

**J.J. College of Arts and Science (Autonomous)**  
**Proposed Course Structure based on TANSCH and UGC - LOCF**  
**(Choice Based Credit System)**  
**(Applicable for the Candidates admitted from the academic year 2026-2027 Onwards)**

**B.Sc. Physical Education, Health Education and Sports**

| Sl. No      | Course Category | Course Code      | Course                                                             | Credits | Hours/ Week | Marks |     |       |
|-------------|-----------------|------------------|--------------------------------------------------------------------|---------|-------------|-------|-----|-------|
|             |                 |                  |                                                                    |         |             | CIA   | ESE | Total |
| Semester I  |                 |                  |                                                                    |         |             |       |     |       |
| 1           | Part - I        | U1R4TL1/ HL1/FL1 | Tamil / Hindi / French                                             | 3       | 6           | 30    | 70  | 100   |
| 2           | Part - II       | U1R4EL1          | English                                                            | 3       | 6           | 30    | 70  | 100   |
| 3           | Part - III      | U1R4PECC1        | Foundation of Physical Education and Sports                        | 5       | 5           | 30    | 70  | 100   |
| 4           |                 | U1R4PECC2P       | Indigenous Games Practical (Kabaddi, Kho-Kho, Ball Badminton)      | 4       | 5           | 40    | 60  | 100   |
| 5           |                 | U1R4PEAC1        | Basic Yogic Science                                                | 3       | 3           | 30    | 70  | 100   |
| 6           |                 | U1R4PEAC2P       | Yoga and Gymnastics Practical                                      | 3       | 3           | 40    | 60  | 100   |
| 7           | Part - IV       | U1R4_GEC1        | To be opted from other Department                                  | 2       | 2           | 30    | 70  | 100   |
| Total       |                 |                  |                                                                    | 23      | 30          | -     | -   | 700   |
| Semester II |                 |                  |                                                                    |         |             |       |     |       |
| 1           | Part - I        | U2R4TL2/ HL2/FL2 | Tamil / English /French                                            | 3       | 6           | 30    | 70  | 100   |
| 2           | Part - II       | U2R4EL2          | English                                                            | 3       | 6           | 30    | 70  | 100   |
| 3           | Part - III      | U2R4PECC3        | Theory of Major Games – I (Basketball, Handball, Hockey)           | 5       | 5           | 30    | 70  | 100   |
| 4           |                 | U2R4PECC4P       | Major Games Practical – I (Basketball, Handball, Hockey)           | 4       | 5           | 40    | 60  | 100   |
| 5           |                 | U2R4PEAC3        | Test, Measurement and Evaluation in Physical Education             | 3       | 3           | 30    | 70  | 100   |
| 6           |                 | U2R4PEAC4P       | Test, Measurement and Evaluation in Physical Education – Practical | 3       | 3           | 40    | 60  | 100   |
| 7           | Part - IV       | U2R4_GEC2        | To be opted from other Department                                  | 2       | 2           | 30    | 70  | 100   |
| Total       |                 |                  |                                                                    | 23      | 30          | -     | -   | 700   |

*(Signature)*  
**Dr. K. JAGATHISBABU Ph.D.**  
 Head, Department of Physical Education  
 J.J. College of Arts and Science (Autonomous)  
 Pudukkottai-622422

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| Semester III |            |                 |                                                              |                                                              |    |    |    |     |     |
|--------------|------------|-----------------|--------------------------------------------------------------|--------------------------------------------------------------|----|----|----|-----|-----|
| 1            | Part - I   | U3R4TL3/HL3/FL3 | Tamil /Hindi / French                                        | 3                                                            | 5  | 30 | 70 | 100 |     |
| 2            | Part - II  | U3R4EL3         | English                                                      | 3                                                            | 5  | 30 | 70 | 100 |     |
| 3            | Part - III | U3R4PECC5       | Theory of Track and Field.                                   | 5                                                            | 5  | 30 | 70 | 100 |     |
| 4            |            | U3R4PECC6P      | Track and Field Practical                                    | 4                                                            | 5  | 40 | 60 | 100 |     |
| 5            |            | U3R4PEAC5       | Basic Anatomy and Physiology                                 | 3                                                            | 4  | 30 | 70 | 100 |     |
| 6            | Part - IV  | U3R4PESEC1:1    | Science of Sports Training                                   | 2                                                            | 2  | 30 | 70 | 100 |     |
|              |            | U3R4PESEC1:2    | Career Opportunities in Physical Education                   |                                                              |    |    |    |     |     |
| 7            |            |                 | U3R4VE                                                       | Value Education                                              | 2  | 2  | 30 | 70  | 100 |
| 8            | Part - V   | U3R4HW          | Health and Wellness                                          | 1                                                            | 2  | -  | -  | 100 |     |
| Total        |            |                 |                                                              | 23                                                           | 30 | -  | -  | 800 |     |
| Semester IV  |            |                 |                                                              |                                                              |    |    |    |     |     |
| 1            | Part - I   | U4R4TL4/HL4/FL4 | Tamil / Hindi / French                                       | 3                                                            | 5  | 30 | 70 | 100 |     |
| 2            | Part - II  | U4R4EL4         | English                                                      | 3                                                            | 5  | 30 | 70 | 100 |     |
| 3            | Part - III | U4R4PECC7       | Theory of Major Games – II (Badminton, Table tennis, Tennis) | 5                                                            | 6  | 30 | 70 | 100 |     |
| 4            |            | U4R4PECC8P      | Major Games Practical – II (Badminton,Table tennis, Tennis)  | 4                                                            | 5  | 40 | 60 | 100 |     |
| 5            |            | U4R4PEAC6       | Fundamentals of Research and Statistics                      | 3                                                            | 5  | 30 | 70 | 100 |     |
| 6            | Part - IV  | U4R4PESEC2:1    | Exercise Physiology and Sports Injuries                      | 2                                                            | 2  | 30 | 70 | 100 |     |
|              |            | U4R4PESEC2:2    | Nutrition for Physical Education                             |                                                              |    |    |    |     |     |
| 7            |            |                 | U4R4PESLC1                                                   | Online Courses (SWAYAM / MOOCS/SWAYAM PLUS / NPTEL/COURSERA) | 2  | -  | -  | -   | 100 |
| 8            |            |                 | U4R4ES                                                       | Environmental Studies                                        | 2  | 2  | 30 | 70  | 100 |
| Total        |            |                 |                                                              | 24                                                           | 30 | -  | -  | 800 |     |

*G. Jagan*

**Dr. K. JAGATHISBABU Ph.D**  
 Head, Department of Physical Education  
 J. College of Arts and Science(Autonomous)  
 Pudukkottai-622422

*K. Sathish*

*M. V. V.*  
*P. G. J. S.*

| Semester V  |            |                    |                                                               |     |    |    |    |      |
|-------------|------------|--------------------|---------------------------------------------------------------|-----|----|----|----|------|
| 1           | Part - III | U5R4PECC9          | Methods in Physical Education                                 | 5   | 6  | 30 | 70 | 100  |
| 2           |            | U5R4PECC10         | Sports Kinesiology and Biomechanics                           | 5   | 6  | 30 | 70 | 100  |
| 3           |            | U5R4PECC11         | Sports Physiotherapy                                          | 5   | 5  | 30 | 70 | 100  |
| 4           |            | U5R4PECC12P        | Indigenous Activities (Mass Demonstration) - Practical        | 4   | 5  | 40 | 60 | 100  |
| 5           |            | U5R4PEDSE1:1       | Modern Trends in Physical Education                           | 3   | 5  | 30 | 70 | 100  |
|             |            | U5R4PEDSE1:2       | Sports Talent Identification                                  |     |    |    |    |      |
| 6           | Part - IV  | U5R4PEINT          | Internship                                                    | 2   | -  | -  | -  | 100  |
| 7           |            | U5R4PESEC3:1       | Health Education, Recreation and Camping                      | 2   | 3  | 30 | 70 | 100  |
|             |            | U5R4PESEC3:2       | Curriculum Design in Physical Education                       |     |    |    |    |      |
| 8           |            | U5R4PESLC2         | Department Specific Courses                                   | 2   | -  | 50 | 50 | 100  |
| 9           |            | U5R4IDM            | Introduction to Disaster Management                           | 2   | -  | -  | -  | 100  |
| Total       |            |                    |                                                               | 30  | 30 | -  | -  | 900  |
| Semester VI |            |                    |                                                               |     |    |    |    |      |
| 1           | Part - III | U6R4PECC13         | Theory of Games & Sports –III (Volleyball, Cricket, Football) | 5   | 5  | 30 | 70 | 100  |
| 2           |            | U6R4PECC14P        | Games & Sports –Practical-III (Volleyball, Cricket, Football) | 5   | 5  | 40 | 60 | 100  |
| 3           |            | U6R4PECC15P W      | Project Work                                                  | 4   | 6  | -  | -  | 100  |
| 4           |            | U6R4PEDSE2:1       | Organization and Administration in Physical Education         | 3   | 5  | 30 | 70 | 100  |
|             |            | U6R4PEDSE2:2       | Athletic Care and Rehabilitation                              |     |    |    |    |      |
| 5           |            | U6R4PEDSE3:2       | Sports Psychology and Sociology                               | 3   | 5  | 30 | 70 | 100  |
|             |            | U6R4PEDSE3:2       | Adapted Physical Education                                    |     |    |    |    |      |
| 6           | Part - IV  | U6R4PEVAC          | Tool Kit for Physical Education Teachers                      | 2   | 2  | -  | -  | 100  |
| 7           |            | U6R4GS             | Gender Studies                                                | 2   | 2  | 30 | 70 | 100  |
|             | Part - V   | Extension Activity |                                                               | 1   | -  | -  | -  | -    |
| Total       |            |                    |                                                               | 25  | 30 | -  | -  | 700  |
| Grand Total |            |                    |                                                               | 148 |    |    |    | 4600 |

\* Internship during Semester – IV Summer Vacation.  
The Credits shall be awarded in Semester - V Statement of Marks.

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Head, Department of Physical Education  
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## **SKILL ENHANCEMENT COURSES:**

### **SEMESTER-III**

#### **Skill Enhancement Course- 1**

1. Science of Sports Training - U3R4PESEC1:1
2. Career Opportunities in Physical Education - U3R4PESEC1:2

### **SEMESTER- IV**

#### **Skill Enhancement Course- 2**

1. Exercise Physiology and Sports Injuries - U4R4PESEC2:1
2. Nutrition for Physical Education - U4R4PESEC2:2

#### **Skill Enhancement Course- 3**

1. Health Education, Recreation and Camping- U5R4PESEC3:1
2. Curriculum Design in Physical Education- U5R4PESEC3:2

## **DISCIPLINE SPECIFIC ELECTIVE COURSES**

### **SEMESTER- V**

#### **Discipline Specific Electives Course -1**

1. Modern Trends in Physical Education - U5R4PEDSE1:1
2. Sports Talent Identification- U5R4PEDSE1:2

### **SEMESTER- VI**

#### **Discipline Specific Electives Course -2**

1. Organization and Administration in Physical Education - U6R4PEDSE2:1
2. Athletic Care and Rehabilitation- U6R4PEDSE2:2

#### **Discipline Specific Electives Course -3**

1. Sports Psychology and Sociology- U6R4PEDSE3:1
2. Adapted Physical Education - U6R4PEDSE3:2

## **GENERIC/DISCIPLINE SPECIFIC COURSES.**

### **SEMESTER I:**

#### **Generic/Discipline Specific Courses -1**

1. Introduction to Yoga - (It is the newly introduced course) - U1R4PEGEC1

### **SEMESTER II:**

#### **Generic/Discipline Specific Courses -2**

1. Nutrition for healthy life style (It is the newly introduced course) – U2R4PEGEC2

## **SELF-LEARNING COURSE FROM SWAYAM / SWAYAM PLUS AND A SUBJECT RELATED SELF-LEARNING COURSE OFFERED BY THE DEPARTMENT**

### **SEMESTER- IV**

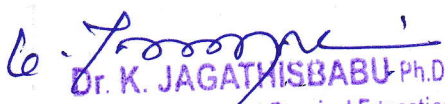
#### **Self-learning course -1**

1. Self-learning course from SWAYAM / SWAYAM PLUS- U4R4PESLC1

### **SEMESTER- V**

#### **Self-learning course -2**

2. Introduction to Competitive Exam - U5R4PESLC2

  
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