



**THIRUVALLUVAR UNIVERSITY**

**SERKKADU, VELLORE-632115**

**B.Sc. PHYSICAL EDUCATION**

**SEMESTER - II**

**SYLLABUS**

**FROM THE ACADEMIC YEAR**

**2023 - 2024**

S.No.	Part	Study Components		Ins. Hrs /week	Credit	Title of the Paper	Maximum Marks		
		Course Title					CIA	Uni. Exam	Total
<b>SEMESTER II</b>									
1.	I	Language	Paper-2	6	3	Tamil/Other Languages	25	75	100
2.	II	English	Paper-2	4	3	English	25	75	100
3.	II	NMSDC: Language Proficiency for Employability	Paper-1	2	2	Overview of English Communication	25	75	100
4.	III	Core Course –CC III	Paper-2	5	5	Methods in Physical Education	25	75	100
5.	III	Core Course –CC IV	Practical-2	5	5	Gymnastics, Pyramids and Aerobics  Practical - I	25	75	100
6.	III	Elective II Generic/ Discipline Specific	Elective II	6	3	Recreation, Camping and Supervision in Physical Education	25	75	100
7.	IV	Skill Enhancement Course SEC-2	Paper2	2	2	Fitness and Nutrition	25	75	100
8.	IV	Skill Enhancement Course SEC-3 (Discipline Specific)	Paper 1	2	2	Geographic Information System (GIS) in Sports	25	75	100
		<b>Sem. Total</b>		<b>32</b>	<b>25</b>		<b>200</b>	<b>600</b>	<b>800</b>

## METHODS IN PHYSICAL EDUCATION

Semester : II  
Code : 23UPHC03

Core : III  
Credit : 4

**Learning Objectives** :To enable the students to **know** the methods of teaching various physical activities. Learn and able to draw fixtures. **Understand** the various methods of organizing tournaments.

### COURSE OUTLINE:

- UNIT - 1** **15hrs.**
- Introduction**
1. Meaning of the term Method.
  2. Factors to be considered in determine the method of teaching.
  3. Teaching Techniques in Physical Education – Lecture method, Command method, Demonstration method, Imitation method, Project method.
  4. Activity planning according to Age and Sex characteristics.
- UNIT - 2** **15hrs.**
- Presentation Techniques**
1. Preparation – Personal.
  2. Technical preparation.
  3. Commands – Types of commands and types of formation.
  4. Class management.
- UNIT - 3** **15hrs.**
- Principles of Teaching**
1. Teaching procedure - Simple to Complex, Whole method, Whole-part-whole method, Part-whole method.
  2. Intrinsic motivation.
  3. Extrinsic motivation.
  4. Frequency and duration of instructional periods.
- UNIT – 4** **15hrs.**
- Lesson Plan**
1. Meaning – Objectives – Principles.
  2. Types of Lesson Plan – General and Particular Lesson plan.
  3. Steps of Lesson plan – Introductory, Preparatory, Skill part, Group activity and Concluding part.
  4. Coaching Lesson – various parts of lesson- warming-up, Physical (general and special) Teaching and Tactical preparation.
- UNIT – 5** **15hrs.**
- Tournaments and Teaching Aids**
1. Meaning – Types of Tournament – Merits and Demerits-Knock-out and Elimination Tournament, League or Round Robin Tournament, Combination Tournament, Challenge Tournament.
  2. Fixtures – Types of Fixtures.
  3. Publicity - Meaning-Demonstration, Play day, Exhibition in Physical Education.
  4. Teaching Aids - Audio Visual Aids, Importance of teaching aids.

**REFERENCE BOOKS :**

1. Knapp Clyde and Hagmani E.P. Teaching Methods for Physical Education : New York, McGraw Hill Book Co., Inc., 1948.
2. Cosmin. H. Rosalind, C. and Jackson, C.O. Methods in Physical Education: London W.B. Saunders Cop., 1960.
3. Thirunarayanan C., Hariharan S, Methods in Physical Education : Karaikudi, South India Press, 1962.
4. Carol Barr, Jones and Bartlett, Principles and Practice of Sports Management, March 2011.
5. Trevor Slack, Human Kinetics, The Application of Organisation of Theory, 2005.

## GYMNASTICS, PYRAMIDS AND AEROBICS

Semester : II  
Code : 23UPHC04

Practical - I

Core : IV  
Credit : 4

**Learning Objectives** :To enable the students to gain **knowledge** of Gymnastics, Pyramids and Aerobics and their benefits. It can be practiced in their day-today life to lead a healthy life.

**UNIT -1** **15hrs.**

### **Gymnastics**

#### **Balancing Beam**

1. Jump to squat and land.
2. Knee scale with support.
3. Walking on the beam.
4. Standing scale front ways - Scissors leap.

**UNIT -2** **15hrs.**

### **Floor Exercise**

1. Forward roll.
2. Cart wheel.
3. Cat leap.
4. Scissors leap.

**UNIT - 3** **15hrs.**

### **Pyramids**

1. Methods and Procedures.
2. Two to Ten man pyramids.
3. Wall – Tower – Triangle Pyramid.
4. Moving – Collapse Pyramid.

**UNIT - 4** **15hrs.**

### **Aerobics - Floor**

1. Counts - Rhythm (Ship, Cha-Cha).
2. Mirror (Walk or March, Touch out, Step touch, Cap step).
3. Shapes (A, V, L, Jazz square, Diamond, Mambo, Clock step, Grape Wine).
4. Power move (Launches, Gallop, Jazz walk, Squats).

**UNIT - 5** **15hrs.**

### **Aerobics - Stepper**

1. Counts - Rhythm (Ship, Cha-Cha).
2. Mirror (Walk or March, Touch out, Step touch, Cap step).
3. Shapes (A, V, L, Jazz square, Diamond, Mambo, Clock step, Grape Wine).
4. Power move (Launches, Gallop, Jazz walk, Squats).

## RECREATION, CAMPING AND SUPERVISION IN PHYSICAL EDUCATION

Semester : II  
Code : 23UPHS 02

DSE : II  
Credit : 3

**Learning Objectives** :To enable the students to Gain **knowledge** of organizing outdoor camping and relative recreation activities. **Understand** about concepts of supervision.

### UNIT – 1 5hrs.

#### Recreation

1. Meaning and Definition of recreation.
2. Scope and Significance of recreation.
3. Objectives of recreation – Relationship between work, Play and Leisure.
4. Types of recreational activities.

### UNIT - 2 5hrs.

#### Recreation agencies

1. Agencies providing recreation. (Municipal Agencies, Public, Private, Voluntary, Youth serving Agencies).
2. Rural, Urban community and Industrial recreation.
3. Leadership – Qualities and Qualification of good leader.
4. Types of Leaders and their roles.

### UNIT - 3 6hrs.

#### Camping

1. Definition, Aims and Objectives.
2. Scope and Significance of Camping.
3. Types of Camps.
4. Selection and layout of Camp size.

### UNIT - 4 7hrs.

#### Administration of Camp

1. Organisation and Administration of Camp
2. Camp programme and activities.
3. Organisation setup in Camping, Organising outdoor camp, Picnic/Tours.
4. Evaluation of camp work

### UNIT – 5 7hrs.

#### Supervision

1. Meaning, Need and Scope of Supervision.
2. Modern concept of Supervision.
3. Techniques of Supervision.
4. Evaluation of Supervision.

## REFERENCE BOOKS:

1. Mangal S.K. and Chandra, P.C. Health and Physical Education, R.D. Tandon Brothers, Ludhiana, 1979.
2. Moss, R. and et.al, Health education, National educational annual, U.S.A.
3. Neiniyah, School Health Education, Harper and Brothers.
4. Park, J.E. Text Book of Preventive and social Medicine.
5. Dr. S.K. Mangal and Dr.P.C.Chandha Health and Physical Education Ludhiana, R.D.Tandon Brothers, 1979.
6. Ford H.G. Recreation in the American Community, Harper and Brothers Publishers, New York, 1953.
7. Butler G.D. Introduction of Community Recreation McGraw Hill Book Company, Inc., New York, 1949.
8. Royappa D.J. and Govind Rajulu L.K., Camping and Education, Jupiter Press Private Ltd., Madras, 1973.
9. Rubin, R. Book of Camping, N.V. Assn Press, 1949.
10. Torkildsen, G., Leisure and Recreation Management, E and F.N. Span Ltd., New York, 1986.

## **FITNESS AND NUTRITION**

**Semester : II**

**SEC : II**

**Code : 23UPHS03**

**Credit : 2**

**Learning Objectives :** To enable the students to gain **knowledge** of effect of exercise on various system of human body. Obtain **knowledge** of fitness and nutrition.

### **UNIT – 1**

**5hrs.**

#### **Introduction of Physical fitness**

1. Fitness – Meaning, Definition and Types.
2. Aims and Objectives of fitness.
3. Importance and Scope of fitness.
4. Factors affecting physical fitness.

### **UNIT - 2**

**6hrs.**

#### **Components of Fitness**

1. Modern concept of physical fitness.
2. Components of physical fitness.
3. Skill related components.
4. Health related components.

### **UNIT - 3**

**5hrs.**

#### **Exercise for Fitness**

1. Principles, Importance and benefits of exercise.
2. Aerobic – Definition, Design and variations
3. Anaerobic – Definition, Design and variations.
4. Principles of healthy weight reduction.

### **UNIT – 4**

**7hrs.**

#### **Nutrition**

1. Essential Nutrients – Types, Functions.
2. Dietary sources - Carbohydrates, Proteins, Fat, Vitamins, Minerals and Water.
3. Food and Diet - Balanced diet.
4. Basic Food groups.

### **UNIT – 5**

**7hrs.**

#### **Sports Nutrition**

1. Meaning, Definition of Sports nutrition.
2. Importance of sports nutrition, Factors to consider for developing nutrition plan.
3. Energy requirement for exercise.
4. Role of nutrition in sports.



## REFERENCE BOOKS :

1. Judy A. Driskell, "Sports Nutrition Fats and Proteins", CRC Press (2007).
2. Robert E. C. Wildman, Barry S. Miller, "Sports and Fitness Nutrition", Thomson (2004).
3. Ira Wolirsky and Judy A. Driskell, "Sports and Nutrition", 1996.

## **Geographic Information System (GIS) in Sports**

**SEMESTER –II**

**SESSION – II**

**CODE:23UPHS03**

**CREDIT:2**

**Learning objectives:** To enable the students to gain knowledge on Geographic Information System in sports and obtain knowledge of GIS.

**UNIT -1**

**(5Hrs)**

Geographic Information System (GIS) – need and importance of GIS in sports- objectives of GIS in sports and Physical Education.

**UNIT – 2**

**(7 Hrs)**

Effect of GIS on various games, Analyzing player performance - Mapping out strategies- Analyzing team formations- Studying the impact of different stadiums - Analyzing fan behaviour.

**UNIT – 3**

**(6 Hrs)**

Geographic diffusion of modern sports - economic impact- cultural geographies of sport- landscape, place, and location – upgrading play fields.

**UNIT – 4**

**(6Hrs)**

GIS based sports infrastructure - decision-making - monitor and manage assets - optimize resources- plan for future developments of stadium and swimming pool.

**UNIT – 5**

**(6Hrs)**

Research on the application of GIS in sports - current status and theories of GIS application in the sports- Theoretical Analysis for making infrastructure.

### **References**

- 1 Zhu Guang, Ji Xiaoyan, Rong Bing. Basic theories and application of Geographic Information System. Beijing: Surveying and Mapping Press, 1997.
- 2 WangLei. Research on the Stadium Planning Which Based on GIS. Beijing: Beijing Sport University Press.
- 3 Sun Qingzhu. Research on Development Trend and Countermeasures of Our Country's Sports Informationization. Journal of Xi'an Sport College. 2007, 01.
- 4 Ding Yuelan. The New Insight of National Fitness Project. Sport Science of Fujian. Volume 28th, 06