Applied Work, Sean Fitzpatrick
- Taylor, Jim, (2018), Assessment in Applied Sport Psychology, Human kinetics
- Coumbe-Lilley , (2018), Complex Cases in Sport Psychology, Routledge
- Ball, D. W. & Loy, J. W. (1975).Sport and social order; Contribution to the sociology of sport. London: Addison Wesley Publishing Co., Inc.

- Kamlesh, M.L. (1998). Psychology in physical education and sport. New Delhi: Metropolitan Book Co.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1978). Sport and social system. London: Addison Wesley Publishing Company Inc.
- Loy, J. W., Kenyon, G. S. & McPherson, B. D. (1981). Sports culture and society. Philadelphia: Lea &Febiger.
- Skinnner, C. E., (1984.). Education psychology. New Delhi: Prentice Hall of India

CO – PO MAPPING

Title of the Course: Sports Psychology and Sociology						Course Code: U6R3PECC14					
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	2	3	3	2	3	3	2	3	2.5
CO2	3	3	3	2	3	2	3	3	2	2	2.6
CO3	3	2	3	2	3	3	3	3	2	3	2.7
CO4	2	3	2	2	3	2	3	3	2	2	2.4
CO5	3	2	3	3	2	2	3	3	2	3	2.6
	Mean Overall Score										2.56
	Result										High

PROJECT MEET

Semester	: VI	CIA	: 40
Credits	: 4	EXT	: 60
Course code	: U6R3PECC15PW	TOTAL	: 100
Nature of the Course:	Employability, Skill Development	Instruction Hours	: 60

Objectives

- To introduce the students to conduct a sports meet
- Provide fundamental knowledge about ground preparation
- Provides the basic knowledge of rules and interpretation of Field Events
- Provide fundamental knowledge about ground preparation
- Enable students to mark Field and officiate.

Unit-I

Introduction to project meet (12 Hrs)

- 1.1. Need and Importance of project meet
- 1.2 Values of project meet

Unit-II

Pre Meet work (Various Committees) (12 Hrs)

- 2.1. Ground and Equipment
- 2.2. Officials
- 2.3. Reception
- 2.4 Purchase of awards and mementos

Unit-III

Pre -Meet work (14 Hrs)

- 3.1. Conducting the meet according to the Programme
- 3.2. Opening ceremony.
- 3.3. Victory Ceremony
- 3.4 .Closing Ceremony

Unit-IV

Post Meet work (12 Hrs)

- 4.1. Account settlement
- 4.2. Borrowed equipment to be returned.
- 4.3. Letter of thanks- officials, organizers and sponsors

Unit-V

Report writing

(10 Hrs)

- 5.1. Compile results and Reports should be Prepared and handed over
- 5.2. Record note

Course outcomes:

- | | | |
|--|---|-----------|
| ➤ Gain the knowledge conducting Sports meet | - | K6 |
| ➤ Provided the basic knowledge of Pre meet work. | - | K3 |
| ➤ Understood the meet work. | - | K3 |
| ➤ Fair idea about the Post meet work | - | K3 |
| ➤ Gains Knowledge about Report writing | - | 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.
- Bosen, Ken O. (1994).Track & Field Fundamental Techniques, Patiala: MS Publication.
- Dr. SellamuthuSaraboji “Athletics Rules” ISBN: 978-93-80800-53-0. 2019

Reference Books:

- ❖ Dyson, G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd.
- ❖ Lawther, J.D.(1965).
- ❖ Psychology of coaching. New York: Pre.Hall.
- ❖ Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. GrawHill.
- ❖ Official Rule Book / Handbook of the concerned federation of sports.

CO – PO MAPPING

Title of the Course: Project meet						Course Code: U6R3PECC15PW					
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	2.5
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	2.5
	Mean Overall Score										2.60
	Result										High

Modern Trends in Physical Education

Semester	: VI	CIA	: 25
Credits	: 3	EXT	: 75
Course Code	: U6R3PEDSE7:1	Total	:100
Nature of the Course:	Employability	Instruction Hours	: 75

COURSE OBJECTIVES:

- To understand the physical education professional courses.
- Impart Knowledge about the side effect doping in sports performance
- To provide the uses of research in further studies
- Provide Knowledge about latest application in sports equipment's and ground
- Provide knowledge about sports infrastructure

Unit-I

Introduction (15 Hrs)

- 1.1 Physical Education Teacher Training programme in India: C.P.Ed: B. Sc., B.P.E., B.P.Ed., M.P.Ed., NIS and M.S.
- 1.2 Avenues for Placements - School : Physical Education Teacher, Physical Director, RIPE, CIPE,
- 1.3 College & University : Asst. Director of Physical Education, Deputy Director of Physical Education, Director of Physical Education, Lecturer, Reader, Professor, Principal
- 1.4 Sports Council: Coaches, DSO, RSM, DGM and GM).

Unit-II

Doping (15 Hrs)

- 2.1 Meaning of Doping - Anabolic steroids
- 2.2 Blood Doping and side effects
- 2.3 Influence of Doping on performance – Side effect of Doping.
- 2.4 WADA, NADA and its function

Unit-III

Research (12 Hrs)

- 3.1 Meaning and Definition of research
- 3.2 Types of research – Basic, Action, Applied, all case study and survey method
- 3.3 Need and importance of research in Physical Education and sports
- 3.4 Application of computer in the field of physical education and sports.

Unit-IV

Latest Application

(18 Hrs)

- 4.1 Talent Identification in sports and games
- 4.2 The compulsory Physical Education programme in Schools and Colleges
- 4.3 Play area – synthetic track – Turf field – Toro flex surface – Grass field – Wooden surface– Indoor stadium
- 4.4 Structure and facilities – Flood lit matches.

UNIT-V

Infrastructure

(15 Hrs)

- 5.1 Assistance for building infrastructure – playfields, Gymnasium., Swimming pool, stadium and equipment's
- 5.2 Assistance for coaching and training program – Rural and urban
- 5.3 Assistance for competitions –District, State, National, International – Incentive and awards.

COURSE OUTCOMES:

- The pass out would be able to compare the various courses offered physical education - **K2**
- He would be able to comprehend about drug abuses for developing performance - **K5**
- He would able to use the basic knowledge on research for further studies - **K3**
- He would know recent developments of the latest sports equipment - **K6**
- He would be able to identify various sports organization functioning in India - **K2**

Text Books:

- Bucher, Charles A (1986), Foundations of Physical Education, St. Louis: CV Mosby Company.
- Perinbaraj, Bevinson. S. (2006). Methods in Physical Education. Karaikudi: Vinsi publication
- Thomas, J.P., (1969). Physical Education Lesson. Madras: Gnanodya press.
- <https://www.scribd.com/doc/36200157/Physical-Education>.
- Dr. Amit Banerjee, “ Modern Trends in Physical Education” ISBN:978-81-7778-203-0. Edition 2017

References:

- ❖ Finn,R.A.andTrojanP.K.(1999)“EngineeringMaterialsandtheir Applications”UK:JaicoPublisher.

- ❖ John Mongilo, (2001), “Nano Technology 101 “New York: Green wood publishing group. Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
- ❖ Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.)

Web link:

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

CO – PO MAPPING

Title of the Course: Modern Trends in Physical Education						Course Code: U6R3PEDSE7:1					
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	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

Contemporary Issues in Physical Education

Semester	: VI	CIA	: 25
Credits	: 2	EXT	: 75
Course code	:U6R3PEDSE7:2	TOTAL	: 100
Nature of the Course:	Skill Development	Instruction Hours	: 75

Objectives

- To provide the basic knowledge about Fitness and Wellness
- To educate the Life style and Hypokinetic disease Prevention and Management.
- To educate the values of Exercise programs
- To impart Knowledge about Sports Nutrition
- To familiarize the students with Safety education

Unit-I

Concept of Physical Education and Fitness: (15 Hrs)

- 1.1 Definition, aim and Objectives of Physical Education – Fitness and Wellness
- 1.2 Importance and Scope of Fitness and Wellness.
- 1.3 Modern Concept of Physical Fitness and Wellness.
- 1.4 Physical Education and its relevance in Inter-disciplinary context.

Unit-II

Fitness, Wellness and Life style (15 Hrs)

- 2.1 Fitness- Types , Components
- 2.2 Understanding of wellness.
- 2.3 Modern life style and hypokinetic disease – Prevention and Management
- 2.4 Physical activity and Health Benefits.

Unit-III

Principles of exercise Program (15 Hrs)

- 3.1 Means of Fitness development – Aerobic and anaerobic Exercise
- 3.2 Exercise and Heart Rate Zones for various aerobic exercise intensities
- 3.3 Concept of Free weight versus Machine, sets and repetition.
- 3.4 Concept of Designing different fitness training Programme for different age group.

Unit-IV

Safety education and Fitness promotion

(15 Hrs)

- 4.1 Health and Safety in Daily Life.
- 4.2 First aid and Emergency care.
- 4.3 Common Injuries and their management.

Unit-V

Sports Nutrition

(15 Hrs)

- 5.1 Diet for sports competition
- 5.2 Supplementation to the daily diet – Vitamins, minerals, Fluids, Electrolytes replacement, carbohydrate and protein loading , Calcium and Iron Supplement
- 5.3 Time for pre-event meal
- 5.4 Alternate eating pattern, foods to avoid.

Course outcomes:

- Understood the Concept of Physical Education and Fitness.
- Learned About Physical activity and its health benefits
- Gained Knowledge about Exercise Programs
- Enhanced with the knowledge about Safety Education
- Gain knowledge about Sports Nutrition and Supplementary diets

Textbook

- 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

- ❖ 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
- ❖ Megglynn.G. (1993) Dynamics of Fitness. Madison. W.C.B.Brown.

CO – PO MAPPING

Title of the Course: Contemporary Issues in Physical Education						Course Code:U6R3PEDSE7:2					
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	3	2	3	2	3	3	2	3	2	2.6
CO2	3	2	3	3	3	3	2	3	2	3	2.7
CO3	3	2	2	3	2	3	3	2	2	3	2.5
CO4	3	2	3	2	3	3	2	3	3	2	2.6
CO5	3	3	2	2	3	2	3	2	3	2	2.5
	Mean Overall Score										2.58
	Result										High

THEORIES OF YOGA

Semester : VI
Credits : 3
Course Code : U5R3PEDSE8:1
Nature of the Course: **Employability**

CIA : 25
EXT : 75
Total : 100
Instruction Hours : 60

COURSE OBJECTIVES:

- To impart the fundamentals of knowledge about the Yoga
- To provide the practical knowledge of yogic practices and techniques.
- To provide fundamental knowledge kriyas and meditations.
- To provide basic knowledge pranayama and mudras.
- To practice the various gymnastics skills and techniques properly

UNIT -I

INTRODUCTION OF YOGA:

(15 Hrs)

- 1.1 Meaning and Definition of Yoga.
- 1.2 Aims and objectives of Yoga.
- 1.3 Historical background of yoga.
- 1.4 Contributions of Thirumoolar & Patanjali.
- 1.5 . **Need and importance of yoga in Physical Education and Sports.**

UNIT –II

((10 Hrs))

FOUNDATION OF YOGA:

- 2.1 The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.
- 2.2 Yoga in the Bhagavadgita.
- 2.3 Types of Yoga: Karma Yoga, Jnana Yoga, Hatha Yoga, Raja Yoga and Bhakthi Yoga.
- 2.4 Principle of practicing asana, pranayama and meditation.

UNIT -III

ASANAS:

(15 Hrs)

- 3.1 Technique and benefits of Asanas: Classification of asanas
- 3.2 Relaxative asanas – Shavasana, Makarasana;
- 3.3 Meditative asanas: Padmasana, Vajrasana;
- 3.4 Cultural asanas: Thadasana, Patchimottasana, ArthaMatsyendrasana, Dhanurasana, Saravangasana and Halasana.

3.5 Technique and benefits - Suryanamaskar.

UNIT IV

INTRODUCTION OF PRANAYAMA AND CLEANSING PROCESS: (10 Hrs)

4.1 Pranayama: NadiSuddhi, Sitali and Sitkari.

4.2 Meditation - Meaning of Mudra, Bhandas&Kriya.

4.3 Types of Bandhas (Uddiyana Bandha, Jalandhara Bandha, Mula Bandha),

4.4 Mudras (Chin Mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra and Prana Mudra)

4.5 Kriyas (Kaphalabhathi, Trataka, Neti -JalaNeti, Sutra Neti, Dhauthi Vamana Dhauthi).

UNIT -V

YOGA EDUCATION: (10 Hrs)

5.1 Yoga education centres in India: Bihar School of Yoga and SVYASA.

5.2 Yoga education centres in abroad.

5.3 Competitions in yogasanas.

5.4 International Yoga day.

5.5 Role of yoga in religion harmony

COURSE OUTCOME

- Understood the historical background of yoga. - K2
- Provide the basic knowledge of corrective asanas – K3
- Gain knowledge in pranayama, meditation, kriyas and Bandhas techniques - K3
- Attain knowledge of the relaxative, cultural and meditative asanas. -K5
- Understand the Development of Yoga in National and International Level. -K4

Text books

- Gharote, M.L. &Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
- Iyengar, B.K.S., (2001). Yoga the path to holistic health. Dorling: Kindersley.
- Iyengar, BKS., (2003). The Art of Yoga. New Delhi: Harper Collins Publishers.

References:

- ❖ Swami Kuvalayananda, Asanas, Kaivalyadhama, Lonavala, Pune.

- ❖ B.K.S. IYANKAR, *Light on Yoga* Harper Collins Publications, Delhi.
- ❖ Coopn Phyllis and Milan Trnka, *Teaching Gymnastic Skills to Men and Women*, Surjeet Publications, Delhi, 1982

CO – PO MAPPING

Title of the Course: Theories of Yoga						Course Code: U6R3PEDSE8:1					
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	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

CAREER OPPORTUNITIES IN PHYSICAL EDUCATION

Semester	: VI	CIA	: 25
Credits	: 3	EXT	: 75
Course code	: U6R3PEDSEC8:2	TOTAL	: 100
Nature of the Course:	Skill Development	Instruction Hours	: 60

Objectives

- To provide the basic knowledge about career development.
- To educate the various opportunities in the field of Physical education.
- To educate the values of Physical Education in other fields.
- To equip the students to achieve the task through their career
- To familiarize the students with the latest career in the field of physical Education

Unit-I

Introduction (12 Hrs)

- 1.1. Definition and Importance of Career Development
- 1.2 Stages of Career Development- Assesment, Preparation, Implementation, decision Making
- 1.3. Career Development Goals- Short term, Long Term

Unit-II

Career planning in the field of Physical Education (12 Hrs)

- 2.1. Educational Qualification
- 2.2. Teaching Related Careers
- 2.3. Coaching related Careers.
- 2.4. Health Related Careers.

Unit-III

Physical education Career opportunities in other fields (12Hrs)

- 3.1. Performance Related Careers – Private and Public Sector
- 3.2. Sports journalism.
- 3.3. Book Publication
- 3.4. Sports photography
- 3.5. Sports Broadcasting

Unit-IV

Preparing For the Interview

(9 Hrs)

- 4.1. Curriculum Vitae
- 4.2. Personal Preparation.
- 4.3. Technical Preparation

Unit-V

Task Achievement and development

(15 Hrs)

- 5.1. Transferable skills
- 5.2. Leadership Qualities
- 5.3. Administrative skills
- 5.4. Productive Skills
- 5.5. Innovative Skills

Course outcomes:

- Have Studied the Importance of Career for development.
- Learned to prepare a curriculum vitae
- Learn Career opportunities in other sectors
- Provide the knowledge about the various Career opportunities.
- Gain knowledge about Task achievement through Career development

References

- ❖ Charles J.A. Crane, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK: Butterworth Heiremann.
- ❖ Finn, R.A. and Trojan P.K. (1999) "Engineering Materials and their Applications" UK: Jaico Publisher.
- ❖ John Mongilo, (2001), "Nano Technology 101" New York: Green wood publishing group.
- ❖ Walia, J.S. Principles and Methods of Education (Paul Publishers, Jullandhar), 1999.
- ❖ Kochar, S.K. Methods and Techniques of Teaching (New Delhi, Jullandhar, Sterling Publishers Pvt. Ltd.)

Web link :

- ✓ <https://www.kreedon.com/innovative-sports-technology/>

CO – PO MAPPING

Title of the Course: Career Opportunities in Physical Education						Course Code: U6R3PEDSE8:2					
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	3	3	2	2	3	2	2.6
CO2	2	3	2	2	3	3	2	3	2	3	2.5
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	3	3	3	3	3	2	2	2.7
	Mean Overall Score										2.62
	Result										High

YOGIC PRACTICES -PRACTICAL

Semester	: I	CIA	: 40
Credits	: 4	EXT	: 60
Course code	: U6R3PESEC7P	TOTAL	: 100
Nature of the Course: Employability, Entrepreneurship, Skill Development			
Instruction Hours	: 60		

Objectives

- To impart the fundamentals of knowledge about the Yoga
- To practice Surya namaskar in everyday activity.
- To educate the practical knowledge of yogic practices and techniques.
- To provide fundamental knowledge kriyas and meditations.
- To provide basic knowledge pranayama and mudras.

UNIT –I

FOUNDATION OF YOGA: (5 Hrs)

1.1 The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

1.2 Types of Yoga: Karma Yoga, Jnana Yoga, Hatha Yoga, Raja Yoga and Bhakthi Yoga

UNIT-II

SURIYANAMASKAR (15 Hrs)

2.1 Suryanamaskar twelve pose and its name

2.2 Suryanamaskar procedure and techniques

UNIT-II

ASANAS (15 Hrs)

3.1 Padmasana•Dhanurasana•Bhujangasana•Vakrasana•Matsyasana•Ustrasana

3.2 Trikonasana•ArdhaMatsyandrasana•Mayurasana•Vajrasana•Paschimottanasana

3.3 Salababhasana•Ardhasalabhasana•Natarajasana•Ardhakaticakrasana•Ardhacakarasana

3.4 Ekapada Asana •Gomukhasana•Navasana•Chakrasana•Sirasasana•Savasana•

3.5 Garudasana•Veerabathrasana•Halasana•Sarvangasana

Unit-IV

Pranayama and mudras

(10 Hrs)

4.1 NadiSuddhi, NadiShodhana,

4.2 Surya Bhedana, Kapalabathi and Sitali

4.3 Chin, Chinmaya , Brahma

4.4 Nasika and Yoga mudra

UNIT-V

KRIYAS AND MEDITATIONS

(10 Hrs)

5.1 Neti, Dahuti, Trataka

5.2 Mantra Meditation and silent meditation

COURSE OUTCOME

- Understood the historical background of yoga. - K2
- Provide the basic knowledge of corrective asana – K3
- Gain knowledge in pranayama, meditation, kriyas and Bandhas techniques - K3
- Attain knowledge of the relaxative, cultural and meditative asana. -K5
- Understand the Development of Yoga in National and International Level. -K4

Text books

- Gharote, M.L. &Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalyadhama.
- Iyengar, B.K.S., (2001). Yoga the path to holistic health. Dorling: Kindersley.
- Iyengar, BKS., (2003). The Art of Yoga. New Delhi: Harper Collins Publishers.

References:

- ❖ Swami Kuvalayananda, Asanas, Kaivalyadhama, Lonavala, Pune.
- ❖ B.K.S. IYANKAR, Light on Yoga Harper Collins Publications, Delhi.
- ❖ Coopn Phyllis and Milan Trnka, Teaching Gymnastic Skills to Men and Women, Surjeet Publications, Delhi, 1982

CO – PO MAPPING

Title of the Course: Yogic Practices- Practical						Course Code: U6R3PESEC7P					
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