

DEPARTMENT OF PHYSICAL EDUCATION

UG SYLLABUS

(B.Sc. PHYSICAL EDUCATION HEALTH EDUCATION AND SPORTS)

Effect from the Academic Year 2022-2025



J.J.COLLEGE OF ARTS & SCIENCE

(AUTONOMOUS)

(Reaccredited by NAAC 4TH Cycle)

PUDUKKOTTAI – 622 422

J.J.COLLEGE OF ARTS AND SCIENCE (AUTONOMOUS)
DEPARTMENT OF PHYSICAL EDUCATION
B.Sc. Physical Education, Health Education and Sports
Proposed Course Structure Based on UGC-LOCF and TANSCH
Choice Based Credit System
Syllabus Effect from 2022-2023 onwards

Sem.	Part	Course Code	Course Title	Hrs / Week	Credit	Exam Hours	CIA Marks	SE Marks	Total Marks
I	I	U1R2TL1	Tamil/Hindi/Arabic/ French–I	6	3	3	25	75	100
	II	U1R2EL1	English–I	6	3	3	25	75	100
	III	U1R2PECC1	History and Foundation of Physical Education.	5	5	3	25	75	100
	III	U1R2PECC2P	Major Practical Yoga and Gymnastics	4	4	3	40	60	100
	III	U1R2PECC3P	Combative Games (Boxing, Judo, Silambam)	4	4	3	40	60	100
	III	U1R2PEAC1	Sports Management	5	4	3	25	75	100
	Total			30	23	-	-	-	600
II	I	U2RTL2	Tamil/Hindi/Arabic/French –II	5	3	3	25	75	100
	II	U2REL2	English–II	5	3	3	25	75	100
	III	U2R2PECC4	Officiating and Coaching – I (Basketball, Football, Volleyball, Badminton, Table tennis)	5	5	3	25	75	100
	III	U2R2PEAC2	Fitness Training and Nutrition	5	4	3	25	75	100
	III	U2R2PECC5P	Major Ball Games and Racket Games (Basketball, Football, Volleyball, Badminton, Table tennis)	4	4	3	40	60	100
	III	U2R2PEAC3P	Aerobics and Indigenous Activities	4	3	3	40	60	100
	IV	U2R2AECC1	Environmental Studies	2	2	3	25	75	100
	Total			30	24	-	-	-	700

Sem.	Part	Course Code	Course Title	Hrs / Week	Credit	Exam Hours	CIA Marks	SE Marks	Total Marks
III	I	U3R2TL3	Tamil/Hindi/Arabic /French–III	5	3	3	25	75	100
	II	U3R2EL3	English–III	5	3	3	25	75	100
	III	U3R2PECC6	Officiating and Coaching – II Track and Field Events	5	5	3	25	75	100
	III	U3R2PEAC4	Introduction of Anatomy and Physiology	5	4	3	25	75	100
	III	U3R2PECC7P	Athletics Practical (Track Events)	4	4	3	40	60	100
	III	U3R2PEAC5P	Evaluation Process in Physical Education (Practical)	4	3	3	40	60	100
	IV	U3R2AECC2	Value Education	2	2	3	25	75	100
	Total			30	24	-	-	-	700
IV	I	U4R2TL4	Tamil/Hindi/Arabic French–IV	5	3	3	25	75	100
	II	U4R2EL4	English–IV	5	3	3	25	75	100
	III	U4R2PECC8	Methods in Physical Education	5	5	3	25	75	100
	III	U4R2PECC9	Sports Training	5	5	3	25	75	100
	III	U4R2PECC10P	Athletics Practical(Field Events)	4	4	3	40	60	100
	III	U4R2PEAC6	Athletic Care and Rehabilitation	4	4	3	25	75	100
	IV	U4R2PESEC 1:1/1:2	Skill Enhancement Course–I (Anyone from the list)	2	2	3	25	75	100
	Total			30	26	-	-	-	700

Sem.	Part	Course Code	Course Title	Hrs / Week	Credit	Exam Hours	CIA Marks	SE Marks	Total Marks
V	III	U5R2PECC11	Officiating and Coaching – III (Cricket, Hockey, Kabaddi, Kho-Kho, Handball)	8	5	3	25	75	100
	III	U5R2PECC12	Sports Psychology	6	5	3	25	75	100
	III	U5R2PECC13P	Major Games Practical (Cricket, Hockey, Kabaddi, Kho-Kho, Handball)	6	4	3	40	60	100
	III	U5R2PEDSE 1:1/1:2	Discipline Specific Electives I (Any one from the list)	4	3	3	25	75	100
	IV	U5R2PESEC 2:1/2:2	Skill Enhancement Course -II (Anyone from the list)	4	2	3	25	75	100
	IV	U5R2PEGEC1	Generic Elective Course-I (Anyone from the list)	2	2	3	25	75	100
			Total	30	21	-	-	-	600
VI	III	U6R2PECC14	Kinesiology and Sports Biomechanics	8	6	3	25	75	100
	III	U6R2PECC15P	Game of Specialization	6	4	3	40	60	100
	III	U6R2PEDSE 2:1/2:2	Discipline Specific Electives -II (Anyone from the list)	4	3	3	25	75	100
	III	U6R2PEDSE 3:1/3:2	Discipline Specific Electives -III (Anyone from the list)	4	3	-	-	-	100
	IV	U6R2PESEC 3:1/3:2	Skill Enhancement Course - III (Anyone from the list)	5	2	3	25	75	100
	IV	U6R2PEGEC2	Generic Elective Course -II (Anyone from the list)	2	2	3	25	75	100
	IV	U6R2AECC3	Gender Studies	1	1	3	25	75	100
	V	-	Extension Activity	-	1	-	-	-	-
	Extra Credit Online Course SWAYAM/ MOOCS			(4)	-	-	-	-	-
				30	22	-	-	-	700

CC-Core Course ,**AC**-Allied Course, **DSE**-Discipline Specific Elective,
SEC-Skill Enhancement Course, **GEC**-Generic Elective Course,
AECC – Ability Enhancement Compulsory Course,
P –Practical,

Total Credit -**140**, Total Marks- **4000**. Extension activities shall be outside the instruction hours.

CIA-Continuous Internal Assessment

I. DISCIPLINE SPECIFIC ELECTIVE (DSE)

SEMESTER - V

(Group I)

- | | |
|---------------------------|----------------|
| 1. Health Education | (U5R2PEDSE1:1) |
| 2. Camping and Recreation | (U5R2PEDSE1:2) |

SEMESTER - VI

(Group II)

- | | |
|---------------------------------------|----------------|
| 3. Adapted Physical Education | (U6R2PEDSE2:1) |
| 4. Olympic Value Education and Doping | (U6R2PEDSE2:2) |

SEMESTER - VI

(Group III)

- | | |
|-------------------------------|----------------|
| 5. Project Meet | (U6R2PEDSE3:1) |
| 6. Nutrition for Healthy Life | (U6R2PEDSE3:2) |

II. SKILL ENHANCEMENT COURSES (SEC)

SEMESTER – IV

(Group I)

- | | |
|-------------------------|-----------------|
| 1. Test and Measurement | (U4R2PESEC1:1) |
| 2. Sports Journalism | (U4R2PESEC1:2) |

SEMESTER – V

(Group II)

- | | |
|---|----------------|
| 3. Research and Statistics for Physical Education | (U5R2PESEC2:1) |
| 4. Gym Management | (U5R2PESEC2:2) |

SEMESTER – VI

(Group III)

- | | |
|---|----------------|
| 5. Sports Technology. | (U6R2PESEC3:1) |
| 6. Opportunities and Carrier Development. | (U6R2PESEC3:2) |

III. GENERIC ELECTIVE COURSE (GEC)

1. Yoga for Stress Management.
2. Safety Education and First Aid.

PROGRAMME OUTCOMES.

1. **PO -1:** Acquire theoretical and practical knowledge and enhance the employability skills of the Graduates.
2. **PO -2: Identify** and analyze the problem and formulate solutions with appropriate considerations for the Public health, Safety, Security and Sustainable Environment.
3. **PO -3: Acquire** the responsibility to contribute for the personal development, the development of the community and to respect the Ethical values, social responsibilities and diversity.
4. **PO -4:** Function as an Individual and as a member ,leader, in diverse teams and in multi-disciplinary settings.
5. **PO -5: Recognize** the need for and have the preparation and ability to engage in Independent and lifelong learning in the broadcast context of technological change.

PROGRAMME – SPECIFIC OUTCOMES

On completion of the course, students will be able to

1. Understand the importance of good physique and constant, planned exercise and practice.
2. Assess the interdisciplinary nature of the field, as it embraces Anatomy and Physiology, Sports Psychology, Bio mechanics, Kinesiology, Health Education Sports Management.
3. Develop desirable social traits like friendliness, cooperation, honesty, respect for rules and the right of others.
4. Evaluate Coaching strategies and apply them according to need.
5. Function effectively as sports trainers, coaches, Referees, Umpires and adjudicators.

n[. n[. fiymwptpay;;;fy;Y}hp (jd;dhl;rp)
 rptGuk;>GJf;Nfhl;il
 2022 –2023 Mk; fy;tpahz;LKjy; NrHf;fg;gl;l ,sepiygl;lkhztHfSf;FhpaJ

jiyg;G : ,f;fhy ,yf;fpak; - ,yf;fzk; thpirvz;; : c1
 gUtk; : Kjyhk; gUtk; jhs; FwpaPL;;; U1R2TL1
 gpupT : gFjp l jkpo; kjpg;Gg; Gs;sp: 3
 kjpg;ngz; : CIA -25 EA -75 fw;wy; Neuk; : 6 kzp

Nehf;fk;

1. jw;fhy jkpo; ,yf;fpaj;jpd; etPdj;jd;ikia mwpe;J nfhs;sy;
2. trd ftpijapd; mikg;G Kiwiag; Gupe;J nfhs;sy;
3. GJf;ftpijf;Fk; kuGf;ftpijf;Fk; cs;s NtWghl;Lj; jd;ikiag; gpupj;Jf; fhl;Ljy;
4. ciueil thrpg;gpd; %yk; ehnefpo;g; gapw;rp mspj;jy;
5. r%f khw;wj;jpw;Fr; rpwe;j Clfk; fij ,yf;fpak; vd;gij Ma;e;jwpaj; J}z;Ljy;

\$W: 1 ,f;fhy ,yf;fpa tuyhW> ,yf;fzk; (15hrs)

,f;fhy ,yf;fpa tuyhW – ciueil> rpWfij> Gjpdk;> ftpij> ehl;Lg;Gw
 ,yf;fpak;> ,yf;fzk; - MFngau;fs;

\$W: 2 trd ftpij (15hrs)

ghujpahH – fz;zd; ghl;L - fz;zd; vd; Nrtfd;> ghujpjhrd; - thspid vLlh> ftpkzp Njrp
 tpehafk; gps;is – kyUk; khiyAk; - ghujpAk; gl;bf;fhl;LDk;> thzpjhrd; - Gjpa Mj;jp#b>
 ehl;Lg;Gwg;ghl;L – ehw;WeLk; ghl;L> fijg;ghly; - 1980 itif nts;s;JaH

\$W: 3 GJf;ftpij (15hrs)

mg;Jy;uFkhd; - Myhgid – Mwh(j)mwpT> kPuh - Crpfs; - ehd; mtd; ez;gd;> K.Nkj;jh -
 Mfhaj;jpw;F mLj;j tPL> nt.,iwad;G – G+ghsj;jpw;F xU Gy;yhq;Foy; - epwntwfp;F fWg;G>
 #.nry;yg;gh – Njd;fpz;z; - GOjpf;fhl;Lg; Gyk;gy;> Mq;fiug; igutp – tpuy; njhl;lthdk; -
 Gj;jfk;

\$W: 4 ciueil (15hrs)

ghujpahu; - nfhs;iff;Fk; nraYf;FKs;s J}uk;> eh.rQ;rPtp - nkhoftopg; nghOJ Nghf;Ffs;>
 K.tujuhrd; - jq;iff;F> g+.MyhyRe;juk; - goe;jkpou; gz;G> uh.gp.NrJgps;is - fiyAk;
 fw;gidAk;> ghy; tsd; muR – jkpoff; Nfhtpy;fs;> v];. itahGupg;gps;is – fk;gDk; jkpOk;

\$W: 5 rpWfij (15hrs)

nrk;ig kzthsd; - jtk> mz;LD}u; Ruh – kplw;Wj; jhfk;> RNu\; khd;ah – capu; epyk;>
 Nrhyr;rp – fijay;y> e.Nrhiyag;gd; - g+kuhq;> GJifrQ;r{tp –jpUkjpjiyt> kplWKUfjh]; -
 J}f;Ff; \$il

ghIE}y;fs;:

,yf;fpa tuyhW	-	Jiw ntspaPL
nra;As; jpul;L	-	Jiw ntspaPL
epwg;gpupif (rpWfijj; njhFjp)	-	Jiw ntspaPL
ciukhiy (ciueilj; njhFjp)	-	Jiw ntspaPL

,g;ghlj;jpidf; fw;gjpd; %yk; khztu;fs; ngWk; gad;fs

Sl.No	Course Outcomes	Knowledge Level
C01	fhye;NjhWk; jkpo; ,yf;fpak; fle;J te;j fhyr;RtLfis mwpe;J nfhs;th;	K2
C02	ftpijapy; ifahsg;gl;Ls;sr; nrhy;yhliyf; fz;Lzh;th;	K2
C03	GJf;ftpijapd; tuyhw;Wf;Fhpaf; fUg;nghUis kjpg;gpLth;	K5
C04	ciueil thrpg;Gj; jpwdpy; Nkd;ik milth;	K2
C05	rpWfijg; gilg;gjpy; cs;s EZf;fq;fis tiuaiw nra;th;	K4

,f;fhy ,yf;fpak;> ,yf;fzk;						U1R2TL1					
Course Out comes	Programme Outcomes (POs)					Programme Specific Outcomes(PSOs)					Mean Score
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	3	3	3	2	2	3	3	3	2	2.7
CO2	3	2	3	3	2	2	3	2	3	2	2.5
CO3	3	2	3	3	3	2	3	3	3	2	2.7
CO4	3	2	2	3	2	2	3	2	3	2	2.4
CO5	3	3	3	3	2	3	3	3	3	2	2.8
Mean Overall Score											2.6
Result											High

PROSE AND ENGLISH FOR COMMUNICATION

Category of the Course : PART-II ENGLISH

Course Code : U1R2EL1

Nature of the Skill : Communicative Skill

Marks	: CIA : 25 +Ext: 75 = 100	Hrs / Week	06
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Credits : 03 **Total Inst. Hrs 72**

OBJECTIVES:

1	To expose the learner to modern English prose.
2	To extend learners communication skills through suitable tasks.
3	To expand the learners passive and active vocabulary and repertoire of structures.
4	To develop the ability in independent writing.
5	To provide enough practice for real life applications of language (English)

UNIT – 1

(Inst. Hrs: 09)

A.P.J Abdul Kalam My vision for India

Jim Corbett A Deed of Bravery

Bertrand Russell Has Man A Future?

UNIT – II

(Inst. Hrs:12)

Swami Vivekananda The Secret of Work

C.E.M. Joad Our Civilization

Nirad C. Chaudhuri The Great City

Rabindranath Tagore The Auspicious Vision

UNIT – III

(Inst. Hrs: 17)

Synonyms - Antonyms - Homonyms - One Word Substitutes - Idioms and Phrases-Use of Articles, Prepositions, Analysis of Simple Sentences into SVOCA, Tag Questions, Framing questions to suit responses - short form responses both positive and negative to questions.

UNIT - IV

(Inst. Hrs: 17)

Comprehension Exercises oral and written - 12 passages (multiple choice & Questions and Answers supplemented by listening exercises to be given by the teacher)

UNIT – V**(Inst. Hrs:17)**

Letter Writing - Both formal & Informal, Jumbled words and sentences, Paragraph Writing
(Hints Development)

Units III, IV and V from workbook appended to the textbook

Web Resources

<https://rufusonline.blogspot.com/2011/10/my-visions-for-india-drapjabdul-kalam.html>

<https://mastanappa.blogspot.com/2016/03/our-civilization-c-e-m-joad-additional.html>

<http://xylemofenglish.blogspot.com/2016/05/the-secret-of-work-by-swami-vivekananda.html?m=1>

<https://peacenews.info/node/5147/bertrand-russell-has-man-future>

<http://sittingbee.com/the-auspicious-vision-rabindranath-tagore/>

OUTCOME:

Course Name - Prose and English for Communication	Course Code - U1R2EL1	Knowledge Level
On completion of the course, students will be able to		
CO1	discover and respond to aspects of language like diction, Syntax, and style.	K3
CO2	perceive features like tense and time reference, polysemy, ambiguity and paraphrase.	K5
CO3	Formulate ordinary dialogues and conversations in real life.	K6
CO4	appraise communicative acts like narrating an incident, describing a process, etc.	K5
CO5	develop skills in speaking and writing.	K6

Relationship Matrix for CO, PO, PSO

Title of the Course : Prose and English for Communication						Course code : U1R2EL1					
Course Outcome (CO)	Programme Outcome (PO)					Programme Specific Outcome (PSO)					Mean Score of COs
	PO	PO	PO	PO	PO	PSO	PSO	PSO	PSO	PSO	
	1	2	3	4	5	1	2	3	4	5	
CO – 1	3	2	1	3	2	2	2	3	3	1	2.2
CO – 2	2	3	2	2	3	3	2	2	3	3	2.5

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HISTORY AND FOUNDATION OF PHYSICAL EDUCATION

Semester	: I	CIA	: 25
Credits	: 5	EXT	: 75
Course Code	: U1R2PECC1	Total	:100
Nature of the Course: Employability		Instruction Hours	: 60

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 will be enhanced.
- To gain fair idea about national sports federation/association were highlighted.

Unit-I

Introduction to Physical Education (12 Hrs)

- 1.1 Meaning, Definition and Scope of Physical Education
- 1.2 Aims and Objective of Physical Education
- 1.3 Importance of Physical Education in present era.
- 1.4 Misconceptions about Physical Education.
- 1.5 Relationship of Physical Education with General Education.
- 1.6 Physical Education as an Art and Science

Unit-II

Historical Development of Physical Education in India (15 Hrs)

- 2.1 Vedic Period, Early Hindu Period and Later Hindu Period, Medieval period
- 2.2 Post Mughal British Period (Before 1947) Y.M.C.A. and its contributions.
- 2.3 Physical Education in India (After 1947)
- 2.4 The early history and significant stages in the revival and development of the modern Olympic movement
- 2.5 Educational and cultural values of Olympic movement

Unit-III

Philosophical Foundation of Physical Education (13 Hrs)

- 3.1 Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism.

3.2 Philosophy and Culture.

3.3 Fitness and wellness movement in the contemporary perspectives

3.4 Sports for all and its role in the maintenance and promotion of fitness.

Unit-IV

Foundation of Physical Education

(12 Hrs)

4.1 Biological -- Growth and development, Age and gender characteristics, Body Types

4.2 Psychological -- Attitude, interest. Cognition, emotions and sentiments. Practical suggestion from psychology.

4.3 Sociological, Society and culture ,Social acceptance and recognition

4.4 Leadership in physical education

UNIT-V

Various trophies in sports and games

(15 Hrs)

5.1 Important National and International Trophy

5.2 Awards and Honours

COURSE OUTCOMES:

- The pass out would be able to compare the relationship between general education and 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), Analytical History of Physical Education. Karaikudi C.T & S.H Publication.

Title of the Course: History and Foundation of Physical Education						Course Code: U5R2PECC1					
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

MAJOR PRACTICALS YOGA AND GYMNASTICS

Semester	: I	CIA	: 40
Credits	: 4	EXT	: 60
Course code	: U1R2PECC2P	TOTAL	: 100
Nature of the Course: Skill Development		Instruction Hours	: 48

Objectives

- To impart the fundamentals of knowledge about the Yoga and Gymnastics.
- To provide the practical knowledge of yogic practises 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

Suriyanamaskar (4 Hrs)

- 1.1 Suryanamaskar twelve pose and its name
- 1.2 Suryanamaskar procedure and techniques

Unit-II

Asanas (16 Hrs)

- 2.1 Padmasana • Dhanurasana • Bhujangasana • Vakrasana • Matsyasana • Ustrasana
- 2.2 Trikonasana • ArdhaMatsyandrasana • Mayurasana • Vajrasana • Paschimottanasana
- 2.3 Salababhasana • Ardhasalabhasana • Natarajasana • Ardhakaticakrasana • ArdhaChakrasana
- 2.4 Ekapada Asana • Gomukhasana • Navasana • Chakrasana • Sirsasana • Savasana •
- 2.5 Garudasana • Veerabathrasana • Halasana • Sarvangasana

Unit-III

Pranayama and mudras (8 Hrs)

- 3.1 NadiSuddhi, NadiShodhana,
- 3.2 Surya Bhedana, Kapalabhati and Sitali
- 3.3 Chin, Chinmaya , Brahma
- 3.4 Nasika and Yoga mudra

Unit-IV

Kriyas and meditations

(8 Hrs)

4.1 Neti, Dahuti, Trataka

4.2 Mandra Meditation and silent meditation

Unit-V

Gymnastics skills

(8 Hrs)

5.1 MEN : Forward Roll, Backward Roll , WOMEN :Forward Roll, Backward Roll,

5:2 MEN: Cartwheel, Jump Forward Roll. WOMEN: Cartwheel, Forward Roll

5:3 MEN: Perfect Swing on Parallel Bar, Shoulder Stand WOMEN: Jump to squat stand

5:4 MEN: Perfect Swing on Horizontal Bar and Hand Stand WOMEN :Walking on the beam

Course outcomes

- Learned technique of Suryanamaskar - **K2**
- Provided the basic knowledge of corrective asanas. - **K3**
- Attained knowledge of the relaxative, cultural and meditative asanas. - **K2**
- Gain knowledge in pranayama, meditation, kriyas and Bandhas techniques. - **K5**
- Gain knowledge in the various gymnastics skills and techniques properly - **K3**

Text books

- Gharote, M.L. &Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaivalayadhama.
- Iyengar, B.K.S., (2001). Yoga the path to holistic health. Dorling: Kindersley.
- 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: Major Practical Yoga and Gymnastics						Course Code: U1R2PECC2P					
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

COMBATIVE GAMES-BOXING, JUDO , SILAMBAM

Semester	: I	CIA	: 40
Credits	: 4	EXT	: 60
Course code	: U1R2PECC3P	TOTAL	: 100
Nature of the Course: Skill Development		Instruction Hours	: 48

Objectives

- To impart the fundamentals of practical knowledge about the sports and games.
- To understand the various scientific principles in coaching of sports and games,
- To provide knowledge about History of 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

History and Development of the game Boxing (12 Hrs)

- 1.1 History and Development of the game at International and National level
- 1.2 Dimensions and marking of playing area
- 1.3 Basic requirements/ equipment of the game
- 1.4 Fundamental skills of the game

Unit-II

Rules and their interpretations of Boxing game. (8 Hrs)

- 2.1 Rules and Regulation of the Game
- 2.2 Team selection and coaching in that game
- 2.3 Officiating & Referee / Umpire /scorer
- 2.4 National and international organisations / federations of the game.

Unit-III

History and Development of the Judo Game (8 Hrs)

- 3.1 History and Development of the game at International and National level
- 3.2 Dimensions and marking of playing area
- 3.3 Basic requirements/ equipment of the game
- 3.4 Fundamental skills of the game

Unit-IV

Rules and their interpretations of Judo game (8 Hrs)

- 2.1 Rules and Regulation of the Game
- 2.2 Team selection and coaching in that game
- 2.3 Officiating & Referee / Umpire /scorer
- 2.4 National and international organisations / federations of the game.

Unit-V

History and Development of the Silambam game (12 Hrs)

- 5.1 History and Development of the game at International and National level
- 5.2 Basic equipment of the game, Fundamental skills of the game
- 5.4 Rules and Regulation of the Game, Officiating & Referee / Umpire /scorer
- 5.4 National and international organisations / federations of the game.

Course outcomes

- The pass out would be oriented with the rules regulations of the chosen game
- The pass out would be able to lay out and mark the dimensions of the court
- He would be able to organize the concerned sports event and officiate in it
- He would be oriented in the art of coaching the sports team
- He shall also be able to Combative game events

Title of the Course: Combative Games (Boxing, Judo, Silambam)						Course Code: U1R2PECC3P					
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
	3										High

SPORTS MANAGEMENT

Semester	: I	CIA	: 25
Credits	: 5	EXT	: 75
Course Code	: U1R2PEAC1	Total	: 100
Nature of the Course: Employability		Instruction Hours	: 60

COURSE OBJECTIVES:

- To understand the importance of management of Physical Education.
- To gain knowledge regarding management of Physical Education and Sports at different level.
- To organize various Physical Education program.
- To provide basic knowledge about various schemes and policies of State & Central Government.
- To impart knowledge about planning of facility and financial management.

Unit-I

The Management Process: (12 Hrs)

- 1.1 Definition, Principles, Nature and Concept of Sports Management.
- 1.2 Progressive concept of Sports management.
- 1.3 The purpose and scope of Sports Management.
- 1.4 Qualities and competencies required for the Sports Manager.
- 1.5 Event Management in physical education and sports.

Unit-II

(16 Hrs)

Leadership in Sports Management Process:

- 2.1 Meaning and Definition of leadership.
- 2.2 Elements of leadership
- 2.3 Forms of Leadership..
- 2.4 Qualities of administrative leader.
- 2.5 Leadership and Organizational performance.

Unit-III

(16 Hrs)

Planning and Management of sports at Institutional level:

- 3.1 Sports Management in Schools, colleges and Universities.
- 3.2 Factors affecting planning

- 3.3 Planning a school or college sports programme.
- 3.4 Directing of school or college sports programme.
- 3.5 Controlling a school, college and university sports programme.

Unit-IV

(12 Hrs)

Financial Management in Sports:

- 4.1 Financial management in Physical Education & sports in schools, Colleges and Universities.
- 4.2 Objectives and scope of financial planning
- 4.3 Management of Infrastructure, finance and personal
- 4.4 Mechanics of purchase and audit.

UNIT-V

(11 Hrs)

Courses in physical education

- 5.1 Courses in physical education
- 5.2 Teacher education courses in physical education
- 5.3 Higher education courses in physical education
- 5.4 Master of sports coaching

Course Learning Outcomes:

- | | | |
|--|---|-----------|
| ➤ Understanding of the theoretical concept of sports management. | - | K2 |
| ➤ Understanding of the practical & theoretical implications of financial planning and personnel management | - | K3 |
| ➤ Knowledge of sport event management was learned. | - | K1 |
| ➤ Understanding of the competencies and skill of sport manager. | - | K6 |
| ➤ The office management, record, register and budget were learned. | - | K5 |

Text books

- Broyles, F. J. & Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
- Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Mosby Co.
- Dr. Amit Banerjee, "Sports Managements". ISBN:978-81-8909-203-0. 2017

References:

- ❖ Bucher, C.A.(2002). Management of Physical Educational and Sports.(12th Ed.). USA :McGarw Hill Co.
- ❖ Chakraborti, S.(2007). Sports Management. New Delhi: Friends Publication.
- ❖ Frosdick, S., &Walley, L. (2003). Sports and Safety Management. USA: A division of Reed Education and Professional Publishing Ltd.
- ❖ Govindrajulu, .N. (2005). Management of Physical Education and Sports Programme. New Delhi : Friends Publication.
- ❖ Kamlesh, M. L. (2000). Management Concepts in Physical Education and Sports. New Delhi : B.V. Gupta Publication.
- ❖ Mastoralexis, L.P., & Barr, C.A. (1998). Principles and Practice of Sports Management. Maryland: Aspen Publication.
- ❖ Roy, S. S. (2002). Sports Management. New Delhi: Friends publication.
- ❖ Horine., Larry. (1985). Administration of Physical Education and Sports Programmes. New York :Saundress college publication.

Web link:

- ✓ <https://www.shapeamerica.org/career/fields/sport-management.aspx>

CO – PO MAPPING

Title of the Course: Sports Management						Course Code: U1R2PEAC1					
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

,ilf;fhy ,yf;fpak;> ,yf;fzk;

jiyg;G : ,ilf;fhy ,yf;fpak;> ,yf;fzk; thpirvz;; : c2
gUtk; : ,uz;lhk; gUtk; jhs; FwpaPL;; : U2R2TL2
gpupT : gFjp l jkpo; kjpg;Gg; Gs;sp: 3
kjpg;ngz; : CIA -25, EA -75 fw;wy; Neuk; : 5 kzp

Nehf;fk; :

1. ,ilf;fhy ,yf;fpak; \$Wk; jj;Jtq;fis kPL;lwpar; nra;jy;
2. rkaf;fy;tp %yk; Vw;gLk; ey;ypzf;f newpfisg; Gupe;J nfhs;sr; nra;jy;
3. itzt ,yf;fpaj;ij tho;tpaNyhL xg;gpl;L mwpa J}z;Ljy;
4. Rpw;wpyf;fpaj;jpYs;s ,yf;fpar; Ritia vjhh;j;j tho;tpaNyhL nghUj;jpg; ghh;f;fr; nra;jy;
5. Gjpd; czh;j;Jk; kdpj cstpay; \$Wfis kjpg;gPL nra;jy;

\$W : 1 ,yf;fpa tuyhW> ,yf;fzk; (13hrs)

gf;jp ,yf;fpaq;fs; - gd;dpU jpUKiwfs;> ehyhapu jpt;a gpuge;jk;> rpw;wpyf;fpaq;fs;>
,yf;fzk; - tO> tohepiy> tOtikjp> ,ul;ilf;fpstp.

\$W : 2 irt ,yf;fpak; (13 hrs)

jpUQhd rk;ge;jh; Njthuk; - jpUr;rha;f;fhL gjpfk; (ghly; : 100 -110);> jpUehTf;furh; -
jpUkog;ghb gjpfk; (ghly; : 2567 - 2576);> jpUthrfk; - md;idg;gj;J

\$W : 3 itzt ,yf;fpak; (12 hrs)

jpUkq;if Mo;thh; - nghpa jpUnkhop – nghpa jpUke;jpuj;jpd; kfpik >(ghly; :948 –957)
ehr;rpahh; jpUnkhop – Fapw;gj;J (ghly; 545 -556) G+jj;jho;thh; - ,uz;lhk; jpUte;jhjp
(ghly;; 2182 - 2191)

\$W : 4 rpw;wpyf;fpaq;fs;> rpj;jh; ,yf;fpak; (12 hrs)

Kj;Jf;Fkhurhkp gps;isj; jkpo; - Kj;jg;gUtk; (4MtJ ghly;)> tUifg;gUtk; (2MtJ ghly;)
jphp\$luhrg;gf; ftpuhah; - FwtQ;rp tre;jts;sp ge;jhbaJ (Kjy; ehd;F ghly;fs;> jkpo; tpLJ}J –
151-160 fz;zpf;g; gl;bdj;jhh; ghly;fs; - neQ;nrhL Gyk;gy; (1 – 10 ghly;fs;)

\$W : 5 ehty; (10 hrs)

gidab – Mrpupau; ,uh.nry;tk;

ghIE}y;fs; :

gf;jp ,yf;fpa tuyhW	-	Jiw ntspaPL
gidab (ehty;)	-	,uh.nry;tk; NCBH nrd;id.

,g;ghlj;jpidf; fw;gjpd; %yk; khztu;fs; ngWk; gad;fs;

Sl.No	Course Outcomes	Knowledge Level
CO1	gf;jp ,yf;fpaj; Njhw;wj;jpd; mtrpaj;ij kPl;Lzh;th;	K2
CO2	irt ,yf;fpaq;fspy; fhzyhFk; caph;g;guty; caph; Njhw;wk; Nghd;wtw;iw mwptpay; fUj;JfNshL nghUj;jp fhz;gu;	K4
CO3	itztk; \$Wk; kdpjj;ijg; Nghw;wp gpd;gw;Wth;	K3
CO4	rpw;wpyf;fpar; Ritawpe;J nra;As; eyk; ghuhl;Ltu;	K6
CO5	Gjpdk; fhl;Lk; Gdpjj;ij czh;e;J ghj;jpug; gz;Gfisj; jpwdha;Tr; nra;th;	K4

,ilf;fhy ,yf;fpak;> ,yf;fzk;						U2R2TL2					
Course Out comes	Programme Outcomes (POs)					Programme Specific Outcomes(PSOs)					Mean Score
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	2	2	3	2	2	3	2	3	1	2.3
CO2	3	3	3	1	2	3	3	3	2	2	2.4
CO3	2	2	2	1	2	2	2	2	1	1	1.7
CO4	3	2	2	3	2	3	3	2	3	2	2.5
CO5	3	3	3	3	2	3	3	2	3	2	2.7
Mean Overall Score											2.3
Result											High

POETRY AND ENGLISH FOR COMMUNICATION

Title of the Course : POETRY AND ENGLISH FOR COMMUNICATION

Category of the Course : PART-II ENGLISH

Course Code :U2R2EL2

Nature of the Skill :Reading and Study Skill

Marks : CIA : 25 +Ext: 75 = 100 Hrs / Week : 05

Credits : 03 Total Inst. Hrs :60

OBJECTIVES

1	To give the learner a feel of poetry
2	To promote a perception of the aesthetic use of language
3	To revise a few aspects of grammar from a communicative angle
4	To provide reading and writing practice
5	To give practice in free writing.

UNIT - I

(Inst. Hrs :13)

Shakespeare	:	All the World's a Stage...(lines 139-166) (The seven stages of Man) As You Like It(Act II Scene VII)
Henry Wordsworth Longfellow	:	A Psalm Of Life
Oliver Goldsmith	:	The Village Schoolmaster
Rabindranath Tagore	:	Where the mind is without Fear
John Masefield	:	Laugh and Be Merry

UNIT – II

(Inst. Hrs :12)

Rupert Brooke	The Soldier
P.B. Shelley	Ozymandias
Judith Wright	The Company of Lovers
Sarojini Naidu	The Queen's Rival

UNIT - III

(Inst. Hrs:15)

Verbs –Infinitives and Gerunds - Modals - Tenses – Active &Passive - Direct and Indirect -Clauses – Analysis and Transformation of sentences – Concord and Governance– Word order.

UNIT - IV**(Inst. Hrs :10)**

Note making – Arguments for and against Issues - Summarizing

UNIT - V**(Inst. Hrs :10)**

Developing outlines into paragraphs - Report Writing – Writing Curriculum Vitae

Web Resources<https://poemanalysis.com/william-shakespeare/all-the-worlds-a-stage/>[https://poemanalysis.com/henry-wadsworth-longfellow/a-psalm-of-](https://poemanalysis.com/henry-wadsworth-longfellow/a-psalm-of-life/#:~:text=Henry%20Wadsworth%20Longfellow-,Summary,matter%20of%20number%20and%20figures)[life/#:~:text=Henry%20Wadsworth%20Longfellow-](https://poemanalysis.com/henry-wadsworth-longfellow/a-psalm-of-life/#:~:text=Henry%20Wadsworth%20Longfellow-,Summary,matter%20of%20number%20and%20figures)[,Summary,matter%20of%20number%20and%20figures](https://poemanalysis.com/henry-wadsworth-longfellow/a-psalm-of-life/#:~:text=Henry%20Wadsworth%20Longfellow-,Summary,matter%20of%20number%20and%20figures)<https://www.toppr.com/guides/english/english-literature/ozymandias-summary/><https://www.litcharts.com/poetry/rupee-brooke/the-soldier><http://sumanabala.blogspot.com/2012/10/queens-rival-sarojini-naidu.html?m=1>**OUTCOME :**

Course Code - U2R2EL2	Course Name -Poetry and English for Communication	Knowledge Level
On completion of the course, students will be able to		
CO1	interpret and appreciate simple poems.	K5
CO2	categorise and respond to aspects of poetic language like deviance, figures of speech, etc.	K4
CO3	perceive features like tense and time reference, polysemy, ambiguity and paraphrase relations.	K5
CO4	construct ordinary dialogues , conversations and group discussions to suit real life situations.	K6
CO5	design communications in writing on ordinary matters like narrating an incident, describing a process, etc.	K6

Relationship Matrix for CO, PO, PSO

Title of the Course : Poetry and English							Course code : U2R2EL2				
for Communication											
Course Outcome (CO)	Programme Outcome (PO)					Programme Specific Outcome (PSO)					Mean Score of COs
	PO	PO	PO	PO	PO	PSO	PSO	PSO	PSO	PSO	
	1	2	3	4	5	1	2	3	4	5	
CO – 1	3	2	2	3	1	3	3	3	2	3	2.5
CO – 2	3	1	1	2	3	3	2	2	3	1	2.1
CO – 3	2	3	1	2	2	3	3	2	3	2	2.3
CO – 4	2	1	3	3	2	2	3	2	3	2	2.3
CO – 5	1	3	2	2	3	3	1	2	3	3	2.3
	Mean Overall Score										2.30
	Result										HIGH

OFFICIATING AND COACHING-I
(BASKETBALL, FOOTBALL, VOLLEYBALL, BADMINTON, TABLETENNIS)

Semester	: II	CIA	: 25
Credits	: 5	EXT	: 75
Course code	: U2R2PECC4	TOTAL	: 100
Nature of the Course:	Skill Development	Instruction Hours	: 60

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

Rules and Layout in and Basic skills Basketball (12 Hrs)

- 1.1 Dimensions, layouts and marking of Basketball court
- 1.2 Rules and their interpretations of Basketball Game
- 1.3 Qualification and number of officials in Basketball Game
- 1.4 Coaching in Basketball Game

Unit-II

Rules and Layout and Basic skills in Football (12 Hrs)

- 2.1 Dimensions, layouts and marking of fields in Football Game
- 2.2 Rules and their interpretations of Football Game
- 2.3 Qualification and number of officials in Football Game
- 2.4 Coaching basic skills in Football Game

Unit-III

Rules and Layout and Basic skills in Volleyball (12 Hrs)

- 3.1 Dimensions, layouts and marking of Courts in Volleyball Game
- 3.2 Rules and their interpretations of Volleyball Game
- 3.3 Qualification and number of officials in Volleyball Game
- 3.4 Coaching basic skills in Volleyball Game

Unit-IV

Rules and Layout in and Basic skills Badminton

(12 Hrs)

- 4.1 Dimensions, layouts and marking of Courts in Badminton Game
- 4.2 Rules and their interpretations of Badminton Game
- 4.3 Qualification and number of officials in Badminton Game
- 4.4 Coaching in basic skills Badminton Game.

Unit-V

Rules and Layout in and Basic skills Table tennis

(12 Hrs)

- 5.1 Dimensions, layouts and marking of Courts in Table tennis Game
- 5.2 Rules and their interpretations of Table tennis Game
- 5.3 Qualification and number of officials in Table tennis Game
- 5.4 Coaching in basic skills Table tennis Game.

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: Officiating and Coaching –I((Basketball, Football, Volleyball, Badminton, Tabletennis)						Course Code: U2R2PECC4					
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

FITNESS TRAINING AND NUTRITION

Semester	: II	CIA	: 25
Credits	: 4	EXT	: 75
Course Code	: U2R2PEAC2	Total	: 100
Nature of the Course: Skill Development		Instruction Hours	: 60

Objectives

- To develop skills to establish daily caloric requirement and to design the diet plan.
- To acquaint student with principles of sports nutrition.
- To orient the student to the role of food on Physical performance.
- To make the student understand and prepare weight management plans.
- To provide the knowledge about prevention and management of modern lifestyle.

Unit-I (12Hrs)

Introduction to Sports Nutrition

- 1.1 Meaning and Definition of Sports Nutrition
- 1.2 Basic components of Nutrition
- 1.3 Factor to consider for developing nutrition plan
- 1.4 Balance diet and its components, Nutritional deficiencies.
- 1.5 Understanding of malnutrition and nutritional supplements.

Unit-II (12 Hrs)

Nutrients: Ingestion to energy metabolism

- 2.1 Carbohydrates, Protein, Fat – Meaning, classification and its function
- 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
- 2.5 Establishing daily caloric requirement and expenditure

Unit-III (12 Hrs)

Nutrition and Weight Management

- 3.1 Obesity – Definition, meaning, types and causes of obesity;
- 3.2 Health risks associated with Obesity and Solutions for Overcoming Obesity

- 3.3 Concept of BMI (Body mass index), Dieting versus exercise for weight control
- 3.4 Common Myths about Weight Loss
- 3.5 Concept of weight management in modern era, Factor affecting weight management

Unit-IV

(12 Hrs)

Steps of planning of Weight Management

- 4.1 Determination of desirable body weight
- 4.2 Daily calorie intake and expenditure in weight management
- 4.3 Role of diet and exercise in weight management
- 4.4 Designing diet plan and exercise schedule for weight gain and loss
- 4.5 Balanced diet for Indian School Children

Unit-V

(12 Hrs)

Issues in Physical Education

- 5.1 Meaning of health hygiene-Types and its uses
- 5.2 Effect of alcohol and Tobacco
- 5.3 Major health problems in India

Course Learning Outcomes:

- Understanding of the theoretical and practical concept of sport nutrition and weight management. - **K2**
- Understanding towards the theoretical and practical concept of obesity and desirable body weight for physical fitness. - **K4**
- Understanding of the modern development in area of sport nutrition and weight management. - **K2**
- The concept of wellness, its dimensions and components were learned. - **K4**
- To provide the knowledge about prevention and management of modern lifestyle. - **K5**

Text books

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

References:

- ❖ 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: a metaanalysis. Am J ObstetGynecol, 197(3), 223- 228.
- ❖ DeMaria, E. J. (2007). Bariatric surgery for morbid obesity. N Engl J Med,356(21), 2176- 2183.
- ❖ Dixon, J.B., O'Brien, P.E., Playfair, J. (n.d.). Adjustable gastric banding and conventional therapy for type 2 diabetes: a randomized controlled trial. JAMA. 299(3), 316-323.
- ❖ Bates M. (2008). Health Fitness Management (2nd Ed.) USA: Human Kinetics.
- ❖ Fink, H.H., Burgoon, L.A., & Mikesky, A.E. (2006). Practical Applications in Sports Nutrition. Canada : Jones and Bartlett Publishers.
- ❖ Martin Estwood (2005) – Principle of human nutrition, Atlantic publication, New Delhi.

Web link:

- ✓ https://www.onhealth.com/content/1/nutrition_and_fitness

CO – PO MAPPING

Title of the Course: Fitness Training and Nutrition						Course Code: U2R2PEAC2					
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

MAJOR GAMES AND RACKET GAMES
(BASKETBALL, FOOTBALL, VOLLEYBALL, BADMINTON, TABLE TENNIS.)

Semester	: II	CIA	: 40
Credits	: 4	EXT	: 60
Course code	: U2R2PECC5P	TOTAL	: 100
Nature of the Course: Skill Development		Instruction Hours	: 48

Objectives

- To impart the fundamentals of practical knowledge about the theory 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

Basketball (12 Hrs)

- 1.1. History and Development of the game at International and National level.
- 1.2. Dimensions and marking of playing area.
- 1.3. Fundamental skills, Skill tests, scoring of the game
- 1.4 Rules and their interpretations of the game. Officiating & Referee Signals
- 1.5 National and international organizations / federations of the game.

Unit-II

Football (8 Hrs)

- 2.1. History and Development of the game at International and National level.
- 2.2. Dimensions and marking of playing area.
- 2.3. Fundamental skills, Skill tests, scoring of the game
- 2.4 Rules and their interpretations of the game. Officiating & Referee Signals
- 2.5 National and international organizations / federations of the game.

Unit-III

Volleyball (8 Hrs)

- 3.1. History and Development of the game at International and National level.
- 3.2. Dimensions and marking of playing area.
- 3.3. Fundamental skills, Skill tests, scoring of the game
- 3.4 Rules and their interpretations of the game. Officiating & Referee Signals
- 3.5 National and international organizations / federations of the game.

Unit-IV

Badminton

(8 Hrs)

- 4.1. History and Development of the game at International and National level.
- 4.2. Dimensions and marking of playing area.
- 4.3. Fundamental skills, Skill tests, scoring of the game
- 4.4 Rules and their interpretations of the game. Officiating & Referee Signals
- 4.5 National and international organizations / federations of the game.

Unit-V

Table tennis

(12 Hrs)

- 5.1. History and Development of the game at International and National level.
- 5.2. Dimensions and marking of playing area.
- 5.3. Fundamental skills, Skill tests, scoring of the game
- 5.4 Rules and their interpretations of the game. Officiating & Referee Signals
- 5.5 National and international organizations / federations of the game.

Course Outcomes

- | | | |
|---|---|-----------|
| ➤ Gain fundamental knowledge about the ground preparation, its dimensions and markings. | - | K6 |
| ➤ 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 | - | 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.
- ❖ 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

CO – PO MAPPING

Title of the Course: Major Games Practical						Course Code: U5R2PECC15P					
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

AEROBICS AND INDIGENOUS ACTIVITIES - PRACTICAL

Semester	: II	CIA	: 40
Credits	: 3	EXT	: 60
Course code	: U2R2PEAC3P	TOTAL	: 100
Nature of the Course:	Skill Development	Instruction Hours	: 48

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) (12 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 (8 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

Drill and Marching (8 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)

Unit-IV

Light Apparatus and Rhythmic Exercises (Special Part)

(8 Hrs)

- 4.1. Wands
- 4.2. Indian Clubs
- 4.3. Dands
- 4.4 Baithaks
- 4.5 Dumbbells

Unit-V

Aerobics

(12 Hrs)

- 5.1. Introduction of Aerobics.
- 5.2. Aerobics with equipment and music.
- 5.3. Aerobics activities without music and equipment.
- 5.4 Skill lessons of Aerobics.
- 5.5 Coaching, officiating and starting careers in Aerobics

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 aerobic Exercise to start 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 McCule 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.
- ❖ 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

Weblink

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

CO – PO MAPPING

Title of the Course: Aerobics and Indogineous Activities						Course Code: U2R2PEAC3P					
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

Environmental Studies

Semester – II	
Title of The Course : Environmental Studies	Category of The Course : Ability Enhancement Compulsory Course (AECC)
Course Code : U2R2AECC1	Nature of The Skill : Skill Development
Marks : CIA : 25 + Ext: 75 = 100	Hrs / Week : 02
Credits : 2	Total Inst. Hrs : 24

COURSE OBJECTIVES

- To impart basic knowledge of various natural resources
- To understand the importance of ecosystem and biodiversity in Earth
- To be effective in Pollution & waste water management of our nation.
- To acquire knowledge on environmental issues & social issues.
- To gain the knowledge about population management.

UNIT I

Inst. Hrs: 5

The Multidisciplinary nature of environmental studies: Definition, scope and importance - Need of public awareness. **Natural Resources:** Renewable and non-renewable resource, Natural resources and associated problems.

- a) Forest resources: Use and over-exploitation, Deforestation, Case studies. Timber extraction, mining, Dams and their effects on forests and tribal people.
 - b) Water resources: use and over-utilization of surface and ground water, floods, drought, conflicts over water, dams - benefits of and related problems.
 - c) Mineral resources: Use and exploitation, environmental effects of extracting and using mineral resources, case studies.
 - d) Food resources: World food problems, changes caused by agriculture and overgrazing, Effects of modern agriculture, fertilizer and pesticide problems, Water logging, salinity, case studies.
 - e) Energy resources: Growing energy needs, Renewable and non-renewable energy resources, use of alternate energy sources, case studies
 - f) Land resources: land as a resource, land degradation, man induced landslides, soil erosion desertification.
- Role of an individual in conservation of natural resources.
 - Equitable use of resources for sustainable lifestyle.

UNIT - II

Inst. Hrs: 5

Ecosystem: Concept of an ecosystem - Structure and functions of an ecosystem – Producers, Consumers and Decomposers - Energy flow in the ecosystem - Ecological succession - food chains, food webs and ecological pyramids. Types, characteristic feature, structure and functions of the following ecosystem: Forest ecosystems, Grassland ecosystems, Desert ecosystems and Aquatic ecosystems (Ponds, streams, lakes, rivers, oceans, estuaries).

Biodiversity:

Introduction - Definition: Genetic, species and ecosystem diversity. Biogeographical classification of India, Value of biodiversity: Consumptive use, productive use, social, ethical, aesthetic and option values. Biodiversity at global, national and local levels, India as a mega-diversity nation, Hot-spots of biodiversity, Threats to biodiversity: habitat loss, poaching of wildlife, man-wildlife conflicts, Endangered and endemic species of India, Conservation of biodiversity: *In-situ* conservation and *ex-situ* conservation.

UNIT - III

Inst.Hours: 5

Environmental pollution:

Definition, causes, effects and control measures of Air pollution, Water pollution, Soil pollution, Marine pollution, Noise pollution, Thermal pollution, Radioactive pollution.

Solid waste management:

Causes, effects and control measures of urban and industrial waste, Role of an individual in the prevention of pollution - pollution case studies - disaster management: floods, earthquakes, cyclones, landslides.

Effects of Fireworks:

Firework and celebrations, Health Hazards, Types of Fire, Firework and safety.

UNIT - IV

Inst. Hrs: 5

Social issues and Environment:

From unsustainable to sustainable development, urban problems related to energy, water conservation, rainwater harvesting, watershed management. Resettlement and rehabilitation of people: Its problems and concerns - case studies, Environment ethics; issues and possible solutions. Climate change, Global Warming, Acid Rain, Ozone Layer Depletion, Nuclear Accidents and Holocaust - Case studies.

Wasteland reclamation, Consumerism and waste products, Environment Protection Act - Air (prevention and control of pollution) Act, Water (prevention and control of pollution) Act - Wildlife Protection Act, Forest Conservation Act, Issues involved in the enforcement of environmental legislation. Public awareness.

Inst. Hrs: 5

Population growth, variation among nations

Population explosion - Family Welfare Programmes;

Environment and human health

Human Rights and Value Education;

HIV/AIDS , Women and Child Welfare:

Role of Information Technology in Environment and Human Health;

Case Studies

- Visit to a local area to document environmental assets: river / forest / grasslands/ hill / mountain.
- Visit to a local polluted site-Urban/Rural/Industrial/Agricultural
- Study of common plants, insects, birds.
- Study of simple ecosystems-pond, river, hill slopes, etc.

- Agarwal, K.C. 2001 Environmental Biology, Nidi Publ. Ltd. Bikaner.
- Bharucha Erach, The Biodiversity of India, Mapin Publishing Pvt. Ltd.,Ahmedabad – 380 013, India, Email:mapin@icenet.net (R)
- Miller T.G. Jr. Environmental Science, Wadsworth Publishing Co. (TB)
- Odum, E.P. 1971. Fundamentals of Ecology. W.B. Saunders Co. USA, 574p
- Jadhav, H & Bhosale, V.M. 1995. Environmental Protection and Laws.
Himalaya Pub. House, Delhi 284 p.
- Manigandan G . 2020 Environmental Studies, PoGo publications, Trichy ISBN: 978-93-83069-36-1

Course	Programme Outcome (PO)					Programme Specific Outcome (PSO)					
Outcome	PO-1	PO-2	PO-3	PO-4	PO-5	PSO-1	PSO-2	PSO-3	PSO-4	PSO5	Mean
CO-1	3	2	2	2	2	3	3	2	2	3	2.4
CO-2	2	3	3	2	2	2	2	2	2	2	2.2
CO-3	2	3	3	1	3	2	3	3	3	3	2.6
CO-4	3	2	3	1	2	2	2	2	2	2	2.1
CO-5	2	2	2	3	3	3	1	3	3	2	2.4
Mean Overall Score											2.34
Result											High

COURSE OUTCOMES

Environmental Studies		Course Code : U2R2AECC1
S. No.	Course Outcome	Knowledge Level
Upon completion of course, the students will be able to		
CO - 1	Understand the resources of environment and its importance in detail.	K2
CO - 2	Get an in-depth knowledge about the nature of biodiversity.	K3
CO - 3	Apply their knowledge about solid waste management.	K3
CO - 4	Analyze various social issues & determining the solution from this.	K4
CO - 5	acquire knowledge on Human Population from case studies	K6

fhg;gpa ,yf;fpak;> ,yf;fzk;

jyig;G : fhg;gpa ,yf;fpak;> ,yf;fzk; thpirvz;; : c3
gUtk; : %d;whk; gUtk; jhs; FwpaPL;; : U3R2TL3
gpupT : gFjp I jkpo; kjpg;Gg; Gs;sp ;;: 3
kjpg;ngz; : CIA -25, EA -75 fw;wy; Neuk; : 5 kzp

Nehf;fk;

1. jkpopy; fhg;gpaq;fis mwpKfg; gLj;Jjy;.
2. fhg;gpaq;fs; \$Wk; tho;tpay; mwq;fis cau;j;Jjy; .
3. Guhzq;fs; top tho;tpay; jj;Jtj;ij kjpg;gPL nra;jy;.
4. rkaf; fhg;gpaq;jpd; %yk; tho;tpd; gd;Kfj; jd;ikia tiuaWj;Jf; \$Wjy;.
5. fhg;gpa> ehlf ,yf;fpaq;fSf;F ,ilapyhd xw;Wik
Ntw;Wikfisg; gFg;ghar; nra;jy;.

\$W : 1 ,yf;fpa tuyhW> ,yf;fzk; (12 hrs)

,yf;fpa tuyhW - lk;ngUq;fhg;gpaq;fs;> lQ;rpWfhg;gpaq;fs; - gpwfhg;gpaq;fs;
ehlfj;jpd; Njhw;wKk; tsu;r;rpAk;> ,d;iwa epiy. ,yf;fzk; - %tplg; ngau;fs; jd;ik>
Kd;dpiy> gluf;;if

\$W : 2 fhg;gpaq;fs; (12 hrs)

rpyp;gjpfhuk; - fdhj;jpww; ciuj;jfhij> kzpNkfiy - fe;jpw;ghit tUtJ ciuj;j fhij>
rPtfrpe;jhkzp - RukQ;rupahu; ,yk;gfk; - 42 ghly;fs; (1-7> 14> 17 - 36> 44 - 47>57 - 62>
64 - 68).

\$W :3 ,jpfhrk;> Guhzk; (12 hrs)

fk;guhkhazk; - Ffg;glyk; (1 - 23 ghly;fs;) ngupGuhzk; - rz;NlRtu ehadhu; Guhzk; (1> 8 -
12> 30 - 42> 51 - 59) tpy;ypghujk; - cY}fd; J}J rUf;fk; (1 - 21 ghly;fs;)

\$W : 4 gpw fhg;gpaq;fs; (12 hrs)

,uhtzf; fhtpak; - tpe;jf;fhz;lk; - jrujg;glyk; (1-27 ghly;fs;). rPwhg;Guhzk; -
<j;jq;Fiy tutio;j;g; glyk; (1-17 ghly;fs;)> Njk;ghtzp - ePu;tuk; mile;j glyk; (1-19
ghly;fs;)

\$W : 5 ehlfk; (12 hrs)

gjpndl;lhk; Nghu; (\$thfj;jpy; nfhYtpUf;Fk; muthd; Gfo; \$Wk; ehlfk;)>
Mrpupau; Kj;JNtyofd;.

ghlE}y;fs; :

rpyp;gjpfhuk; %yKk; ciuAk	-	r.Nt.Rg;gpukzpad;> fq;if Gj;jf epiyak;
kzpNkfiy %yKk; ciuAk;	-	=re;jpud;> tu;j;jkhdd; gjpg;gfk;> nrd;id
rPtfrpe;jhkzp %yKk; ciuAk;	-	Qh.khzpf;fthrfk;> khzpf;fthrfu; gjpg;gfk;>
,uhtz fhtpak;	-	Gytu; Foe;ij> Ntyh gjpg;gfk;> <NuhL
gjpndl;lhk; Nghu;	-	Kj;JNtyofd;> rPij gjpg;gfk;> nrd;id

,g;ghlj;jpidf; fw;gjpd; %yk; khztu;fs; ngWk; gad;fs;

Sl.No	Course Outcomes	Knowledge Level
CO1	fhg;gpa ,yf;fpaj;jpd; jiyikg; gz;Gfis mwptu;	K2
CO2	fhg;gpaf; fijfs; top mwr;rpe;jidfis czu;tu;	K2
CO3	gy;NtW tifahd fhg;gpa tbtq;fspy; ,lk;ngWk; nghUz;ikiag; ghFgLj;jp mwptu;	K3
CO4	r%f tsu;r;rpf;Fr; rkaf; fhg;gpaq;fspd; gq;fspg;ig kjpg;gPL nra;tu;.	K5
CO5	jkpo;r; r%f tsu;r;rpNahL ehlff;fiy njhlu;e;J tUk; fhyr;R+oiy Muha;e;Jzu;tu;	K6

fhg;gpa ,yf;fpak;> ,yf;fzk;						U3R2TL3					
Course Out comes	Programme Outcomes (POs)					Programme Specific Outcomes(PSOs)					Mean Score
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	2	2	3	3	3	3	3	3	3	2	2.7
CO2	3	3	3	2	2	3	3	2	2	1	2.4
CO3	3	2	3	2	3	2	3	3	3	1	2.5
CO4	3	3	3	2	3	3	3	3	2	1	2.6
CO5	3	2	3	3	2	3	3	2	2	1	2.4
Mean Overall Score											2.52
Result											High

DRAMA AND ENGLISH FOR COMPETITIVE EXAMINATIONS

Category of the Course : PART-II ENGLISH

Course Code : U3R2EL3

Nature of the Skill : Comprehension and Appreciation

Marks : CIA : 25 +Ext: 75 = 100 Hrs / Week : 05

Credits : 03 Total Inst. Hrs :60

OBJECTIVES:

1	To introduce the learner to living language in dramatic situations
2	To enable the student to see the special features of dramatic language
3	To give the class practice in proper reading with correct stress and intonation
4	To enable the learner to perceive the structure of paragraphs and passages
5	To promote skills in dialogue writing and precise writing and make them see the elements of sentence and paragraph structure

UNIT I

(Inst. Hrs :15)

Shakespeare

1. Trial for a Pound of Flesh
(The Merchant of Venice)

Edith M Barling

2. Forum scene (Julius Caesar)
His Majesty Masquerades

UNIT II

(Inst. Hrs :15)

Fritz Karinthy

The Refund

Anton Chekov

The Bear

Ella Adkins

The Expected

UNIT III

(Inst. Hrs :14)

Note making - Precis Writing – Rhetorical features – The dynamics of communication –
Field – Mode – Interpersonal context – Greetings, Partings, Fillers and Tonal variations

UNIT IV

(Inst. Hrs :06)

Dialogue Writing - Writing Interviews -Group Discussions

UNIT V

(Inst. Hrs :10)

Writing Speeches – Welcome – Introductory and thanks giving – Constructing arguments for
and against propositions for debates.

Web Resources

- <https://www.literaturewise.in/mdl/mod/page/view.php?id=269>
- <https://www.sparknotes.com/shakespeare/juliuscaesar/section7/>
- <http://sujarithasaravanan.blogspot.com/2019/10/refund-fritz-karinty-summaryhtml?m=1>
- <https://educationallodge.com/2021/01/the-bear-by-anton-chekhov-summary-characters-questions-answers.html>.

OUTCOME:

Course Name – Drama and English for Competitive Examinations	Course Code - U3R2EL3	Knowledge Level
On completion of the course, students will be able to		
CO1	analyse the force of dramatic language, improve their histrionic abilities and pronunciation skills.	K5
CO2	perceive subtle differences in language use and their tonal implications.	K5
CO3	develop skills of logical reasoning and become capable of identifying markers of coherence and concord.	K6
CO4	construct ordinary dialogues and conversations in real life.	K6
CO5	estimate ideas and situations and ways of expressions to construct written messages.	K5

Relationship Matrix for CO, PO, PSO

Title of the Course : DRAMA AND ENGLISH FOR COMPETITIVE EXAMINATIONS						Course code : U3R2EL3					
Course Outcome (CO)	Programme Outcome (PO)					Programme Specific Outcome (PSO)					Mean Score of COs
	PO	PO	PO	PO	PO	PSO	PSO	PSO	PSO	PSO	
	1	2	3	4	5	1	2	3	4	5	
CO – 1	3	2	1	3	3	2	3	3	3	2	2.5
CO – 2	2	3	1	2	2	2	3	1	2	3	2.1
CO – 3	2	3	1	2	3	3	3	2	3	3	2.5
CO – 4	2	3	3	1	2	3	2	3	3	2	2.4
CO – 5	2	3	2	3	3	2	3	2	2	3	2.5
	Mean Overall Score										2.30
	Result										HIGH

OFFICIATING AND COACHING II

TRACK AND FIELD EVENTS

Semester	: III	CIA	: 25
Credit	:5	EXT	: 75
Course code	:U3R2PECC6	Total	: 100
Nature of the course	:Employability skill	Instruction hours	: 60

OBJECTIVES :

- Enable students to mark track and field and officiate
- Provides the understanding about rules of track and Field events
- Provide fundamental knowledge about ground preparation
- Provides the knowledge about practicing the new methods of techniques of officiating
- Provides the basic knowledge of rules and interpretation of Track and Field Events

UNIT I

IAAF structure and functions (12 Hrs)

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

UNIT II

Track events (12 Hrs)

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

UNIT III

Field events (12 Hrs)

- 3.1 Jumping Events – Long Jump, Triple Jump and High Jump and their various Stages
- 3.2 Throwing events – Shot put, Discus throw and Javelin throw, and their various Stages
- 3.3 Combined Events – Pentathlon, Heptathlon, Octathlon and Decathlon

UNIT IV

Track – standard and non – standard (12Hrs)

- 4.1 Types of Track – Standard and Non – Standard.
- 4.2 Types of Running Surface – Mud, Grass, Cinder and Synthetic. Need for a Standard Track.
- 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 of area for all Field events with all Specifications

(12 Hrs)

- 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 and Field events. - **K2**
- Attained the knowledge of rules and regulation about Track and Field. - **K4**
- Understood the important concept in coaching in throwing events. - **K5**
- Attained the knowledge of Marking about 200M and 400M track and All 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 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: Officiating and Coaching- II (Track and Field Events)						Course Code: U3R2PECC6					
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

INTRODUCTION OF ANATOMY AND PHYSIOLOGY

Semester	: III	CIA	: 25
Credits	: 4	EXT	: 75
Course code	: U3R2PEAC4	TOTAL	: 100
Nature of the Course:	Skill development	Instruction Hours	: 60

Objectives

- To understand the basic principles and systematic anatomic structures
- To enumerate knowledge in the field of physical education and movement activity
- To analyze the knowledge of various anatomical structure and their function
- To remember and recall the definition of anatomy and physiology and principles of physiology
- Appraise the effects of anatomical functions during the physical activities

Unit-I .

Introduction

(12 Hrs)

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

Unit-II

Skeletal System

(12 Hrs)

- 2.1 Meaning and Functions of Skeleton
- 2.2 Bones-Classifications and Functions
- 2.3 Joints-Definition - Functions
- 2.4 Functional and structural classification of Joints

Unit-III

(12 Hrs)

Circulatory system

- 3.1 Structural and functional introduction to circulatory system
- 3.2 Concept of stroke volume, cardiac output - Blood Pressure.
- 3.3 Respiratory System , mechanism of respiration Tidal Volume, Residual Volume, Minute Volume

3.4 Blood-Constitutions of Blood-Main Functions of Blood-Blood Groups-Blood Clotting Mechanism

Unit-IV (12 Hrs)

Digestive system &. Nervous system

- 4.1 Structural units and functional mechanism of digestive system
- 4.2 Excretory System – Structure and Functions of Kidney-.
- 4.3 Classification of Nervous System on the basis of its structure and functions
- 4.4 Structural and Functional interpretation of neuro-muscular junction with all or none law

Unit-V (12 Hrs)

Endocrine System-

- 5.1 Structure of Various Glands,
- 5.2 Pituitary, Thyroid, role in growth, development & regulations of Body 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. 6th Edition. 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*. 6th Edition. Churchill Livingstone Edinburgh. Publication.
- ❖ Dr. Harsh Kumar Yadav, “ *Anatomy and Physiology*” ISBN: 978-81-921352-1-2. Edition. 2016.
- ❖ Get Body Smart (2016) *An online examination of human anatomy and physiology-Animated Text Narrations and Quizzes to Explain the Structures and Functions of the Human Body Systems*. [Online] Available from: <http://www.getbodysmart.com/> [Accessed 20th July 2016].
- ❖ Hall, J. E. & Guyton, A. C. (2011). *Guyton and Hall textbook of medical physiology*. Philadelphia, PA, Saunders Elsevier.

Weblinks

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

CO – PO MAPPING

Title of the Course: Introduction of Anatomy and Physiology						Course Code: U3R2PEAC4					
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

ATHLETICS PRACTICAL – TRACK EVENTS

Semester	: III	CIA	: 40
Credit	:4	EXT	: 60
Course code	:U3R2PECC7P	Total	: 100
Nature of the course	:Employability skill	Instruction hours	: 48

OBJECTIVES :

- Enable students to mark track & officiate
- Provides the understanding about rules of track events
- Provide fundamental knowledge about ground preparation
- Provides the knowledge about practicing the new methods of techniques of officiating
- Provides the basic knowledge of rules and interpretation of Track Events

UNIT I

IAAF structure and functions

(12 Hrs)

- 1.1 Correct Running Style Emphasizing on Proper Body Positions.
- 1.2 Crouch start – fixing the starting block at the straight and curve.
- 1.3 Practice of starts with and without blocks using proper command – orthodox and new technique
- 1.4 Curve running

UNIT II

Track events

(8 Hrs)

- 2.1 Practice of standing start using proper command.
- 2.2 Proper style of race walking
- 2.3 Hurdles – high and low – Hurdle clearance – Hurdles
- 2.4 Running in between the hurdles (3 stride and 5 stride pattern).

UNIT III

Combined Events

(8 Hrs)

- 3.4 Pentathlon,
- 3.1 Heptathlon,
- 3.2 Octathlon
- 3.3 Decathlon

UNIT IV

Track – standard and non – standard

(12Hrs)

- 4.1 Types of Track – Standard and Non – Standard.
- 4.2 Types of Running Surface – Mud, Grass, Cinder and Synthetic. Need for a Standard Track.
- 4.3 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

Relay and Rules and regulation of Track Events.

(8Hrs)

- 5.1 Relay exchange – visual, non visual exchange and push technique..
- 5.1 Basic Rules and Regulations related to Track and Field events
- 5.2 Tie breaking system

Course outcomes :

- Learned about the Track and Field and its organizations. - **K1**
- Provided basic knowledge about Sprint, Hurdles & Relay events. - **K2**
- Attained the knowledge of rules and regulation about Track Events - **K4**
- Understood the important concept in coaching in Track events - **K5**
- Attained the knowledge of Marking about 200M and 400M track - **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: Athletics Practical (Track Events)						Course Code: U3R2PECC7P					
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

EVALUATION PROCESS IN PHYSICAL EDUCATION

PRACTICAL

Semester	: III	CIA	: 40
Credit	:4	EXT	: 60
Course code	:U3R2PEAC5P	Total	: 100
Nature of the course	:Employability skill	Instruction hours	: 48

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 sports skill tests.
- To impart knowledge about various Physiological measurement tests

UNIT I

Health based physical fitness components test (12 Hrs)

- 1.1 Body composition-skin fold measurement- Triceps-Biceps-Supra-iliac,
- 1.2 Muscular endurance/Strength- one minutes bent knee sit ups,
- 1.3 Cardio respiratory endurance-nine minutes run, twelve minutes run
- 1.4 Flexibility-Sit and reach test.

UNIT II

Skill based Physical fitness components test (12 Hrs)

- 2.1 Speed-50 meters run test- measuring stride frequency- stride length.
- 2.2 Agility- 4X10 shuttle run,
- 2.3 Explosive power, Horizontal (Standing broad jump)- Vertical (Sargent jump).
- 2.4 Balance-stork stand,
- 2.5 Reaction time and movement time (using apparatus test)

UNIT III

Physical Fitness Tests (8 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

Sports Skill Tests

(8Hrs)

- 4.1 Lockhart and McPherson Badminton test
- 4.2 Johnson Basketball test
- 4.3 McDonald soccer test
- 4.4 S.A.I Hockey test
- 4.5 Tennis – Dyer Test
- 4.6 Volleyball test-Russell Lange Test

UNIT V

Physiological measurements

(8 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 skill test. - **K3**
- The students will be able to implement the criteria of test selection. - **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: Evaluation Process in Physical Education (Practical)						Course Code: U3R2PEAC5P					
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

VALUE EDUCATION

Title of the Course : VALUE EDUCATION
Category of the Course : Ability Enhancement Compulsory Course-II
Course Code : U3R2AECC2
Nature of the Skill : Life Skills
Marks : CIA : 25 +Ext: 75 = 100
Credits : 02

Hrs / Week : 02
Total Inst. Hrs : 24

OBJECTIVES:

1	sensitize learners to the need for values in human life.
2	make them aware of the need for values in all roles of life.
3	make them see the need for value-education.
4	make them realize the noble values as basis of all religions.
5	sensitize them to the need for gender equity and social justice.

UNIT I -PHILOSOPHY OF LIFE

(Inst.Hrs:05)

Life - Principles of Living - Laws of Nature - Protection of all living organisms -Conservation of natural resources - Individual qualities and Social Welfare.(Thirukural No:- 629, 46, 131, 374, 322, 16)

UNIT II - PERSONAL VALUES

(Inst.Hrs:05)

Culture – Self -Analysis – Right Desires – Avoidance of Worries – Benefits of Blessings – Merits of Friendship – Love and Compassion – Personal Harmony and Peace. (Thirukural No:- 72, 158, 629, 786, 76, 318)

UNIT III – SOCIAL VALUES

(Inst.Hrs:05)

Family – Family Peace – Society –Way of Living – Principles of Brotherhood – Status of Woman - Five types of Duties towards Family, Society, Country, World and Environment –Business and Economic roles – Social hygiene - Education – Politics – Duties and Responsibilities of Citizens – World Peace.(Thirukural No:-45, 1025, 446, 952, 807, 56, 43, 754, 298, 400, 691, 37, 572)

UNIT IV – TAPPING AND CULTIVATING THE MIND

(Inst.Hrs:05)

Potential of Mind - Personality – Mind and Body – Creativity and Positivity – The Centrality of the Mind – Astral and Physical Bodies – Knowledge of the divine and quest for perfection - Life Force – Tapping the Life Force – Perceiving the Kernel- Realization of Self- Stream of Consciousness – Hierarchy of Self motivation- Meditation – Spiritual Values.(Thirukural No:-457, 261, 423)

UNIT V – PRESERVING THE BODY HEALTH

(Inst.Hrs:04)

Structure of human body – Three States of Living – Relationship between body and spirit – Natural Causes for Bodily Diseases – Man-made causes for diseases – Preventive and Curative methods – Five elements and their balance –Simple Exercises and Yoga.(Thirukural No:- 941, 948)

Book for Reference:

Value Education Vethathiri Publications

OUTCOME:

Course Name: VALUE EDUCATION	Course Code: U3R2EGAEC2	Knowledge Level
On completion of the course, students will be able to		
1	Develop into balanced individuals.	K6
2	Function as responsible members in society.	K4
3	Apply physical and psychological energy in creative living.	K3
4	Take up leadership roles in confidence.	K3
5	Judge right and wrong with perspicacity.	K5

Relationship Matrix for CO, PO, PSO

Title of the Course : VALUE EDUCATION						Course code : U3R2EGAEC2					
Course Outcome (CO)	Programme Outcome (PO)					Programme Specific Outcome (PSO)					Mean Score of COs
	PO 1	PO 2	PO 3	PO 4	PO 5	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	
CO – 1	2	3	3	2	3	3	2	3	2	3	2.6
CO – 2	3	2	3	2	2	3	2	2	2	1	2.2
CO – 3	2	3	2	3	2	2	2	2	2	3	2.3
CO – 4	3	3	3	2	3	2	2	3	2	1	2.4
CO – 5	2	2	3	3	2	2	3	3	3	2	2.5
	Mean Overall Score										2.40
	Result										HIGH

rq;f ,yf;fpak;> ,yf;fzk;> mwptpay; jkpo;

jiyg;G	: rq;f ,yf;fpak;> ,yf;fzk;> mwptpay; jkpo;	thpirvz; : c4
gUtk;	: ehd;fhk; gUtk;	jhs; FwpaPL;; : U4R2TL4
gpupT	: gFjp I jkpo;	kjpg;Gg; Gs;sp: 3
kjpg;ngz;	: CIA -25, EA - 75	fw;wy; Neuk; : 5 kzp

Nehf;fk;

1. rq;f ,yf;fpaq;fspd; gpd;dzpr; #oiy mwpar; nra;jy;
2. jkpoh;fspd; tho;tpay; \$Wfisg; Ghpe;J nfhs;sy;
3. mftho;tpaypy; filgpb;f Ntz;ba newpKiwfis tFj;Jf; nfhs;sy;
4. jkpo; ,yf;fpaj;NjhL mwptpay; jkpio xg;gpl;Lk; NtWgLj;jpAk; gh;f;Fk; jpwd;
tsh;j;jy;
5. Mf;fj;jpwidf; fz;lwpAk; topKiwfis cUthf;Fjy;

\$W: 1 ,yf;fpauyhW> ,yf;fzk; (12 hrs)

rq;f ,yf;fpa tuyhW – gjpndz; Nkw;fzf;F E}y;fs; ; - nrk;nkhop ,yf;fpa
tuyhW – nrk;nkhopg; gz;Gfs, nrk;nkhop E}y;fs; ,yf;fzk; - tO, tOtikjp> tohepiy

\$W: 2 mf,yf;fpak;; (12 hrs)

FWe;njhif – le;J ghly;fs;; – (ghly;-38,54,68,74,82)
ew;wpiz - ,uz;L ghly;fs; (ghly; 156, 228)
lq;FE}W - ,sNtdpw; gj;J
mfefD}W - ,uz;L ghly;fs; (23,31) ghiy;j;pizj; jiytpf;\$w;W
fypj;njhif – ,uz;L ghly;fs; (126,132) Njhopf;\$w;W

\$W: 3 GwKk; ghl;Lk; (12 hrs)

gj;Jg;ghl;L – kJiuf;fhQ;rp 58 tupfs; (ghly; 725 – 782)
GwehD}W - 10 ghly;fs; 201, 202,236,237,247,308,373,382,386,400

\$W: 4 mwptpay; jkpo; - nray;Kiw (12 hrs)

mwptpay; jkpo; - fiyr;nrhy;yhf;fk; - xypngau;g;G – rPh;ikahf;fk; - jug;gLj;jk;

\$W: 5 mwptpay; jkpo; - gad;Kiw (12 hrs)

mwptpay; fl;Liufs; - Jiwr; rhu;e;jf; fUj;Jfisj; jkpopy; (fiyr;nrhw;fSld;) cUthf;fg;
gapw;rp mspj;jy;

ghlEy;fs; :

rq;fj; jkpo;	-	jQ;ir jkpo;g; gy;fiyf;fof ntspaPL
mwptpay; jkpo; fiyr;nrhy;yhf;fk;	-	Kidtu; ,uhjhnry;yg;gd;

,g;ghlj;jpidf; fw;gjpd; %yk; khztu;fs; ngWk; gad;fs;

Sl.No	Course Outcomes	Knowledge Level
CO1	,yf;fpaq;fspd; %yk; tho;tpay; newpKiwfis mwpth;	K2
CO2	le;jpizapd; ghFghl;Lj; jd;ikia ,dq;fhz;gh;	K2
CO3	jdpkdpj xOf;fk; gz;ghl;L newpKiwfis tsh;j;Jf; nfhs;th;	K3
CO4	mwptpay; jkpopd; mtrpaj;ij ca;j;JzUk; Mw;wy; ngWth;	K5
CO5	gilg;ghsDf;Fhpaj; jFjpia tsh;j;Jf; nfhs;tjw;fhdg; gapw;rpfis Nkw;nfhs;th;	K6

rq;f ,yf;fpak;> ,yf;fzk;> mwptpay; jkpo;						U4R2TL4					
Course Out comes	Programme Outcomes (POs)					Programme Specific Outcomes(PSOs)					Mean Score
	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	2	2	3	2	2	3	2	3	1	2.3
CO2	3	3	3	1	2	3	3	3	2	2	2.4
CO3	2	2	2	1	2	2	2	2	1	1	1.7
CO4	3	2	2	3	2	3	3	2	3	2	2.5
CO5	3	3	3	3	2	3	3	2	3	2	2.7
Mean Overall Score											2.3
Result											High

SHORT STORIES AND ENGLISH FOR COMPETITIVE EXAMINATIONS

Category of the Course	: PART-II		
ENGLISH Course Code	: U4R2EL4		
Nature of the Skill	: Reading and Analytical Skills		
Marks	: CIA : 25 +Ext: 75 = 100	Hrs / Week	: 05Credits

OBJECTIVES

1	To enable the learner to respond to short fiction.
2	To sensitize the learner to identify the elements of fiction.
3	To enable the learner to write short reviews paragraph and essays.
4	To give them practice in contextualized letter writing, making presentations and writing reports.
5	To enable them to identify error zones and correct sentences.

UNIT – I

(Inst. Hrs :10)

Tagore	Suba
R.K. Narayan	An Astrologer's Day
Anita Desai	A Devoted Son

UNIT - II

(Inst. Hrs :10)

O' Henry	A Retrieved
Reformation	Arthur Conan Doyle The
Blue Carbuncle	Maupassant Simon's Pa

UNIT - III

(Inst. Hrs :10)

Paragraph Writing - General Essay, Book review , Film review

UNIT – IV

(Inst. Hrs :15)

Replying to Letters - Letter Chains - Presentations –Visuals and their interpretations –
Reports

UNIT - V

(Inst. Hrs :15)

Error Zone Identification - Correction of Sentences ,Speech Writing – Expository
Argumentative, Descriptive and Narrative – Fallacies and their avoidance.

Web Resources

<https://bookishloom.wordpress.com/2018/10/01/subha-by-rabindranath-tagore-my-read/#:~:text=Tagore%20portrayed%20the%20everyday%20agonies,central%20character%2C%20%27Subha%27>

<https://smartenglishnotes.com/2019/05/31/the-white-flower-by-r-k-narayan-summary-explanations-and-question-solutions/>

<https://digestablewords.wordpress.com/short-story-a-devoted-son-by-anita-desai/>

<https://www.toppr.com/guides/english/english-literature/ozymandias-summary/>

<https://americanliterature.com/author/guy-de-maupassant/short-story/simons-papa>

OUTCOME:

Course Name- Fiction and English for Competitive Examinations.	Course Code - U4R2EL4	Knowledge Level
On completion of the course, students will be able to		
CO1	adapt study habits to face competitive examinations with confidence.	K6
CO2	appraise the themes and structure of fiction through independent reading .	K5
CO3	justify their perceptions on characters ,themes and aspects of fiction.	K5
CO4	categorize and correct errors in usage.	K4
CO5	design the style of communication as needed.	K6

Relationship Matrix for CO, PO, PSO

Title of the Course : **Fiction and English for**

Course code : U4R2EL4

Competitive Examinations.

Course Outcome (CO)	Programme Outcome (PO)					Programme Specific Outcome (PSO)					Mean Score of COs
	PO	PO	PO	PO	PO	PSO	PSO	PSO	PSO	PSO	
	1	2	3	4	5	1	2	3	4	5	
CO – 1	2	3	3	2	1	2	3	3	3	2	2.4
CO – 2	3	2	1	3	2	3	2	3	2	2	2.3
CO – 3	1	2	2	1	3	3	3	2	3	3	2.3
CO – 4	2	3	3	2	3	2	3	2	2	2	2.4
CO – 5	2	3	3	2	3	2	2	3	2	1	2.3
	Mean Overall Score										2.34
	Result										HIGH

METHODS IN PHYSICAL EDUCATION

Semester	: IV	CIA	: 25
Credit	: 5	EXT	: 75
Course code	: U4R2PECC8	Total	: 100
Nature of the course	: Employability	Instruction hours	: 60

OBJECTIVES :

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

UNIT I

Introduction (12 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 (12 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 (6 Hrs)

- 3.1 Lesson plan-values of lesson plan.
- 3.2 Types of lesson plan General lesson plan

3.3 Particular lesson plan.

3.4 Parts of lesson plan.

3.5 Preparation of lesson plan

UNIT IV

Tournaments and fixtures

(15 Hrs)

4.1 Meaning of Tournaments.

4.2 Single Knock out – Seeding – Special Seeding Fixtures.League

4.3 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

(15 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 – Standard and Non – Standard – 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 teaching aids. | - | 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: U4R2PECC8					
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

SPORTS TRAINING

Semester	: IV	CIA	: 25
Credit	: 5	EXT	:75
Course code	: U4R2PECC9	Total	: 100
Nature of the course	: Employability	Instruction hours	: 60

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 (12 Hrs)

- 1.1 Meaning and Nature of sports training
- 1.2 Aims and objectives of sports training
- 1.3 Principles of sports training
- 1.4 Characteristics of sports training

UNIT II

Training components (12Hrs)

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

UNIT III

Load (12 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 (12Hrs)

4.1 Characteristics of technique methods of technique development

4.2 Tactical training characteristics, methods of tactical training

4.3 Concept of tactical training

4.4 Phases of skill acquisition

UNIT V

Training Programming and Planning (12Hrs)

5.1 Periodization and its types of periodation

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 sports performance. - **K1**
- The learners will be able to demonstrate the skills to train different fitness components and related planning. - **K3**
- The learners will be able to understand the organization to achieve high performance in sports. - **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,

Title of the Course: Sports Training						Course Code: U4R2PECC9					
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

ATHLETICS PRACTICAL – FIELD EVENTS

Semester	: IV	CIA	: 40
Credit	:4	EXT	: 60
Course code	:U4R2PECC10P	Total	: 100
Nature of the course	:Skill development	Instruction hours	: 48

OBJECTIVES :

- Enable students to mark Field and officiate
- Provides the understanding about rules of Field events
- Provide fundamental knowledge about ground preparation
- Provides the knowledge about practicing the new methods of techniques of officiating
- Provides the basic knowledge of rules and interpretation of Field Events

UNIT I

Long Jump (12 Hrs)

- 1.1 Run up ,
- 1.2 Take off foot
- 1.3 Flight and landing,
- 1.4 Technique-
- 1.5 Scoring and Tie breaking system

UNIT II

High Jump (8 Hrs)

- 2.1 Run up ,
- 2.2 Take off foot
- 2.3 Flight and landing,
- 2.4 Technique- straddle and Fosbury flop
- 2.5 Scoring and Tie breaking system

UNIT III

Pole Vault (8 Hrs)

- 3.1 Grip and approach Run ,

3.2 Vaulting the box Clear the cross bar, Landing

3.3 Scoring and Tie breaking system

UNIT IV

Javelin and Hammer Throw

(8 Hrs)

4.1 General and specific warming up for field events.

4.2 Grip ,Preparation / standing position Rotation,

4.3 Release and follow throw

4.4 Scoring and Tie breaking system

UNIT V

Discuss and Shotput

(12 Hrs)

5.1 General and specific warming up for field events.

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 Track and Field and its organizations. | - | K1 |
| ➤ Provided basic knowledge about Horizontal and Vertical jumps and throw events. | - | K2 |
| ➤ Attained the knowledge of rules and regulation about Field Events | - | K4 |
| ➤ Understood the important concept in coaching in Field events | - | K5 |
| ➤ Attained the knowledge of Marking and Preparation of ground 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 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: Athletics Practical- Field Events						Course Code: U4R2PECC10P					
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

ATHLETIC CARE AND REHABILITATION

Semester	: IV	CIA	: 25
Credit	:4	EXT	: 75
Course code	:U4R2PEAC6	Total	: 100
Nature of the course	:Employability	Instruction hours	: 48

OBJECTIVES :

- To provide the basic knowledge about care of athlete and prevention of injuries.
- To educate on rehabilitation massage and therapeutic exercise.
- To provide knowledge about reduce or reverse the impairment and functional loss
- To provide them basic knowledge about massage manipulation
- Offer hands on knowledge in corrective physical education

UNIT I

Corrective Physical Education (8 Hrs)

- 1.1 Definition and objectives of corrective physical education
- 1.2 Posture and body mechanics , Standards of standing posture
- 1.3 Value of Good Posture ,Drawbacks and Causes of Bad Posture
- 1.4 Posture test - Examination of the spine

UNIT II

Posture (8Hrs)

- 2.1 Normal curve of the Spine and its Utility
- 2.2 Deviations in Posture- Kyphosis, Lordosis ,Flat back, Scoliosis, Round shoulder ,Knock knee ,Bow leg, Flat foot
- 2.3 Causes for Deviations and Treatment Including Exercise

UNIT III

Rehabilitation exercise (8 Hrs)

- 3.1 Passive ,Active ,Assisted, Resisted exercise for Rehabilitation
- 3.2 Stretching exercise
- 3.3 PNF techniques and its principles

UNIT IV

Massage

(12Hrs)

- 4.5 Brief history of Massage, Massage as an Aid for Relaxation ,Points to be considered in giving Massage
- 4.6 Physiological ,Chemical, Psychological effects of Massage, indication / contra indication of massage
- 4.7 Classification of the Manipulation used Massage and their Specific uses in the human body
- 4.8 Stroking Manipulation ,Effleurage, Pressure Manipulation, Percussion Manipulation ,Cupping ,Poking Shaking Manipulation ,Deep massage

UNIT V

Sports injuries care ,Treatment and Support

(12Hrs)

- 5.1 Principles and techniques of Principles pertaining to the prevention of sports injuries
- 5.2 Care and treatment
- 5.3 Exposed and Unexposed injuries in sports
- 5.4 Principles of apply Cold and Heat, Infrared Race, Ultrasonic Therapy, Short wave ,Diathermy therapy
- 5.5 Principles and technique of strapping and bandages

Course outcomes :

- He would understand the Prevention, Treatment and Rehabilitation of Athletic Injuries. - K2
- Understood about the fundamental concept of rehabilitation - K4
- Educate them to know about the massage - K3
- Gives fair idea about the common sports injuries and diagnosis - K5
- Will understand the concept and importance of therapeutic exercise - K6

Text books

- Conley, M. (2000). Bioenergetics of exercise training. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.
- Christine, M. D., (1999). Physiology of sports and exercise.USA: Human Kinetics.

- ### Reference Books:

- Web link:**

CO – PO MAPPING

Title of the Course: Athletic care and Rehabilitation						Course Code: U4R2PEAC6					
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	2	3	2	3	2	3	2	2.6
CO2	3	3	2	3	2	3	3	2	3	2	2.6
CO3	3	3	2	2	3	3	2	2	3	3	2.6
CO4	3	3	3	3	2	2	3	2	3	3	2.7
CO5	3	2	3	3	3	2	3	3	3	2	2.7
	Mean Overall Score										2.64
	Result										High

TEST AND MEASUREMENT

Semester	: IV	CIA	: 25
Credit	: 2	EXT	: 75
Course code	:U4R2PESEC1:1	Total	: 100
Nature of the course	:Skill Development	Instruction hours	: 24

OBJECTIVES :

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

UNIT I

Introduction to Test , Measurement and Evaluation (6 Hrs)

- 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 Type and classification of test

UNIT II

Construction and Administration of Test (6 Hrs)

- 2.1 Administration of testing programme.
- 2.2 Construction of Physical Fitness / Efficiency Test
- 2.3 General types of sports skill test items
- 2.4 Construction of sports skill test

UNIT III

Physical Fitness Tests (4 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

Sports Skill Tests

(4Hrs)

- 4.1 Lockhart and McPherson Badminton test
- 4.2 Johnson Basketball test
- 4.3 McDonald soccer test
- 4.4 S.A.I Hockey test
- 4.5 Tennis – Dyer Test
- 4.6 Volleyball test-Russell Lange Test

UNIT V

Physiological measurements

(4 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 skill test. - **K3**
- The students will be able to implement the criteria of test selection. - **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., &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						Course Code: U4R2PESEC1:1					
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

SPORTS JOURNALISM

Semester	: IV	CIA	: 25
Credit	: 2	EXT	: 75
Course code	:U4R2PESEC1:2	Total	: 100
Nature of the course	: Skill Development	Instruction hours	: 24

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 (6 Hrs)

- 1.1 Meaning and definition of journalism
- 1.2 Ethics of journalism
- 1.3 Sports ethics and sportsmanship
- 1.4 Reporting sports events

National and international Sports news agencies

UNIT II

Sports bulletin (6 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 (4 Hrs)

- 3.5 Youth Physical Fitness Test.

- 3.6 Tuttle Pulse Ratio Test
- 3.7 Newton Motor Ability Test
- 3.8 Phillips JCR Test

UNIT IV

Report writing on Sports

(4Hrs)

- 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

(4 Hrs)

- 5.5 Special demands on broadcast journalism
- 5.6 The broadcast sport department
- 5.7 The language of broadcast sport
- 5.8 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. - **K2**
- Know how to seek accreditation to sports events and to report on such events - **K3**
- Analysis of how sports is covered in modern media – newspaper, radio, TV, internet - **K4**
- Demonstrate analytic skills in relation to sporting events - **K3**
- Helps in the method of interviewing in different ways - **K6**

Text books

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

Reference Books:

- ❖ Ahiya B.N. Chobra S.S.A. (1990) Concise Course in Reporting. New Delhi: Surjeet Publication
- ❖ Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi. Haranand Publication
- ❖ Dhananjay Joshi (2010) Value Education in Global Perspective. New Delhi: Lotus Press.
- ❖ Kannan K (2009) Soft Skills, Madurai: Madurai: Yadava College Publication
- ❖ 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: Sports Journalism						Course Code: U4R2PESEC1:2					
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	2.5
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

OFFICIATING AND COACHING-III
(CRICKET, HOCKEY, KABBADDI, KHO-KHO, HANDBALL)

Semester	: V	CIA	: 25
Credits	: 5	EXT	: 75
Course code	: U5R2PECC11	TOTAL	: 100
Nature of the Course:	Skill Development	Instruction Hours	: 96

Objectives

- To impart the fundamentals of knowledge about the theory 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

Rules and Layout in and Basic skills Cricket (20 Hrs)

- 1.1 Dimensions, layouts and marking of Oval in Cricket
- 1.2 Rules and their interpretations of Cricket Game
- 1.3 Qualification and number of officials in Cricket Game
- 1.4 Coaching in Cricket Game

Unit-II

Rules and Layout and Basic skills in Hockey (16 Hrs)

- 2.1 Dimensions, layouts and marking of fields in Hockey Game
- 2.2 Rules and their interpretations of Hockey Game
- 2.3 Qualification and number of officials in Hockey Game
- 2.4 Coaching basic skills in Hockey Game

Unit-III

Rules and Layout and Basic skills in Kabaddi (20 Hrs)

- 3.1 Dimensions, layouts and marking of Courts in Kabaddi Game
- 3.2 Rules and their interpretations of Kabaddi Game
- 3.3 Qualification and number of officials in Kabaddi Game
- 3.4 Coaching basic skills in Kabaddi Game

Unit-IV

Rules and Layout in and Basic skills Kho- Kho

(20 Hrs)

- 4.1 Dimensions, layouts and marking of Courts in Kho- Kho Game
- 4.2 Rules and their interpretations of Kho- Kho Game
- 4.3 Qualification and number of officials in Kho- Kho Game
- 4.4 Coaching in basic skills Kho- Kho Game.

Unit-V

Rules and Layout in and Basic skills Handball

(20 Hrs)

- 5.1 Dimensions, layouts and marking of Courts in Handball Game
- 5.2 Rules and their interpretations of Handball Game
- 5.3 Qualification and number of officials in Handball Game
- 5.4 Coaching in basic skills Handball Game.

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 Field events in Athletic meets - **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.

SPORTS PSYCHOLOGY

Semester	: V	CIA	: 25
Credits	: 5	EXT	: 75
Course code	: U5R2PECC12	TOTAL	: 100
Nature of the Course:	Skill development	Instruction Hours	: 72

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: (12 Hrs)

- 1.1 Meaning and nature of Sports Psychology.
- 1.2 Historical Evolution of Sports Psychology
- 1.3 Relevance of Sports Psychology in Physical Education and coaching.
- 1.4 Psychological factors affecting sports performances.

Unit-II

Personality and Sports: (12 Hrs)

- 2.1 Meaning and nature of Personality.
- 2.2 Theories of personality in sports
- 2.3 Dimensions of personality and development of personality Motivation
- 2.4 Types of motivation and condition of developing achievement motivation.

Unit-III

Learning (20 Hrs)

- 3.1 Meaning nature and principles of Learning, Types of Learning.
- 3.2 Laws of learning, Transfer of learning
- 3.3 Factors affecting learning
- 3.4 Learning curve, Plateau

Unit-IV

Emotional factors

(16 Hrs)

- 4.1 Tension, Anxiety and Stress.
- 4.2 Aggression-Types
- 4.3 Theories of Aggression - Aggression and Athletic competition.
- 4.4 Autogenic training and its effects.

Unit-V

Sports Sociology and Leadership:

(12 Hrs)

- 5.1 Nature of Sports Sociology- Importance of Sports Sociology in Physical Education.
- 5.2 Socialization and value education through Physical Education
- 5.3 Impact of society on sports and vice versa
- 5.4 Leadership –types of leader-qualities of a leader-

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						Course Code: U5R2PECC12					
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

MAJOR GAMES PRACTICAL
(CRICKET, HOCKEY, KABADDI KHO-KHO, HANDBALL)

Semester	: V	CIA	: 40
Credits	: 5	EXT	: 60
Course code	: U5R2PECC13P	TOTAL	: 100
Nature of the Course:	Skill Development	Instruction Hours	: 72

Objectives

- To impart the fundamentals of knowledge about the theory of sports and games.
- To understand the various scientific principles in coaching of sports and games,
- To provide fundamental knowledge about conducting 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

Cricket (12 Hrs)

- 1.1 History and Development of the game at International and National level.
- 1.2 Dimensions and marking of playing area.
- 1.3 Fundamental skills, Skill tests, scoring of the game
- 1.4 Rules and their interpretations of the game. Officiating & Referee Signals
- 1.5 National and international organizations / federations of the game.

Unit-II

Hockey (14 Hrs)

- 2.1 History and Development of the game at International and National level.
- 2.2 Dimensions and marking of playing area.
- 2.3 Fundamental skills, Skill tests, scoring of the game
- 2.4 Rules and their interpretations of the game. Officiating & Referee Signals
- 2.5 National and international organizations / federations of the game.

Unit-III

Kabaddi

(16 Hrs)

- 3.1 History and Development of the game at International and National level.
- 3.2 Dimensions and marking of playing area.
- 3.3 Fundamental skills, Skill tests, scoring of the game
- 3.4 Rules and their interpretations of the game. Officiating & Referee Signals
- 3.5 National and international organizations / federations of the game.

Unit-IV

Kho- Kho

(14 Hrs)

- 4.1 History and Development of the game at International and National level.
- 4.2 Dimensions and marking of playing area.
- 4.3 Fundamental skills, Skill tests, scoring of the game
- 4.4 Rules and their interpretations of the game. Officiating & Referee Signals
- 4.5 National and international organizations / federations of the game.

Unit-V

Handball

(16Hrs)

- 5.1 History and Development of the game at International and National level.
- 5.2 Dimensions and marking of playing area.
- 5.3 Fundamental skills, Skill tests, scoring of the game
- 5.4 Rules and their interpretations of the game. Officiating & Referee Signals
- 5.5 National and international organizations / federations of the game.

Course Outcomes

- Gain fundamental knowledge about the ground preparation, its dimensions and markings. - **K6**
- The pass out would be oriented with the rules regulations of the chosen game - **K3**
- The pass out would be able to lay out and mark the dimensions of the court- **K6**
- He would be able to organize the concerned sports event and officiate in it - **K3**
- He would be oriented in the art of coaching the sports team - **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.
- ❖ 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

CO – PO MAPPING

Title of the Course: Major Games Practical-III(Cricket, Hockey, Kabbaddi, Kho- Kho, Handball)						Course Code: U5R2PECC13P					
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

Semester	: V	CIA	: 25
Credits	: 3	EXT	: 75
Course code	: U5R2PEDSE1:1	TOTAL	: 100
Nature of the Course:	Employability	Instruction Hours	: 48

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 analyse and enhance the need of health supervision & health Instruction.
- To provide Knowledge about the Health agencies both National and International Level.

Unit – I

Health Education and Services (8Hrs)

- 1.1 Concept, Dimensions, Spectrum and determinants of Health
- 1.2 Health Education and Principles of Health Education
- 1.3 Nature and Scope of Health Education in Physical Education
- 1.4 Health Services in India

Unit – II

Global Health Issues (8 Hrs)

- 2.1 Communicable, Non-Communicable disease and their prevention
- 2.2 Malnutrition, Food Adulteration, Environmental Pollution and Sanitation, Population and their management.
- 2.3 Physical Activity and Nutrition, Overweight and Obesity, Mental Health
- 2.4 Prime causes of death: cardiovascular disease, chronic respiratory disease, Diabetes, Mental Disorders,
- 2.5 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 Preventing alcohol, tobacco and other drugs abuses in schools
- 3.3 Personal Health and Wellness: Healthy eating, Mental and Emotional health, and Violence prevention
- 3.4 Physical activity, Safety, First Aid and Emergency procedures

Unit – IV

Health Supervision and Evaluation in Schools

(12 Hrs)

- 4.1 Health Instruction and Health Supervision
- 4.2 Assessing personal and peers health risk taking
- 4.3 Analysing the influence of family, peers, culture and media on health behaviour
- 4.4 Consumer Health and Comprehensive Health Education

UNIT – V

Health agencies

(8 Hrs)

- 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

Course Outcome:

- The student will be able to identify and synthesize the factors that influence health - **K4**
- The student will be able to recognize the health related challenges in current time and able to apply the preventive measures. - **K5**
- The student will be able to identify the role of peers, community and media in health promotion and protection. - **K2**
- The student will be able to demonstrate the expertise in above stated domains in a school setup. - **K6**
- The student will be able to value the knowledge and skills required to preserve community health and well-being. - **K3**

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

Weblink

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

CO – PO MAPPING

Title of the Course: Health Education						Course Code: U5R2PEDSE1:1					
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

CAMPING AND RECREATION

Semester	: V	CIA	: 25
Credits	: 3	EXT	: 75
Course code	: U5R2PEDSE1:2	TOTAL	: 100
Nature of the Course:	Skill Development	Instruction Hours	: 48

Objectives

- To provide students with a comprehensive outdoor education experience.
- To understand and plans to prepare for camping,
- To encourage students to develop problem solving skills.
- To provide basic organizational camping skills.
- To provide leadership opportunities

Unit-I

Introduction to Recreation (10 Hrs)

- 1.1 Meaning and Definition of Recreation..
- 1.2 Scope and Significance of Recreation.
- 1.3 Objectives of Recreation
- 1.4 Relationship between Work, Play and Leisure

Unit-II

Influence of Recreation in other Institutions (8 Hrs)

- 2.1 Recreation Institution and its functions
- 2.2 Special Education – Physically Challenged Recreational Activities
- 2.3 Agencies providing recreation (public, private, voluntary)
- 2.4 Rural, urban community and Industrial Recreation

Unit-III

Leadership (8 Hrs)

- 3.1 Types of Recreational activities
- 3.2 Qualities and qualification of good leader.
- 3.3 Types of leaders and their roles
- 3.4 Adventure Sports – Trekking, Hiking, Rafting – Safety measures

Unit-IV

Introduction to Camping

(12 Hrs)

- 4.1 Camping – Definition, Aims and objectives.
- 4.2 Scope and Significance of camping.
- 4.3 Types of camps
- 4.4 Selection and layout of camp sites.

Unit-V

Camping Administration and Organization

(10 Hrs)

- 5.1 Organization and administration of camps (camp programme and activities).
- 5.2 Organization set-up in camping
- 5.3 Evaluation of camp work - Supervision

Course outcomes:

- Students gains knowledge about recreational activities for various institutions - **K2**
- Students can think Creatively and work co-operatively as a team - **K6**
- Gains leadership skill. - **K6**
- Students are able to organize Camps - **K3**
- Gains knowledge about adventure sports and safety measures - **K4**

References

- Denford, H.G. Recreation in the American community, Harper & Brothers Publishers, New York, 1953.
- Butler GD. Introduction of Community Recreation McGraw – Hill Book Company, New York, 1949.
- Royappa, D.J., Govind Rajulu, L.K. Camping and Education, Jupiter Press Private Ltd, Madras
- Rubin, R. Book of Camping, N.V. Assn Press, 1949.
- Torkildsen, G. Leisure and recreation Management, E.& F.N. Span Ltd., New York, 1986.

CO – PO MAPPING

Title of the Course: Camping and Recreation						Course Code: U5R2PEDSE1:2					
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	1	3	2	3	3	2	2	1	2.2
CO2	2	3	3	2	2	3	2	2	2	2	2.3
CO3	2	3	3	3	3	2	3	2	3	3	2.7
CO4	3	2	3	2	3	2	2	2	3	3	2.5
CO5	2	3	1	3	3	2	3	3	3	2	2.5
	Mean Overall Score										2.44
	Result										High

RESEARCH AND STATISTICS FOR PHYSICAL EDUCATION

Semester	: V	CIA	: 25
Credits	: 2	EXT	: 75
Course code	: U5R2PESEC2:1	TOTAL	: 100
Nature of the Course:	Skill Development	Instruction Hours	: 48

Objectives

- To provide the basic knowledge of research in physical education.
- To impart the knowledge of selection of research problem
- To impart the fundamentals concept of statistics.
- To educate the importance of Research in Physical Education and Sports.
- To educate the use of grouping data

Unit-I

Introduction (10 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 studyresearch.
- 1.4 Need and importance of research in Physical Education and Sports.

Unit-II

Research Problem (8 Hrs)

- 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 (8 Hrs)

- 3.1 Meaning and Definition of Statistics- and
- 3.2 History of Statistics
- 3.3 Types of StatisticsData – 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

(12 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

(10 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 knowledge about writing the research report. - **K6**
- The fundamentals concept of statistics was learned. - **K4**
- Application of statistical software was studied. - **K5**

Text books

- Clark, H. H., & Clark, D. H. (1975). Research process in physical education. Englewood cliffs, New Jersey:Prentice Hall, Inc.
- Clarke,DavidH.andClakeH.N.Hares. (1986). Research Process in Health Education Physical Education andRecreation. Englewood Cliffs, New Jersey, Prentice Hall, Inc.
- Verma, J. P. (2000). A text book on sports statistics. Gwalior: Venus Publications. Best, J.W. (1963).
- Research in education. U.S.A.: Prentice Hall.

- Dr. Amit Banejee. “ Research and Statistic in Physical Education” ISBN: 978-81-8908-205-3. Edition. 2017.

References:

- ❖ Dhananjay Shaw – Fundamental Statistics in Physical Education and Sports Sciences
- ❖ Best, John W and James V.Kahn. (1992). Research in Education. New Delhi: Prentice Hall of India.
- ❖ Berg, Kris E and Richard W. Latin. (1994). Essentials of Modern Research Methods in Health, Physical Education, and Recreation. New Jersey. Prentice Hall.
- ❖ Clarke, David H and H.Harrison Clarke. (1984). Research Process in Physical Education, Recreation, and Health.
- ❖ New Jersey: Prentice Hall, 1984

CO – PO MAPPING

Title of the Course: Research and Statistics for Physical Education						Course Code: U5R2PESEC2:1					
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	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

GYM MANAGEMENT

Semester	: V	CIA	: 25
Credits	: 2	EXT	: 75
Course Code:	U5R2PESEC2:2	Total	:100
Nature of the Course:	Employability skill	Instruction Hours	: 48

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
,Philosophy
- 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
forthe Gym Trainer

Unit-III

Equipments (12 Hrs)

- 3.1 Communication skills and appearance Public relation Supervision and
administration Facility management, Introduction to exercise equipments

- 3.2 Types of exercise equipments, Placement of equipments , Handling
- 3.3 Utilization of equipments Counseling, Test, Measurement and Evaluation
- Concepts of tests
- 3.4 Physical testing, Physiological testing & Anthropometric measurements

Unit-IV

Finance

(12 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

(4 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
kinetics 1994.
- ❖ John W. Bunn, “Scientific Principles of coaching” New Jersey: Prentice Hall Inc. 1985.

CO – PO MAPPING

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

KINESIOLOGY & SPORTS BIOMECHANICS

Semester	: VI	CIA	: 25
Credits	: 6	EXT	: 75
Course code	: U6R2PECC14	TOTAL	: 100
Nature of the Course:	Skill development	Instruction Hours	: 96

Objectives

- To understand human movements through Biomechanics.
- 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 Kinesiology and Sports Biomechanics (16 Hrs)

- 1.1 Meaning and Definition of Kinesiology and Sports Biomechanics
- 1.2 Importance of Kinesiology and Biomechanics in sports and physical activities
- 1.3 Origin and Insertion on bones and Action of major Muscles
- 1.4 Types of joints with their structure and functions

Unit-II

Fundamental movements at the Joints (20 Hrs)

- 2.1 Flexion, Extension , Abduction, Adduction,
- 2.2 Rotation, Circumduction, Pronation, Supination,
- 2.3 Inversion, Eversion, Plantar Flexion and Dorsi Flexion.
- 2.4 Axes and Planes of motion – Sagittal, Frontal and Transverse planes

Unit-III

Kinetics and Kinematics (20 Hrs)

- 3.1 Motion- Types of Motion
- 3.2 Lever – Types of Lever
- 3.3 Equilibrium- Types of Equilibrium
- 3.4 Inertia –Types of Inertia
- 3.5 Centre of Gravity, Line of Gravity

Unit-IV

Qualitative/ Quantitative Analysis

(20 Hrs)

- 4.1 Angular Kinematics of Human Movement.
- 4.2 Linear Kinetics of Human Movement
- 4.3 Newton's Laws of Motion – and their application to sports activities
- 4.4 Centrifugal and Centripetal force.
- 4.5 Fluid résistance, Air Resistance

Unit-V

Application of Biomechanical Principles

(20 Hrs)

- 5.1 The Biomechanics of the Human Upper Extremity.
- 5.2 The Biomechanics of the Human Lower Extremity.
- 5.3 Application of Biomechanical Principles in fundamental movements-Walking, Running, Jumping
- 5.4 Application of Biomechanical Principles in fundamental movements- Throwing, Pulling and Pushing

Course outcomes

- The student would be Oriented with the skeletal structure of human body by identifying the origin and insertion of various muscles. - **K1**
- The student's knows basic structure and functions of primary joints of the body. - **K2**
- Knows the basic knowledge on Kinetics and Kinematics. - **K3**
- Relate and interpret the role of various mechanical principles in human movement. - **K4**
- Gains a fair idea about the role of Kinesiology and Biomechanics in Physical Education. - **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.

- ### References:

- ### CO – PO MAPPING

Title of the Course: Kinesiology & Sports Biomechanics						Course Code: U6R2PECC14					
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

GAME OF SPECIALIZATION

Semester : VI	CIA	: 40
Credits :4	EXT	: 60
Course Code:U6R2PECC15P	Total	: 100
Nature of the Course:	Instruction Hours	: 72

Corse objectives

- To introduce the students to conduct a Tournament
- Provide fundamental knowledge about ground preparation
- Provides the basic knowledge of rules and interpretation
- Provide fundamental knowledge about ground Maintenance
- Enable students to mark the play area and officiate.

Unit-I

Introduction (15Hrs)

- 1.1 History of the Chosen Specialized Game
- 1.2 Court Dimension of the Chosen Specialized Game
- 1.3 Preparation of Play area of the Chosen Specialized Game

Unit-II

Skill (15 Hrs)

- 2.1 Basic skills Of the Chosen Specialized Game
- 2.2 Advance skills Of the Chosen Specialized Game
- 2.3 Drills for Skill Development

Unit-III

Test and administration (15Hrs)

- 3.1 Skill tests Related to the Chosen Specialized Game
- 3.2 Test and administration and Scoring of the
- 3.3 Chosen Specialized Game

Unit-IV

Rules**(15 Hrs)**

4.1 Rules of the Chosen Specialized Game and their interpretation

4.2 Officiating and Coaching of the Game.

Unit-V**Maintenance****(12Hrs)**

5.1 Maintenance of the Equipment of the Chosen Specialized Game

5.2 Maintenance of the Play area of the Chosen Specialized Game

Course outcomes:

- Gain the knowledge conducting Tournaments - **K6**
- Provided the basic knowledge of Maintenance of Ground and equipment - **K3**
- Understood the Chosen Specialized Game - **K3**
- Fair idea about the Rules and their interpretation - **K3**
- Gains Knowledge about Skill test related to Chosen Specialized Game - **K5**

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: Game of Specialization						Course Code: U6R2PECC15P					
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

ADAPTED PHYSICAL EDUCATION

Semester : VI	CIA	: 25
Credit :3	EXT	: 75
Course code : U6R2PEDSE2:1	Total	: 100
Nature of the course :Employability skill	Instruction hours	: 48

COURSE OBJECTIVES :

- The knowledge would enable the students to understand the activity recruitment of various levels of a physically challenged persons
- The knowledge would 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 **(10hrs)**

Disorders

- 5.1 Orthopedic 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

Course outcomes

- Helps to facilitate the student's independent function and two decreases the effect of the child's disability. - **K2**
- Benefits them from the special education process - **K3**
- By promoting physical activity as part of an active lifestyle it develops their fundamental motor skills - **K4**
- Helps the students to enhancing the year self-esteem and self-image - **K5**
- Learnt about the overall physical development, social development , emotional development, mental development - **K2**

Text books

- ❖ 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 College Publishing.
- 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 classroom teacher.
- 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: U6R2PEDSE2:1					
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	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

OLYMPIC VALUE EDUCATION AND DOPING- DSE2:2

Semester : VI	CIA	: 25
Credit :3	EXT	: 75
Course code : U6R2PEDSE2:2	Total	: 100
Nature of the course : Employability skill	Instruction hours	: 48

Course Objectives :

- To give the knowledge of various international games
- To give the knowledge of IOC and IOA
- To provide the knowledge about the Organization and administrative method of conducting the Olympic events
- To give them knowledge about kinds of Doping and its effects
- To give the knowledge about anti- doping rules as per WADA code

UNIT I

The Olympic movement (8 Hrs)

- 1.1 Olympic games-ancient: Conduct of the games, significance ,rules of eligibility ,awards decline and termination
- 1.2 Aims and symbols of the Olympic movement
- 1.3 The international Olympic committee
- 1.4 Educational and cultural values of olympics

UNIT II

Structure of the Olympic movement (10 Hrs)

- 2.1 Olympic games- objectives, Moto, flag, charter ,opening and closing ceremonies
- 2.2 The National Olympic committee(NOC)
- 2.3 The international sports federation(IFs)
- 2.4 The national sports federation(NFs)
- 2.5 Volunteerism

UNIT III

IOC programmes (12 Hrs)

- 3.1 Olympic academy economic and social impact on host cities and countries

- 3.2 Olympic solidarity
- 3.3 Olympic museum
- 3.4 Sports for all drug abuse and doping

UNIT IV

Different Olympic Games (10Hrs)

- 4.1 Para Olympic Games
- 4.2 Summer Olympics
- 4.3 Winter Olympics
- 4.4 Youth Olympic Games

UNIT V

Sports Doping (8 Hrs)

- 5.1 Meaning and types of Doping, NADA, WADA
- 5.2 Concept and classification of doping
- 5.3 Prohibited substance and methods their side effects
- 5.4 Ergogenic aids and doping in sports
- 5.5 Doping control procedure

Course Outcomes

- Students aware of the systems, as well as its limitations of Olympic games - **K1**
- Provides the knowledge of the IOC and IOA working pattern - **K2**
- Understand the Educational and Cultural values of Olympic games - **K2**
- Know about the Organizational structure and functions of Para Olympic Games - **K4**
- Understand the classification of doping and their controlling procedures - **K5**

Reference:

- ❖ Architecture of the Olympics, 1960-1980, by Carole Cable. Monticello, Ill.: Vance Bibliographies, 1982. 9 p. (Architecture series--bibliography, A-706).
- ❖ Bibliographie des Oeuvres du Baron Pierre de Coubertin = Bibliography of the Works of Baron Pierre de Coubertin. [s.l.: s.n., 1968] 16 p.
- ❖ North American Film and Video Sources, edited by Richard Prelinger and Celeste R. Hoffnar; index edited by Tom Damrauer. New York: Prelinger Associates, c1989.
- ❖ Historical Dictionary of the Modern Olympic Movement, edited by John E. Findling and

Kimberly D. Pelle. Westport, Conn.: Greenwood Press, 1996. xl, 460 p.: ill. Includes bibliographical references (p. [421]-434) and index.

- ❖ Historical Dictionary of the Olympic Movement, by Ian Buchanan and Bill Mallon. Lanham, Md.: Scarecrow Press, c1995.
- ❖ The Modern Olympics, a List of Reference Material in the New York Public Library. New York: The New York Public Library, 1939. 29 p.
- ❖ The Olympics: A Bibliography, by Bill Mallon. New York: Garland Pub., 1984. xviii, 258 p. (Garland Reference Library of Social Science; vol. 246). In various languages.

Web link :

<https://olympics.com/ioc/ancient-olympic-games/the-sports-events>

Title of the Course: Olympic Value Education and Doping						Course Code: U6R2PEDSE2:2					
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	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

PROJECT MEET

Semester	: VI	CIA	:
Credits	: 4	EXT	:
Course code	: U6R2PEDSE3:1	TOTAL	: 100
Nature of the Course:	Employability	Instruction Hours	: 48

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 (10 Hrs)

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

Unit-II

Pre Meet work (Various Committees) (8 Hrs)

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

Unit-III

Meet work (8 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. Sellamuthu Saraboji “Athletics Rules” 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 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.

NUTRITION FOR HEALTHY LIFE

Semester	: VI	CIA	: 25
Credits	: 4	EXT	: 75
Course code	: U6R2PEDSE3:2	TOTAL	: 100
Nature of the Course:	Skill Development	Instruction Hours	: 48

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 (10 Hrs)

- 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) (8 Hrs)

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

Unit-III

Obesity and Weight Management (8 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 (12 Hrs)

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

.

Unit-V

Nutrition for All (10 Hrs)

- 5.1. Infants - Preschool 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 | - | K2 |
| ➤ Gain the knowledge about Nutritional deficiency | - | K2 |
| ➤ Provided the basic knowledge of weight management in modern era. | - | K3 |
| ➤ Understood the concept of design diet plan for all age groups. | - | K6 |
| ➤ Fair idea about the nutritional problem faced by the community. | - | K5 |

References

- Denford, H.G. Recreation in the American community, Harper & Brothers Publishers, New York, 1953.
- Butler GD. Introduction of Community Recreation McGraw – Hill Book Company, New York, 1949.
- Royappa, D.J., Govind Rajulu, L.K. Camping and Education, Jupiter Press Private Ltd, Madras
- Rubin, R. Book of Camping, N.V. Assn Press, 1949.
- Torkildsen, G. Leisure and recreation Management, E.& F.N. Span Ltd., New York, 1986.

CO – PO MAPPING

Title of the Course: Nutrition for Healthy life						Course Code: U6R2PEDSE3:2					
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

SPORTS TECHNOLOGY

Semester	: VI	CIA	: 25
Credits	: 2	EXT	: 75
Course code	: U6R2PESEC3:1	TOTAL	: 100
Nature of the Course: Skill Development		Instruction Hours	: 60

Objectives

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

Unit-I

Introduction (12 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 (12 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 (12 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

(12 Hrs)

- 4.1. Playing Equipments: Balls: Types, 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

(12 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 |
| ➤ The basic idea about the training programmes. | - | K5 |
| ➤ Studied the different types of playfield surfaces 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: JaicoPublisher.

OPPORTUNITIES AND CAREER DEVELOPMENT

Semester	: VI	CIA	: 25
Credits	: 2	EXT	: 75
Course code	: U6R2PESEC3:1	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 personality development.
- 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 the Interview (12 Hrs)

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

Unit-V

Task Achievement and development (12 Hrs)

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

Course outcomes:

- Studied the Importance of Career for development. - K2
- Learn Career opportunities in other sectors. . - K4
- Provided the knowledge about the various Career opportunities. - K4
- The basic idea about preparing for the interviews - K3
- Gains knowledge about Task achievement through Career development - K6

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: 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.kreedon.com/innovative-sports-technology/>

CO – PO MAPPING

Title of the Course: Opportunities for Career Development						Course Code: U6R2PESEC3:1					
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	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

GENDER STUDIES

Semester : VI	CIA	: 25
Credits :2	EXT	: 75
Course Code: U6R2AECC3	Total	: 100
Nature of the Course:	Instruction Hours	: 6

UNIT I

Concept of Gender: Sex Gender – biological Determinism – Patriarchy – Feminism – Gender Discrimination – Gender Division of Labour – Gender stereotyping – Gender sensitivity Gender Equality – Gender mainstreaming – empowerment.

UNIT II

Women's studies Vs Gender studies: UGC's Guidelines – VIII to XI Plans, Gender studies Beijing conference and CEDAW – Exclusiveness and inclusiveness.

UNIT III

Areas of Gender discrimination: Family, Sex ratio literacy, Health, Governance, religion Work Vs employment – Market, Media, Politics, Law, Domestic violence, Sexual Harassment, State politics and planning.

UNIT IV

Women development and gender empowerment: initiatives, International Women's decade, International women's year, National policy for Empowerment of women, women Empowerment year 2011, Mainstreaming global policies.

UNIT V

Women's Movements: In India National / State Commission for Women (NCW), all women police station, Family court, Domestic violence Act, Prevention of Sexual Harassment at work place supreme court guidelines, Maternity Benefit Act, PNDT Act, Hindu Succession Act 2005, Eve teasing prevention Act, Self help groups, 73rd and 74th amendment for PRIS.

REFERENCE

1. Bhasin kamala, Understanding Gender: Gender basics, New Delhi: Women Unlimited, 2004.
2. Rajadurai , S.v, Geetha V, Themes in caste Gender and Religion, Trichy, Bharathidasan University, 2007.
3. Pauldi, A Michele (ed...) Prager guide to the Psychology of Gender.

YOGA FOR STRESS MANAGEMENT

Semester : VI	CIA	: 25
Credits :2	EXT	: 75
Course Code: U6R2PEGEC2	Total	: 100
Nature of the Course: Employability skill	Instruction Hours	: 24

Corse objectives

- To equip basic knowledge about stress management
- To practice meditation for mental health.
- To develop the mental stability.
- Stimulate to memory power
- To Educate Stress management

Unit-I

Introduction of meditation (4 Hrs)

- 1.1 Meaning and definition of meditation
- 1.2 Benefits of meditation
- 1.3 Aim and objectives of meditation
- 1.4 Types of meditation

Unit-II

Time management of meditation (6 Hrs)

- 2.4 Shotable timing of meditation
- 2.5 Basic rools in meditation and preparation
- 2.6 Causes of meditation

Unit-III

Stress management (4 Hrs)

- 3.4 Meaning and definition for stress management
- 3.5 Types of stress

Unit-IV

Techniques and benefits of stress management (6 Hrs)

- 4.1 Techniques for relaxation
- 4.2 Practices in deep breathing
- 4.3 Breathing technique for fitness and relief

Unit-V

Guidance stress management (4 Hrs)

- 5.3 Maintaining physical exercise
- 5.4 Good healthy nutrition
- 5.5 Manage social media time
- 5.6 Concepts with others and behaviors

Course outcomes:

- The course will help the participants to Use practical tools for stress management in educational environments - **K3**
- The course will help the participants to Foster resilience and cope with stressful situations at the workplace to increase their well-being; - **K4**
- The course will help the participants to Improve their emotional intelligence to better deal with stress; - **K5**
- The course will help the participants to Integrate emotional intelligence skills into the curricula; - **K5**
- The course will help the participants to Help students to deal with school stress; - **K6**

Text books

- Bava, Gurdial Singh, (1994). *Fundamentals of Men's gymnastics*. New Delhi: Friends publications
- Lawrence, Debbie. (1999). *Exercise to music*. London: A& C Black publishers.
- Dr. Mahendra Kumar Singh, "Yoga Education" ISBN: 978-93-86641- 03-8. 2015

References:

- ❖ Swami Kuvalayananda and S.L.Vinekar(1985)- Yogic Therapy.
- ❖ Yogasasas: A Techer's Guide- NCERT, New Delhi.
- ❖ B.K.S. IYANKAR, Light on Yoga Harper Collins Publications, Delhi.
- ❖ CoopnPhyllis and Milan Trnka, Teaching Gymnastic Skills to Men and Women, Surjeet Publications, Delhi,1982

Web link:

- ✓ <https://www.healthline.com/health/fitness/yoga-for-stress>

CO – PO MAPPING

Title of the Course: YOGA FOR STRESS MANAGEMENT						Course Code: U6R2PEGEC2					
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

SAFETY EDUCATION AND FIRST AID

Semester	: V	CIA	: 25
Credits	: 2	EXT	: 75
Course code	: GEC	TOTAL	: 100
Nature of the Course: Skill Development		Instruction Hours	: 24

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 (4 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 technique..
- 3.4 First aid kits – Rules of First aid – ABC Rule

Unit-IV

Safety Management of Injuries

(4 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-SymptomsManagement

Unit-V

Safety Management for Health Problems

(4 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 Mannal 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: U5R2PEGEC1:2					
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	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

