

# THIRUVALLUVAR UNIVERSITY

## BACHELOR OF SCIENCE B.Sc. PHYSICAL EDUCATION DEGREE COURSE

(With effect from 2020 - 2021)

### The Course of Study and the Scheme of Examinations

S. No.	Part	Study Components		Ins. Hrs / week	Credit	Title of the Paper	Maximum Marks		
		Course Title					CIA	Uni. Exam	Total
		SEMESTER I							
1	I	Language	Paper-1	6	4	Tamil/Other Languages	25	75	100
2	II	English (CE)	Paper-1	6	4	Communicative English I	25	75	100
3	III	Core Theory	Paper-1	6	4	Foundations of Physical Education	25	75	100
4	III	Core Practical	Practical-1	4	0	Major games -I	0	0	0
5	III	Allied -1	Paper-1	4	3	Yoga Education	25	75	100
6	III	Allied- 1	Practical-1	2	0	Mass Demonstration	0	0	0
7	III	PE	Paper 1	6	3	Professional English I	25	75	100
8	IV	Environmental Studies		2	2	Environmental studies	25	75	100
		Sem. Total		36	20		150	450	600
		SEMESTER II					CIA	Uni. Exam	Total
8	I	Language	Paper-2	6	4	Tamil/Other Languages	25	75	100
9	II	English (CE)	Paper-2	6	4	Communicative English II	25	75	100
10	III	Core Theory	Paper-2	5	4	Anatomy and Physiology	25	75	100
11	III	Core Practical	Practical-1	3	2	Major games –II	25	75	100
12	III	Allied-1	Paper-2	4	3	Theory of Sports and Games	25	75	100
13	III	Allied Practical - 1	Practical-1	2	2	Indigenous activities	25	75	100
14	III	PE	Paper 1	6	3	Professional English II	25	75	100
15	IV	Value Education		2	2	Value Education	25	75	100
16	IV	Soft Skill		2	1	Soft Skill	25	75	100
		Sem. Total		36	25		225	675	900

# **THIRUVALLUVAR UNIVERSITY**

## **B.Sc. PHYSICAL EDUCATION**

### **SYLLABUS**

### **CBCS PATTERN**

**(With effect from 2020 - 2021)**

### **SEMESTER I**

### **CORE PAPER 1**

## **FOUNDATIONS OF PHYSICAL EDUCATION**

### **Course Objectives:**

1. To understand the need of physical education in society.
2. To gain knowledge over the history and organizations in physical education.
3. To identify the biological basis of physical activities.
4. To understand the impact of psychological aspects in teaching and learning
5. To acquire the knowledge on sociological basis in physical education.

## **FOUNDATIONS OF PHYSICAL EDUCATION**

### **UNIT I**

Physical Education: Meaning – Definition- Aims of Physical Education –Objectives of Physical Education: Short Term Objectives –Long Term Objectives – Scope Of Physical Education –Physical Training –Physical Culture-Physical Education Integral Part of General Education.

### **UNIT II**

History of Physical Education: Physical Education In: Athens – Sparta. Olympic games – History of Olympic Games – Women Participation Olympics –Modern Olympics – Olympic Flag – Oath-Emblem – Motto Physical Education In India – Asian Games – South Asian Games –Common Wealth Games –Awards : Arjuna –Dhronocharya- Rajiv Gandhi Khel Ratna. Nethaji Subash National Institute Of Sports (NSNIS) –Function of NSINIS – Sports Authority of India (SAI) –Functions.

### **UNIT III**

Scientific Basis of Physical Education: Biological Foundations: Growth And Development: Factors Affecting Growth And Development –Individual Differences –Gender Differences. Heredity – Environment – Athletic heart - Body types: Types of Body Type: Endomorph- Ectomorph- Mesomorph: Sheldon Classification: Athletic-Asthetic-Pycnic.

### **UNIT IV**

Psychological foundations : Cognitive – Affective- Psychomotor Domain- Learning –Motor Learning – Stages of Learning :Feedback –Meaning –Types of Feedback- Knowledge of

Results : Play - Theories of Play Theories of Learning : Trial and Error - Conditional Response Theory - Insight response - Imitation - Laws of Learning :Law of Readiness -Law of Use and Disuse - Law of Effect.

## UNIT V

Sociological foundations: Society –culture-socialization –social acceptance – recognition – Gregarious Instinct-. Individual and Society- Desire for Recognition and Response- Social integration. Social Group: Primary Group –Secondary Group –Territorial Group Social group and their Significance- Family-Community-School-State-Nations. Democratic Thinking- Family. Equality. National Integration

### References:

1. Bucher,C.A.(n.d.)***Foundation of Physical Education***.St.Louis:TheC.V.MosbyCo.
2. Deshpande,S.H.(2014).***Physical Education in Ancient India***. Amravati: Degree college of Physical education.
3. Nixon,E.E.&Cozen,F.W.(1969). ***An introduction to Physical Education***.
4. Philadelphia: W.B. Saunders Co.
5. Obertuffer, (1970). ***Delbert Physical Education***. New York: Harper &Brothers Publisher.
6. Sharma,J.R. (1964). ***Introduction to Physical Education***. NewYork:
7. A.S. Barnes &Co. William, JF. (1964). ***Theprinciples of Physical Education***. Philadelphia: W.B. SaundersCo.

**CORE PRACTICAL I**  
**MAJOR GAMES I**  
**(Ball Badminton, Kabaddi, Volleyball, and Kho-Kho.)**

**Objectives:**

1. To study the basics and advance skills in sport
2. To have the knowledge over the assessment of performance.
3. To understand the structure of play field markings
4. To teach the students on rules and regulations
5. To equip the students in preparing the records

**UNIT – I FUNDAMENTAL AND ADVANCE SKILLS**

Fundamental Skills and Advance – Skills – Techniques- Drills And Lead-Up Games- In Ball badminton- Kabaddi, Volleyball - Kho-Kho.

**UNIT-II PLAYING ABILITY / PERFORMANCE**

Assessment of Playing Ability - Performance : Ball Badminton- Kabaddi,-Volleyball- Kho-Kho. Specific Conditioning- Training - Ball badminton- Kabaddi,Volleyball- Kho-Kho.

**UNIT-III MARKING**

Layout -Markings of court : - Ball badminton- Kabaddi – Volleyball - Kho-Kho.

**UNIT –IV OFFICIATING**

Rules and Interpretations, Duties of The Officials -Official Signals- System Of Officiating - Equipment Specifications and Score Sheet for Ball badminton- Kabaddi - Volleyball- Kho-Kho.

**UNIT-V RECORD NOTE**

Preparation of record for: Ball badminton- Kabaddi -Volleyball- Kho-Kho. History - Organizational Set-Up At International, National And State Level Sports Bodies, Skill, Technique, Tactics, Major Competitions.

**TEXT BOOKS**

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

**REFERENCE BOOKS**

1. Dhanaraj, V. Hubert, (1991). *Volleyball – A Modern Approach*. Patiala: SainsorisPart,
2. Davic, (1979) *Better Badminton Learn in yourself Book*. London : Orient Paper Books.
3. Perinbaraj, S.B., & et al. (2009). *Play field: Dimensions and its requirements*, Karaikudi: Vinis publication.
4. Rao, C. V. (1971). *Kabaddi*, Patials, N.I.S. Publications. Yadav, Yogesh. (1969). *Kho-Kho*, Maharashtra Kho-Kho Association

## **CORE PAPER - 2**

### **YOGA EDUCATION**

Course objectives:

1. To understand the aim and bases of yogic aspects.
2. To gain knowledge over the Pranayama and its impacts on respiratory aspects.
3. To have the benefits of asanas in terms of fitness and curative aspects.

#### **Unit-I**

Meaning of Yoga- Aim and Objectivities of Yoga- Need and importance of Yoga- Concept of Yoga- Astanga Yoga- Yama- Niyama Asana- Pranayama- Prathama- Dhyama- Samathi.

#### **Unit –II**

Asana- Aim and Objectives of Asana-various types of Asanas –Meditative asana – cultural Asana – Relaxative Asana- Padmasana- Vajrasana- Sukasana- Talasana- Konasana-Pathahastasana-Piraiyasana-Prathanasana-Komukasana-Paschimotasana- Veerapatrasna-Halasana-Sivalingasana-Savasana-Makrasana.benrfits of asanas

#### **UNIT – III**

Pranayama-Aim and Objectives of Pranayama- Various Types of Pranayama- SuryaBhedhana- Chandra Bhedhana-NadiSuddhi –NadiShodhana-Bhastrika-Sitali - Sitkari-Benefits of Pranayama

#### **UNIT IV**

Kriyas-Meaning –Aim and Objectives of Kriyas-Neti-Dhauthi-Bhasthi-Trataka- Kapalapathi-Nauli –Benefits of Kriyas

#### **UNIT V**

Bhandhas and Mudras-Definition –Aims And Objectives of Bhandhas And Mudras- JalendraBhandha-UddiyanaBhandha –MoolaBhandha- Chin Mudra- Chinmaya Mudra –Vayu Mudra-Prithvi Mudra-Surya Mudra- Varuna Mudra-Benefits of Bhandhas and Mudras

#### **TEXT BOOKS**

1. Iyengar, B.K.S., (2001). *Yoga the path to holistic health*. Dorling: Kindersley
2. Saraswati, Niranjanananda., (2010). *Prana and Pranayama*. Mungaer: Bihar School of Yoga.
3. Gharote, M.L. &Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala: Kaivalayadhama.

#### **REFERENCE BOOKS**

1. Chandrasekaran, K., (1999). *Sound Health through Yoga*. Sedapatti: PremKalyan publication.
2. Mariayyah, P., (2000). *Suriyanamaskar*. Perunthurai: Jaya Publishing House.

**ALLIED PRACTICAL**  
**MASS DEMONSTRATION ACTIVITIES**  
(Mass Demonstration activities –Calisthenics, Light apparatus & aerobics)

**Objectives**

- To educate and provide hand on training for mass demonstration activities.
- To develop co-ordination, rhythm and precision in physical activities with help of light apparatus.

**UNIT – I CALLISTHENICS**

Calisthenics exercises - With Verbal Command, Drum and Music (2, 4, 8 & 16 Counts).

**UNIT – II FLAG DRILLS AND COCONUT CELL DRILLS**

Flag Drills and Coconut Cell Drills: Twisting exercises – Arm Crossing Exercises – Launching exercises – Forward exercises with Verbal Command, Drum And Music (2, 4, 8 & 16 Counts).

**UNIT – III INDIAN CLUBS AND WANDS**

Light apparatus exercises - with verbal command, drum and music (2, 4, 8 & 16counts) - Indian Clubs and Wands. Standing Exercise, Jumping Exercise – Moving Exercise - Combination of these exercises with Wands and Indian Clubs.

**UNIT – IV HOOPS AND DUMBBELLS**

Light apparatus exercises - with verbal command, drum and music (2, 4, 8 & 16counts) – Hoops and dumbbells. Standing Exercise, Jumping Exercise, Moving Exercise and combination of these exercises with Hoops and dumbbells.

**UNIT – V PYRAMID**

Formation of Pyramid.

**REFERENCE BOOKS**

1. Athichan, A, et. al., (2007) *Hand book of Indigenous activities*. Karaikudi: Vinsipublication.
2. Tirunaryanan, C. and Hariharan. S, (1993). *Methods in Physical Education*. Karaikudi: South India Press.
3. Mathew, Thomas., (2009). *150 Minor Games*. Karaikudi: Vinsi publication.
4. Perinbaraj, Bevinson. S. (2006). *Methods in Physical Education*. Karaikudi: Vinsi publication.
5. Thomas, J.P., (1969). *Physical Education Lesson*. Madras: Gnanodya press.

**SEMESTER II  
CORE PAPER - 3**

**ANATOMY AND PHYSIOLOGY**

**Course objectives:**

1. To understand the structure of human body
2. To gain knowledge over the skeletal system of human body
3. To enable the students to equip them in structure and functions of cardio-pulmonary system
4. To teach the students over the bases on nervous and excretory system
5. To gain knowledge on structure and functions over the endocrine system

**ANATOMY AND PHYSIOLOGY**

**Unit – I**

Anatomy: Meaning –Structure of Human Body – Need of Anatomy in Physical Education. Physiology: Importance Of Human Physiology .Cell: Microscopic Structure –Functions. Tissues: Classification of tissues – Functions. Muscles: Types of muscles-Meaning of Skeletal Muscles-Cardiac Muscle-Smooth muscle.

**Unit -II**

Skeletal system: Bones: Vertebral Column-Pelvic Bone-Radius-Ulna-Femur-Scapula. Joints: Meaning –Structure of Joints –Classification of Joints: Movable –Slightly Movable –Immovable. Synovial joints – Structure of Synovial Joints.

**Unit – III**

Circulatory system: Heart –Structure of Heart- Function of Heart-Blood Vessels: Arteries-Veins-Capillaries-Blood Cells: Red Blood Cells-White Blood Cells-Respiratory System: Respiratory Passage: Lungs: Structure of Lungs-Exchange of Gases in Lungs-Mechanism of Respiration.

**Unit – IV**

Nervous system: Neuron- Structure of Neuron. Autonomic Nervous System-Central Nervous System- Brain: Structure of Brain- Spinal Cord- Sense Organs: Eye- Structure-Functions. Skin: Structure-Functions. Ear: Structure-Functions.

**Unit – V**

Excretory system: Organ of Excretory- System Kidney- Urethra- Urinary Bladder- Ureters- Lungs- Skin- Large Intestine- Liver. Structure of kidney. Digestive system: Structure-Functions. Endocrine System: Glands – Major Glands: Meaning. Adrenal- Pituitary- Thyroid- Pineal- Pancreas.

**References:**

1. Gupta,A.P.(2010).*AnatomyandPhysiology*.Agra:SumitPrakashan.
2. Gupta,M.andGupta,M.C.(1980).*BodyandAnatomicalScience*.Delhi: SwaranPrintingPress.

3. Guyton, A.C. (1996). *Textbook of Medical Physiology*, 9<sup>th</sup> edition. Philadelphia: W.B. Saunders.
4. Karpovich, P.Y. (n.d.). *Philosophy of muscular activity*. London: W.B. Saunders Co.
5. Lamb, G.S. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication.
6. Moorthy, A.M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam Publications.
7. Morehouse, L.E. & Miller, J. (1967). *Physiology of exercise*. St. Louis: The c.y. Mosby Co.
8. Pearce, E.C. (1962). *Anatomy and physiology for nurses*. London: Faber & Faber Ltd.
9. Sharma, R.D. (1979). *Health and Physical Education*, Gupta Prakashan.
10. Singh, S. (1979). *Anatomy of physiology and Health Education*. Ropar: Jeet Publications.



**CORE PRACTICAL I**  
**MAJOR GAMES I**  
(Hand Ball, Badminton, Basketball and Soft ball)

Course objectives:

1. To study the basics and advance skills in sport
2. To have the knowledge over the assessment of performance.
3. To understand the structure of play field markings
4. To teach the students on rules and regulations
5. To equip the students in preparing the records

**UNIT – I FUNDAMENTAL AND ADVANCE SKILLS**

Fundamental and Advance – Skills- Techniques - Drills And Lead-Up Games in:  
Hand Ball - Badminton- Basketball - Soft ball

**UNIT-II PLAYING ABILITY / PERFORMANCE**

Assessment of playing ability / performance- Specific conditioning / training : Hand  
Ball - Badminton- Basketball - Soft ball

**UNIT-III MARKING**

Layout and Markings of court/field: Hand Ball - Badminton- Basketball - Soft ball

**UNIT –IV OFFICIATING**

Rules and Interpretations- Duties of the Officials- Official Signals- System Of  
Officiating- Equipment Specifications - Score Sheet . Hand Ball -  
Badminton- Basketball - Soft ball

**UNIT-V RECORD NOTE**

Preparation of record for Hand Ball – Badminton - Basketball - Soft ball: History,  
Organizational Set-Up At International, National And State Level Sports Bodies,  
Skill, Technique, Tactics, Major Competitions for above said sports disciplines.

**TEXT BOOKS**

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

**REFERENCE BOOKS**

1. Colberk A.L. (1966). *Modern Basketball-A Fundamental Analysis of Skills and Tactics*. London: Nicholas Kaya.
2. Part, Davic, (1979) *Better Badminton Learn in yourself Book*. London : Orient Paper Books.
3. Perinbaraj, S.B., & et al. (2009). *Play field: Dimensions and its requirements*, Karaikudi: Vinis publication.

**ALLIED 1**  
**PAPER 2**  
**THEORIES OF SPORTS AND GAMES I**

**Course Objectives**

1. To study and understand the fundamental concepts of Football, Hockey, Volleyball, Handball and Badminton.
2. To acquire the knowledge of Federations and tournaments organized.
3. To study the various aspects of training in sports and games.
4. To provide adequate knowledge in Football, Hockey, Volleyball, Handball and Badminton.
5. To train the players at Elite level.
6. To enable the students to understand fundamental mechanism of Football, Hockey, Volleyball, Handball and Badminton.

**Unit-1:**

History – Development - Present Status of The Following Games: Football, Hockey, Volleyball, Handball and Badminton.

**Unit-2:**

Federation, National-International level-.Important Tournaments and Meets held at National and International levels.

**Unit-3:**

Fundamental skills and Advanced skills in the following games: Football, Hockey, Volleyball, Handball and Badminton.

**Unit-4:**

Rules and interpretation of the following games: Football, Hockey, Volleyball, Handball and Badminton.

**Unit-5:**

Play field Layout: Football, Hockey, Volleyball, Handball and Badminton. Duties of officials and officiating mechanism for the following games: Football, Hockey, Volleyball, Handball and Badminton.

**Reference Items: books, Journal**

1. Akilesh. Dev (1959). *Teaching Badminto*. Ludiana: the Indian student publishers.
2. Author's Guide. (2013). *Rules of Hockey*. Switzerland: The International Hockey Federation.
3. Baechle, T. R. (1994). *Essential of Strength Training and Conditioning*. Champaign Illinois: Human Kinetics Publishers.
4. Barbara Schrodtt (2011). Team Handball. *The Canadian Encyclopedia*. Historica-Dominion Institute.
5. Beim, G. (1977). *Principles of Modern Soccer*. U.S.A: Houghton Mifflin Company.
6. Connolly, Helen & Egan, Tracie. (2005). *Field Hockey: Rules, Tips, Strategy and Safety* (1st ed). New York, NY: The Rosen Publishing Group, Inc.
7. Dick, F. W. (1980). *Sporting Training Principles*. Great Britain: University Press Cambridge.
8. Dorthy, Y. & Landie, S. (1992). *Field Hockey-Fundamental and Techniques*. London: Faber and Faber limited.

9. Dureha, K.Dilip. andAkhil, Mehrotra (2003). *Teaching & Coaching Hockey*. New Delhi: Paperbacks.
10. Kaka, T.S. &Biru, M. (1986). *Improve Football Techniques*. Patiala: NSNIS Publications.
11. Luxbacher, J. A. (1996). *Soccer Steps to Success*. Champaign, Illinois: Human kinetics Publishers.

## **Allied Practical -INDIGENOUS ACTIVITY**

### **Objectives ;**

- To acquire the practical knowledge of dands, baithak and yoga
- To provide practical exposure in selected indigenous activities

### **UNIT I**

**Dhanda-** OrdinaryDand-Straight Dips-CurveDips - ReverseDips –Scorpion Dand(Ordinary)-Scorpion Dand (Modified)-FrogDand( with clap)–Leap frog dand - ChakkarDand -SnakeDand-DuubleDand -SingleHand Dands- Leap Dand.

### **UNIT II-**

**Baithak**-Ordinary-Baithaks-Ordinary Baithaks– Full Knee Bend– Sarak Baithaks-Chair Baithak-Hanuman Baitaks-Panja Baithaks-Stooping Baithaks.

### **UNIT III**

Asanas-Talasana- Konasana- Padhahasthas And Piraiyasana- Trikonasan-Veerapathrasana- Komugasana-Arthamatyendrasana- Janusirasasana-Utanapathasana- Halasana- Sarvangasana- Savasana.

### **UNIT IV –**

Pranayama- Nadisddhi- Nadi Sodhana- Ujjayi-Sitali-Sitkari- Bhramari

### **UNIT V –**

Ghatilezuim–Aathaawaaz,-Bethakawaaz-Aagepaon,Aagekadam-Dopherawaaz, Chaupherawaaz- Kadamtaal-- Pavitra, Uchhakpavitra- Kadampavitra.-Hindustani Lezium– Charawaaz, Ekjagah,Aanthilagaav, Pavitra, Do Rukh, Chaurukh, Chau Rukhbethak, Momiya.

### **TEXT BOOKS**

1. Iyengar, B.K.S., (2001). *Yoga the path to holistic health*. Dorling: Kindersley
2. Saraswati, Niranjanananda., (2010). *Prana and Pranayama*.Mungaer: Bihar School of Yoga.
3. Gharote, M.L. &Ganguly, H. (1988). *Teaching methods for yogic practices*. Lonawala: Kaivalayadhama.

## REFERENCE BOOKS

1. Athichan, A, et. al., (2007). *Hand book of Indigenous Activities*. Karaikudi: Vinsi publication.
2. Chandrasekaran, K., (1999). *Sound Health through Yoga*. Sedapatti: PremKalyan publication.
3. Mariayyah, P., (2000). *Suriyanamaskar*. Perunthurai: Jaya Publishing House.
4. Mathew, Thomas., (2009). *150 Minor Games*. Karaikudi: Vinsi publication.

\*\*\*\*\*