BACHELOR OF PHYSICAL EDUCATION
HEALTH EDUCATION AND SPORTS

CURRICULAM AND SYLLABUS
(For students admitted from the
Academic year 2018-2019 Onwards)

UNDER CHOICE BASED CREDIT SYSTEM

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
SCIENCES
FACULTY OF SCIENCE AND HUMANITIES
SRM INSTITUTE OF SCIENCE & TECHNOLOGY
SRM NAGAR, KATTANKULATHUR – 603 203
1. COURSE OBJECTIVES
To enable the students to
I. Attain wholesome development through Physical Education and Sports.
II. Study about the scientific principles from various allied subjects in the field of Physical Education and sports.
III. Become outstanding sports persons in State, National and International Levels
IV. Be familiar with rules and regulations and their participation in officiating sports and games.
V. Develop the desirable health habits and social integration sports persons.

2. ELIGIBILITY FOR ADMISSION
Candidates seeking admission into the B.Sc., Physical Education, Health Education & Sports Course must have passed the Higher Secondary Examination, Conducted by the Board of Higher Secondary Examinations, Government of Tamil Nadu or any other examination accepted by the SRM University as its equivalent with minimum Inter School Sports Participation .
Admission shall be made on the basis of ranking for a total of 100 marks as detailed below:-

<table>
<thead>
<tr>
<th>Part</th>
<th>Details</th>
<th>Marks</th>
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<tr>
<td>a.</td>
<td>Qualifying Examination</td>
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<tr>
<td>b.</td>
<td>Sports and Games participation (supporting Certificates should be produced)</td>
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<tr>
<td>c.</td>
<td>Games and sports skill Test</td>
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3. DURATION OF THE COURSE
The duration of the course shall be THREE academic years. Each academic year consists of Two Semesters. The duration of each semester is 75 working Days. Structure of the UG Programme, Faculty Adviser/Student Counselor Class Committee, Registration/enrollment for courses, Enrollment Requirement, maximum Duration of the Programme, Temporary withdrawal from the Programme Discipline, Attendance is the physical presence of the student in the class, condonation of Attendance, Assessment Procedure, Purely Internal Assessment Courses, career Development Course (CDC), End Semester Examination, Passing Minimum, Course Wise Grading of Students, Award of Letter Grade, Eligibility for the Award of the Degree, Classification of the Degree Award, Revaluation, Pattern of Question Paper Theory and Practical, Temporary Break of Study from a Programme, Revision of Regulation and Curriculum can be followed as per with other courses offered in the Faculty of Science & Humanities.

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Note: Core -3 ➔ Examination only at the end of II- Semester
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4B. SC (Physical Education) 2015-2016
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**Total** 20 5 5 30 28

**Total Credits to be earned for the degree: 146**
SEMESTER – I

முதல்பருவம்

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1. பாடல் போன்ற

2. பாடல் போன்ற

3. பாடல் போன்ற

4. பாடல் போன்ற

5. பாடல் போன்ற

பகுதி 2. சுதந்திரத்தை கல்விக்கை

1.பாடல் போன்ற

2. பாடல் போன்ற

3. பாடல் போன்ற

4. பாடல் போன்ற

6B. SC (Physical Education) 2015-2016
5. கடைரிகள் பெட்சு மற்றும் கூட்டணி - சாத்தா குழாக்கத்தில்

6. மதுவாலிகாச்சை பெட்சு பொருட்பாட்டில் - குழாக்கத்தில்

7. கடைகளின் பொருட்பாட்டில் - குழாக்கத்தில்

8. கடை பொருட்பாட்டில்

அ. சொற்றொடர்கள்

குழாக்கத்தில் பாபுபனி: 404 - 408 பெட்சு

குழாக்கத்தில் - மதுவாலிகா
1. பாபுபனி குழாக்கத்தில் பாபுபனி பாபுபனி
2. மதுவாலிகா பாபுபனி குழாக்கத்தில் பாபுபனி

ஒ. குழாக்கத்தில்

குழாக்கத்தில் - குழாக்கத்தில் - குழாக்கத்தில்

"திருத்தம் மேல்கோடு! குழாக்கத்தில் குழாக்கத்தில்; திருத்தம் ஒரு வாழ்வது விளக்கத்தில்", மாலமுனி. (30 - பெட்சு)

மூத்தி 3 வாழ்வதுபாட்டில்

"திருத்தம் மேற்கொண்டு", பொுவையதுபாட்டில்., புத்தாண்டிய, 2005.

மூத்தி சிற்றிலக்கியம்

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**INSTRUCTIONAL OBJECTIVES**

- To express and communicate literature which is part of life
- To incorporate day to day personal & professional life’s need to communicate in the language.
- To help the students to imagine & express their mind through Literature.
UNIT I - PROSE

1. USNE KAHA THA (STORY) - CHANDRADHAR SHARMA GULERI
2. CHIEF KI DAWAAT (STORY) - BHISHAM SAHNI
3. PREMCHAND (NIBANDH) - DR. RAMVILAS SHARMA
4. BHOLARAM KA JEEV (SATIRE STORY) - HARISHANKAR PARSAI
5. BHAGWAN NE KAHA THA (SATIRE STORY) - SURYA BALA
6. CHAMAR KI BETI (STORY) - DR. N. CHANDRASHEKHARAN NAIR

UNIT II - ONEACTPLAY

1. LAXMI KA SAWAGAT - UPENDRANATH ASHK
2. JAB MAA RO PADI - SETH GOVIND DAS

UNIT III - CORRESPONDENCE

1. OFFICIAL LETTER
2. DEMI-OFFICIAL LETTER

UNIT IV - COMPUTER

(10 Hours)

UNIT V - TECHNICAL TERMINOLOGY

(5 Hours)

TEXT BOOKS

1. Hindi I Edited by Dr. S. Preethi, Dr. M.D. Islam, Dr. S. Razia Begum Published by Department of Hindi, FS&H, SRM University

REFERENCE

1. PrayajonMulak Hindi (Author - MadhavSontakke)
INSTRUCTIONAL OBJECTIVES:

- To encourage greater written skills through comprehension writing and composition writing.
- Improve their oral and written skills through a combination of theory and practice.
- Extend and expand their savoir-faire through the acquisition of latest skills and techniques by practical training.

Unité-I  (15 Heures)


Unité-II  (15 Heures)

Au travail ! Conjugaison – Les verbes en –ER – Accord des noms et des adjectifs - Articles indéfinis et définis- Interrogation- Est-ce-que, Qu’est-ce, Qu’est-ce que c’est, Où- L’état civil- Personnes et objets caractéristiques d’un pays.

Unité-III  (15 Heures)

On se détend ?- Conjugaison- faire, aller, venir, vouloir, pouvoir, devoir- Futur proche - Pronoms moi, toi, lui, elle, etc.., après une préposition – On = Nous- Les loisirs, Sports, Spectacles, Activités.

Unité-IV  (15 Heures)


Unité-V  (15 Heures)

Bon appétit- Articles partitif- Emploi des articles- Interrogation, forme avec inversion- Réponses : Oui, Si, Non- Forme possessive : à+pronom- La nourriture, Les repas, La fête.

Référence Book

INSTRUCTIONAL OBJECTIVES

- To enhance students’ proficiency in English language.
- To enable the students to think in English.
- To be abreast with the world literature.
- To equip students with the awareness and strategies needed to enable the study of English as a lifelong process.
- To engage in ongoing professional development with respect to both teaching and research.

UNIT I - POETRY (15 Hours)
1. If by Rudyard Kipling
2. Where the Mind is Without Fear by Rabindranath Tagore
3. The Road Not Taken by Robert Frost
4. Snake by D. H. Lawrence

UNIT II - PROSE (15 Hours)
1. Of Truth by Francis Bacon
2. Spirit of India by A. P. J. Abdul Kalam

UNIT III - SHORT STORIES (15 Hours)
1. The Bet by Anton Chekhov
2. The Postmaster by Rabindranath Tagore

UNIT IV - MOVIE REVIEW (15 Hours)
1. Whose Life is it Anyway?
2. The Accused- Feature Film
3. Water

UNIT V - LANGUAGE COMPONENT (15 Hours)
1. Tenses
2. Focus on Articles, Prepositions, Subject Verb Agreement
3. Comprehension Passage

TEXT BOOKS

11B. SC (Physical Education) 2015-2016
2. Edited by Dr. Shanthichitra, “Glean to ACME English Tex Book”, Published by Department of English, FSH, SRM University

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**CORE-I**

**UNIT - I**

a. Meaning and Definition of Physical Education  
b. Aims and Objectives of Physical Education  
c. Need and important of physical education  
d. Physical Training and Physical Culture.  
e. Mis conception about physical education.

**UNIT - II**

a. Biological Foundations- Body types (Sheldon and Kretchmer’s)-Muscle tone, Athletic heart, Vital capacity, Ossification, Reciprocal Innervations and Unsynchronized development  
b. Period of Growth and development  
c. Age Classification – Intelligent Quotient.  
d. Sex Different- Difference between Boys and Girls during Adolescence.

**UNIT - III**

a. History of Physical Education in Sparta, Athens.  
b. Turnverein Movement and Lingiad Festivals.  

**UNIT - IV**

a. Physical Education in India – Epic age, Buddhist age.  
b. Y.M.C.A and its contribution.  
c. Recent developments- AICS,NCC and ACC,NFC,NPED,NSNIS,LNIPE,SAI (objectives and schemes) IOA and its Objectives – SDAT (Structure and Scheme)  
d. National Integration through Physical Education and Sports.

**UNIT - V**

a. Important National and International Trophies – Santhosh Trophy, Ranji Trophy, Duleep Trophy, Rengasamy Cup-Thomas Cup, Davis Cup, Euro Cup, Wimbledon, Fight for Ashes.
b. Sports Competition- National Games, Asian Games, Common wealth games, SAF AIU, SGFI, RDS, and BDS.

c. Awards and Honors- Arjuna award, Dronacharya award and Rajiv Gandhi Khelretna award, Moulana Abulkalam Azad award (MAKA Trophy) and Dayanchand award.

REFERENCES

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**CORE-2**

UNIT - I
Meaning of yoga- Aim and Objectives of Yoga- Concept of Yoga, History of Yoga.

UNIT - II
UNIT- III

UNIT - IV

UNIT- V
Definition of Gymnastics and kinds of Gymnastics - Various safety measure used in Gymnastics - Measurement and Diagram of various apparatuses of Gymnastics- General rules of the competition- Techniques of exercises on Gymnastics Apparatuses

REFERENCES
5. Cooper,Phyllis AND Trnka,Milan’ Teaching gymnastics skills to men and women’Surjeet Publication, Delhi, 1982
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**CORE-3**

UNIT - I
Suriyanamaskar

UNIT- II
Asanas - long sitting position – prone position – supine position – standing position – kneeling position ( Each pose contain of Five )

UNIT - III
Pranayama and Mudras

UNIT - IV
Kriyas

UNIT V
Gymnastics
1. Forward roll
2. Backward roll
3. Cartwheel
4. Jump forward roll
5. Perfect swing on parallel bar
6. Shoulder stand
7. Perfect swing on horizontal bar
8. Perfect swing on roman rings
9. Inverted Hang
10. Hand Stand

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**ALLIED -1**

UNIT - I
b. Presentation techniques – Steps in the way of presentation
c. Class Management ( General and Specific )- Principles of class management.
d. Teaching aids-Chart, morkling, LED Projected

UNIT - II
a. Explain various physical activities in the field of Physical Education- Calisthenics, Marching, Minor and Major games ,Indigenous activities,
Rhythmic activities, Gymnastics, Defensive arts and Swimming- Track and Field events- Asanas, pranayana & Meditation.

b. Lesson Plan-values of lesson plan-types of lesson plan-parts of lesson plan-preparation of lesson plan(General Lesson plan & Particular lesson plan)
c. Methods of teaching Physical activities- Various commands.

UNIT - III

a. Meaning of Tournaments.
b. Knock out cum Knock out
c. League fixtures – League cum league
d. Combination Tournament: League cum knock out, Knock out cum League
e. Merits and Demerits of knock out and league tournaments.
f. Methods of deciding winner in the League tournaments – Tie breaking in league tournaments -seeding, special sending.

UNIT- IV

b. Extramural Competition – Benefits – Drawbacks – Methods of Organising and Conducting
e. Play days-method of organizing and conducting – model programme of play days.

UNIT - V

a. Demonstration and Exhibition – aim of Demonstration – Methods of organizing Demonstration – Activities suitable for Demonstration and Exhibition.
b. Games tour – Points to be considered for a games tour
c. Incentives and Awards – Disadvantages and remedies.
d. Classification – Advantages – factors influencing Classification-Methods of Classification.

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INSTRUCTIONAL OBJECTIVES:
At the end of this course, the students will be able to,
(i) Communicate with better diction
(ii) Take up competitive exams confidently

COURSE REQUIREMENT: At the end of every unit, the students will be expected to answer a model verbal ability exam.

UNIT - I
Vocabulary- Synonyms, Antonyms, Idioms and phrases, ordering of words/sentences.

UNIT - II
Grammar- Sentence improvement, Change of speech, sentence correction.

UNIT - III
Vocabulary-One word Substitute, Verbal Analogies, Closet test.

UNIT - IV
Grammar- Spotting errors, selecting words, sentence completion

UNIT - V
Vocabulary- Word Quest, Puzzles, Crossword

TEXT BOOKS

REFERENCES
### SEMESTER-II

#### தமிழ்இலக்கியவரலாறு

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#### பகுதி - 1 தமிழ்இலக்கியவரலாறு

(நூல் - தமிழ்இலக்கியவரலாறு - பத்தாண்டு பாதல், பத்தாண்டு பாதல், 2010.)
1. 1
2. 2
3. 3
4. 4

#### பகுதி - 2 அங்க சங்கிலியம்

1. புல்லாற்றூர் பெண்களின் விழா தனித்துவம் முல்லால் பாடல்கள் (2010) பாதல் (தொன்மைப்பாடல்கள்).
2. 2
3. 3
4. 4
5. 5
6. 6
7. 7

18B. SC (Physical Education) 2015-2016
1. திருக்குறள் - அதிகாரம் (2 பாடல்)

2. நாலடியார் - தபாருட்பால் - 5 பாடல்

3. பக்திஇலக்கியம்

1. திருஞானசம்பந்தர்ததவாரம் - முதலாம்திருமுனறக் காதல் அதி, கரிகள்... சதுரங்கமி முன்னைப்பாடல்
2. திருநாவுக்கரசர்ததவாரம் - இல்லதே மாசில் வீனணயும் மானல... அந்துமை முன்னைப்பாடல்
3. சுந்தரர்ததவாரம் - ஏழாம்திருமுனறக் காயைார் தமைியதை... அந்துமை முன்னைப்பாடல்
4. மாணிக்கவாசகர் - திருவாசகம் - பிடித்தபத்து பால்நினைந்துஊட்டும்தாயினும்சாலே... அந்துமை முன்னைப்பாடல்
5. திருமூலர் - திருமந்திரம் - மனறத்ததுமாமத... அந்துமை முன்னைப்பாடல்

4. பாடலையே - பாடல்பிரபந்தம்

1. பூதத்தாழ்வார் தபருகு மத மாப்பிடிக்கு... அந்துமை முன்னைப்பாடல்
2. குலதசகராழ்வார் ஆைாததசல்வத்துஅரம்னபயக்கள்தற்சூழ... அந்துமை முன்னைப்பாடல்
3. தபரியாழ்வார் எந்நாள் எம்தபருமாை்... அந்துமை முன்னைப்பாடல்
4. ஆணடாள் ஓங்கி உலகளந்து... அந்துமை முன்னைப்பாடல்
5. திருப்பாணாழ்வார் சதுரமாமதி சூழ்விலங்கு... அந்துமை முன்னைப்பாடல்

19B. SC (Physical Education) 2015-2016
ஒட்டப்படம்
நூற்றாண்டு விளக்கங்கள் பல்வேறு வகைகளில் பெறப்பட்டுள்ளன. -
நூற்றாண்டு விளக்கங்கள் பல்வேறு வகைகளில் பெறப்பட்டுள்ளன - 3 நூற்றாண்டு

சிற்றுறுப்பு
நூற்றாண்டு விளக்கங்கள் பல்வேறு வகைகளில் பெறப்பட்டுள்ளன -
நூற்றாண்டு விளக்கங்கள் பல்வேறு வகைகளில் பெறப்பட்டுள்ளன - 3

20B. SC (Physical Education) 2015-2016
INSTRUCTIONAL OBJECTIVES

- To express and communicate literature which is part of life
- To incorporate day to day personal & professional life’s need to communicate in the language.
- To help the students to imagine & express their mind through Literature.

UNIT I - POETRY

1. Suprashid Dohey *Kabir, Rahim, Bihari, Surdas*
2. Nar Ho Na Nirash Karo Mann Ko *Maithlisharangupt*
3. Jo Tum Aaajate *Mahadevi Varma*
4. Hum Panchi Unmukt Gagan Ke *Shivmangalsinghsuman*
5. Chalawa *Santoshshreeyansh*
6. Yahan Thi Vahan Nadi *Manglesh Dabral*

UNIT II - STORY

1. Eidgaha *Premchand*
2. Vapsi *Priyamvada Usha*
3. EkMuthi Aakash *Santosh Srivastav*
4. Ek Plate Sailab *Mannu Bhandari*
UNIT - III  10 Hours
1. Anuvad : Anuvad Ki ParibhashaEvamBhed

UNIT- IV  5 Hours
1. Anuvad : English to Hindi

UNIT -V  5 Hours
1. Administrative words

RECOMMENDED TEXTS
1. Hindi I Edited by Dr.S.Preethi, Dr. MD.Islam, Dr.S.RaziaBegum.Published by Department of Hindi, FS&H,SRM.University

REFERENCES
1. Prayajon Mulak Hindi (Author - Madhav Sontakke)
2. Practical Guide to is Translation & Composition (Author - K. P. Thakur)

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Maximum: 100 marks (Internal : 50 marks; External : 50)

Instructional Objectives:
- To encourage greater written skills through comprehension writing and composition writing.
- Consolidate the knowledge of theoretical aspects of French grammar with examples provided from different angles: from present day literature, day to day conversation
- Improve their oral and written skills through a combination of theory and practice.
- Extend and expand their savoir-faire through the acquisition of latest skills and techniques by practical training.

Unité-I  15 Heures

Unité-II  15 Heures

22B. SC (Physical Education) 2015-2016

Unité-III 15Heures

Unité-IV 15Heures

Unité-V 15Heures

Référence :

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INSTRUCTIONAL OBJECTIVES
- To enhance students’ proficiency in English language.
- To enable the students to think in English.
- To become aware of the world literature and the writers.
- To equip students with the awareness and strategies needed to enable the study of English as a lifelong process.
- To engage in ongoing professional development with respect to both teaching and research.
UNIT I - POETRY  15Hours
1. The Hawk in the Rain by Ted Hughes
2. Crutches by Bertolt Brecht
3. Obituary- A. K. Ramanujan
4. Dream Deferred- Langston Hughes

UNIT II - PROSE  15Hours
1. The Story of my Experiments with Truth by M.K. Gandhi (Excerpts)
2. I have a Dream by Martin Luther King
3. Farewell Speech by Mark Antony

UNIT III - PLAY AND SHORT STORY  15Hours
1. Monkey’s Paw by W.W.Jacobs
2. Bear by Anton Chekhov

UNIT IV BOOK REVIEW  15Hours
1. To kill a Mocking Bird (Excerpts)
2. Merchant of Venice (Excerpts)

UNIT V LANGUAGE COMPONENT  15Hours
1. Transformation of Sentences
2. Jumbled Sentences
3. Précis Writing

TEXT BOOKS
2. Edited by Dr.Santhichitra, Glean to ACME English Tex Book Published by Department of English, FSH, SRM University

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CORE-4

UNIT - I
Origin ,History and Development of the Game Volleyball-Ball badminton-Hockey-Kabaddi

UNIT - II
Fundamental skills and system of play-Volleyball-Ballbadminton-Hockey-Kabaddi

UNIT - IV

24B. SC (Physical Education) 2015-2016
Layout of the court with specifications and Position of the players- Volleyball-Badminton-Hockey-Kabaddi

UNIT - IV
Rules of the game and officiating techniques- Volleyball-Badminton-Hockey-Kabaddi

UNIT - V
State, National and International level organizations- Volleyball-Badminton-Hockey-Kabaddi

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(Any One of the Major Games-Volleyball)

CORE-5

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CORE-6

UNIT - I
a. Meaning and Definition of Anatomy and Physiology.
b. Cell – Structure and Functions of Various parts of the cell.
c. Tissues – types and Functions of Various Tissues- (Epithelial, Muscular, Connective and Nervous tissues).
e. Need and importance of anatomy and physiology.

UNIT - II
a. Meaning and Functions of Skeleton- Exoskeleton and Endoskeleton (Axial and Appendicular Skeleton)
b. Bones- Classifications and Functions- General Feature of different bones of the body- Scapula, Humerus, Radius and Ulna, Pelvic bone, Femur, Patella, Vertebral Column, Tibia and Fibula and Bones of the Skull.
UNIT - III
b. Respiratory system – Structure of the Lungs and Mechanism of Respiration- Tidal Volume, Residual volume, Minute Volume.

UNIT - IV
a. Digestive system- Structure and Functions of various parts- Functions of Liver.

UNIT - V
a. Endocrine System- Structure of Various Glands, Types and their role in Growth, development and regulations of Body functions- Pituitary, Thyroid, parathyroid, Adrenal and Pancreas glands.
b. Exocrine System
c. Difference between Hormones and Enzymes.

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ALLIED-2

UNIT - I
b. Meaning and Definition of Management – Functions of Management- Guiding principles of Management.
c. Schemes of Management in Physical Education – School, Colleges, University-State.
d. Physical Education Syllabus and Physical Education Periods.
e. Supervision in Physical education – Qualities of a Supervisor.

UNIT - II
a. Play area is Schools and Colleges – Facilities and standards in physical education- Factors affecting Facilities and Standard- Location of Playfield (Surface and its types) Suggestion for Planning and Constructing the Playfield – Care and Maintenance of Play Ground.
c. Swimming Pool – Importance and Need of Swimming pool- Purification of water- Regulation to be observed in the Swimming Pool.

UNIT III
b. Games and Athletic Equipments – Need for the Equipments-Types of Equipments.
c. Indent Approval – Call for Quotation- Comparative Statement- Purchase of Equipments
d. Care and Maintenance of Equipments- Stock Verification – Auction.

UNIT- IV
b. Records and Registers – Attendance- Physical Fitness- Stock- Assession-Auction- Issue Registers-Contingency etc.
c. Files – Intramural- Extramural – Purchase- Miscellaneous Files.

UNIT - V
a. Leadership Training camp- Meaning and definition
b. Need and importance of camping
c. Location of the camp site
d. Camp Directors – Camp stunts – Mock sports- Camp songs- Trekking- Treasure Hunt- Camp songs- Camp fire programme.
e. Safety in the camp.

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INSTRUCTIONAL OBJECTIVES:

At the end of this course, the students will be able to,
1. Critically evaluate various real life situations by resorting to Analysis of key issues and factors

27B. SC (Physical Education) 2015-2016
2. Demonstrate various principles involved in solving mathematical problems and thereby reducing the time taken for performing job functions.

**COURSE REQUIREMENT:** At the end of every unit, the students will be expected to answer a model quantitative aptitude test for internal assessment.

**UNIT - I**  
Simple equations - Ratio & Proportion – Variation

**UNIT - II**  
Percentages - Profit and loss – Partnership - Simple interest and Compound interest

**UNIT - III**  
Deductions – Connectives

**UNIT - IV**  
Analytical Reasoning puzzles - Problems on Linear arrangement - Problems on Circular arrangement

**UNIT - V**  
Clocks – Calendars - Blood relations

**TEXT BOOKS**  

**REFERENCES**  
1. AbhijitGuha, Quantitative Aptitude - McGraw Hills Publishers  
SEMESTER –III

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COMPULSORY CORE

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

UNIT- I 15Hours
a) Meaning and Definition of the Terms- Test, Measurement and Evaluation.
b) Need and Importance Measurement and Evaluation in Physical Education.
c) Criteria of Test Selection- Validity, Reliability and Objectivity.
d) Classifications of Test- Standardized test and Teacher made test.
e) Rating scales-Subjective rating and Objective rating.
f) Test Administration.

UNIT- II 13 Hours
a) Components of Physical fitness-Health Related Physical fitness and Performance Related Physical fitness
b) Strength test-Dip Strength test-Bent knee sit up test- Push-ups-Pull-ups
c) Cardio-Vascular Test-Cooper's test-Harvard step-up test
d) Flexibility test-Sit and reach test.
e) Agility test-Shuttle run test
f) Speed-50mts-Stride length and Stride frequency.
g) Balance – Stork stand
h) Explosive power- Standing Broad jump-Sargent jump(Vertical jump)

UNIT- III 12 Hours
a) AAPHERD Health Related Physical Fitness test
b) AAPHERD Youth Fitness Test.
c) Motor ability-Newton Motor Ability test- Barrow Motor Ability test
d) Motor Educability- Methny Johnson Test
e) Posture test-Newyork Posture test

UNIT- IV 10Hours
a) Basketball-Johnson Basketball Ability test.
b) Hockey-Schmithals French Field Hockey test
c) Soccer-McDonald Soccer test.
d) Volley ball –RusselLange- Volley ball test.

29B. SC (Physical Education) 2015-2016
e) Badminton - French short service Test.
f) Tennis- Dyer tennis Test.

UNIT- V

10 Hours

a) Physiological Measurements- Resting Pulse Rate, Respiratory Rate, Breath Holding Time, Vital Capacity, Aerobic Power and Anaerobic Power.
b) Anthropometrical Measurements- Height, Weight, Girth, Length, Breath, Body Composition- BMI.
c) Psychological Measurements- Anxiety, Aggression and Motivation.

TEXT BOOK

1. Yolu Y.C text, measurement & Evaluation Sabanayagam Publication, Chidambaram, 2004

REFERENCES


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COMPULSORY CORE

FITNESS MANAGEMENT

UNIT – I INTRODUCTION
12 Hours

a) Meaning and Definition of Physical Fitness.
b) Types and Components of Physical Fitness- Health related and skill related

UNIT – II DEVELOPMENT OF PHYSICAL FITNESS
12 Hours

a) Principles of physical fitness.
b) Value of Physical Fitness.
c) Factors affecting physical fitness.

UNIT – III EXERCISE PROGRAMMES
12 Hours
Callisthenic’s – jogging – swimming – skipping – aerobic dance – weight training –
circuit training – participation in games and sports – cycling

UNIT – IV BENEFITS OF PHYSICAL FITNESS

a) Positive effects of exercise on health.
b) Ways to lower cholesterol level.
c) Disadvantages of overweight.
d) Ways to safely lose weight.

UNIT – V NUTRITION

a) Meaning and definition of Nutrition.
b) Brief description of different nutrients and their role – Carbohydrate, Fat, Protein,
Vitamins and Minerals.
c) Balanced Diet, food guide pyramid
d) Obesity – Causes and their effects.

TEXT BOOK
2. Jothi .k(2015 Health diet and fitness sports publication, New Delhi

REFERENCES

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<tr>
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COMPULSORY CORE LAB
PRACTICAL- I: ATHLETICS

UNIT – I SPRINTS

a) Correct running style emphasising a proper body positions.
b) Crouch start – Fixing the starting block at the straights and curve.

UNIT – II SPRINT TECHNIQUES

a. Practice of starts with and without blocks using proper command – Orthodox and New technique.
b. Curve Running.

UNIT – III MIDDLE DISTANCE RUNNING

a) Practice of standing start using proper command.
b) Proper style of Race walking.

31B. SC (Physical Education) 2015-2016
UNIT – IV LONG DISTANCE RUNNING

a) Practice of standing start using proper command.
b) Proper style of Race walking.

UNIT – V

a) Rules and their Interpretations.
b) Record Note.

TEXT BOOK


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Any one of the Major Games:-Football, Badminton

PRACTICAL –I : GAMES

UNIT – I WARMING – UP

a) General Warming – up
b) Specific Warming – up

UNIT – II FUNDAMENTAL SKILLS

a) The skills of the game / sport are to be taught under the following heads.
   1. Stance / Approach
   2. Execution
   3. Follow Through

UNIT – III TEACHING STAGES

1. Progressive teaching stages of skills.
2. Lead up activities.
3. Coaching of skills in relation to the situation.
UNIT – IV TECHNICAL / SKILL TRAINING 10Hours
a) The skills of the sports / game will be taught with the help of the following exercise.
b) Preparatory exercise.
c) Basic exercise.
d) Supplementary exercise.

UNIT – V TACTICS AND STRATEGY 10Hours
a) Individual Tactics (Attack, Defence and high performance)
b) Team Tactics (Attack, Defence and high performance)
c) Selected Rules and their Interpretations.

TEXT BOOK

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ALLIED
SPORTS PSYCHOLOGY AND SOCIOLOGY

UNIT I - INTRODUCTION 12Hours
a) Meaning and Definition of Psychology and Sports Psychology
b) Branches of Sports Psychology
c) Need and Importance of Sports Psychology in the field of Physical Education and Sports

UNIT II - PERCEPTUAL MECHANISM AND PERSONALITY 12Hours
a) Definition of perception – Description - Theories of perception - Figural after effects - Perception and motor learning - Wrong perceptions.
b) Personality – Definition – Meaning – Composition and assessing the personality
UNIT III - MOTIVATION, ANXIETY, AGGRESSION 12 Hours
a) Definition of motivation, extrinsic and intrinsic motivation, reinforcement, success and failure, reward and punishment, praise and criticism, knowledge of result, feedback, servo mechanism.
b) Emotional effects, tension, anxiety and stress.
   Aggression – Meaning and Definition – types – theory - aggression and performance

UNIT IV - MENTAL PLANS 12 Hours
Developing the mental plan, Self Assessment pre-competition plan - Event focus, Pre and post competition and Re-focusing with competition.

UNIT V - SPORTS SOCIOLOGY 12 Hours
a) Meaning, nature and scope of sociology in physical education and sports.
b) Social factors in sports.
c) Leadership in sports.
d) Spectators and fans.
e) Group cohesion.
f) Sports Ethics

TEXT BOOK

REFERENCE

**Subject Code** | **Title of Subject** | **L** | **T** | **P** | **C**
--- | --- | --- | --- | --- | ---
UPE18E31 | Sports Training Methods | 3 | 0 | 0 | 3

UNIT- I

UNIT- II

UNIT- III
Theory and practice of speed development – Define speed, speed endurance, speed development, Factor influencing speed, training for speed development – intensity extent and density.

UNIT- IV

UNIT- V
Theory and practice of mobility development-Mobility classification – active mobility, passive mobility and kinetic mobility – role of mobility – mobility training

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INSTRUCTIONAL OBJECTIVES:
At the end of this course, the students will be able to,
1. Critically evaluate various real life situations by resorting to Analysis of key issues and factors
2. Demonstrate various principles involved in solving mathematical problems and thereby reducing the time taken for performing job functions.

COURSE REQUIREMENT: At the end of every unit, the students will be expected to answer a model quantitative aptitude test for internal assessment.

UNIT - I
Numbers - Time and Distance - Time and Work - Averages, Mixtures and Allegations
UNIT - II
Data Interpretation - Data Sufficiency – Mensuration - Permutation and Combinations
- Probability

UNIT - III
Cubes - Venn diagrams - Binary Logic

UNIT - IV
Number and letter series - Number and Letter Analogies - Odd man out

UNIT - V
Coding and decoding - Direction sense test - Critical Reasoning - Lateral reasoning puzzle

TEXT BOOKS

REFERENCES
SEMESTER – IV

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COMPULSORY CORE

SCIENTIFIC PRINCIPLES OF COACHING
(SPORTS BIOMECHANICS)

UNIT – I 10 Hours
a) Meaning and Definition of Biomechanics.
b) Need and Importance of Biomechanics in the field of Physical Education and Sports.

UNIT – II 13 Hours
a) Types of Motion- Linear, Angular and General Motion.
b) Linear Kinematics – Distance and Displacement, Speed and Velocity, Acceleration – Projectile – Relative Velocity.
c) Angular Kinematics – Angular distance and displacement – Angular Speed and Velocity – Angular acceleration.

UNIT – III 13 Hours
c) Newton’s Laws of Motion.
d) Angular Kinetics- Centre of gravity-Centrifugal and centripetal force-Friction and its types.

UNIT – IV 12 Hours
a) Equilibrium – Stages of equilibrium – Factors affecting equilibrium.
b) Lever – Types – Mechanical advantage – Application of levers in Physical education & Sports.

UNIT – V 12 Hours
TEXT BOOK

REFERENCES
3. Bunn John W “Scientific Principles of coaching”.
6. T. McClurg Anderson Bio Mechanics of Human Motion

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COMPULSORY CORE

HEALTH EDUCATION 15 Hours

UNIT – I HEALTH
a) Meaning and Definition of Health
b) Components of Health – Physical, Mental, Emotional and Spiritual.
c) Characteristics of physically healthy person.
d) Characteristics of mentally healthy person - mental illness.
e) Meaning of wellness
f) Factors Influencing health

UNIT – II HEALTH EDUCATION 12 Hours
a) Meaning and definition of health education
b) Nature and scope of health education
c) Aim and objectives of health education
d) Health Education Programme – Health instruction, Health services and Health supervision
e) Personal Hygiene

UNIT – III DISEASE MANAGEMENT 12 Hours
a) Immunity – Types of immunity and its importance
b) Communicable Diseases – causes, modes of spread and their prevention – Tuberculosis, Malaria, Typhoid, Cholera and Small pox.
c) Non-Communicable Diseases – Diabetes, Hypertension, Stroke and Coronary heart disease.
UNIT – IV HEALTH AWARENESS 10 Hours
a) AIDS awareness – Causes – Symptoms - Prevention  
b) Family Planning.  
c) Contemporary health problems – Ill effects of tobacco, Alcohol and drugs.  
d) Role of voluntary health organizations – WHO, UNICEF, IRCS, ILO– Indian Red Cross Society, ICCW, IMA.

UNIT – V SAFETY EDUCATION 11 Hours
a) Meaning and definition of accident, safety and safety education  
b) Factors affecting safety  
c) The need of teaching safety education.  
d) Safety in school, physical education and sports, playground, gymnasium and swimming pool.  
e) Safety on camps.

TEXT BOOK

REFERENCES
1. Foundation of Health Harper & Bros  
2. Mangal S.K and Chndra P.C Health and Physical Education  

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COMPULSORY CORE LAB
PRACTICAL- II- ATHLETICS

UNIT I - HURDLES RACE 10 Hours
Hurdles – High and Low – Hurdle clearance

UNIT – II 10 Hours
Running in between the Hurdles (3 stride and 5 stride pattern).
UNIT – III RELAY
10 Hours
Relay Exchange – Visual, Non-visual exchange (up sweep, down sweep and push technique).

UNIT – III
10 Hours
Fixing runners at different zones

UNIT – V
10 Hours
a) Rules and their Interpretations.
b) Record Note.

TEXT BOOK

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Any one of the Major Games:- Cricket, Tennis & Kho-Kho

PRACTICAL-II-GAMES

UNIT – WARMING- UP
10 Hours
a) General Warming – up
b) Specific Warming – up

UNIT – II FUNDAMENTAL SKILLS
10 Hours
The skills of the game / sport are to be taught under the following heads.
a) Stance / Approach
b) Execution
c) Follow Through

UNIT – III TEACHING STAGES
10 Hours
Progressive teaching stages of skills.
a) Lead up activities.
b) Coaching of skill in relation to the situation.
UNIT – IV TECHNICAL / SKILL TRAINING 10 Hours
The skills of the sports / game will be taught with the help of the following exercise.
a) Preparatory exercise.
b) Basic exercise.
c) Supplementary exercise.

UNIT – V TACTICS AND STRATEGY 10 Hours
a) Individual Tactics (Attack, Defense and high performance)
b) Team tactics (Attack, Defense and high performance)
c) Selected Rules and their Interpretations.

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ALLIED
SAFETY EDUCATION AND FIRST AID
UNIT - I 12 Hours
a) Meaning and Definition of Safety and Safety Education.
b) Factors Contributing Safety-Objectives of teaching programme on Safety.
c) Meaning and Definition of Accident-Types of Accident.
d) Need of teaching Safety Education.
e) Safety against Poisons- Animals- Insects- Instruments –Infected water.

UNIT - II 10 Hours
Safety at Home – Safety at School-Safety on the Roads (Traffic rules and regulations, traffic signals, Traffic, symbols)
a) Safety in Physical Education and Sports- Safety in Play area,Gymnasium – Swimming Pool
b) Safety on camps.

UNIT - III 12 Hours
Meaning and Definition of First Aid.
a) The aims of first aid.
b) The responsibility of the First aider.
c) Priority of the treatment by First aider.

UNIT - IV 12 Hours
a) Fracture – Causes – Types- Symptoms- Management.
b) Dislocation-Causes –Symptoms-Management
c) Sprain - Causes - Symptoms - Management - RICE Technique.
d) Strain - Causes – Symptoms - Management
e) Cramp - Causes - Symptoms - Management
f) Wounds - Causes - Types - Management
g) Bleeding - Types - Forms - Symptoms - Management.

UNIT V

Unconsciousness - Causes - Symptoms - Management.
a) Fainting - Causes - Symptoms - Management.
b) Heart Attack - Causes - Symptoms - Management.
c) Epilepsy - Causes - Symptoms - Management.
d) Stroke - Causes - Symptoms - Management.
e) Asthma - Causes - symptoms - management.
f) Artificial respiration.
g) First Aid for Shock - Drowning - Poisoning - Dog bite - Snake bite - Burn

TEXT BOOK

REFERENCES
2. Bedi Yashpal "Social and Preventive medicine".
3. Park and Park "Preventive and social medicine"

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UNIT- I Role of Yoga in Diseases

Yogic Concepts of human body – role of asanas, pranayama and meditation in various diseases like diabetes, hypertension, coronary heart diseases, asthma arthritis, obesity, back pain etc..

UNIT- II Role of yoga in Psychological Problems

Anxiety, depression, phobia, fatigue, nervousness, Neurosis
UNIT- III Mind
Power of Mind-Functions and powers of conscious mind-subconscious mind-sanskar re-engineering-different states of mind-how to use our mind.

UNIT- IV Personality Development
  Interpersonal Skills and drills
  1. Holistic health care
  2. Positive Thinking
  3. Verbal-Non-Verbal Communication
  4. Empathy-Ability to understand
  5. Stress Management

UNIT-V Value Education
  1. Inculcation of Living values
  2. Co-Operation ,freedom, Responsibility
  3. Happiness, Love& Peace
  4. Humility,respect,Honesty
  5. Simplicity,Tolerance,Unity

REFERENCES
  1. Dr. Krishna Raman: A matter of health (Integration of Yoga and western medicine for prevention and cure)(Chennai east west books (Madras) Pvt .Ltd 1998)
  3. G.Ravindran: Management Science conflict (Manivasakar publication 2008 Chidambaram .)

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INSTRUCTIONAL OBJECTIVES:
At the end of this course, the students will be able to
  1. Communicate fluently
  2. Develop skills in listening, speaking, reading and writing

COURSE REQUIREMENT: At the end of every unit, the students will be expected to submit an assignment or make a presentation as a part of internal assessment.
UNIT I - LISTENING SKILL
Listening comprehension and response through various modes- face-to-face conversations, telephone conversations, reading out written material, audio-video recorded material, mimes.

UNIT II - SPEAKING SKILL
Group communication- Features of an effective, fluent speech through regular practice-role-play, extempore-situational conversations-Greetings, requests, demands, instructions and enquiries.

UNIT III - READING SKILL
Reading Comprehension-Poems, passages- conversations, short messages, e-mails, formal/informal letters, Phonics, Speed Reading, Reading comprehension strategies.

UNIT IV - WRITING SKILL
Letter Writing- Formats and language- Types-Personal, Business, Applications, Thanks, Invitation, Condolence, Requests, Complaints-E-mail etiquette. Reports, Essay Writing.

UNIT - V
Interpersonal and intrapersonal communication- Ways to communicate in different scenarios- job interview, business meeting, project submission/proposal, informal gathering, speech for a large audience, a debate etc.- dress code, Eye contacts, body language and handshakes.

TEXT BOOK
1. Soft Skills- Know You and Know the World, Author-Dr.K.Alex.

REFERENCE
SEMESTER -V

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COMPULSORY CORE
THEORIES OF MAJOR GAMES – PART:III

UNIT- I KABADDI AND KHO-KHO  
12 Hours

- a) Origin, History and development of the game.
- b) Fundamental skills-systems of play.
- c) Layout of the courts with specifications.
- d) Rules of the game and officiating techniques.
- e) National and state level organizations.

UNIT - II BASKETBALL AND HANDBALL  
12 Hours

- a) Origin, History and development of the game.
- b) Fundamental skills- systems of play.
- c) Layout of the courts with specifications.
- d) Rules of the game and officiating techniques.
- e) International, National and State level organizations.

UNIT -III FOOTBALL  
12 Hours

- a) Origin, History and development of the game.
- b) Fundamental skills-systems of play.
- c) Layout of the Football field with specification.
- d) Rules of the game and officiating techniques.
- e) International, National and State level organizations.

UNIT- IV HOCKEY  
12 Hours

- a) Origin, History and development of the game.
- b) Fundamental skills-systems of play.
- c) Layout of the Hockey field with specification.
- d) Rules of the game and officiating techniques.
- e) International, National and State level organizations.

UNIT- V CRICKET AND VOLLEYBALL  
12 Hours

- a) Origin, History and development of the game.
- b) Fundamental skills-systems of play.
- c) Layout Cricket oval + volley ball court with specification.
- d) Rules of the game and officiating techniques.
International, National and State level organizations.

**TEXT BOOK**


**REFERENCES**

6. Dr. Anil Sharma O.P. Sharma Rules of games sports publication 4264/3

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**COMPULSORY CORE**

RESEARCH AND STATISTICS FOR PHYSICAL EDUCATION

Note 50% problem should be asked while setting question paper

**UNIT – I**

12Hours

a) Research- Meaning and Definition.

b) General Types of research-Basic, Action and Applied research.

c) Specific classification of research-Comparative, Relationship, Predictive, Experimental, Historical and case study research.

d) Need and importance of research in Physical Education and Sports.
UNIT – II
Meaning and Definition of Statistics-History of Statistics
a) Types of Statistics
b) Data – Quantitative and Qualitative data – Grouped and Un-Grouped data.
c) Need and Importance of Statistics in Physical Education and Sports.

UNIT – III
a) Measures of Central Tendency- Mean, Median and Mode – Definitions
b) Computation of Mean, Median and Mode from the Un-grouped data and discrete data.
c) Specific Characteristics and Uses of Measures of Central Tendency.
e) Computation of Standard deviation, Quartile deviation and Mean deviation
Standard deviation from the Un-grouped data.

UNIT – IV
a) Normal Curve and its Properties – Homogeneous and Heterogeneous groups
–Divergence from Normality- Skewness and Kurtosis.
b) Percentiles, Deciles and Quartiles

UNIT – V
a) Meaning and Definition of Correlation and its types.
b) Computation of Product Moment Correlation from the Un-grouped data.
c) Rank Order Correlation – Computation.

TEXT BOOK

REFERENCES
1. Dhananjoy Shaw – Fundamental Statistics in Physical Education and Sports Sciences

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COMPULSORY CORE LAB

47B. SC (Physical Education) 2015-2016
PRACTICAL-III: ATHLETICS

UNIT – I
Explain the various stages in – Long jump.
a) Demonstrate the various stages in – Long jump

UNIT – II
a) Explain the various stages in – Triple jump.
b) Demonstrate the various stages in – Triple jump

UNIT – III
Explain and Demonstrate the various stages in – High jump

UNIT – IV
Rules and their Interpretations.

UNIT – V
Record Note.

TEXT BOOK

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Any one of the Major Games:- Basketball, Hand ball

UNIT – I WARMING – UP
a) General Warming – up
b) Specific Warming – up

UNIT – II FUNDAMENTAL SKILLS
The skills of the game / sport are to be taught under the following heads.
1. Stance / Approach
2. Execution
3. Follow Through

UNIT – III TEACHING STAGES
1. Progressive teaching stages of skills.
2. Lead up activities.
3. Coaching of skills in relation to the situation.

UNIT – IV TECHNICAL / SKILL TRAINING 10Hours
a) The skills of the sports / game will be taught with the help of the following exercise.
b) Preparatory exercise.
c) Basic exercise.
d) Supplementary exercise.

UNIT – V TACTICS AND STRATEGY 10Hours
a) Individual Tactics (Attack, Defence and high performance)
b) Team Tactics (Attack, Defence and high performance)
c) Selected Rules and their Interpretations.

TEXT BOOK

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CORE ELECTIVE -I
CARE OF ATHLETIC INJURIES

UNIT – I  15Hours
c)  Posture Deviations and the Corrective Exercise for Kyphosis, Lordosis, and Scoliosis, Knock knee, Bowleg and Flat foot.

UNIT – II  10Hours

UNIT – III  12Hours
Massage – History of Massage – Swedish Massage System – Points to be considered in giving Massage – Contra -indication of Massage – Physiological and Psychological Effects of Massage.
a)  Classification of Massage Manipulation – Stroking, Pressure, Percussion, Shaking Manipulations – Self Massage Manipulation Techniques.

UNIT – IV  Hours10
a)  Meaning of Therapeutic Exercises and Rehabilitation
b)  Physiological Classifications of Movements-Voluntary and Involuntary Movements
c)  Therapeutic Movements – Passive, Active, Assistive and Resistive Movements.

UNIT – V  13Hours
Types of Crutches- Types of Tractionss-Equipments used in Exercise Therapy (Pronator, Supinator, Wobble Board, Wall bar, Pulley Circuits, Shoulder Wheel etc)
a)  Reconditioning- Types of Reconditioning Programmes.
b)  Treatment of Patientsin Individual or in groups/Classes.

TEXT BOOK

REFERENCES
CORE ELECTIVE –II

04502 –RECREATION, CAMPING AND YOUTH LEADERSHIP

UNIT – I MEANING, SCOPE AND OBJECTIVES OF RECREATION 12 Hours

UNIT – II AGENCIES OF RECREATION 12 Hours
Agencies offering recreation-Facilities to the public-individual and home recreation, government and commercial agencies. Qualities and qualifications of recreation leaders-Types of leaders and their roles

CAMPING
UNIT – III MEANING AND TYPES OF CAMPING 10 Hours
Significance of camping selection and layout of camp site
Objectives of Camping – Types of camp

UNIT – IV ORGANIZATION AND ADMINISTRATION 10 Hours
Organization and administration of leadership training camp and supervisor – camp programme and activities – Evaluation of camp work

YOUTH LEADERSHIP
UNIT – V NEED AND IMPORTANCE OF LEADERSHIP, SELECTION AND TRAINING OF LEADERS 16 Hours
Leadership-The nature of play
Leadership and youth
Leadership-The need of rural children for play
Training of recreation leaders
Preliminary training – courses in colleges and universities

TEXT BOOK
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INSTRUCTIONAL OBJECTIVES:
1. To gain knowledge on the importance of natural resources and energy.
2. To understand the structure and function of an ecosystem.
3. To imbibe an aesthetic value with respect to biodiversity, understand the threats and its conservation and appreciate the concept of interdependence
4. To understand the causes of types of pollution and disaster management.
5. To observe and discover the surrounding environment through field work.

UNIT I - INTRODUCTION TO NATURAL RESOURCES/ENERGY (9 Hours)
Environmental Studies: Definition, scope, objectives and awareness- Introduction to natural resources: food, forest, water and energy – Renewable and non renewable resources-coal, oil, tidal, wind, geothermal, solar, biomass(over view) – nuclear fission and fusion-nuclear energy.

UNIT II - ECOSYSTEMS (9 Hours)
Concept of an ecosystem-structure and function of an ecosystem-producers, consumers and decomposers- ecological succession- food chains(any 2 eg)- food webs(any 2 eg)-ecological pyramids.

UNIT III - BIODIVERSITY AND ITS CONSERVATION (9 Hours)

UNIT IV-ENVIRONMENTAL POLLUTION /DISASTER MANAGEMENT (9 Hours)
Definition-causes, effects and control measures of : Air, Water and Soil pollution- e-waste management- Disaster management: Natural and man made- food/earthquake/cyclone, tsunami and landslides.

UNIT V - SOCIAL ISSUES AND THE ENVIRONMENT (9 Hours)
Sustainable development- Climate change: global warming, acid rain, ozone layer depletion and nuclear radiation- Environment Protection Act (any imp 2) air, water, wildlife and forest.

FIELD WORK
1. Students will visit any one of the following place of interest and submit a written report by the end of the semester:
2. Visit to a hospital/industry/canteen for solid waste management
3. Visit to a chemical industry to study about the practices followed there for waste disposal
4. Visit to Vandalur zoo for study of animal conservation/plants- flora and fauna
5. Study of simple ecosystems-lake/hill slopes
6. Naming the trees in the campus at SRM
7. Study of common plants, insects, birds in the neighbourhood
8. Study of common diseases and their prevention

TEXT BOOKS

REFERENCES

e-BOOK
1. BharuchaErach, The Biodiversity of India, Mapin Publishing Pvt. Ltd., Ahmedabad – 380013, India, Email: mapin@icenet.net (R)
SEMESTER – VI

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COMPULSORY CORE
TRACK AND FIELD – PLANNING, CONSTRUCTION AND RULES

UNIT – I INTRODUCTION
Types of Track Standard and nonstandard track.

a) Types of running surface mud, cinder, Synthetic, and Polymeric rubber track.
b) Lay down and construction of mud track

UNIT – II NON-STANDARD TRACK

a) Lay out and Markings of nonstandard track 200 meter with different CDR and RDR
b) Markings – Stagger Distance in 200 meter run
c) Markings - 800 meter run and 1500 meter
d) Relay Markings 4 x 100 relay

UNIT – III STANDARD TRACK

a) Lay out and Markings of Standard Track 400 meters track with 8 lanes with different CDR and RDR.
b) Need for Standard Track
c) Stagger Distance – 200 meter and 400 meters
d) Arc start marking - 800 meter, 1500 meters and 5000 meters
e) Break line and diagonal excess

UNIT – IV MARKINGS FOR HURDLES AND RELAY RACES FOR STANDARD TRACK

a) Markings – 100 meter Hurdles– 110 meter Hurdles.
b) Markings for 400 meter Hurdles.
c) Relay Races – 4 x 100 meter relay, 4 x 400 meter relay

54B. SC (Physical Education) 2015-2016
UNIT – V FIELD EVENTS – SECTORS AND RUNWAYS 10Hours
a) Sector Markings – Shot put, Discus, Hammer.
b) Runway with Arc – Javelin,
c) Horizontal Jumps – Long jump and Triple Jump run ways
d) Vertical Jumps – High jump and Pole vault

TEXT BOOK

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COMPULSORY CORE
SCIENCE OF SPORTS TRAINING

UNIT – I SPORTS TRAINING 12Hours
a) Meaning and Definition of Training and Sports training.
b) Physical Fitness components
c) Principles of Sports Training.
d) Warm – up and Warm – down.

UNIT – II SPORTS TRAINING LOAD 12Hours
a) Meaning Sports of Training Load.
b) Important an features of Sports Training Load – Intensity, Density, Extent and Volume.
c) Types of Training Load.
d) Principles of Training Load.
e) Training and Adaptation – Super compensation.
f) Overload – Causes, symptoms and remedies.
UNIT – III PLANNING AND PERIODISATION 10 Hours
a) Planning – Short term and Long term plan.
a) Sports competition – Build up competition, Main competition and Major competition.

UNIT – IV DEVELOPMENT OF IMPORTANT MOTOR QUALITIES 15 Hours
a) Strength – Types of Strength – Factors determining Strength – Methods of Strength improvement.
b) Endurance – Types of Endurance – Factors determining Endurance – Methods of Endurance improvement.
c) Speed – Important factors determining Speed – Training for improving Speed – Speed barrier.
d) Flexibility – Types of Flexibility – Factors determining Flexibility – Improvement of Flexibility.

UNIT – V TYPES OF TRAINING 11 Hours

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COMPULSORY CORE LAB
PRACTICAL-IV- ATHLETICS

UNIT – I 12 Hours
a) Explain the various stages in – shot put.
b) Demonstrate the various stages in – shot put.

UNIT – II 12 Hours
a) Explain the various stages in – Discus throw.
b) Demonstrate the various stages in – Discus throw.

UNIT – III 12 Hours
Explain and demonstrate the various stages in – Javelin throw.
UNIT – IV
Rules and their Interpretations. 10Hours

UNIT – V
Record Note. 04Hours

TEXT BOOK

REFERENCES
1. Wright gary (1990), a step guide Track & Field troll associates mahwan, new jeysey

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Any one of the Major Games: Throw ball, Table Tennis & Ball Badminton

PRACTICAL-IV: GAMES

UNIT – I WARMING – UP 10Hours
a) General Warming – up
b) Specific Warming – up

UNIT – II FUNDAMENTAL SKILLS 10Hours
a) The skills of the game / sport are to be taught under the following heads.
   1. Stance / Approach
   2. Execution
   3. Follow Through

UNIT – III TEACHING STAGES 10Hours
a) Progressive teaching stages of skills.
b) Lead up activities.
c) Coaching of skills in relation to the situation.
UNIT – IV TECHNICAL / SKILL TRAINING 10 Hours
a) The skills of the sports / game will be taught with the help of the following exercise.
b) Preparatory exercise.
c) Basic exercise.
d) Supplementary exercise.

UNIT – V TACTICS AND STRATEGY 10 Hours
a) Individual Tactics (Attack, Defence and high performance)
b) Team Tactics (Attack, Defence and high performance)
c) Selected Rules and their Interpretations.

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CORE ELECTIVE-III

APPLIED KINESIOLOGY

UNIT – I 10 Hours
a) Meaning and Definitions.
b) Brief history of Kinesiology.
c) Role of Kinesiology in Physical Educational and Sports.

UNIT – II 15 Hours
a) Classification of Joints and Muscles.
b) Terminology of Fundamental movements at the Joints – Flexion, Extension Abduction, Adduction, Rotation, Circumduction, Pronation, Supination, Inversion, Eversion, Plantar Flexion and Dorsi Flexion, etc.
c) Multi – Joint Muscles.
d) Axes and Planes of motion – Sagittal, Frontal and Transverse planes.
UNIT – III  
10 Hours  

UNIT – IV  
10 Hours  
Location, Origin, insertion and action of muscles at major and minor Deltoid, Biceps, Triceps, Trapezius, Rectus abdominis, Quadriceps groups, Pectorali, Gastrocnemius.

UNIT – V  
15 Hours  

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CORE ELECTIVE-III  
EXERCISE PHYSIOLOGY  

UNIT – I  
15 Hours  
a) Meaning and Scope of Physiology of exercise.  
b) Structure and function of skeletal muscles.  
c) Types of Muscle fibers – Red and White.  
d) Types of Muscular contraction – Isotonic, Isometric, Isokinetic and contraindications.
UNIT – II CARDIO – VASCULAR SYSTEM 10 Hours
a) Effect of exercise on circulatory system – Pulse rate, Stoke volume, cardiac output, blood pressure etc.

UNIT – III RESPIRATORY SYSTEM 12 Hours
a) Effect of exercise on respiratory system – Breath holding time, respiratory rate, vital capacity, O₂ debt, second wind etc.

UNIT – IV MUSCULAR AND NERVOUS SYSTEMS 11 Hours
a) Effect of exercise on Muscular system – Hypertrophy, Hypotrophy etc.
b) Effect of exercise on Nervous system.

UNIT – V ENERGY METABOLISMS 12 Hours
a) Metabolism – Anabolism and Catabolism.
b) Sources of Energy – Aerobic and Anaerobic Metabolism, Fat metabolism and protein metabolism.

TEXT BOOK

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Note: In VI Semester Students can chose any one of the major games as specialization and Attend practical classes and prepare a record book. At the end of the VI semester there will be an University practical Examination and they should submit a record book the examiner will award mark for practical and record 4 credits.

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INSTRUCTIONAL OBJECTIVES:
At the end of this course, the students will be able to,
1. Understand the concept of Personality Development
2. Summarize the principles of proper courtesy as practiced in the workplace

UNIT – I (6 Hours)
Introduction-Personality –Definition, Determinants of Personality-Personality Characteristics and Behaviour at work-Big Five dimensions of Personality

UNIT – II (6 Hours)
Personality Types- Sensation –Intuitive- Feelers & Thinkers category - Filling the GAP-Grooming, Attitude and Personality- Time management-Projective Personality Tests.

UNIT - III (6 Hours)

UNIT – IV (6 Hours)
Ethical Theories – Classification- Basic Moral theories –Peace - Justice Ethical Decision Making - Structure - competence in professional ethics- How to use ethical reasoning-approaches and methods of resolving ethical dilemmas

UNIT – V (6 Hours)
Development of Ethical corporate Behaviour – Factors affecting managerial work - codes of ethics- Importance of attitudes in personal and professional lives.

TEXT BOOKS

REFERENCES

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