



VIRUDHUNAGAR HINDU NADARS' SENTHIKUMARA NADAR COLLEGE
 (An Autonomous Institution Affiliated to Madurai Kamaraj University)
 [Re-accredited with 'A' Grade by NAAC]
 Virudhunagar – 626 001.

Course Name: BACHELOR OF SCIENCE

Discipline : PHYSICAL EDUCATION

Choice Based Credit System

(For those who join in June 2022 and after)

Course Scheme:

SEMESTER-I

Part	Subject	Title of the Paper	Hrs	Cr	Int.+Ext.= Total	Local	Regional	National	Global	Professional Ethics	Gender	Human Values	Environment & Sustainability	Employability	Entrepreneurship	Skill Development	Subject Code	Revised / New / No Change / Interchanged & Percentage of revision
I	Lang	இக்கால இலக்கியம்	6	3	25+75=100												U22PT11	
II	English	English - Paper I	6	3	25+75=100												U22PE11	
III	Core	Fundamentals of Physical Education and Sports	5	4	25+75=100			✓		✓		✓				✓	U22PEC11	33% Revised
III	Core	Game of Specialization – I (Basketball, Kabaddi, Tennis and Volleyball)	6	4	25+75=100			✓		✓						✓	U22PEC12	20% Revised
III	Allied	Rules and Regulations of Track & Field Events- I and Gymnastics	5	4	25+75=100			✓		✓						✓	U22PEA11	15% Revised
III	Core Practical	LAB: Game of Specialization	3	-	-			✓		✓						✓	-	-
III	Allied Practical	LAB: Track & Field Events- I and Gymnastics	3	-	-			✓		✓						✓	-	-
IV	Part IV SLC	Value Education	-	3	25+75=100			✓		✓		✓				✓	U22VE11	
				21														



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SEMESTER-II

Part	Subject	Title of the Paper	Hrs	Cr	Int.+Ext.= Total	Local	Regional	National	Global	Professional Ethics	Gender	Human Values	Environment & Sustainability	Employability	Entrepreneurship	Skill Development	Subject Code	Revised / New / No Change / Interchanged & Percentage of revision
I	Lang	அற இலக்கியமும் காப்பிய இலக்கியமும்	6	3	25+75=100												U22PT21	
II	English	English - Paper II	6	3	25+75=100												U22PE21	
III	Core	Game of Specialization – II (Football, Handball, Hockey and Kho Kho)	6	4	25+75=100			✓		✓						✓	U22PEC21	20% Revised
III	Core Practical	LAB: Game of Specialization	5 (3+2)	4	40+60=100			✓		✓						✓	U22PECP21/ U19PEP21	No Change
III	Allied Practical	LAB: Track & Field Events – I and Gymnastics	5 (3+2)	4	40+60=100			✓		✓						✓	U22PEAP21/ U19PEP22	No Change
IV	Part IV SLC	Environmental Studies	-	2	25+75=100			✓		✓		✓			✓		U22ES21	
				20														



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Year	Part	Subject	Credit	Int=Total	Code
I & II	Part V	NSS/ NCC/ Physical Education – Sports/YRC/RRC	3	100=100	U2NS4/ U2NC4/ U2PS4/ U1YR4/ <u>U2RR4</u>



PART III - SEMESTER-I

Core Paper

FUNDAMENTALS OF PHYSICAL EDUCATION AND SPORTS

Contact hours per week: 5

Contact hours per Semester: 75

Subject Code: **U22PEC11**

Credit: 4

COURSE OUTCOME:

On successful completion of the course the students shall be able to

CO 1: Understand the curriculum of Physical Education and Physical Exercise.

CO 2: Know the importance of Physical Fitness.

CO 3: Analyze the Olympic and International Sports activities.

CO 4: Gain the knowledge of Youth welfare and Indian Sports activities.

UNIT I INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS (15 Hours)

Definition and meaning of physical education – Need and importance of physical education - Aim and objectives of physical education and sports

UNIT II SCIENCE OF PHYSICAL EDUCATION AND SPORTS (15 Hours)

Scientific basis of physical education and sports: Contribution of allied sciences - Anatomy - Physiology - Kinesiology - Psychology - Sociology – Biomechanics – Sports journalism and sports tourism.

UNIT III NATIONAL PHYSICAL EDUCATION PROGRAMME (15 Hours)

Sports Authority of India (SAI) and its schemes – History – Aim and objectives – National coaching schemes – National awards and honors to outstanding sports persons and coaches.

UNIT IV OLYMPICS AND CONTINENTAL GAMES (15 Hours)

Ancient and modern Olympics - Olympic flags – Olympic motto – Indian Olympic committee - International Olympic committee - Marathon race - Asian games - Commonwealth games - Indian Olympic association (IOA) - School games federation of India (SGFI) - Fit India programme.

UNIT V YOUTH WELFARE AND SPORTS DEVELOPMENT (15 Hours)

Sports development authority of Tamilnadu - Objectives – Structure of organization – Schemes and competitions – Nehru yuvak kendra (NYK) - National cadet corps (N.C.C) – National service scheme (N.S.S) – All India inter university tournaments — Khelo India.

TEXT BOOK

Jain, D. 2005, “Principles of Physical Education”, Khel Sahitya Kendra, First Edition, New Delhi.

REFERENCE BOOKS

1. Sharma O.P., 2005, “History of Physical Education”, First Edition, Khel Sahitya Kendra, New Delhi.
2. Narayanan .C. and S.Harriharasarma., 2005, “An Analytical History of Physical Education”, South India Press , Karaikudi.
3. Kamlesh, M.L, 2011, “Fundamental Elements of Physical Education”, KSK Publishers & Distributors, New Delhi.
4. Shekar, K.C., 2004, “Foundation of Physical Education & Sports” First Edition, Khel Sahitya Kendra Publications, New Delhi.
5. Yadvinder, S, 2005, “Physical Education and Sports Science" First Edition, Sports Publications, New Delhi.



GAME OF SPECIALIZATION – I

(BASKETBALL, KABADDI, TENNIS AND VOLLEYBALL)

Contact hours per week: 6

Contact hours per Semester: 90

Subject Code: U22PEC12

Credit: 4

COURSE OUTCOME:

On successful completion of the course the students shall be able to

CO 1: Analyze the History of all Games.

CO 2: Know the values of every games and Sports activities.

CO 3: Understand the Indian game of Kabaddi.

CO 4: Investigate the latest changes in Rules and Regulation International Sports and Tournaments.

UNIT I HISTORY AND WORKING FEDERATIONS (18 Hours)

History - Working federations- Major tournaments - National, intra continental and world championship - Basketball, Kabaddi, Tennis and Volleyball.

UNIT II BASKETBALL (18 Hours)

Layout and maintenance of basketball court- Equipment and specification - Rules and regulation of the game - Fundamental skills – Passing and its types. Dribbling and its types Shooting and its types – Rebound and its types- Defense and its types.

UNIT III KABADDI (18 Hours)

Layout and maintenance of kabaddi court for Men & Women - Rules and regulation of the game - Offensive skills - Touching with the hand - Leg thrust - Side sick - Mule kick. Defensive skills - Wrist catch - Ankle catch - Knee catch - Trunk catch - Chain formation – Hand Grip – Pro Kabaddi (Self Studies).

UNIT IV TENNIS (18 Hours)

Layout and maintenance of tennis court – Various types of tennis court - Equipments and its specification. Rules and regulation of the game - Fundamentals skills – Service – Volley – Ground stroke – Lobs and smash - Basic techniques - Grip - ready position - Foot work - Backswing - Point of impact - Follow through.

UNIT V VOLLEYBALL (18 Hours)

Layout and maintenance of volleyball court- Equipment and its specification - Rules and regulation of the game - Fundamentals skills – Service – Various types of services - Pass – Spike – Block - Techniques- Dives and rolls - Players stance - Receiving the ball.

TEXT BOOK

Thakur, J.K., 2013 “Measurement of Playing Field”, Sports Publications, New Delhi

REFERENCE BOOKS

1. Monika, A., 2005, “Basketball”, Sports Publications, First edition, New Delhi.
2. Kirubakar, and S. Gladys., 2009, “Tennis Skills: A Teacher's Guide”, First edition, S.S.Publications, Chennai.
3. Monika, A., 2005, “Kabaddi”, Sports Publications, First edition, New Delhi
4. Monika, A., 2005, “Volleyball”, Sports Publications, First edition, New Delhi.
5. Monika, A., 2005, “Khokho”, Sports Publications, First edition, New Delhi.



ALLIED PAPER

**RULES AND REGULATIONS OF TRACK & FIELD EVENTS - I
AND GYMNASTICS**

Contact hours per week: 5

Subject Code: U22PEA11

Contact hours per Semester: 75

Credit: 4

COURSE OUTCOME:

On successful completion of the course the students shall be able to

CO 1: Critically reflect on IAAF Events.

CO 2: Identify and triggering out the best Sports persons.

CO 3: Define and apply specific techniques for all the Track and Field events.

CO 4: Strengthen and deepen critical Running, Jumping and Throwing through Athletic practices.

UNIT-I INTRODUCTION TO ATHLETICS AND SPRINT EVENTS (15 Hours)

Introduction to athletics – History of athletics – AFI - IAAF- Track and field events - Combined events -. Sprinting rules and interpretations – Types of start- Straight running Technique - Curve running technique - Technique at the finish.

UNIT-II MIDDLE AND LONG DISTANCE RUNNING (15 Hours)

Events of Middle and Long distance running - Rules and interpretations - Arm action - Foot placement - Body position – Middle and long distance finishing techniques.

UNIT- III LONG JUMP AND SHOT-PUT (15 Hours)

Long Jump - Rules and interpretations- Approach run - Takeoff - Flight phase - landing .Shot-Put - Rules and interpretations - Holding the shot - Placement of the shot - Starting position - Release.

UNIT – IV HIGH JUMP (15 Hours)

High Jump - Rules and interpretations – Styles - Western roll – Straddle – Fosbury flop -Approach run - Take off - Bar clearance - Landing.

UNIT – V INTRODUCTION TO GYMNASTICS (15 Hours)

History of gymnastics - Working federations –Equipments and specifications – Artistic gymnastics – Men apparatus: Floor Exercises-Vault – Parallel bar - Horizontal bar Women apparatus: Vault-Uneven parallel bars – Balancing beam – Floor exercises – Rhythmic gymnastics (Self studies).

TEXT BOOK

Valson. C.K., 2014, “Competition Rules Hand Book”, Athletic Federation of India, New Delhi.

REFERENCE BOOKS

1. Loyd, R., 2011 "Gymnastics Skills Techniques Training", First edition, The Crouched Press, New Delhi.
2. Monika, A., 2005 “Athletics Coaching Manual”, Sports Publication, New Delhi.
3. Mitchell, D, B.Davis and L. Raim., 2000, “Teaching Fundamental Gymnastics Skills”, First edition, Khel Sahitya Kendra, New Delhi
4. Sandhu, V., 2006, “Teaching & Coaching Athletics”, Sports Publication, New Delhi.
5. Sharma,N.P., 2005, “ Fundamentals of Track and Field", First edition, Khel Sahitya Kendra, New Delhi.



SEMESTER – II

GAME OF SPECIALIZATION – II

(FOOTBALL, HANDBALL, HOCKEY AND KHO KHO)

Contact hours per week: 6

Contact hours per Semester: 90

Subject Code: U22PEC21

Credit: 4

COURSE OUTCOME:

On successful completion of the course the students shall be able to

CO 1: Analyze the History of all Games.

CO 2: Know the values of every games and Sports activities.

CO 3: Understand the Indian game of Kabaddi.

CO 4: Investigate the latest changes in Rules and Regulation International Sports and Tournaments.

UNIT I HISTORY AND WORKING FEDERATIONS (18 Hours)

History - Working federations- Major tournaments - National, intra continental and world championship –Football, Handball, Hockey and Kho Kho.

UNIT II FOOTBALL (18 Hours)

Layout and maintenance of football field - Equipment and specification - Rules and regulation of the game - Fundamental skills - Passing - Dribbling - Receiving - Types of kicks: Low drive - lifted kicks - half volleys - punt kicking – Types of volley - Shooting - Heading - Goal keeping.

UNIT III HANDBALL (18 Hours)

Layout and maintenance of handball court – Equipments and specification - Rules and regulation of the game - Offensive skills – Passing – Dribbling- Shooting. Defensive skills: Zone defense – Man to man defense.

UNIT IV HOCKEY (18 Hours)

Layout and maintenance of hockey field - Equipments and specifications - Rules and regulation of the game – Fundamental skills- Grip - Dribbling - Hitting - Stopping - Rolling - Push - Scoop – Flick.

UNIT V KHO-KHO (18 Hours)

Layout and maintenance of kho kho court for men & women - Rules and regulation of the game - Chasing skills - Pole diving -Sudden change of direction – Tapping – Diving - Grasping direction - Fake kho - Late kho - Giving kho. Running skills - Zig zag – Avoiding - Dodging.

TEXT BOOK

hakur, J.K., 2013 “Measurement of Playing Field”, Sports Publications, New Delhi

REFERENCE BOOKS

1. Kirubakar, and S. Gladly., 2009, “Football: A Teacher's Guide”, First edition, S.S.Publications, Chennai.
2. Monika, A, 2005, "Hockey Coaching Manual”, Sports Publications, First edition, New Delhi.
3. Bhari. B., 2010, “Layout of Play Field”, Sports Publications, New Delhi.
4. Monika, A., 2005, “Handball”, Sports Publications, First edition, New Delhi.



5. Monika, A., 2005, "Kho Kho", Sports Publications, First edition, New Delhi.

LAB: GAME OF SPECIALIZATION

Contact hours per week: 3+5

Contact hours per Semester: 45+75

Subject Code: U22PECP21/U19PEP21

Credit: 4

COURSE OUTCOME:

On successful completion of the course the students shall be able to

CO 1: Gain the practical application during the competitive period Sports events.

CO 2: Identify and put them in the right way of Physical performance.

CO 3: Define and apply specific techniques for all the Team events.

CO 4: Enhance the advanced skills and techniques through the practice of Sports activities.

LIST OF PRACTICALS

GAME OF SPECIALISATION

The students can choose any one of the following games

1. Basketball
2. Kabaddi
3. Tennis
4. Volleyball
5. Football
6. Handball
7. Hockey
8. Kho Kho

The same fundamental skills taught in theory may be taught in practical. Witnessing National, International matches. Watching Sports channels and recorded Sports videos.

TEXT BOOK

Thakur, J.K., 2013 "Measurement of Playing Field", Sports Publications, New Delhi.

REFERENCE BOOKS

1. Monika, A., 2005, "Basketball", Sports Publications, First edition, New Delhi.
 2. Kirubakar, and S. Glady., 2009, "Tennis Skills: A Teacher's Guide", First edition, S.S.Publications, Chennai.
 3. Monika, A., 2005, "Kabaddi", Sports Publications, First edition, New Delhi
 4. Monika, A., 2005, "Volleyball", Sports Publications, First edition, New Delhi.
 5. Monika, A., 2005, "Khokho", Sports Publications, First edition, New Delhi.
 6. Kirubakar, and S. Glady., 2009, "Football: A Teacher's Guide", First edition, S.S.Publications, Chennai.
 7. Monika, A., 2005, "Hockey Coaching Manual", Sports Publications, First edition, New Delhi.
 8. Bhari. B., 2010, "Layout of Play Field", Sports Publications, New Delhi.
 9. Monika, A., 2005, "Handball", Sports Publications, First edition, New Delhi.
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LAB: TRACK AND FIELD EVENT-I AND GYMNASTICS

Contact hours per week:3+5

Contact hours per Semester:45+75

Subject Code: U22PEAP21/U19PEP22

Credit:4

COURSE OUTCOME:

On successful completion of the course the students shall be able to

- CO 1: Understand the strategy and tactics of Track and Field events.
- CO 2: Specify and pick them from the rural for appropriate sports.
- CO 3: Efficacy and hid ended talent bringing out for their high performance in the Sports arena through regular specific physical exercises.
- CO 4: Enhance total Physical Fitness components due to regular practice of Gymnastics.

LIST OF PRACTICALS TRACK AND FIELD EVENTS-I

1. Sprints: Correct Running style emphasizing on proper body position, - crouch start - fixing of the starting Blocks getting off the Block, - Practice of Starts with Blocks - Using Proper Command and Curve running.
2. Middle and Long distance running: Correct running style emphasizing on proper Body position and foot placement - practice of standing start.
3. Long Jump and High Jump- Approach Run, Take Off, Flying Phase / Bar Clearance - Landing.
4. Shot-Put -Hand hold, placement of shot, initial stance, glide, delivery stance

GYMNASTICS

1. General development exercises: With and without apparatus, elements of gymnastic movements with apparatus,
2. Floor exercise: Roll forward, roll backward, hand stand roll forward, roll sideways with stretched body, cart wheel, roll backward to handstand and front split.
3. Vaulting Horse: vaulting horse (men), straddle vault and squat vault circle inward (from uneven support), both the legs.
4. Parallel Bar: Perfect swing on parallel bars, front up rise from upper arms, sitting position straddle, shoulder stand and "L" support, roll forward and backward on upper arms.
5. Horizontal Bar: Perfect swing on horizontal bar, single leg upstart (with straight leg), hip circle forward and hip circle backward. (legs bend), free hip circle rear ways dismount backward (forward).

TEXT BOOK

Valson. C.K., 2014 "Competition Rules Hand Book". Athletic Federation of India, New Delhi.

REFERENCE BOOKS

1. Monika, A., 2005 "Athletics Coaching Manual". Sports Publication, New Delhi.
2. Sandhu, V., 2006 "Teaching & Coaching Athletics". Sports Publication, New Delhi.
3. Sharma, N.P., 2005 "Fundamentals of Track and Field", First Edition, Khel Sahitya Kendra, New Delhi.
- 4 Loyd, R., 2011 "Gymnastics Skills Techniques Training". The Crouched Press. New Delhi.
- 5 .Mitchell, D. Davis.B and L.Raim., 2000 "Teaching Fundamental Gymnastics Skills", First Edition, Khel Sahitya Kendra, New Delhi.



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Program Name: Bachelor of Science
Discipline : Physical Education
(For those who Join in 2019 and after)

Semester	Part	Subject	Hour	Credit	Int+Ext= Total	Local	Regional	National	Global	Professional Ethics	Gender	Human Values	Environment & Sustainability	Employability	Entrepreneurship	Skill Development	Subject Code	Revised/ New/ No Change/ Interchanged If Revised % of Change
III	Language	TAMIL	6	3	25+75=100												U3PT3	
	English	ENGLISH	6	3	25+75=100												U3PE3	
	Core	Human Anatomy	4	4	25+75=100			✓	✓			✓				✓	U19PEC31	New
	Allied	Fundamentals of Test and Measurement in Physical Education	4	4	25+75=100			✓	✓							✓	U19PEA31	New
	Elective	Health Education	4	3	25+75=100			✓	✓	✓	✓	✓	✓				U19PEE31	New
	Skill Based	Introduction to Yoga	2	2	25+75=100			✓	✓			✓				✓	U19PES31	New
	Skill Based-Lab	Lab III Manual of Track and Field	4	2	100+0=100			✓	✓							✓	U19PES3P	New
	Core Practical	Lab IV Game of Specialization	3	-	-			✓	✓							✓	-	New
	Allied Practical	Lab V: Track & Field Events – II and Gymnastics	3	-				✓	✓							✓	-	New
	Language	TAMIL	6	3	25+75=100													U3PT4
English	ENGLISH	6	3	25+75=100													U3PE4	



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IV	Core	Theory of Games and Sports -I	6	5	25+75=100	✓								✓	U19PEC41	New
	Elective	Fitness and Wellness	4	3	25+75=100		✓		✓	✓	✓		✓		U19PEE41	New
	Core Practical	Lab IV Game of Specialization	5 (3+5)	4	40+60=100		✓		✓					✓	U19PEP41	New
	Skill Based Practical	Lab V Introduction to Yoga	4	2	40+60=100		✓		✓				✓		U19PES4P	New
	Allied Practical	Lab VI Track & Field Events – II and Gymnastics	5 (3+5)	4	40+60=100		✓		✓					✓	U19PEP42	
		Physical Education		-	1	-		✓		✓				✓	U2PS4	New



PART III

SEMESTER-III

CORE PAPER – II HUMAN ANATOMY

(For those admitted in June 2019 and later)

Contact hours per week: 4

Credits :4

Contact hours per semester: 60

Subject Code: U19PEC31

COURSE OUTCOMES:

Students, after successful completion of the course, will be able to

CO1: Understand the basic concept of Anatomy and Physiology

CO2: Know about structure and function of muscles and bones

CO3: Learn the structure and functions of heart and lungs

CO4: Know about the structure of brain and glands

CO5: Acquire knowledge about digestive and excretory systems.

UNIT I : INTRODUCTION

(12 Hours)

Definition, Meaning and Scope of Human anatomy and physiology – Need and importance of Human Anatomy - Cell - Microscopic structure of cell - Tissue - Organ - Systems - Various systems in Human Body.

UNIT II MUSCULAR AND SKELETAL SYSTEMS

(12 Hours)

Muscular System: Classification of muscles - Structure and functions of Skeletal muscle – Muscle fiber - Skeletal System: Bones - Structure and functions of bones - Classification of Bones - Joints: Definition - Classification of joints.

UNIT III: CARDIO RESPIRATORY SYSTEMS

(12 Hours)

Cardio vascular system: Structure and functions of heart - Cardiac cycle - Cardiac output - Functions of blood – Respiratory Systems: Structure and functions of Lungs – Internal and external respiration – vital capacity – VO₂ max.

UNIT IV: NERVOUS AND ENDOCRINE SYSTEMS

(12 Hours)

Nervous system: Structure and functions of Brain, Spinal cord, Neuron - Autonomic nervous system - central nervous system – Endocrine System: Structure and Functions of Glands (Pituitary, thyroid, adrenal glands)

UNIT IV: DIGESTIVE AND EXCRETORY SYSTEMS

(12 Hours)

Digestive System: Types of energy resources - Gastro-intestinal system - structures - functions and its parts - Excretory system: Structure of kidney – skin and its functions .

TEXT BOOK

- Muruges. N., (2006). Anatomy, Physiology and Health Education”, First Edition, Sathya Publishers., Chennai.



REFERENCE BOOKS

1. Elaine N., 2010 “Essentials of Human Anatomy and Physiology”, Pearson Education, River, New Jersey.
2. Albart. B., 2006 “Human Physiology”, First Edition, Sports Publications, Chennai. Sivaramakrishnan. S., 2006 “Anatomy and Physiology for Physical Education" Friends Publication, Chennai.
3. Mishra, S.R., 2012, “Physiology of Sports and Exercise” Khel Sahitya Kendra, New Delhi
4. Mishra. S.C., 2005 “Physiology in Sports,” First Edition, Sports Publication, New Delhi.

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III SEMESTER / Part III - ALLIED

FUNDAMENTALS OF TEST AND MEASUREMENT IN PHYSICAL EDUCATION

(For those admitted in June 2019 and later)

Contact hours per week:4

Credits:4

Contact hours per semester:60

Subject Code : U19PEA31

COURSE OUTCOMES:

Students, after successful completion of the course, will be able to

CO1: Understand the concept of test and measurement

CO2: Obtain the procedure of physical fitness tests

CO3: Learn the procedure for measuring various sports skill tests

CO4: Acquire the procedure for identifying the sports performance

CO5: To discriminate the performance based on the fitness and skill tests score.

UNIT I: INTRODUCTION OF TEST AND MEASUREMENT (12 Hours)

Test and Measurement - Meaning – definition - Need and importance of test - Classification of test

UNIT II: PHYSICAL FITNESS TESTS (12 Hours)

Test for Speed, Agility, Flexibility, Strength, Cardio Vascular and muscular Endurance.

UNIT III: MOTOR FITNESS TEST: (12 Hours)

AAHPER Youth Fitness Test – JCR - Barrow Motor Ability Test - Step test (Harvard and Queen's College Test)

UNIT IV: SPORTS SKILL TESTS (i) (12 Hours)

French short serve Badminton test - Knox Basketball test - Schemithals French field Hockey test - Hewitt Swimming Achievement Scale (Men) - Sutcliffe cricket skill test.

UNIT IV: SPORTS SKILL TESTS (ii) (12 Hours)

AAHPER Football test - Cornish Handball test - AAHPER Volleyball test – Broer Miller Forehand - Backhand Drive test



TEXT BOOK

- Verma.H, 2013 "Test and Measurement in Physical Education", Sports Publications.

REFERENCE BOOKS

1. Krishnan, J., 2005 "Evaluation of Physical Education and Sports." First Edition, Sports Publication, New Delhi.
 2. Srivastava.A.K., 2013 "Evaluation in Test and Measurement " Sports Publications, New Delhi.
 3. Sharad.C., 2005 "Reading in Physical Education and Sports" First Edition, Sports Publications, New Delhi.
 4. Veena., V., 2003 "Evaluation in Physical Education", First Edition, Sports Publications., New Delhi.
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ELECTIVE - HEALTH EDUCATION

(For those admitted in June 2019 and later)

Contact hours per week: 4

Credits : 3

Contact hours per semester : 60

Subject Code : U19PEE31

Course Outcomes:

Students, after successful completion of the course, will be able to

CO1: Understand the various dimensions of Health and Health Education

CO2: Acquire the knowledge of personal hygiene and mental health

CO3: Understand the causes of communicable and non-communicable diseases

CO4: Know about the family life education.

CO5: Get knowledge on safety education.

UNIT I : HEALTH EDUCATION

(12 Hours)

Health: Meaning of health - brief description of physical - mental-emotional - social health - Physical fitness and Health related Physical fitness. Health education: Meaning of health education - need - scope – aims and Course Outcomes:.

UNIT I : HYGIENE AND NUTRITION

(12 Hours)

Hygiene: Need and importance of personal hygiene - Environmental hygiene and food hygiene - associated practice related to maintenance and promotion of health Nutrition malnutrition - balanced diet - food alteration and its harmful effect on health. Mental health meaning – Mental health problems of college students.

UNIT III : ENVIRONMENTAL POLLUTION AND DISEASES

(12 Hours)

Environmental pollution: Water - air-land -radiation noise pesticides. Communicable and non communicable diseases: Distinction between communicable and non communicable diseases



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- communicable diseases - mode of spread and their preventions - Non-communicable diseases.

UNIT IV : FAMILY LIFE EDUCATION (12 Hours)

Family Life Education : Family as an institution - types of family - role of family members. Concept of marriage - significance of marriage - factors influencing marriage - getting married - love marriage - arranged marriage - adjustment in marriage

UNIT V SAFETY EDUCATION (12 Hours)

Safety Education: Importance of safety education - for preventing accidents and its general principles. Safety in physical education and sports: Principles of safety in playfields - equipments - dress.

TEXT BOOK

- Aneja, 2013, "Health Education", Sports Publication, New Delhi.

REFERENCE BOOKS

1. Blank F.C. 2002, "Foods and Nutrition", Sixth Edition, Agrobios India Publication, Jodhpur.
 2. Ramachandran.L, and T.J. Dharmalingam. 2010, "Health Education a New Approach," Vikas Publications, New Delhi.
 3. NandaV.K, 2005, "Health Education," Second Edition, Nmol Publication, New Delhi.
 4. Tiwari, S. Raman, Rathor and C. Lal., 2007 "Health Education", APH Publishing, New Delhi.
 4. Nirmala, D.G., T. Krishnammal., and A. Nagalakshmi, 2007, "Physical Education and Health Education", First Edition, Priyakamal Pathipagam, Madurai.
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INTRODUCTION TO YOGA

(For those admitted in June 2019 and later)

Contact hours per week : 2

Credits :2

Contact hours per semester: 30

Subject Code : U19PES31

COURSE OUTCOMES:

Students, after successful completion of the course, will be able to

CO1: Understand the concept of yoga

CO2: Acquire the procedure of doing asana

CO3: Gain the knowledge about the procedure and physiology of bandhas and dristi

CO4: Know the procedure of Pranayama

CO5: Know the procedure of Dharana



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UNIT I: YOGA

(6 Hours)

Introduction - meaning - aim of yoga-types of yoga (Karma Yoga Gnana Yoga - Ashtanga yoga - Bhakti yoga - kundalini yoga - Hatha yoga - concepts and mis concepts about yoga.

UNIT II: ASANAS

(6 Hours)

Suryanamasakar-Yogamudra- Padmasana- Vakrasana, Vajrasana - Ardha-matsyendrasana, - Vipareetakarani - Bhujangasana - Sarvangasana - Dhanurasana - Shirsasana- Matsyasana - Mayurasana – ShalabasanaVrikshasana - Halasana - Tadasana - Patchimotanasana - Makarasana – Shavasana procedures.

UNIT III: KRIYAS

(6 Hours)

Kriyas- Meaning- Types – Procedures – Benefits- contradictions.

UNIT IV: PRANAYAMA

(6 Hours)

Meaning of Pranayama – Types of Pranayama –Nadisudhi- Surya Bedhan- Ujjayi, Shitkari-Sheetali.

UNIT V: MEDITATION AND MUDRAS

(6 Hours)

Meditation- meaning – Types- Om chant- benefits – Mudras – Meaning, types and benefits.

TEXT BOOK

- Iyengar, B.K.S., 2005, "Light on Yoga" Thirty Second Editions, Harper Colling Publication, London.

REFERENCE BOOKS

- Gore.C.S., 2011 "Yoga and Health", Sports Publications, New Delhi.
- Pramanik.T.N., 2013, "Yoga for Healthy Body", Sports Publications, New Delhi.
- Qureshi.S.S., 2013, "Yoga Cures Diabetes" Sports Publications, New Delhi,
- Srivastava.A.K., 2010“ Health and Yoga", Sports Publications, New Delhi.
- Yeats, B., 2000, "How to Use Yoga" First Edition, Sports Publications, New Delhi.

MANUAL OF TRACK AND FIELD

(For those admitted in June 2019 and later)

Contact hours per week: 4

Credits :3

Contact hours per semester: 60

Subject Code : U19PES3P

COURSE OUTCOMES:

Students, after successful completion of the course, will be able to

CO1: Be familiar with the procedure of track event markings .

CO2: Be familiar with the procedure of field event markings .

CO3: Be familiar with method of officiating in track events.



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CO4: Acquire the knowledge on the method of officiating in field events

CO5: Know the scoring system of track and field events.

UNIT I: LAYOUT OF TRACK (12 Hours)

Types of track: Standard and Non standard - Planning and construction of 200 M and 400 M track.

UNIT II: MARKING OF TRACK EVENTS (12 Hours)

Marking of the starting lines - Finishing lines- Calculation of stagger - Calculation of diagonal excess - Relay marking - Hurdles Marking (100H, 110H and 400 M hurdles). Field Events - Jumps and Throws.

UNIT III: MARKING OF FIELD EVENTS (12 Hours)

Marking of circle, runway, landing area for field events (Jumps and Throws).

UNIT IV: OFFICIALS TO CONDUCT THE TRACK EVENTS (12 Hours)

Duties of the officials: Management officials - Competition director - Meet manager - Technical manager- Event presentation manager - Competition officials : Referees for the track events - Judges for track events - Track umpires - timekeepers - starters - re-callers - starter's assistants.

UNIT V: OFFICIALS TO CONDUCT THE FIELD EVENTS (12 Hours)

Referees of the field event (Jumps and Throws) - Judges for field event (Jumps and Throws) – Score sheet – tie-break in field events.

TEXTBOOK

- Valson, CK, 2014 "Competition Rules Hand Book". Athletic Federation of India, New Delhi

REFERENCE BOOKS

1. Bosen, K., 2006, "Athletics". First Edition, NIS Publication, Patiala
 2. Loyd R. 2011 "Gymnastics Skills Techniques Training", The Crouched Press Publication, New Delhi
 3. Narang.P., 2005, "Athletic Training", First Edition, Lakshay Publication, Chennai .
 4. Sandhu, V., 2006, "Teaching & Coaching Athletics", First Edition, Sports' Publication, New Delhi.
 5. Sharma.N.P., 2005, "Fundamentals of Track and Field", First Edition, Khel Sahitya Kendra, New Delhi.
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SEMESTER IV

PART III – CORE THEORY

THEORY OF GAMES AND SPORTS –I

Contact hours per week: 6

Credits : 5

Contact hours per semester: 90

Subject Code : U19PEC41

COURSE OUTCOMES:

Students, after successful completion of the course, will be able to understand about the

CO1: History of Ball Badminton, working Federations, fundamental skills and Techniques

CO2: History of Badminton, working Federations and fundamental skills and Techniques

CO3: History of Cricket, working Federations and fundamental skills and Techniques

CO4: History of Swimming, working Federations and fundamental skills and Techniques

UNIT I: HISTORY AND WORKING FEDERATIONS (15 Hours)

History - Working Federations - Major Tournaments – Ball Badminton, Badminton, Cricket and Swimming.

UNIT II: BALL BADMINTON (15 Hours)

Layout and maintenance of Ball Badminton Court - Equipment and specification - Basic rules of the game - Fundamental skills – Stroke and its Types – scoring system and officials.

UNIT III: BADMINTON (15 Hours)

Layout and maintenance of Badminton Court - Basic Rules of the game - Offensive stroke - Defensive stroke – Scoring system and officials.

UNIT IV: CRICKET (15 Hours)

Layout and maintenance of cricket oval - Equipments and its specification - Basic rules of the game - Fundamentals skills – Batting – Bowling – Fielding – Scoring system and officials.

UNIT V: SWIMMING (15 Hours)

Layout and maintenance of Swimming Pool- Long Course – Short Course - Rules and regulations of competitive swimming - Types of swimming Strokes – Scoring system and officials.

TEXT BOOK

- Thakur, J.K., 2013 “Measurement of Playing Field”, Sports Publications, New Delhi.

REFERENCE BOOKS

1. Monika, A., 2005, “Ball Badminton”, Sports Publications, First edition, New Delhi.
2. Monika, A., 2005, “Badminton”, Sports Publications, First edition, New Delhi.



3. Monika, A., 2005, "cricket", Sports Publications, First edition, New Delhi

4. Monika, A., 2005, "swimming", Sports Publications, First edition, New Delhi.

ELECTIVE PAPER- FITNESS AND WELLNESS

(For those admitted in June 2019 and later)

Contact hours per week: 4

Credits :3

Contact hours per semester: 60

Subject Code : U19PEE41

OBJECTIVES:

Enable students to

1. Understand the essentials of lifelong wellness
2. Overcome fitness barriers and involve in physical movement pursuits
3. Learn and excel in Track and Field sports events

UNIT I – Awareness of Physical fitness and Wellness

Definition – Meaning – Concept of Fitness and Wellness – Need and importance of Fitness and Wellness.

UNIT II – Aging Process

Age of Automation – Technological developments – Healthy aging – Wellness – Sports as a hobby and de-stressing agent

UNIT III - Types of Fitness and Wellness

Chronological fitness – Physiological fitness - Functional fitness – Mental fitness

UNIT: IV Fitness and Sports

Social fitness – Sports and socialization – Performance related fitness

UNIT: V Access the Fitness

Tools to assess fitness – Spiritual fitness and wellness

BOOKS FOR REFERENCE:

1. Hoeger Werner W.K. and Hoeger Sharon A. **Fitness and Wellness**, Englewood:Morton publishing Company, 1990.
2. Hazedine, **Fitness for Sports**, Ramsburg: The Crowood Ress Ltd., 1985.
3. James and Leona Hart. **100% Fitness**, New Delhi: Goodwill Publishing House, 1983.
4. **Wellness-Concepts and applications** – David J. Anspaugh, Michael H. Hamrick and Frank D. Rosato II edition Masby publishing house – Chicago.1991.



LAB IV

CORE - GAME OF SPECIALIZATION

(For those admitted in June 2019 and later)

Contact hours per week : 3+5

Credits :4

Contact hours per semester : 45+75

Subject Code : U19PEP41

COURSE OUTCOMES:

Students, after successful completion of the course, will be able to

CO1: Be familiar with techniques and tactics in Basketball and Kabaddi

CO2: Obtain the experience in advanced skill in Tennis and Volleyball

CO3: Obtain the tactical knowledge in advanced skill in Football and Handball

CO4: Understand the strategies in Hockey and Kho-Kho

GAME OF SPECIALIZATION

The students can choose any one of the following games: advance skills, strategy and playing ability

1. Basketball
2. Kabaddi
3. Tennis
4. Volleyball
5. Football
6. Handball
7. Hockey
8. Kho-Kho

TEXT BOOKS

- Bhari, B., 2010, "Layout of Play Field", Sports Publications, New Delhi.

REFERENCE BOOKS

1. Kirubakar, and S. Gladly., 2009, "Tennis Skills: A Teacher's Guide", First edition, S.S.Publications, Chennai.
 2. Monika, A., 2005, "Basketball", Sports Publications. First edition. New Delhi.
 3. Monika, A., 2005, "Hockey Coaching Manual", Sports Publications, First edition New Delhi.
 4. Monika, A., 2005, "Handball", Sports Publications, First edition, New Delhi.
 5. Monika, A., 2005, "Volleyball", Sports Publications, First edition, New Delhi.
 6. Monika, A., 2005, "Kabaddi", Sports Publications, First edition, New Delhi.
 7. Birumal, 2006, "Football Techniques", Nis Publications, New Delhi
 8. Monika, A., 2005, "Kho-Kho", Sports Publications, First edition New Delhi.
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LAB V - INTRODUCTION TO YOGA

(For those admitted in June 2019 and later)

Contact hours per week:4

Credits :2

Contact hours per semester:60

Subject Code : U19PES4P

COURSE OUTCOMES:

Students, after successful completion of the course, will be able to

CO1: Acquire practical knowledge on asanas

CO2: Obtain the experience in Bandhas, Kriyas and pranayama

LIST OF PRACTICALS IN YOGA

Asana I : Swastickasana - Padmasana - Vajrasana - Samasana – Bhuingusana- Dhanurasana - Matsyasana – Shalabasana.

Asana II : Halasana - Patchimotanasana - ardhmatsyendrasan - vipareetakarani - sarvangasana –

Asana III - mayurasana- vrikshansana - tadasasana - makarasana - vridshasana - shavasana

Kriyas: Bandhas and Kriyas- Jalaneti,- Uddyana - Nauli,- KapalaBhati.

Pranayama :Puraka - Kumbhaka - Rechala - suryathedhan - Ujjayi - Bhastrika - Nadishodhana -Sheetali - Shitkari.

TEXT BOOKS

- Iyenkar, B.K.S., 2005, “Light on Yoga”, Thirty Second Edition, Harper Colling Publication, London.

REFERENCE BOOKS

1. Pramanik.T.N., 2013 "Yoga for Healthy Body", Sports Publications, New Delhi.
 2. Qureshi.S.S., 2013"Yoga Cures Diabetes" Sports Publications, New Delhi.
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(TRACK AND FIELD EVENTS – II AND GYMNASTICS)

(For those admitted in June 2019 and later)

Contact hours per week:3+5

Credits :4

Contact hours per semester:45+75

Subject Code : U19PEP42

COURSE OUTCOMES:

Students, after successful completion of the course, will be able to

CO1: Be familiar with the strategy and tactics in sports



CO2: Develop various skills in track and field events

CO3: Learn the various skills in gymnastics events

CO4: Acquire the knowledge of fundamental movements in track and field. gymnastic events

CO5: Obtain the knowledge of rules and regulations, and learn methods of gymnastics

LIST OF PRACTICALS TRACK AND FIELD EVENTS-II

- i. Triple jump: Approach run, take off and landing for hop and jump, flying phase and landing.
- ii. Discus throw: Hand hold, initial stance, preliminary swings, turn, delivery stance, delivery action and follow through.
- iii. Hurdles - Approach run, take off or attack phase, clearance of the hurdle or inter-phase, lead leg action, trailing leg action, body position, landing or escape in between the hurdles and techniques at finish.
- iv. Relays: Styles of baton exchange and fixing up runners for different relay races

GYMNASTICS

1. Elementary and basic elementary gymnastic movements: Pommel horse Pommel horse: Single leg circle outward (from uneven support), scissors forward, scissors forward (from uneven support), both leg circle, single leg circle and dismount from uneven support).
2. Roman rings: Hanging scale rear ways, upstart 'L' support on roman ring, shoulder stand and dislocation.
3. Rhythmic Gymnastics- Preliminary exercises of Rope, Hoop, Club, Ribbon and Wands.

TEXT BOOK

- De pak .J. 2000. "Coaching Track and Field", First Edition, Khel Sahitya Kendra, New Delhi.

REFERENCE BOOKS

1. Sandhu, V., 2006. "Teaching & Coaching Athletics". Sports Publication, New Delhi.
 2. Narang. P. 2005, "Athletic Training". First Edition, Lakshay Publication, Chennai.
 3. Loyd. R., 2011, "Gymnastics Skills - Techniques - Training", The Crouched Press Publication, New Delhi.
 4. Jain, R. 2003, "Men Gymnastics Coach Manual", First Edition, Sports Publications, New Delhi.
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Program Name: Bachelor of Science

Discipline : Physical Education

(For those who Join in 2021 and after)

Semester	Part	Subject	Hour	Credit	Int+Ext= Total	Local	Regional	National	Global	Professional Ethics	Gender	Human Values	Environment & Sustainability	Employability	Entrepreneurs hip	Skill Development	Subject Code	Revised/ New/ No Change/ Interchanged If Revised % of Change
V	Core	Physiology of Exercise	6	4	25+75=100			✓		✓		✓	✓			✓	U19PEC51	New
	Core	Basics of Sports Training	6	4	25+75=100			✓		✓						✓	U19PEC52	New
	Core	Methods in Physical Education	6	4	25+75=100			✓		✓				✓			U19PEC53	New
	Core Practical	LAB - Theory of Games and sports – I Ball badminton , Badminton ,Cricket, Swimming.	5	4	100+0=100			✓		✓						✓	U19PEP51	New
	NME	Yoga and Health	2	2	25+75=100			✓		✓		✓				✓	U19PEN51	New
	Skill Based Practical	LAB - Test and Measurement (Record)	5	4	100+0 =100			✓		✓						✓	U19PEP52	New
VI	Core	Introduction to Kinesiology and Bio Mechanics in Sports	6	4	25+75=100			✓		✓		✓				✓	U19PEC61	New
	Allied	Rules and Regulations of Track and Field Events– III	6	4	25+75=100			✓		✓						✓	U19PEA61	New
	Core	LAB - Game of Specialization	5	4	40+60=100			✓		✓						✓	U19PEP61	New
	Allied Practical	LAB - Rules and Regulations of Track and Field Events– IV	4	4	40+60=100			✓		✓						✓	U19PEP62	New
	Allied	Athletics Care and First Aid	5	4	25+75=100			✓		✓		✓	✓		✓	✓	U19PEA63	New
	Skill Based Practical	LAB-Teaching Lessons	5	4	40+60=100			✓		✓				✓			U19PEP63	New
	Elective Subject	Project and Viva	5	5	40+60=100			✓		✓				✓			U19PE6PR	New
	NME	Yoga for Wellness	2	2	25+75=100			✓		✓				✓		✓	U19PEN61	New



PART III

SEMESTER-V

CORE PAPER – PHYSIOLOGY OF EXERCISE

Contact hours per week: 6

Credits : 4

Contact hours per semester: 90

Subject Code: U19PEC51

COURSE OUTCOMES:

To enable the students to

- CO1:** Understand the meaning, nature and scope of exercise physiology
- CO2:** Analyze the effects of exercise physiology on various systems of the body
- CO3:** Understand the properties, structure and functions of voluntary muscles
- CO4:** Analyze the physiological concepts of physical fitness
- CO5:** Understand the physiological factors affecting motor ability.

UNIT I: INTRODUCTION

(15 Hours)

Physiology and Exercise Physiology – meaning and definition -Need and Importance of Exercise Physiology-Historical Aspects of Exercise Physiology-Acute and Chronic Responses to Exercise.

UNIT II: CARDIORESPIRATORY PHYSIOLOGY

(15 Hours)

Types of blood circulation and respiration - Effect of exercise on cardiovascular system and Respiratory system.

UNIT III: MUSCLE AND NERVOUS PHYSIOLOGY

(15 Hours)

Effect of exercise on Muscular, Skeletal system and Nervous System - Muscle tone – Types of Muscular contraction

UNIT IV: METABOLISM AND ENVIRONMENT

Metabolism – Aerobic and Anaerobic Metabolism – Exercise risks at Cold, Hot and High Altitude.

UNIT V: PHYSIOLOGICAL FACTORS AFFECTING MOTOR ABILITY (15 Hours)

Physiological factors affecting skills and motor ability - warming up - fatigue -oxygen debt - second wind – doping and its influences on Physiology.

SELF STUDY

TEXT BOOK

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

KenneyW. Larry,Jack H. Wilmore&David L. Costill (2012). Physiology of Sport and Exercise. Champaign, IL: Human Kinetics.

Ball State University, Muncie, Indiana

REFERENCE BOOKS

1. Blaisdall, A., 2006, "Human Physiology", Sports Publications, Chennai.
 2. Marieb.N., 2006, “Human Anatomy and Physiology”, Benjamin Publication, New Delhi.
 3. Sivaramakrishnan.S., 2006, “Physiology of Sports”, First Edition, Friends Publication,Chennai.
 4. Budhe, A.A., 2013, “Exercise Physiology”, Sports Publications, Chennai.
 5. Rajeev, K., 2011, “Sports Medicine and Exercise Physiology”, First Edition, Sports Publications, Chennai.
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CORE - BASICS OF SPORTS TRAINING

Contact hours per week:6

Credits :4

Contact hours per semester:90

Subject Code : U19PEC52

COURSE OUTCOMES:

To enable the students to

CO1: Learn the fundamentals of sports training

CO2: Understand the concepts of strength and endurance

CO3: Acquire the knowledge of motor components speed, flexibility and coordination

CO4: Obtain knowledge of technical and tactical preparations

CO5: Get the knowledge of training plans and periodization.

UNIT I: INTRODUCTION TO SPORTS TRAINING (15 Hours)

Sports Training: Meaning - aim and characteristics of sports training -Components of training load: Volume, Intensity, and Density - Types of load - Principles of sports training - Super compensation.

UNIT II: TRAINING PLANS AND PERIODISATION (15 Hours)

Meaning of Training sessions and Training Plan - Definitions and meaning of Periodization – Multilateral Physical Development, Technical, Tactical and Psychological Training.

UNIT III: STRENGTH AND ENDURANCE (15 Hours)

Strength: Forms of strength - factors determining strength - methods of strength development. Endurance: Forms of endurance - factors determining endurance - Methods of endurance development.

UNIT IV: SPEED, FLEXIBILITY (15 Hours)

Speed: Forms of speed - factors determining speed - Methods of speed development
Flexibility: Forms of flexibility - factors determining flexibility - methods of development of flexibility.

UNIT V: COORDINATION, AGILITY, AND TYPES OF TRAININGS (15 Hours)

Coordination and Agility – meaning and definition- Importance of Agility and Coordination in sports – Types of Trainings - Aerobic Training - Circuit Training - Weight Training - Interval Training – Fartlek.

SELF STUDY

TEXT BOOK

Sebastian. P.J., 2013, “System of Sports Training”, Friends Publications, Chennai.

REFERENCE BOOKS

1. Mishra S. C., 2009, “Sports Training”, Sports Publication. Chennai.
 2. Kawade, R. R., 2013, “Sports Training” Sports Publications, Chennai.
 3. Arvind, B., Qureshi and Dabir., 2012. “Encyclopaedia of Sports Training”, Sports Publications, Chennai.
 4. Yogaraj. T., 2003, “Sports Training,” Sports Publication, Chennai.
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CORE - METHODS IN PHYSICAL EDUCATION

Contact hours per week: 6

Credits : 4

Contact hours per semester : 90

Subject Code : U19PEC53

Course Outcomes:

Students, after successful completion of the course, will be able to

CO1: Learn the factors influencing methods in physical education

CO2: To understand the methods of teaching aids

CO3: Learn about the lesson plan.

CO4: Study the methods of teaching physical activities

CO5: Draw the fixtures of league and knock-out tournaments

UNIT I: INTRODUCTION OF METHODS IN PHYSICAL EDUCATION(15 Hours)

Introduction: Meaning of method - factors influencing method - subject matter - the experience of the pupils – situations – time and material at the disposal of the teacher - scientific principles. Presentation Technique: Planning and presentation - steps in the way of presentation

UNIT II:TEACHING AIDS (15 Hours)

Teaching Aids - Community - co-curricular activities - Audio-visual aids. Class management: Principles - general and specific points for a proper class management - Commands: Response command - rhythmic command.

UNIT III:LESSON PLAN (15 Hours)

Lesson plan - Meaning - value of lesson plan - types of lesson plan - General lesson plan and Particular lesson plan.

UNIT IV:TEACHING OF PHYSICAL ACTIVITIES (15 Hours)

Teaching of physical activities: Calisthenics - Marching - Indigenous activities - Minor games .

UNIT V: TOURNAMENTS (15 Hours)

Tournaments: Knock-out or elimination tournaments -- league or round robin tournament - combination Tournament - challenge tournament.

SELF STUDY

NOTE:

Students are asked to prepare a general lesson plan and to take the practical class, which will be assessed as one of the assignments.

TEXT BOOK

Verma ,H., 2012, “Methods and Management of Physical Education”, First Edition, Sports Publications, Chennai.

REFERENCE BOOKS

1. Athicha . P., 2007, “Methods in Physical Education”, South Indian Publication,Chennai.
 2. Sivaramkrishnan. S. 2006, “Statistics in Physical Education”, First Edition,
 3. Bevinson perinbaraj .S.2013 “Methods in physical education ”, Vinci agencies , Karaikudi
 4. Mojumdar and R. Mohum., 2009, “ Methods in Physical Education", Sports Publications, New Delhi.
 5. Gopalakrishnan, R.W. 2012, “Teaching Methods of Physical Education”, SportsPublications, New Delhi
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LAB - THEORY OF GAMES AND SPORTS – I BALL BADMINTON , BADMINTON, CRICKET, SWIMMING

Contact hours per week : 5

Credits :4

Contact hours per semester: 75

Subject Code : U19PEP51

SYLLABUS:

Students shall demonstrate any two of the skills in following games and sports .

SKILLS : Fundamental skills , offensive skills , defensive skills .(Any five skills)

OFFICIATING: Officiating signals and preparation of score sheet.

Students should select any two of the games and sports.

1. BADMINTON
2. BALLBADMINTON
3. CRICKET
4. SWIMMING

TEXT BOOK

Thakur, J.K., 2013 "Measurement of Playing Field", Sports Publications, New Delhi

REFERENCE BOOKS.

- Monika, A., 2005, "swimming", Sports Publications, First edition New Delhi.
- Monika, A., 2005, "Cricket", Sports Publications, First edition, New Delhi.

NME : YOGA AND HEALTH

Contact hours per week: 2

Contact hours per semester:30

Credit :2

Subject Code : U19PEN51

UNIT I : (6hrs)

Health – Meaning – Definition – Factors Affecting Health – Physical Fitness - Health Related Physical Fitness – World Health Day .

UNIT II : (6hrs)

Yoga – History – Meaning – Definition – Need And Importance – International Yoga Day – Yoga And Human Health .

UNIT III : (6hrs)

Steps of yoga – Various Stages – Surya Namaskar

UNIT IV : (6hrs)

Asanas – Meaning – Procedure To Perform Asanas – Classification Of Asanas – Padmasana – Vajrasana – Vakrasana – Pachimotasana –Virchakasana – Trikonasana – Padahasthasana – Arthachakrasana-Halasanana – Bhujangasana –Sarvangasana – Dhanurasana – Shavasana –Makarasana .

UNIT V : (6hrs)

Pranayama – Meaning – Definition – Aspects of Pranayama – Anunasika – Suryabadhana - Chandrabedhana – Kabalabhati – Suga Pranayama .



References:

1. Endrumnal vazvudharumThirumularin PanniruYogangal ,N.Ramakrishnan, Manivasakar Publication, Chennai, 2003.
2. Sri Patanjali yoga sutra
3. The yoga tradition, George Feuerstein, motialBanarsidass Publishers Pvt. Ltd., Delhi,2002.
4. Science of yoga, I.K.Taimini, Therosophical Publishing House, Adayar, Chennai, 2001.
5. Foundations of Physical Education and Sports (12Ed). D.A.Wuest and C.A.Bucher (1995). St.Louis: Mos by Company
6. Sound Health Through, K.Chandra Sekaran, Prem Kalyan Publications, Madurai, Tamilnadu, India – 1999.
7. Asana Pranyama Mudra Bandha by Swami Saithansansa Saraswathi, yoga publication trust, munget, Bihar, India, Second edition – 1973

LAB – TEST AND MEASUREMENT

Contact hours per week: 6

Credits :5

Contact hours per semester: 60

Subject Code : U19PES5P

SYLLABUS :

Students will organize and administration of any two Tests from the following (One from physical fitness and another three from games)

PHYSICAL FITNESS TEST

SDAT AND SAI FITNESS TESTS

Copper's Aerobic Test (Copper's12/9 min run/walk) – (cardio vascular endurance)

- AAPHERD Health Related Physical FitnessTest
- Harvard Step Test
- Barrow Motor Ability Test
- AAPHERD Youth FitnessTest

GAMES :

- 1.BADMINTON - French Short ServiceTest
- Gsc Badminton Clear Test
2. BASKET BALL - Leilich Basketball Test Bounce AndShoot
3. HOCKEY - Henry Friedel Field Hockey Test
4. VOLLEYBALL - Modified Brady VolleyballTest
5. FOOTBALL - Mc Donald Soccer Skill Test
- 6.TENNIS - Hewitt Tennis Service Placement

SEMESTER VI

PART III – CORE THEORY

INTRODUCTION TO KINESIOLOGY AND BIO MECHANICS IN SPORTS

Contact hours per week: 6

Credits : 4

Contact hours per semester: 90

Subject Code : U19PEC61

COURSE OUTCOMES:

Students, after successful completion of the course, will be able to understand about the

CO1: Understand the concepts of kinesiology

CO2: Learn the origin of the muscles



CO3: Obtain the concepts of Bio-mechanics and motions.

CO4: Know about the kinematics.

CO5: Learn about the kinetics.

UNIT I: INTRODUCTION OF KINESIOLOGY (15 Hours)

Introduction: Meaning - history - aim - objectives of kinesiology for physical education and sports. Terminology of fundamental movements.

UNIT II: LOCATION AND ACTION OF MUSCLES (upper extremity) (15 Hours)

Classification of muscles - Location and action of muscles at various joints: Upper extremity- pectoralis major - pectoralis minor - deltoid - biceps brachii - triceps -

UNIT III: LOCATION AND ACTION OF MUSCLES (lower extremity) (15 Hours)

Lower extremity: Rectus femoris - vastus group - sartorius - biceps femoris -glutes maximus - gasatrocnemius.

UNIT IV: INTRODUCTION OF BIOMECHANICS (15 Hours)

Biomechanics: Meaning,aim, objectives and importance of Biomechanics in Physical Education and Sports. Linear kinematics: Speed – velocity - acceleration - Angular speed - angular velocity - angular projectile motion. Spin – Topspin - Legspin .

UNIT V: KINETICS (15 Hours)

Linear kinetics: Mass - weight - force - pressure - work - power - energy - impulse - momentum - impact - friction - Newton's laws of motion. Angular kinetics: - levers - equilibrium.

SELF STUDY

TEXT BOOK

Vijayalakshmi. L, 2005, “Biomechanics of Body movements in Sports” First Edition, Sports Publication, Chennai.

REFERENCE BOOKS

1. Bijlani. R., and S.K Manchanda, 2002, “The Human Machine”, First Edition, National Book Trust India, New Delhi.
2. Dhanajoy .S, 2000, “Mechanical Basics of Biomechanics”, First Edition, Sports Publication Chennai.
3. Anderson, T.M., 2003, “Biomechanics of Human Motion”, First Edition, Sports Publication Chennai.
4. Dhanajoy. S., 2005, “Pedagogic of Kinesiology”, Sports Publication, Chennai.
5. Dhanajoy .S, 2000, “Mechanical Basics of Biomechanics”, Sports Publication, New Delhi.

ALLIED - RULES AND REGULATION OF TRACK AND FIELD EVENTS - III

Contact hours per week: 6

Credits :4

Contact hours per semester: 60

Subject Code : U19PEA61

UNIT – I : POLEVAULT (15 Hours)

Pole Vault - Rules and interpretations - Grip – Approach Run - Planting - Take off – Swing - Rock back – push – Bar clearance and landing.



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UNIT – II HAMMER THROW (15 Hours)

Hammer Throw - Rules and interpretations –Holding the Hammer - Preliminary Swing - Turn - Delivery - Follow-through.

UNIT – III JAVELIN THROW (15 Hours)

Javelin Throw - Rules and interpretations - Grip – Approach Run - Withdrawal - Cross Over stride or impulse stride - Release and follow-through.

UNIT – IV 400 M Run (15 Hours)

400M Run – Rules and interpretations - Starting - Tactics and Techniques of running and Finishing the race.

UNIT – V COMBINED EVENTS (15 Hours)

Triathlon, Pentathlon, Heptathlon, Decathlon, Steeple Chase.

TEXT BOOK

Vaison. C.K., 2014 "Competition Rules Hand Book". Athletic Federation of India, New Delhi.

REFERENCE BOOKS

1. Monika, A., 2005 "Athletics Coaching Manual". Sports Publication, New Delhi.
2. Sandhu, V., 2006 "Teaching & Coaching Athletics". Sports Publication, New Delhi.
3. Sharma, N.P., 2005 "Fundamentals of Track and Field", First Edition, KhelSahitya Kendra, New Delhi.

CORE LAB - GAME OF SPECIALIZATION

Contact hours per week : 5

Credits :4

Contact hours per semester : 75

Subject Code : U19PEP61

COURSE OUTCOMES:

Students, after successful completion of the course, will be able to

CO1: To acquire practical knowledge on games

CO2: To obtain the experience in tactics , strategy and advance skills .

CO3: To be familiar with techniques and tactics in Basketball and Football

CO4: To obtain the experience in advanced skill in Hockey and Kabaddi .

CO5: To understand the strategic in Tennis ,volleyball and Handball.

Coaching, officiating and playing ability in :

1. Basketball
2. Handball
3. Kabaddi
4. Kho – kho
5. Tennis
6. Volleyball
7. Football
8. Hockey



SELF STUDY

TEXT BOOK

Thakur, J.K., 2013 "Measurement of Playing Field", Sports Publications, New Delhi

REFERENCE BOOKS

1. Kirubakar, and S. Gladly., 2009, "Tennis Skills: A Teacher's Guide", First edition, S.S.Publications, Chennai.
 2. Monika, A., 2005, "Cricket Coaching Manual", Sports Publications, First edition, New Delhi.
 3. Monika, A, 2005, "Hockey Coaching Manual", Sports Publications, First edition, New Delhi.
 4. Bhari. B., 2010, "Layout of Play Field", Sports Publications, New Delhi.
 5. Monika, A., 2005, "Basketball", Sports Publications, First edition, New Delhi.
 6. Monika, A., 2005, "Volleyball", Sports Publications, First edition, New Delhi.
 7. Monika, A., 2005, "Kabaddi", Sports Publications, First edition, New Delhi
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ALLIED PRACTICAL

LAB - RULES AND REGULATION OF TRACK AND FIELD EVENTS - IV

Contact hours per week:4

Credits :4

Contact hours per semester:60

Subject Code : U19PEP62

SYLLABUS:

Students Will Execute Any Two Events :

POLE VAULT - Pole grip, carry and run, pole plant, take off, rock back, pull up, push up, bar clearance and landing.

HAMMER THROW - Grip, initial stance, preliminary swings, entry (or) transition from swings to turn, turns, delivery stance, delivery action and reverse.

JAVELIN THROW - Grip, carry, approach run, last five strides rhythm including impulse stride, delivery stance, delivery and reverse.

400METERS - Correct running style emphasizing on proper body position, - crouch startfixing of the starting blocks getting off the block, - practice of starts with blocks using proper command and curve running.

TEXT BOOK

Vaison. C.K., 2014 "Competition Rules Hand Book". Athletic Federation of India, New Delhi.

REFERENCE BOOKS

- 1.Monika, A., 2005 "Athletics Coaching Manual". Sports Publication, New Delhi.
- 2.Sandhu, V., 2006 "Teaching & Coaching Athletics". Sports Publication, New Delhi.
- 3.Sharma, N.P., 2005 "Fundamentals of Track and Field", First Edition, Khel Sahitya Kendra, New Delhi.
- 4.IAAF competition rules 2016



ALLIED –ATHLETICS CARE AND FIRST AID

Contact hours per week: 5

Credits : 4

Contact hours per semester: 75

Subject Code : U19PEA63

Unit I: Introduction (15 Hours)

Definition, Need, Nature and Scope of Sports Medicine- Importance of Sports Medicine in Physical Education and Sports – Concept of injury management.

Unit II: Athletic injuries (15 Hours)

Meaning and types of Sprain, Strain, Contusion, Fracture, Dislocation, Abrasion and Puncture.

Unit III: First Aid (15 Hours)

Definition - Importance of First Aid –PRICE technique –Massage- First-aid for Shock, Drowning, Bleeding, Fractures, Sprain, Strain, Dislocation and Fainting.

Unit IV: Injury Management (15 Hours)

Principles Pertaining to the Prevention of Sports Injuries- Care and Treatment of Exposed and Unexposed Injuries in Sports - Principles of apply Cold and Heat - Principles and Techniques of Strapping and Bandages.

Unit V: Posture (15 Hours)

Definition and Objectives of Corrective Physical Education - Posture and Body Mechanics, Standards of Standing Posture- Value of Good Posture, Drawbacks and Causes of Bad Posture.

Reference

1. Starkey, Chad/Therapeutic Modalities of Athletic trainers, F.A. Davis Company, Philadelphia, 1990.
 2. Prentice Williams, E., Therapeutic Modalities Sports Medicine: ST. Louis, 1990.
 3. Sundararajan / Sports Medical Lectures: Rosan Publication, Chennai.
 4. Edward Donald, Physiotherapy Occupations Therapy and gymnastics, London.
 5. St.John Ambulance, etc., First Aid Manual: St. John Ambulance, London, 1997.
 6. Pande P.K. and L.C, Gupta, Outline of Sports Medicine: Jaypee Brothers, New Delhi, 1987.
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SBE PRACTICAL – VI

TEACHING LESSONS

Contact hours per week: 5
Contact hours per semester: 75

Credits : 4
Subject Code : U19PES6P

TEACHING PRACTICE IN PHYSICAL EDUCATION

GENERAL LESSON PLAN

1. Assembly and Roll call
2. Introductory part (Warming-up)
3. Formal part
4. Special part
5. Recreative part
6. Assembly and dismissal

PARTICULAR LESSON PLAN

1. Assembly and roll call
2. Suitable warming-up
3. Teaching of fundamentals
4. Practice of fundamentals
5. Lead-up activities
6. Whole game
7. Assembly and dismissal

Practice Teaching includes observation and teaching practice in the college. Students are required to complete 3 general and 3 particular lessons in the College Premises under the supervision of the assigned teaching faculty in the department.

TEXT BOOK

Athicha . P., 2007, “Methods in Physical Education”, South Indian Publication, Chennai.

REFERENCE BOOKS

1. Verma ,H., 2012, “Methods and Management of Physical Education”, First Edition, Sports Publications, Chennai.
 2. Mojumdar and R. Mohum., 2009, “ Methods in Physical Education”, Sports Publications, New Delhi.
 3. Gopalakrishnan, R.W. 2012, “Teaching Methods of Physical Education”, Sports Publications, New Delhi.
 4. Arya S.K., 2013 , “Methods in Physical Education”, Sports Publications, New Delhi.
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PROJECT AND VIVA

Contact hours per week: 5
Contact hours per semester: 75

Credits : 5
Subject Code : U19PE6PR

Course Outcome:

To enable the students to

CO1: Organize a sports meet as a project in any sport.

CO2: Enhance the knowledge in organizing and administrating capability of the students .

Rules governing the evaluation of the project meet and Report

1. Students can organize or take part in the organizing part in any game or sport. (ex- School meet, state games or tournament,)
2. The Project meet report should be submitted to the Controller of the examination within the stipulated period through the Head of the department.
3. Each student has to submit two copies of his /her project report for evaluation.
4. The project meet report shall contain a minimum of 20 pages .
5. The project meet valued for 100 marks. The valuation procedure is
Internal project meet – 40 marks
External - - 60 marks (viva +Project meet report)
6. The project report contains:
 - a) Preparation of the meet
 - b) Pre –meet work
 - c) Various Committee
 - d) Meet works
 - e) Ceremony
 - f) Post meet work

NME-YOGA FOR WELLNESS

Contact hours per week: 2
Contact hours per semester: 30

Credits : 2
Subject Code : U19PEN61

UNIT – I (6Hours)

Introduction To Wellness- Role of Yoga in Wellness – Yogic Concepts Of wellness.

UNIT – II (6Hours)

Personal Hygiene: Organs Care – Teeth - Hair - Skin - Nose – Nail – Mudra - Shat Kriyas.

UNIT – III (6Hours)

Diseases – Definition – Meaning - Communicable Diseases and Non-communicable diseases.

UNIT – IV (6Hours)

Stress – Meaning And Definition – Management of Techniques Through Yoga Practice.

UNIT – V(6Hours)

Yoga Practice for Life Style Disorders – Hypertension – Diabetes – Obesity – Heart Diseases

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References:

1. EndrumnalvazvudharumThirumularinPanniruYogangal, N.Ramakrishnan, Manivasakar Publication, Chennai, 2003.
 2. Sri Patanjali yoga sutra
 3. The yoga tradition, George Feuerstein, motialBanarsidass Publishers Pvt. Ltd., Delhi,2002.
 4. Science of yoga, I.K.Taimini, Therosophical Publishing House, Adayar, Chennai, 2001.
 5. Foundations of Physical Education and Sports (12Ed). D.A.Wuest and C.A.Bucher (1995). St.Louis: Mos by Company
 6. Sound Health Through, K.Chandra Sekaran, Prem Kalyan Publications, Madurai, Tamilnadu, India – 1999.
 7. Asana Pranyama Mudra Bandha by Swami Saithansansa Saraswathi, yoga publication trust, munget, Bihar, India, Second edition – 1973.
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