

Thiruvallur University
Department of Physical Education, Health Education and Sports
Syllabus Effect from the Academic Year 2023-24 onwards
First Year – Semester-I

S.No	Papers	Title of the Paper	Cr.	Hrs./ Week	Max. Marks		
					Int.	Ext.	Total
1	Part - I	Language - Tamil	3	6	25	75	100
2	Part - II	English	3	6	25	75	100
3	Part - III Core - 1	Foundation of Physical Education and Sports	5	5	25	75	100
4	Core -2	Anatomy and Physiology	5	5	25	75	100
5	DSE - 1	Science of Yoga	3	4	25	75	100
6	Part – IV SEC - 1	Naan Muthalvan / Health Education	2	2	40	60	100
	SEC - 2	Safety Education and First Aid	2	2	25	75	100
Total			23	30	205	495	700

DSE – Discipline Specific Elective
SEC - Skill Enhancement Course

Semester – I				
	CORE COURSE - I		Credits	Hours
	FOUNDATION OF PHYSICAL EDUCATION AND SPORTS			
			5	5
Unit-I	Meaning and Definition of Education and Physical Education – Need, Nature and Scope of Physical Education – Physical Training and Physical Culture.			
Unit-II	Aim and Objectives of Physical Education – Development of Physical , Cognitive, Neuro-muscular, Affective, Social, Emotional, Spiritual and Recreational – Theories of Learning – Laws of Learning.			
Unit-III	Scientific basis of Physical Education – Contribution of Allied Sciences – Anatomy, Physiology, Biomechanics, Kinesiology, Sports Medicine, Psychology, Sociology and Computer Science.			
Unit-IV	History of Physical Education in Sparta and Athens – Olympic Games: Ancient, Modern – Origin – Organisation and conduct of the game – Olympic Flag, Torch, Oath, Emblem and Motto.			
Unit -V	Recent development in India: SAI, NSNIS, SNIPES, LNIPE, Sports Academics – Award and Scholarships: Arjuna Award, Dhronochariya Award, Rajiv Gandhi Khela Ratna Award – International and National Competitions: Asian Games, SAF, SGF, RDS and BDS.			

Books for References:

- Bucher Charles A., *Foundations of Physical Education*, St. Louis the C.V. Mosby Company, 1983.
- Kamlesh M.L., *Physical Education : Facts and Foundation*, New Delhi, P.B. Publications, 1988.
- Thirunarayanan, C. and Hariharan, S., *Analytical History of Physical Education*, Karaikudi, C.T. & S.H., Publications, 1990.
- Sharma, O.P., *History of Physical Education*, New Delhi, Khel Shitya Kendra, 1998.
- Wakharkar D.G., *Manual of Physical Education in India*, Pearl Publicatons Pvt. Ltd., Bombay, 1967.
- Wuest, Deborah, A. and Charles A. Bucher, *Foundations of Physical Education and Sport*, New Delhi : BL. Publication Pvt., Ltd.
- Wellman and Cowell, *Philosophy and Principles of Physical Education*, A marvati: Suyog Prakasan.
- Jackson Sharman/ *Modern Principles of Physical Education*, New York: A.A.Barnes & Co.
- Khan, Eraj Ahmed, *History of Physical Education*, Patna Scientific Book Co.

Semester - I			
	CORE COURSE – II ANATOMY AND PHYSIOLOGY	Credits	Hours
		5	5
Unit-I	Meaning of Anatomy and Physiology – Need and Scope of Anatomy and Physiology in Physical Education – Cell – Structure and Functions – Tissues – Types and Function-Muscular System – Types of Muscles: Skeletal Muscle, Cardiac Muscle, and smooth muscle.		
Unit-II	Skeleton : Meaning and Functions – Bones: Classification and Functions – General Features of Various Bones: Vertebral Column, Pelvic Bone, Radius and Ulna, Sacrum, Femur and Bones of Skull – Joints: Definition and Classification of Joints		
Unit-III	Nervous System : Neuron – Central Nervous System(CNS): Brain and Spinal Cord – Peripheral Nervous System (PNS): cranial Nerves and Spinal Nerves – Digestive System : Structure & Functions – Digestive Process – Liver, Pancreas – Functions		
Unit-IV	Respiratory System – Respiration – Respiratory Track – Alveoli – Lungs: Structure & Functions – Gas Exchange – Vital Capacity. Circulatory System – Heart: Structure & Functions – Cardiac Cycle, Cardiac Output, Stroke Volume.		
Unit -V	Endocrine Glands – Functions of Endocrine Glands: Pituitary, Thyroid, Parathyroid, Thymus, Pancreas, Adrenal & Sex – their role, in growth, development and regulations of body functions.		

Books for References:

Guyton A.C., 1969, *Functions of the Human Body*, London, W.B. Saunders Company, Dr. V. Selvam “*Anatomy and Physiology*” Bodinayakanur.
 Dr. N.M. MUTHAYYA “*Physiology*” J.J. Publications, Madurai. SEELEY et. all
Anatomy and Physiology Mc Graw Hill.
 Srivastava et. 1976, All, Text Book of Practical Physiology, Calcutta Scientific Book Agency,

Semester - I			
	DSE – I SCIENCE OF YOGA	Credits	Hours
		3	4
Unit-I	Introduction : Meaning and Definition-Aims and Concept of yoga-Scope of yoga-Schools of yoga.		
Unit-II	HastangaYoga : Yama, Nyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana and Samadhi- Asanas – Sitting postures -Techniques and Benefits-Standing postures -Techniques and Benefits-Lying Postures - Techniques and Benefits.		
Unit-III	Suriyanamaskar : Stages-Breathing Techniques-Physiological and Psychological benefits of Suriyanamaskar-General benefits.		
Unit-IV	Pranayama: Pranayama - Meaning, Aim, Definition-Physiological and Psychological benefits of Pranayama-Types of Pranayama – Sheetal Pranayama, Sheetkari Pranayama-Phastrika Pranayama and Ujjayai Pranayama - Techniques and Benefits.		
Unit -V	Bandhas, Mudras and Meditation : Bandhas - Meaning, Types and Benefits-Mudras – Types-Mudras - Techniques and benefits-Meditation – Practicing method and benefits.		

Semester - I			
	SEC – I NAAN MUTHALVAN / HEALTH EDUCATION	Credits	Hours
		2	2
Unit-I	Health: Definition, and Meaning of Health-Characteristics of Healthy and unhealthy people-Factors influencing Health-Components of Health – Physical, Mental, Social, Emotional and Spiritual		
Unit-II	Health Education : Definition, and Meaning of Health Education-Scope, Aim and Objectives of Health Education-Health Education programme - Health instructions, Health services and HealthSupervision-Fitness and Exercises.		
Unit-III	Hygiene: Meaning, Need and Importance of Personal Hygiene-III-Effects of Drug, Alcohol, Tobacco and Smoking-Immunity and its types-Need and importance of Immunity.		
Unit-IV	Communicable and Non-Communicable Diseases: Infection and Diseases- Causes, Mode of spread, Signs and symptoms and prevention-Malaria, Typhoid, Cholera, dysentery, Tuberculosis, COVID and STD-Non-Communicable Diseases-Cancer, Diabetics, Heart attack, Polio and Leprosy.		
Unit -V	Health Awareness: AIDS awareness – Causes, Symptoms and Prevention-Family planning, Health schemes in India-Role of voluntary health organisation – WHO, UNICEF-Indian Red Cross Society, ICCW, IMA		

Semester - I			
	SEC – II SAFETY EDUCATION AND FIRST AID	Credits	Hours
		2	2
Unit-I	Introduction: Meaning and Definition of Safety Education-Objectives of teaching programmes on safety-Need and importance of safety Education-Factors affecting safety.		
Unit-II	Safety Education: Safety at Home – School-Safety in Physical Education and Sports – safety in play area – Gymnasium –Swimming Pool-Safety at camp-Safety at Road-Traffic Rules and Regulations, Traffic Symbols and Signals.		
Unit-III	First Aid: Meaning and Definition of First Aid-Aims of First Aid-Responsibility of First Aider-Major First Aid Technique - First Aid Kits- Rules of First Aid – ABC Rule.		
Unit-IV	Injuries: Fracture - Causes, Types, Symptoms – Management-Dislocation - Causes, Types, Symptoms – Management-Sprain and Strain - Causes, Types, Symptoms – Management-Cramp – Symptoms and Management, Wounds - Types and Management,Bleeding – Forms, Symptoms and Management		
Unit -V	Bandages: Types of Bandages-Techniques of Bandaging-Artificial Respiration, CPR-First Aid for Shock, Drowning, Poisoning, Dog bite, Snake bite and burns.		