

திருவள்ளூர்பல்கலைக்கழகம்

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
	III	Core Practical	Practical-1	4	0	Major games -I	0	0	0
4.	III	Allied -1	Paper-1	4	3	Yoga Education	25	75	100
	III	Allied- 1	Practical-1	2	0	Mass Demonstration	0	0	0
5.	III	PE	Paper 1	6	3	Professional English I	25	75	100
6.	IV	Environmental Studies		2	2	Environmental studies	25	75	100
		Sem. Total		36	20		150	450	600
		SEMESTER II					CIA	Uni. Exam	Total
7.	I	Language	Paper-2	6	4	Tamil/Other Languages	25	75	100
8.	II	English (CE)	Paper-2	6	4	Communicative English II	25	75	100
9.	III	Core Theory	Paper-2	5	4	Anatomy and Physiology	25	75	100
10.	III	Core Practical	Practical-1	3	2	Major games – I and II	25	75	100
11.	III	Allied-1	Paper-2	4	3	Theory of Sports and Games	25	75	100
12.	III	Allied Practical - 1	Practical-1	2	2	Indigenous activities	25	75	100
13.	III	PE	Paper 1	6	3	Professional English II	25	75	100
14.	IV	Value Education		2	2	Value Education	25	75	100
15.	IV	Soft Skill		2	1	Soft Skill	25	75	100
		Sem. Total		36	25		225	675	900

SEMESTER III							CIA	Uni. Exam	Total
16.	I	Language	Paper-3	6	4	Tamil/other language	25	75	100
17.	II	English	Paper-3	6	4	English	25	75	100
18.	III	Core theory	Paper-3	4	4	Exercise physiology	25	75	100
	III	Core practical	Practical-2	3	-	Major games-III	0	0	0
19.	III	Allied-2	Paper-3	4	3	Health education & Nutrition	25	75	100
	III	Allied practical	Practical-2	3	0	Aerobics and marching	0	0	0
20.	IV	Skill based subject	Paper-1	2	2	Computer Applications	25	75	100
21.	IV	Non-major elective	Paper-1	2	2	Yoga and Health	25	75	100
				30	19		150	450	600
SEMESTER IV							CIA	Uni. Exam	Total
22.	I	Language	Paper-4	6	4	Tamil/other languages English	25	75	100
23.	II	English	Paper-4	6	4	English	25	75	100
24.	III	Core theory	Paper-4	4	4	Organization and administration IPE	25	75	100
25.	III	Core practical	Practical-2	3	2	Major games	25	75	100
26.	III	Allied-2	Paper-4	4	3	Theories of sports and games	25	75	100
27.	III	Allied practical	Practical-2	3	2	Minor games	25	75	100
28.	IV	NMSDC : Digital Skills for Employability	Paper-2	2	2	Office Fundamentals	25	75	100
29.	IV	Non-major elective	Paper-2	2	2	Weigh Management	25	75	100
				30	23		200	600	800
SEMESTER V							CIA	Uni. Exam	Total
30.	III	Core theory	Paper-5	6	6	Methods in physical education	25	75	100
31.	III	Core theory	Paper-6	6	6	Kinesiology and biomechanics	25	75	100
32.	III	Core theory	Paper-7	6	6	Sports training	25	75	100
	III	core practical	Practical-3	3	-	Track events-I	0	0	0
	III	core practical	practical-4	3	-	Track events-I	0	0	0
33.	III	Internal Elective	Paper-1	3	3	Fitness and wellness	25	75	100
34.	IV	Skill based subject	Paper-3	3	2	Therapeutic Aspects of yoga	25	75	100
				30	23		125	375	500
SEMESTER VI							CIA	Uni. Exam	Total
35.	III	Core theory	Paper-8	5	4	Test and measurement	25	75	100
36.	III	Core theory	Paper-9	4	4	Sports psychology and Sports sociology	25	75	100
37.	III	Core theory	Paper-10	4	4	Sports management	25	75	100
38.	III	Core Practical	Practical-3	2	2	Track events-I	25	75	100
39.	III	Core Practical	practical-4	2	2	Field events-I	25	75	100
40.	III	Core project (individual/group project)	Paper-1	5	5	Field project	25	75	100

41.	III	Internal Elective	Paper-2	3	3	Modern trends in physical education	25	75	100
42.	III	Internal Elective	Paper-3	3	3	Physiotherapy and first aid	25	75	100
43.	IV	Skill based subject	Paper-4	2	2	Fitness Management	25	75	100
44.	V	Extension activities		0	1		100	-	100
45.	-	NMSDC : Employability Readiness		-	-	(choose any one) • Naandi • Unnati • Quest • Izipay • IBM Skills build	-	-	-
		Total		30	30		325	675	1000
									4400

Part	Subject	Papers	Credit	Total Credits	Marks	Total Marks
Part I	Languages	4	4	16	100	400
Part II	Communicative English & English	4	4	16	100	400
Part III	Allied (Odd Semester)	2	3	6	100	200
	Allied (Even Semester)	2	3	10	100	200
	Allied Practical	2	2		100	200
	Electives	3	3	9	100	300
	Core	10	(3-5)	46	100	1000
	Core practical	4	(2-3)	8	100	400
	Professional English	2	3	6	100	200
	Compulsory Project (Group/Individual Project)	1	5	5	100	100
Part IV	Environmental Science	1	2	2	100	100
	Soft skill	1	1	1	100	100
	Value Education	1	2	2	100	100
	Lang. & Others /NME	2	2	4	100	200
	Skill Based	4	2	8	100	400
Part V	Extension Activities	1	1	1	100	100
	Total	44		140		4400

B.Sc. PHYSICAL EDUCATION

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SEMESTER III

CORE PAPER - 3

EXERCISE PHYSIOLOGY

UNIT – I

Exercise physiology- Importance of Exercise Physiology in Physical Education- Physiology of Muscular Activity- Mechanism of Muscular Contraction- sliding filament theory – Types of Muscle Fibers- Nerve Muscular Activity- Effects of Training on Muscular System.

UNIT – II

Physiology of Cardio Cycle- Factor Affecting: Heart Rate- Stroke Volume- Cardiac Output- Blood Pressure— Respiratory System: Mechanism of Respiration-Internal respiration- External respiration- Respiratory Regulation During Exercise: Pulmonary Ventilation- Lung Volumes and Capabilities: Tidal Volume- Vital capacity- oxygen debt-second wind- VO_2 max- Effect of Training on Circulation and Respiratory System.

UNIT – III

Energy for movement: metabolism and Basic Energy System: ATP Production- Measuring Energy during Exercise- Energy Expenditure at Rest during Exercise- Fatigue and Causes of Fatigue. Hormones –Nature of Hormones - Endocrine Response to Exercise.

UNIT – IV

Exercise in Extreme Environment: Exercise at High Altitude- Thermoregulation in Exercise- Mechanism of Body Temperature Regulation- Physiological Response to Exercise in the Heat and Humid Environment- Exercise in the Cold Environment- Nerve Control of Muscular Activities- Effects of Training on Nervous System.

UNIT – V

Ergogenic Aids: Amphetamines- Anabolic Steroids- Beta-Blocker – Caffeine- Choline- Carnitine- Clenbuterol- Protein Supplement- Blood Doping-Ergogenic Aids and Performance- Nutritional Agents- Drugs and Doping.

REFERENCE BOOKS

- 1) Sivaramakrishnan.S., 2006, “Anatomy and Physiology for Physical Education”, First Edition, Friends Publication., Chennai.

- 2) Benardot, Dan., 2012, “Advanced Sports Nutrition”, Second Edition, Friends Publication, Chennai. Budhe, A.A., 2013, “Exercise Physiology”, Sports Publications, Chennai.
- 3) Rajeev, K., 2015, “Sports Medicine and Exercise Physiology”, Sports Publications, Chennai.
- 4) Blaisdall, A., 2006, “Human Physiology”, Sports Publications, Chennai.
- 5) Marieb.N., 2006, “Human Anatomy and Physiology”, Benjamin Publication, New Delhi.

Core Practical – II (P) MAJOR GAMES – II (Hockey, Cricket, Tennis, and Football.)

UNIT – I FUNDAMENTAL AND ADVANCE SKILLS

Fundamental and advance – skills, techniques, drills and lead-up games in Hockey, Cricket, Tennis, and Football.

UNIT-II PLAYING ABILITY / PERFORMANCE

Assessment of playing ability / performance - Hockey, Cricket, Tennis, and Football..Specific conditioning / training for above said sports disciplines.

UNIT-III MARKING

Layout & markings of court/field - Hockey, Cricket, Tennis, and Football..

UNIT –IV OFFICIATING

Rules and interpretations, duties of the officials, official signals and system of officiating, equipment specifications and score sheet for above said sports disciplines.

UNIT-V RECORD NOTE

Preparation of record for Hockey, Cricket, Tennis, and Football. History, organisational set-up at International, national and state level sports bodies, skill, technique, tactics, major competitions for above said sports disciplines.

TEXT BOOKS

Anand.R.L. (1986).*Play field manual*, Patiala: NIS publication.

Book of rules of games and sports, (2005). New Delhi: National Council of Y.M.C.A of India.

Rao, E.Prasad (2002). *The complete hand book on Kabaddi*.Vizianagaram: Jagadamba publication.

REFERENCE BOOKS

1. Colberk A.L. (1966).*Modern Basketball-A Fundamental Analysis of Skills and Tactics*.London: Nicholas Kaya.
2. Dhanaraj, V. Hubert, (1991).*Volleyball – A Modern Approach*. Patiala: Sainsoris
3. Part, Davic, (1979) *Better Badminton Learn in yourself Book*.London : Orient Paper Books.
4. Perinbaraj, S.B., & et al. (2009).*Play field: Dimensions and its requirements*, Karaikudi: Vinis publication.
5. Rao, C. V. (1971). *Kabaddi*,Patials, N.I.S. Publications.
6. Yadav, Yogesh. (1969). *Kho-Kho*, Maharashtra Kho-Kho Association.

ALLIED - 2
PAPER - 3

HEALTH EDUCATION AND NUTRITION

UNIT-I

Health- Meaning-Definition- Education- Meaning-Definition- Health education- Meaning-Definition- dimensions of health- physical health-mental health-social health-emotional health- intellectual health- spiritual health- Aims of health education-objectives of health education- needs of health education in schools- society.

UNIT-II

Principles of health education- health service programmes- health services in schools-health records- health problems- personal hygiene- importance of personal hygiene-environmental hygiene- objectives of school health service- explosive population-impact of explosive population in health problems- pollution: types of pollution: Air-Noise –Water –Thermal –Soil.

UNIT-III

Diseases: meaning- Definition- classification- communicable disease- (malaria – cholera –typhoid measles-tuberculosis) non-communicable disease (Diabetes- cancer)- Signs and Symptoms of communicable diseases- non-communicable diseases- preventive measures- obesity- types of obesity- obesity related health problems.

UNIT-IV

Nutrition- means- Basic nutrition guidelines-role of nutrition in sports-nutrition plan-factors influencing nutrition plan-food classification of nutrition- relationship between food- nutrition and health-athletic importance of athletic diet-food pyramid.

UNIT-V

Balanced diet: carbohydrates-proteins-fat-minerals-vitamins-fat soluble- vitamins-A, D, E and V-water soluble vitamins-riboflavin-vitamin B/2- vitamin C. Loading pattern: carbohydrate- protein- vitamin-minerals-prevent meals- weight management water and regulation of water balance.

References:

1. Agrawal, K.C. (2001). *Environmental Biology*. Bikaner: Nidhi publishers Ltd. Frank,
2. H. & Walter, H., (1976). *Turners School Health Education*. Saint Louis: The C.Y. Mosby Company.
3. Nemir, A. (n.d.). *The school health education*. New York: Harber and Brothers.
4. Odum, E.P. (1971). *Fundamentals of ecology*. U.S.A.: W.B. Saunders Co.
5. Park, K., (2003), *Preventive & social medicine*. Benarsidasbanot, India
6. Manju Pushpa. 2014. *Obesity*, Mano Publications

**ALLIED PRACTICAL
AEROBICS - AND MARCHING - MARTIAL ARTS**

Objectives ;

To acquire the practical knowledge Of Aerobics And Marching

To provide practical exposure in selected Aerobics And Marching

UNIT I Marching

Marching Drill–Fall In–Fallout–Attention–Stand–At–Ease–Stand easy– Dress–
Rightdress–dress–left dress–open order forward march–close order march –

UNIT II

Left Turn– Right Turn– About Turn–Mark Time March–Quick March and Halt–
Marching With About Turn-- General Salute- Marching With Salute– Eyes Right
(Left)&Eyes Front– Half Stage

UNIT I+II Aerobics

Aerobics - Rhythmicaerobics-dance-Types of Aerobics:Low impact aerobics- High
impact aerobics-Step Aerobics -Posture-Warm Up AndCool Down- THR zone-

UNIT IV- Martial arts

KarateBasics- Stances-Walking, Hand Positions, Front-Learning, Side- Fighting.
Hand technique – Punches (From of APunch,And ReversePunch), Blocks(Eight Basic)
Legtechnique-Snap Kicks, StretchingStraightLeg,Thrust Kicks, Round House. Rules
and Interpretations - Duties OfOfficials.

UNIT -V-TAEKWONDO

Basics: Stances –Walking,ExtendingWalking, LStance, Cat Stance.Fundamental Skill-
SittingStancePunch, SinglePunch, Double Punch, TriplesPunch. PunchingSkillFrom
SparringPosition– Front-FistPunch, Rear FistPunch, Double Punch, And FourCombination
Punch. Foot techniques - Rules and their interpretations and duties of officials.

SKILL BASED SUBJECT
PAPER -1
COMPUTER APPLICATIONS

Learning Outcomes

1. To understand the awareness of computer
2. Ability to prepare documents,
3. Ability to simple calculations, data analysis and present graphical representations
4. Ability to prepare the documents for seminar and class work

Unit 1: Basics in computer: characteristics of a computer- components of a computer system – Central Processing Unit – Memory: storage devices primary (RAM and ROM) and secondary memory. Storage devices .Input and Output devices: Keyboard, Mouse, Monitor, Printer, Scanner, Web Camera

Unit 2: MS Word: Introduction to a MS word - create and save a document. - Edit and format text: text style (B, I, U), font type, font size, text color, alignment of text. Format - paragraphs-. • Insert pictures; change the page setting, -use of drawing tools, shapes and mathematical symbols.

Unit 3: MS Excel: Spreadsheets: concept of a worksheet - creates and save a worksheet. - Working with a spreadsheet: edit and format a worksheet - Enter Formula using the operators - Use simple statistical functions- Prepare charts of various types: line, pie, scatter, bar and area in a worksheet.

Unit 4: MS Power Point : Presentation tool: concept of slide shows - basic elements of a slide – Format of slide layouts - create and save a presentation - views of a slide set – normal view, slide sorter view and hand-outs. - Edit and format a slide:-Insert pictures from files, create animations, add sound effects, and rehearse timings

Unit 5: Multimedia and Internet: Theory: Introduction to multimedia - uses of multimedia - Internet and Multimedia: Use of Internet – Internet: World Wide Web- web sites -web pages, web browsers - Web services:- email - e-Learning.

References:

1. Roberta, B.(n.d.). Computers in Your Future. 2nd edition, India: Prentice Hall.
2. Milke, M.(2007). Absolute Beginner's Guide to Computer Basics. Pearson Education Asia.
3. Sinha, P.K. &Sinha, P. (n.d.). Computer Fundamentals. 4th edition, BPB Publication.
4. [MangeshBhuvad](#), 2015. Master Book Of Computer: Learn MS Office,BasicComputer,MSExcel,ExcelFormulas,Tally, Kindle Edition
5. Bittu Kumar, 2017. Mastering MS Office: Concise Handbook With Screenshots, Lakhmi Publications

NON-MAJOR ELECTIVE

PAPER - 1

YOGA AND HEALTH

Objectives

1. To understand on knowledge about yoga
2. To maintain health through yogic practices
3. To study about various dimensions of health
4. To study about sources on reducing stress

Unit I – Introduction Meaning and Definition of Yoga. Eight limbs of Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, Concept of Yogic Practices; Principles of Breathing– Awareness – Relaxation, Sequence – Counter pose – Time – Place – Clothes – Bathing – Emptying the bowels – Stomach – Diet – No Straining – Age – Contraindication .

Unit II – Asanas and Pranayam Loosening exercise: Techniques and benefits of Asanas: Surya Namaskar: Ekpadasana, Bhujangasana, Trikonasana, parvatasana, Arthamatyendarasana, Bhujangasana, Salabasana, Meruasana, Dhanurasana, Pavanamuktasana, Savasana- Methods and benefits of Pranayama: Nadisuddhi, nadishodhana, Ujjayi, Kapalabhati

Unit III – Mudras , Meditation and Kriyas –Shat Kriyas- Meaning, Techniques and Benefits - JalNeti – VamanaDhati – Kapalabhati-Trataka – Nauli – Basti, Mudras-chin mudra, chinmaya mudra, Vayu mudra, Ganesa mudra, Pranamudra, Linga mudra-, Methods and benefits of Meditation

Unit 4 Health – Meaning – Definition - Dimensions of Health : Physical- Mental – Emotional – Social- Spiritual – Intellectual. Factors affecting Health: Physical Environments – Social environments. Life Style and Health – Genetic influences on Health

Unit -5: Yogic program for various Health related disorders: Diabetics – Hypertension – Stress – Insomnia – Asthma – Breathing difficulties – Heart diseases. Yogic diet for Health: Satvic – Tamasic - Rajasic

REFERENCE:

1. Iyengar, B.K.S. (2000), Light on Yoga. New Delhi: Harper Collins Publishers.
2. K. Chandrasekaran, "Sound health through yoga" PremKalyan Publication, Sedapatti, 1999
3. Swami Kuvalayanda, (1998), Asanas. Lonavala: Kaivalyadhama.
4. Swami Sivananda, (1971), The Science of Pranayama. Chennai: A Divine Life Society Publication.
5. Vallimurugan.V. 2008. Yoga for Wellness, Rockcity Publications Trichy
6. Hales D (2005). An Invitation to Health. Thomson-Wadsworth, Belmont. California. USA. •
7. Donatelle RJ (2005). Health the Basics. Sixth Edition. Oregon State University.
8. Uppal AK &Gautam GP (2008). Health & Physical Education. Friends Publication. New Delhi

SEMESTER IV
CORE PAPER - 4
ORGANISATION AND ADMINISTRATION IPE

Core Theory – IV (T) ORGANISATION AND ADMINISTRATION

UNIT – I

Meaning – Nature and Scope of Organization and Administration- Principles of organization and administration. Scheme of organization: School Level – College Level – University Level – District – State – National Level- Program planning : Meaning-Basic principles – Importance of Program planning

UNIT – II

Facilities:

Play field: Location – Preparation of layout - Maintenance. Gymnasium – Construction, and Maintenance and Allied Facilities. Swimming pool – Construction, Dimension, Filtration and Supervision of Swimming Pool. Equipment's in Physical Education: Need and Importance - Lists of Equipment's - Criteria for Selection Procedure of Purchase- Store- Keeping Routine Care Repairs- Disposal

UNIT – III

Staff and Leadership: Importance of Qualified Teacher - Qualifications of Good Teacher, Staff co-operation- Student Leadership, Role of Student Leaders, Recognition of Student leaders. Time – Table: Physical Education Classes- Factors Affecting Time-Table, Required Periods -Instruction Period- Practice Period- Games Period - Participation Periods.

UNIT – IV

Programme of Activities: a. Intramurals - Importance of organizing Intramurals. Extra murals: Participation - Selection conditioning of teams- Training team and management, sports tours. Office Managements: Setting up and management of Office Correspondence Records And Reports Filing, Financial Budget: Physical Education Budget –Income And Expenditure, Accounting Petty Cash

UNIT – V

Public Relation: Definition – Need of Public relations in physical education. Principles of public relations in physical education. Techniques and Media of Relation with the public, parents, pupils and other agencies. Evaluation: Need and importance – Method of evaluation in terms of objectives. Detection of deficiencies, examination in physical education - follow up action for improvement.

Reference Books:

1. Voltmer and Esslinger – Organization and Administration, Times of India Press, Bombay 1964.
2. P.M. Joseph, Organization of Physical Education O.S: A.T.I.P.E. Kaudivali (Bombay), 1956.
3. Hughes and French – Administration of Physical Education. Ronald Press Co., New York, 1954.
4. Forsyth and Duncan, Administration of Physical Education, Prentice Hall, New York 1951.
5. Bucher, Administration of School Health and Physical Education Programmes, C.V. Mosby Co., St. Louis. 1967.

Core Practical – II (P) MAJOR GAMES - II (Gymnastics, Table tennis and Swimming)

UNIT – I FUNDAMENTAL AND ADVANCE SKILLS

Fundamental Skills – Advance skills – Techniques - Drills and Lead-up games in:
Gymnastics - Table Tennis - Swimming

UNIT-II PLAYING ABILITY / PERFORMANCE

Assessment of playing ability - performance - Specific conditioning / training: Gymnastics
- Table Tennis and Swimming

UNIT-III MARKING

Layout - Markings of court/field :Gymnastics - Table Tennis and Swimming

UNIT –IV OFFICIATING

Rules – Interpretations - Duties of the officials - Official signals - System of officiating -
- Equipment specifications - Score sheet: Gymnastics - Table Tennis and Swimming

UNIT-V RECORD NOTE

Preparation of record for Gymnastics - Table Tennis and Swimming - History -
Organizational set-up: 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.
4. Perinbaraj, S.B., & et al. (2009).*Play field: Dimensions and its requirements*, Karaikudi: Vinis publication.

ALLIED - 2
PAPER - 4
THEORIES OF SPORTS AND GAMES

Course Objectives

1. To study and recognize the basic concepts of Basketball, Kabaddi, Kho-Kho, Tennis, Table Tennis.
2. To bring sudden spurt of knowledge in Basketball, Kabaddi, Kho-Kho, Tennis, Table Tennis.
3. To study the various aspects of training in sports and games.
4. To offer adequate information in terminologies.
5. To enable the students to gain knowledge of the rules, regulations and officiating.
6. To gain knowledge in dimensions and court markings.

Unit-1:

History and Development, Terminologies: Basketball, Kabaddi, Kho-Kho, Tennis, Table Tennis.

Unit-2:

Association –Federation: National-International level. Important Tournaments and Meets : National And International Levels.

Unit-3:

Fundamental Skills -Techniques, Lead Up Games: Basketball, Kabaddi, Kho-Kho, Tennis, Table Tennis.

Unit-4:

Rules and Interpretations - Mechanism Of Officiating: Basketball, Kabaddi, Kho-Kho, Tennis, Table Tennis.

Unit-5:

Dimension of Court and Markings, Equipments :Basketball, Kabaddi, Kho-Kho, Tennis, Table Tennis.

Reference Items: books, Journal

1. Bhattacharya (2010). How to play Basketball. Chennai, Mercury Publishers.
2. British Journal of Sports Medicine
3. Gopinath, R. (1985). *Contribution of kho-kho to health*. XIV national kho-kho championship souvenir.
4. Journal of Strength Conditioning Research
5. Journal Sports Medicine Physical Fitness
6. Kunha, S. (2008). *History of Basketball*. Kolkatta, Shravani Publishers
7. Medicine and Science in Sports and Exercise
8. Prasad, E, Rao. (2002). Complete Handbook of Kabaddi. Vizianagaram: Jagadamba publications.
9. Research Sports Medicine
10. Rex Hazeldine. (1985) *Fitness for Sport*, Marlborough: The Crawford Press
11. Singh, H.(1991). *Science of Sports Training*. New Delhi: D.V.S. Publications.
12. Sports Medicine

Allied Practical: Minor Games

Unit -1 Tag Games

Tag Games :BandaiddTag - Hot Dog Tag.- Dead Ant Tag. -Octopus Tag. - Soccer Ball Tag – Ankle Tag – Hook and Arm Tag- Elimination Tag – Shadow Tag – Cross Tag

Unit – 2 Relay Games

Relay Games :Tunnel ball Relay – Human Obstacle Relay –Elephant Relay – ZigZag Relay –Ball Passing Relay - Frog Jump Relay – Ball Up and Down Relay – Ball Bounce Realy – Double Man Relay –Potatoe Relay

Unit- 3 Circle Games

Circle Games : Good Morning – Hen and Chicken – In the Bond on the Bank – Find out the Leader- Catch the Birds – Catch the Partner – Cat and Rat - Statue Tag – Dodge Ball – King of the ring – Plugging the tail

Unit – 4 Chasing Games

Chasing Games : Golden fish – Snatch the Handkerchief – Raja Rani – Palm Palm Pull Away – Storming the Fort – Robbers and Soldiers - Signal Chase – Circle Chase

Unit -5 General Games

General Games: Push across the line – No more moving – Bomb the Centre – Ball pass and Team Running – Chariot Race – Stealing sticks – Corner Spy – Last Couple out – Three legged Race – Luggage Van

SKILL BASED SUBJECT

PAPER -2

LEADERSHIP AND PERSONALITY DEVELOPMENT

Objectives

1. To understand the leadership qualities.
2. To understand the leadership and sports participation
3. To study about personality and its relation to leadership
4. To understand the means and methods of development of personality

Unit I: Leadership: Definition – Meaning - Importance of Leadership - Qualities of leadership- Types of Leadership - Leadership in sports – Sport participation and leadership

Unit II: Theories of Leadership: Trait theory - Behavioral theories- Contingency theory - Decision-making skills -Leadership and qualities of a successful leader - Character-building - Team-work - Time management -Work ethics

Unit III: Types of Leaders- Leadership styles: Traditional- Transactional – Transformational - Inspirational and servant leadership. Emerging issues in leadership: Emotional Intelligence and leadership-

Unit IV: Personality: Concept and Definition, Composition of personality- Personality traits- Personality: Types of Personality: - Introvert –Ambivert – Extrovert –Psychotism . Attitude: Positive –Negative- sources of development of positive attitude.Self esteem –Interpersonal relationship

Unit V: Concept of Success and failure: Causes – Factors determine Success and failure. Motivation: Types of Motivation: Extrinsic –Intrinsic –Achievement. Problem-solving - Conflict and Stress Management- Body language-Coping skills

Reference:

1. Heller, Robert.Effective leadership. Essential Manager series. Dk Publishing, 2002
2. Hindle, Tim. Reducing Stress. Essential Manager series. Dk Publishing, 2003
3. Lucas, Stephen. Art of Public Speaking. New Delhi. Tata - Mc-Graw Hill. 2001
4. Mile, D.J Power of positive thinking. Delhi. Rohan Book Company, (2004).
5. Pravesh Kumar. All about Self- Motivation. New Delhi. Goodwill Publishing House. 2005.
6. Smith, B . Body Language. Delhi: Rohan Book Company. 2004
7. Hurlock, E.B (2006). Personality Development, 28th Reprint. New Delhi: Tata McGraw Hill.

NON-MAJOR ELECTIVE PAPER-2

WEIGHT MANAGEMENT

Objectives

1. To understand the awareness of weight management
2. To enhance the knowledge the impact of life style
3. To study about obesity and related disorders.
4. To study the value of physical activities on health

Unit -1 Weight management – Meaning – Need of weight management – Weight management and health – Factors affecting weight management: Sedentary life style – Lack of nutrition – Occupational based: Lack of time-- Classification of body weight: Normal – Below – overweight-obesity

Unit-2 Obesity: Meaning – Nature of obesity – Causes of obesity – Types of obesity – Stages of obesity--Health risks associated with obesity – Measures of obesity: Body compositional indices- Skin fold calibre -Body Mass Index- Classification of BMI

Unit -3 Obesity related disorders; Diabetics – Hyper tension – Heart disease and Stroke – Osteoarthritis –Breathing Problems – Digestive Problems – Psychological disorders: Depression -Shame and guilt -Social isolation -Lower work achievement

Unit -4 Planning Weight Management: Balanced Diet – Calorie Intake and expenditure – Nutrition – Behaviour and Modification of Life style – Self monitoring on Diet and Physical Activity - Time management- Stress Mangement

Unit -5 Sources of Weight Management - Physical activity: Types of Physical Activity: - Aerobic activities: Walking-Swimming- dancing – Cycling – Jogging. Calisthenics exercises. Anaerobic activity: Resistance training. Yoga

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SEMESTER V
Core Paper - 5

METHODS IN PHYSICAL EDUCATION

UNIT I: Method

Meaning – Factors Influencing Method, Presentation Techniques: Planning - Presentation – Steps in the way of presentation. Teaching Aids – Class Management – General – Specific – Principles of Class Management.

UNIT II: Lesson Plan

Lesson plan :Values – Types: General and Particular lesson plan. Commands: Response Command – Rhythmic Command. Methods of Teaching Physical Activities:Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods – Audio Visual Method.

UNIT III: Tournaments

Meaning-Types. Method of drawing fixtures:Knock out/elimination - league/Round Robin. Combination Tournament: Knock out- Knock Out – Cum – League, league – cum – league, league – cum – knock out. Challenge Tournament. Intramural – Extramural.

Unit IV: Methods of Teaching

Methods of teaching with special reference to different kinds of physical activities: Calisthenics - Gymnastics- Minor games- Major games- Rhythmic activities. Organisation and conduct of competition in sports and games: Individual sports- Group competition.

Unit V: Supervision

Supervision – Meaning and Need for supervision – Guiding principles of supervision: Qualities and qualification of a supervisor – supervisors relationship with the administrator and the physical education teacher. Techniques of Supervision: Visitation – Periodical – Surprise – Request- Social, Visitation.

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2. Michael W. Metzler. (2000). Instructional Models for Physical Education. London: Allyn and Bacon.
3. Sachdeva, M.S (1983) Modern Approach to School Organization and Administration, Ludhina: Parkash Brothers Educational Publisher.
4. Sharad Chandra Mishra. (2009). Methods of Physical Education. New Delhi: Sports Publication.
5. Thirunarayanan, C. &Hariharan, S (1969) Methods in Physical Education Karaikudi: South India press.
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Core Paper - 6

KINESIOLOGY AND BIO MECHANICS

UNIT -I

Kinesiology –Meaning-Definition- Need Of Kinesiology In Physical Education And Sports. Teaching –Learning –Training .Basic Concepts of Kinesiology. Movements: Types Of Movements: Flexion-Extension –Adduction –Abduction –Inversion –Eversion-Plantor Flexion –Dorsi Flexion –Motion: Desired Motion-Undesired Motion.

UNIT -II

Skeletal Muscle:Meaning –Kinesiological Based Grouping of Skeletal Muscle: Flexor –Extensor- Adductor-Abductor –Stabilizer. Muscle contraction: Meaning –Muscle –Length. Tension relationship – Types of Muscle Contraction: Isotonic, Isometric, Isokinetic, Static .Role of Muscle Fiber in MuscularContraction.

UNIT -III

Origin –Insertion-Action of Muscle: Pectoralis Minor: Pectoralis Major-Trapezius-Biceps –Triceps – Deltoid- Hamstrings: Semitendinosus –Semimembranosus-Femoris. Quadriceps:Vastus Laterals-VastusMedlis ,VastusIntermedlis – Femoris- Sartorius –Soleus.

UNIT -IV

Biomechanics: Meaning –Definition- Need Of Biomechanics In Sports: Teaching –Learning – Training-Mechanics: Statics –Dynamic-Kinetics –kinematics. Basics concepts of Biomechanics: Centre of Gravity- Work-Energy-Line Of Gravity –Planes of Motion –Lever:Types Of Lever

UNIT -V

Force: Meaning –Properties of Force: Point Of Application –Direction –Magnitude-Action Line . Motion: Type of Motion: Linear –Angular-Rotation-Laws of Motion: Law Of Inertia- Law Of Acceleration-Law of Equal and Opposite Reaction – Friction: Types: Static –Sliding-Rolling: Equilibrium: Meaning- Types of Equilibrium: Stable- Neutral – Unstable.

References:

1. Bunn,J.W.(1972).**Scientificprinciplesofcoaching**.EnglewoodCliffs,N.J.: PrenticeHallInc.
2. Hay,J.G.&Reid,J.G.(1982).**Theanatomicalandmechanicalbasisof humanmotion**.EnglewoodCliffs,N.J.:PrenticeHallInc.
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9. Susan, J., Hall. (2004). *Basic Biomechanics*. New York: McGraw Hill Education.

Core Paper - 7

SPORTS TRAINING

Course Objectives

1. To study and understand the fundamental knowledge of sports training.
2. To acquire the knowledge of physical fitness factors.
3. To gain knowledge on periodization and training schedule.
4. To gain knowledge on load assessment.
5. To gain knowledge on sports injuries.

Unit-I

Meaning & Definition of Sports training - Aims of Sports Training- Importance of Sports Training - Characteristics of Sports Training - Principles of Sports Training: Training load – Volume – Intensity- Repetition – Set - Adaptation – Recovery– Warm-up – Cool down – Bout — Density

Unit-II Types of Training – Physical Fitness

Development of Strength: Resistance training- Weight training – Own body Resistance training. Development of Endurance:– Fartlek training – Sand training. Development of Flexibility: Stretching Exercises – PNF Stretching exercises. Development of Speed: Interval training

Unit-III Types of Training – Motor Fitness

Development of Explosive power: Plyometric training – Medicine ball Exercises – Upper extremity – lower extremity. Development of coordinative abilities: Hand eye coordination- Foot eye coordination- Coordinative Drills with Balls – Cones.

Unit-IV

Periodization: Aim of Periodization: Preparatory Period- Competitive Period-Transitional Period – Periodical cycles: Macro cycle-Meso Cycle- Micro cycle – Types of periodization and Duration of the periods. Load assessment and fixation for various Motor fitness Components.

Unit-V

Meaning and Definition: Fitness, Physical fitness – General and Specific fitness –Types: Performance related Physical fitness Components (Speed, Strength, Endurance, Agility, Power and Flexibility) - Health related Physical fitness Components (Cardio-respiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility and Body Composition).

References:

1. Harre, D. (1982). *Principles of sports training*. Berlin: Springer.
2. Jensen, R. C., & Fisher, A. G. (1979). *Scientific basis of athletic conditioning*. Philadelphia: Lea and Febiger, 2nd Edn.
3. Matveyev, L. P. (1981). *Fundamentals of sports training*. Moscow: Progress Publishers.
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Core Practical - ATHLETICS - TRACK EVENTS

UNIT I History

History –origin-development- Sprint- middle- long distance - Steeple chase-Fundamental skills: sprint events: Startingtechniques: Standingstart -Crouch startand its variations - Bunch Start-Medium Start- Elongated start. Finishingtechniques:Run Through,Forward lunging, ShoulderShrug.-

UNIT – II Techniques

Techniques, -drills and lead-up games — Sprints - Middle distance-Long - distances, Steeple chase, and Cross country.

UNIT – III Marking

Markings of 200 m and 400 m track.- Specific marking for Sprints- Middledistance- Long distances- Steeple chase- Equipment's and their specifications.

UNIT - IV Officiating

Rules and interpretations, duties of the officials, official signals and scoresheet for Sprints, Middle distance, Long distances, Relays, Steeple chase,Walking races, Hurdles and Cross country events.

UNIT – V Record Note

Preparation of record for Sprints, Middle distance, Long distances, Steeple chase, and Cross country events. History, organizational set- up at International, national and state level athletic federation- association, technique, World & Olympic records and other - major competitions.

Core Practical- ATHLETICS - FIELD EVENTS -I

Objectives;

- ☐To provide training for athletic field events on scientific and systematic lines.
- ☐To impart knowledge on coaching, officiating and marking for field events.

UNIT I History

History –Origin-Development- Fundamental skills : Long Jump-Triple Jump- Discus Throw- Shot Put

UNIT – II Techniques

Techniques -long jump- Hitch –Kick Method-Hang Method-Drills And Lead-Up Games -- .Approach Run-Take –Off-Flying On The Air -Landing-Standing Method –Rotation Method- Shot Put-Glide Method –Rotation Method -Specific Conditioning And Training For Above Said Events.

UNIT – III MARKING

Markings:Jumps and Throws: Long Jump-Triple Jump- Discus Throw- Shot Put .. Equipment's and Specifications.

UNIT – IV OFFICIATING

Rules and Interpretations - Duties Of The Officials - Official Signals and Score Sheet: Jumps - Throwing and Combined Events.

UNIT – V RECORD NOTE

Preparation of record for Jumps Throwing and Combined Events. Technique and Major Competitions For - Long Jump-Triple Jump-Discus Throw- Shot Put And Combined events. Organizational set-up at International, National And State level

**INTERNAL ELECTIVE
PAPER - 1**

FITNESS and WELLNESS

Unit-I

Fitness- Meaning- Definition-physical fitness-health related physical fitness- components of physical fitness: Cardio respiratory endurance –flexibility- strength- Importance of fitness- benefits of physical fitness: physical aspects- physiological aspects-psychological aspects-sociological aspects.

Unit-II

Development of fitness: physical activities: Aerobics exercise-anaerobic exercise- aerobic based activities: --- (free hand exercise –resistance exercise- own body stretch- walking – jogging – running) Designing fitness training program- for challenger- for adolescence- for aged people- principle of training- heart rate zone- food progression for varied exercise.

Unit-III

Wellness-definition- scope of wellness----- and health-dimensions of wellness: Physical wellness- emotional wellness- social wellness-spiritual wellness- intellectual wellness- environmental wellness- importance of wellness- relationship between- fitness and wellness- factors affecting wellness.

Unit-IV

Physical activity and wellness- effect of physical activities and fundamental health-life style-meaning-life style and wellness-life style related diseases- role of nutrition and exercise to wellness.

Unit-V

Body composition: Body density- percent body fat-lean body mass- fat mass effect of body component- over weight- obesity- level of obesity- oboists related disorders: physical- men act- social-emotional mental stress: meaning- understanding stress management of stress: stress reduction technique of yoga- meditation- physical aspects.

References:

1. John W Travis and Regina S Ryan: Wellness Workbook: How To Achieve Enduring Health And Vitality, , Crown Publishing, New York.
2. Rajiv Parti: The Soul of Wellness: 12 Holistic Principles For Achieving A Healthy Body, Mind, Heart And Spirit, , Select book incorporation, New York.
3. Michael Arloski,: Wellness Coaching For Lasting Lifestyle Change, , Whole person associates, Duluth, USA.
4. Elson M Has:.,Staying Healthy with Nutrition: The Complete Guide To Diet And Nutritional Medicine,
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SKILL BASED SUBJECT

PAPER - 3

THERAPEUTIC ASPECTS OF YOGA

Objectives

1. To study the value of yoga
2. To understand the psychophysiological aspects of yoga
- 3..To study the nature of asana and its relation to health
4. To understand the yoga and impact over diseases.

Unit- 1 Yoga Therapy – Meaning – Definition – Nature – Principles of Yoga Therapy - Formulation of Yogic Treatment. Concepts of Yogic Practices: Astanga Yoga - Yogic Diet: Satva – Thamas – Rajas. Pancha- Khosas: AnnamayaKhosa – ManonmayaKhosa – PranamayaKhosa – AnandhamayaKhosa – VijyanamayaKhosa. Psychophysiological aspects of Yoga

Unit- 2 Diabetics : Meaning – Causes - Symptoms – Yoga Treatment: Padahastansan – Konasana – Pavanamuktasana – Chakrasana – Pashchimothasana - Mayurasana – Matsyasana – Savasana- Pranayama: Bhastrika – Suryabhadana. Back pain – Meaning – Causes – Symptoms – Yoga Treatment: SuptaPadangushtasana- Marjari asana – Marichiyasana - AdhoMukhaShavasana – SaralBhujangasana –

Unit-3 Gastro Intestinal Tract Problems: Meaning – Causes – Symptoms – Yoga Treatment: ParsvaSukhasana) ArdhaMatsyendrasana)-SuptaMatsyendrasana- Apanasana- Marjaryasana- Bitilasana- Bhujangasana)- Dhanurasana - Uttanasana

Unit- 4 Respiratory Problems: Common cold - Asthma – Sinusitis - Respiratory Allergies Meaning - Causes – Symptoms – Yoga Treatment: JalaNeti – Tadasana – Katishakarasana – Sarvangasana – Chakkrasana – Bhujangasana – Usthrasana- Gomukhasana – Ardhamatsyendrasana – Savasana - Pranayama: Kapalabhati – Bhastrika

Unit- 5 Circulatory Disorders: Meaning – Causes – Symptoms – Yoga Treatment: Stress -Blood Pressure – Ischemia Heart disease - Meaning – Causes – Symptoms – Pranayama : NadiSuddhi – Chandra Bhedana – Tadasana – Meditation: Sukhasana – Vajirasana – Savasana – JalaNeti – Enema –Trikonasana – Parvataasana – Makrasana

Reference

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2. Dr. Kamkhyakumar (2012), Yoga Education, New Delhi. Shipra publication.
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6. Vallimurugan.V. 2008. Yoga for Wellness, Rockcity Publications Trichy
7. Valimurugan,V. 2014. Yoga for Women, Priyam Publications Namkkal

SEMESTER VI

Core Paper - 8

TEST AND MEASUREMENT

Unit-I

Introduction of test-measurement- meaning-Definition- need and importance of measurement- criteria for food test: scientific authenticity-meaning-definition-establishing validity- reliability- objectivity.

Unit-II

Motor fitness- meaning- definition of motor fitness- components-test for motor fitness: elementary high school boys- test of motor fitness: Indiana motor fitness- college boys and girls- JCR test- motor ability test- barrow motor ability- muscle fitness(Kraus Weber)- minimum muscular fitness test.

Unit-III Physical fitness test

Physical fitness meaning- Physical fitness components- Health related physical fitness-components- AAHPERD (Health Related Fitness Battery)- AAHPERD(Youth Fitness Test)-Aerobic capacity- cardio vascular test- Harvard step test- 12 minutes run/ walk test-multi-stage fitness test(Beep test).

Unit-IV

Anthropometric: meaning- Anthropometric measurements-methods of measuring height-standing- sitting- method of measuring circumference: Arm- Waist- Hip- Thigh- method of measuring skin folds- triceps- sub scapular- suprailiac.

Unit-V Skill test

Sports specific skill test- Basketball: Johnson Basketball test- Volleyball: Russel Lange Volley test, Football: Mor- Christain General Soccer Ability Skill Test- Battery Johnson Soccer Test- McDonald Soccer Test- Tennis: Dyer Tennis Test.

REFERENCE

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5. Harison.HClarke : *Application of Measurements to health &Physical Education*

Core Paper - 9

SPORTS PSYCHOLOGY AND SPORTS SOCIOLOGY

UNIT - I

Psychology – Meaning- Definition..Sports psychology – Meaning – Definition- Need of Sports Psychology –Importance of Sport Psychology in Performance. Learning –Motor Learning –Basic Considerations in Motor Learning- Perception: Meaning- Factors Affecting Perception.

UNIT - II

Personality: Meaning-Definition-Nature Of Personality – Personality Traits- Personality And Sports performance. Anxiety: Meaning –Classification: General Anxiety- Competitive Anxiety- Symptoms of Anxiety .Aggression: Meaning –Definition-Types of Aggression.

UNIT – III

Motivation: Meaning –Definition-Types: Intrinsic Motivation-Extrinsic Motivation .Goal Setting: Concept –Process of Goal Setting –Need of Goal Setting. Psychological Measures: Measuring: Personality –Anxiety: General Competitive .Motivation: Achievement –Competitive Aggression.

UNIT – IV

Sociology: Meaning –Definition. Sports Sociology: Meaning –Definition-Need-Nature-Importance of Sports Sociology. Socialization of Sports – Social Institutions of Sports.Social Significance of Sports –Social Qualities. Leadership: Meaning – Types Of Leadership.

UNIT - V

Cohesion –Group Cohesiveness.Group Dynamic. Gender influences in sports: Women Participation in Sports –Gender Inequalities in Sports. Social and Economic status.Impact of Socio Economic Status in sports. Measures: socio economic status –cohesiveness-leadership.

References:

1. Ball, D. W. & Loy, J.W. (1975). Sport and social order; Contribution to the sociology of sport. London: Addison Wesley Publishing Co., Inc.
2. Blair, J.& Simpson, R.(1962). Educational Psychology, New York: McMillan Co.
3. Cratty, B.J.(1968). Psychology and Physical Activity. Eaglewood Cliffs. Prentice Hall.
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Core Paper - 10

SPORTS MANAGEMENT

UNIT-I

Management: Definition-Meaning-Sports Management-Definition-Meaning- Importance of Sports Management-Function of Management- Planning-Organism-Staffing Directing-Controlling- Personal Management-Objectives of Personal Management- Role of Personal Management-Man Power Planning.

UNIT-II

ProgrammeManagement: Management Guidelines For Physical Education Program-School-College- Community Based-Facilities Management-Planning Facilities-Team Appears- Indoor- Outdoor Facilities-Maintenance.

UNIT-III

Financial Management: Meaning- Importance Of Financial Management- Sources Of Income Grant- Subscript-Rent-Donates-Sportsmanship-Fee Collects- Rules Of Utilization Of Games Few-Preparation and Scheme From Agencies: SAI –AIU-Sports Control Board –Federation –Administration- Budget-Accounting.

UNIT-IV

Public Relations: Role of Public Relation in Management-Principles of Public Relation-Planning the Public Relation-Public Relation and Media-Marketing- Sports Marketing.

UNIT-V

Leadership: Meaning-Definition-Elements Of Good Leadership- Qualities Of Good Leadership- Leadership Style Autocratic- Laising-Faire- Democratic- Form Of Leadership-Administrative Leader-Criteria Of Administrative Leader-Effect Of Good Leadership On Organisation Performance.

References:

1. Ashton, D. Administration of Physical Education for women. New York: The Ronald Press Cl. (1968).
2. Bucher, C.A. Administration of physical education and athletic programme. 7th Edition, St. Louis: The C.V. Mosby Co.
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4. Earl, F.Z, & Gary, W.B..Management Competency Development in Sports and Physical Education. Philadelphia: W. Lea and Febiger. (1963)

Core Practical: Athletics - Track Events-II

UNIT I History

History –Origin-Development- Hurdles-Walking-RelayAnd Combined Events Fundamental Skills- Hurdles-Walking-Relay-Combine Events And Cross Country.

UNIT – II Techniques

Techniques, -Drills and Lead-Up Games. Hurdles-Walking-RelayAnd Combined events – Hurdle-Fundamental Skills-Starting, takeoff/ ClearanceandLandingTechniques.- TypesofHurdlesraces- Relays:FundamentalSkill - Various types of Baton Exchange.-- UnderstandingRelay Zones –up sweep method –Down Sweep Method- -Visual -Non Visual Method

UNIT – III MARKING

Markings of200 m and 400 m track. Specific marking for Hurdles-Walking-Relay:. 4 X 100 MTS – 4 X 400 MTS , Combined Events and Cross Country -

UNIT - IV OFFICIATING

Rules and interpretations, duties of the officials, official signals and score sheet for Relays, Walking races, Hurdles, cross country and combined events.

UNIT – V RECORD NOTE

Preparation of record for Walking races, relay, Hurdles ,combined events and Cross country events. History, organizational set- up at International, national and state level athletic federation / association, technique, World & Olympic records and other major competitions.

Core Practical - ATHLETICS - FIELD EVENTS -II

Objectives;

- ☐To provide training for athletic field events on scientific and systematic lines.
- ☐To impart knowledge on coaching, officiating and marking for track events.

UNIT I History

History –Origin-Development- High Jump-Pole Vault Jump-Javelin Throw- Hammer Throw - Fundamental Skills OfHigh Jump -Pole Vault Jump-Javelin Throw- Hammer Throw

UNIT – II Techniques

Techniques - -Drills and lead-up games —Specific conditioning and training for above said events.

UNIT – III MARKING

Markings of jumps, throws and combined events. Specific marking for High jump-Pole vault jump-Javelin throw- Hammer throw -. Equipment's and their specifications.

UNIT – IV OFFICIATING

Rules and interpretations, duties of the officials, official signals and score sheet for High jump-Pole vault jump-Javelin throw- Hammer throw and combined events.

UNIT – V RECORD NOTE

Preparation of record for jumps throwing and combined events.. Technique forHigh jump-Pole vault jump-Javelin throw- Hammer throw and combined events. Organizational set-up at International, national and state level Olympic association History, World & Olympic records and other major competitions.

INTERNAL ELECTIVE

PAPER - 2

MODERN TRENDS IN PHYSICAL EDUCATION (MBE III)

Objectives

- To provide details of various programmes in Physical Education and career option.
- To know the modern trends in sports infrastructure facilities.

UNIT – I PHYSICAL EDUCATION PROGRAMME

Teacher Education programme in Physical Education : B.Sc.-B.P.Ed.- Allied courses: Post Graduate program: Sports Psychology-Sports Bio Mechanics. Research programme: Master of philosophy- Doctor of philosophy –coaching program – NSNIS Diploma-NSNIS Certificate –Master of Coaching.

UNIT – II AVENUES FOR PLACEMENTS

Government-Aided-Private : School: Physical Education Teacher- Physical Director. Administrative: Regional Inspector of Physical Education- Chief Inspector of Physical Education. College and University: Director of Physical Education – Professor- Principal – Sports Council: Coaches-Sports Officer,- Trainer; Recreation clubs –Fitness centers – Sports Academy –Swimming clubs – Tennis clubs. Self-employment; Individual trainer-Establishing sports academy – TENNIS –Table tennis – Swimming –fitness consultant –Sports Psychologist.

UNIT – III MODERN SPORTS FACILITIES

Play Area – Synthetic Track – Turf Field – Toro Flex Surface – Grass Field – Wooden Surface – Indoor Stadium – Structure And Facilities – Flood Lit Matches - Nano Technology

UNIT - IV SPORTS INFRASTRUTURE

Assistance For Building Infrastructure – Playfields, Gymnasium, Swimming Pool, Stadium and Equipment's – Assistance For Coaching And Training Programme – Rural And Urban – Different Levels – Advance Training And Coaching – Assistance For Competitions – District, State, National, International – Incentives.

UNIT – V TALENT IDENTIFICATION

Talent Identification Programme; Sports Authority Of India-Sports Development Authority Of Tamilnadu- Private sectors –Usha school of excellence –football academy –Health maintenance –compulsory physical education program –;School –Colleges- Designing curriculum in physical education ;NCERT –SCERT.

**INTERNAL ELECTIVE
PAPER - 3**

Physiotherapy and First Aid

UNIT-I: Physiotherapy

Physiotherapy- Meaning, Definition, aim and objective of physiotherapy-Need and Importance of physiotherapy in the field of physical education- Guiding Principles of physiotherapy - Electrotherapy -Massage: History of Massage- Classification of Manipulation (Swedish System) Physiological effect of Massage.

UNIT-II: Hydrotherapy

Meaning –Method- application of hydrotherapy.Cryo therapy-Thermotherapy-Contrast Bath- Whirlpool Bath-Stream Bath-Sauna Bath- Hot Water Fermentation- Electrotherapy- Infrared Rays-Ultraviolet Rays-Short wave Diathermy-Ultrasonic Rays

Unit –III Therapeutic Modalities

Therapeutic exercises; Definition-principles of Therapeutic exercises- effects of Therapeutic exercises- Active movements(concentric- eccentric-static)Passive movement (relaxative) Stretching ;Types of Stretching-Application of Therapeutic exercises – shoulder-Hip-Knee-Ankle-Trunk-Head-Neck.

UNIT- IV First Aid

Definition – Meaning- Aims – Scope - Principles of first aid - D R A B C Formulas (Danger-Response –Airways- Breathing and Circulation) Artificial Respiration techniques- Mouth to Mouth –Mouth to Nose –C P R –Cardio pulmonary resuscitation

UNIT V Sport injuries Management

Meaning –First aid procedure-Sports injuries - First Aid-Treatment- Laceration- Blisters- Contusion-Strain-Sprain-Fracture- Dislocation and Cramps- Trapping and supports. Bandages - Types of Bandages.

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SKILL BASED SUBJECT

PAPER - 4

FITNESS MANAGEMENT

Objectives

1. To study the need of fitness management
2. To formulate the training schedule for varied population
3. To enhance the knowledge of fitness equipment
4. To study about nutritional values in fitness management

Unit-I Physical Fitness: Meaning- Definition – Importance of Physical Fitness – Classification of Physical Fitness: Concepts of Health related Physical Fitness – Skill Related Physical Fitness. Fitness Management: Meaning- Definition – Need of Fitness Management

Unit-2 Components Health related Fitness components: Strength – Cardio respiratory endurance – flexibility – Abdominal Muscular strength endurance- Body composition. Components of Skill related fitness components: Explosive power - Agility – Balance – Coordination.

Unit- 3 Physical activity: Calisthenics- Aerobics and Dance- Weight Training-Yoga , Designing fitness program: Sedentary people and active people- Different Age groups -Different fitness levels

Unit- 4 Equipment facilities – Multi gym - weight plates – Dumbbells – Barbells – Bench press – lat pull down – Low pulley – Shoulder press – Triceps extension – Peck duck – lateral raise – leg extension – leg curl – Hip adductor – Hip abductor – Abdominal conditioner – Electrical machines – Exercise bikes – Treadmill – Hydraulic machines – Body wraps – Elastic straps – Vibrating machines.

Unit- 5 Nutrition - Assessment of nutritional status. - Utilization of lipid and carbohydrate in relation to exercise type, intensity and duration.-Diets for physical fitness & training.- Formulating dietary guidelines for fitness- health - disease conditions.

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