



VIRUDHUNAGAR HINDU NADARS' SENTHIKUMARA NADAR COLLEGE
(An Autonomous Institution Affiliated to Madurai Kamaraj University)
Virudhunagar – 626 001.

Course Name: BACHELOR OF SCIENCE
Discipline : PHYSICAL EDUCATION
Choice Based Credit System
 (For those who join in June 2024 and after)

I Year B.Sc. PHYSICAL EDUCATION

Semester	Part	Subject Name	Hours	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 & Percentage of Revision	
I	Lang	Tamil	6	3	25+75=100												U24PT11	New	
	English	English-Paper I	6	3	25+75=100												U23PE11	No Change	
	Core	Fundamentals of Physical Education and Sports	6	5	25+75=100			✓									✓	U24PEC11	Revised 5%
	Core	Game of Specialization-I	5	4	25+75=100			✓									✓	U24PEC12	New
	Elective	Rules and Regulations of Track & Field Events-I and Gymnastics	5	4	25+75=100			✓									✓	U24PEE11	Revised 5%
	Skill Based Practical	LAB: Application of Computer in Physical Education	2	2	100+0=100										✓		✓	U24PESP11	New
	Total			30	21														
II	Part I	Tamil	6	3	25+75=100												U24PT21	New	
	Part II	English-Paper II	6	3	25+75=100												U23PE21	No Change	
	Core	Game of Specialization- II	6	5	25+75=100			✓									✓	U24PEC21	New
	Core Practical	LAB: Game of Specialization	5	4	40+60=100										✓		✓	U24PECP21	Revised 10%
	Allied Practical	LAB: Track & Field Events– I and Gymnastics	5	4	40+60=100										✓		✓	U24PEAP21	Revised 10%
	Skill Based Practical	LAB: Indigenous Activities, Callisthenic Exercises & Minor Games	2	2	40+60=100										✓			U24PESP21	New
	Total			30	21														



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TENTATIVE SYLLABUS STRUCTURE

SEMESTER - III

Subject	Title of the Paper	Hrs	Cr	Int.+Ext.= Total	Subject Code	Focus on Employability/ Entrepreneurship /Skill Development	Revised/New/ No Change /Interchanged &Percentage Of revision
Lang	Tamil	6	4	25+75=100	U22PT31		
English	English-Paper I	6	3	25+75=100	U22PE31		
Core	Human Anatomy	4	4	25+75=100	U22PEC31	Employability	
Allied	Fundamentals of Test and Measurement in Physical Education	4	4	25+75=100	U22PEA31	Skill Development	
Elective	Health Education	4	3	25+75=100	U22PEE31/	Focus on Health	
	Sports Psychology & Sociology					Focus on Sports Psychology & Sociology	
Skill Based	Introduction to Yoga	2	2	25+75=100	U22PES31	Employability	
Skill Based- Lab	Lab III	4	2	100+0=100	U22PEP31	Acquiring Knowledge	
	Manual of Track and Field						
Core Practical	Lab IV Game of Specialization	3	-			Application of Techniques	
Allied Practical	Lab V Track and Field Events – II and Gymnastics	3				Skill Development	
	Value Education	-	3				
	Total	36	25				

SEMESTER - IV

Subject	Title of the Paper	Hrs	Cr	Int.+Ext.= Total	Subject Code	Focus on Employability /Entrepreneurship/ Skill Development	Revised /New/No Change /Interchanged & Percentage of revision
Part I	Tamil	6	3	25+75=100	U22PT41		
Par II	English-Paper II	6	3	25+75=100	U22PE41		
Core	Theory of Games And Sports-I	6	5	25+75=100	U22PEC41	Skill Development	
Elective	Fitness and Wellness	4	3	25+75=100	U22PEE41/	Focus on General Fitness	
	Sports Management					Focus on Sports Management Development	
Core Practical	LAB IV Game of Specialization	5 (3+5)	4	40+60=100	U22PEP41	Skill Development	
Skill Based Practical	LAB V Introduction to Yoga	4	2	40+60=100	U22PEP42	Employability	
Allied Practical	LAB VI Track & Field Events–II and Gymnastics	5 (3+5)	4	40+60=100	U22PEP43	Enhance the Skills	
	Physical Education	-	1	-		Academic Aware	New
	Environmental Studies	-	2				
	Total	36	27				



SEMESTER - V

Subject	Title of the Paper	Hrs	Cr	Int.+Ext.= Total	Subject Code	Focus on Employability/ Entrepreneurship/S kill Development	Revised/New/ No Change /Interchanged &Percentage Of revision
Core	Physiology of Exercise	6	4	25+75=100	U21PEC51	Employability	
Core	Basics of Sports Training	6	4	25+75=100	U21PEC52	Employability	
Core	Methods in Physical Education	6	4	25+75=100	U21PEC53	Employability	
	Employability skills	1	1	100+0+100			
Core Practical	LAB-Theory of Games and sports – I Ballbadminton, Badminton, Cricket, Swimming.	5	4	100+0=100	U21PEP51	Skill development	
Skill Based Practical	LAB-Test and Measurement (Record)	6	5	100+0 =100	U21PEP52	Employability	
NME	Yoga and Health	2	2			Skill development	
	Total	30	24				

SEMESTER - VI

Subject	Title of the Paper	Hrs	Cr	Int.+Ext.= Total	Subject Code	Focus on Employability /Entrepreneurship/ Skill Development	Revised /New/No Change /Interchanged & Percentage of revision
Core	Introduction to Kinesiology and Bio-Mechanics in Sports	6	4	25+75=100	U21PEC61	Skill development	
Allied	Rules and Regulations of Track and Field Events– III	6	4	25+75=100	U21PEA61	Employability	
Allied	Athletics Care and First Aid	5	3	25+75=100	U21PEA63	Employability	
Core	LAB-Game of Specialization	5	3	40+60=100	U21PEP61	Skill development	
Allied Practical	LAB-Rules and Regulations of Track and Field Events– IV	4	2	40+60=100	U21PEP62	Skill development	
Skill Based Practical	LAB-Teaching Lessons	6	3	40+60=100	U21PEP63	Employability	
Elective Subject	Project and Viva	6	3	40+60=100	U21PE6PR	Employability	
NME	Yoga for Wellness	2	2				
	Total	38	24				



SEMESTER I
CORE PAPER

FUNDAMENTALS OF PHYSICAL EDUCATION AND SPORTS

Contact hours per week: 6

Credit: 5

Contact hours per Semester: 90

Subject Code:

U24PEC11 COURSE OUT COME:

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

CO1: Understand the Concept of Physical Education and its need.

CO2: Know the importance of Physical Fitness and Learning

CO3: Analyze the History of Physical Education, Olympics.

CO4: Scientific basis of Physical Education

CO5: Acquires knowledge of Sports organization in Indian Association of National Federation

Unit-I	Meaning and Definition of Education and Physical Education - Need, Nature and Scope of Physical Education – Physical Training and Physical Culture.
Unit-II	Aim and Objectives of Physical Education - Development of Physical, Cognitive, Neuromuscular, Affective, Social, Emotional, Spiritual and Recreational – Theories of Learning – Laws of Learning.
Unit-III	Scientific basis of Physical Education – Contribution of Allied Sciences – Anatomy, Physiology, Biomechanics, Kinesiology, Sports Medicine, Psychology, Sociology and Sports Nutrition.
Unit-IV	History of Physical Education in Sparta and Athens – IOC and IOA – Olympic Games: Ancient, Modern – Origin – Organization and conduct of the game – Olympic Flag, Torch, Oath, Emblem and Motto.
Unit-V	Sports organization in Indian Association of National Federation: SAI – NSNIS – SNIPES - LNIPE – Sports Academics Award and Scholarships: Arjuna Award, Dhronochariya Award, Dhayanchand Award. International, National and State Competitions of Major Tournaments: RDS, BDS, SAF, SGFI, National Championships, Asian Games – KHELO India.

Books for References:

- Bucher Charles A., Foundations of Physical Education, St.Louisthe C.V.Mosby Company, 1983.
- Kamlesh M.L., Physical Education: Factsand Foundation, NewDelhi, P.B.Publications,1988.
- Thirunarayanan,C.andHariharan,S.,AnalyticalHistoryofPhysicalEducation,Karaikudi,
- C.T.&S.H.,Publications,1990.Sharma,O.P.,HistoryofPhysicalEducation,NewDelhi,Khel ShityaKendr a,1998.
- WakharkarD.G.,Manual of Physical Educationin India, Pearl Publicatons Pvt.Ltd., Bombay,1967.
- Wuest, Deborah, A.and Charles A.Bucher, Foundations of Physical Educationand Sport, NewDelh i: BL.Publication Pvt.,Ltd.
- Wellman and Cowell, Philosophy and Principles of Physical Education,
- Amarvati:SuyogPrakasan.JacksonSharman/ModernPrinciplesofPhysicalEducation,New York:



- A.A.Barnes&Co.Khan, ErajAhmed, History of Physical Education, Patna Scientific Book Co.

CORE PAPER
GAME OF SPECIALIZATION –I

Contact hours per week: 5
Subject Code: U24PEC12

Contact hours per Semester: 90
Credit: 4

COURSE OUTCOME:

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

- CO 1: To know the History of all Games.
- CO 2: Understand the values of every games and Sports activity.
- CO 3: To learn the Indian game of Kabaddi, Basketball, Tennis, and Volleyball.
- CO4: Understand the acquiring knowledge of Rules and Regulation of International Sports and Tournaments.

Unit-I	<u>HISTORY AND WORKING FEDERATIONS</u> History-Working Federations - Major Tournaments - Basketball, Kabaddi, Tennis and Volleyball.
Unit-II	<u>BASKETBALL</u> Layout and maintenance of Basketball Court – Equipment and specification - Basic rules of the game - Fundamental skills – Passing, Dribbling and Shooting – Rebound - Defense.
Unit-III	<u>KABADDI</u> Layout and maintenance of Kabaddi Court - Basic Rules 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.
Unit-IV	<u>TENNIS</u> Layout and maintenance of Tennis Court - Equipments and its specification - Laws of the game - Fundamentals skills – Service – Volley – Ground Stroke, Forehand stroke - Backhand stroke – Lobs and Smash: Basic Techniques – Grip - Ready Position – Footwork – Backswing – Point of impact - Follow through.
Unit-V	<u>VOLLEYBALL</u> Layout and maintenance of Volleyball Court- Equipment and its specification. Basic Rules of the Game - Fundamentals Skills – Service – Pass – Spike – Block. - Techniques- Players Stance - Receiving the Ball - Dives and rolls.

Text Book

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

Reference Books

- Monika,A.,2005,“Basketball”,SportsPublications,Firstedition,New Delhi.
- Kirubakar,andS.Glady.,2009,“TennisSkills:ATeacher'sGuide”,Firstedition, S.S.Publications, Chennai.
- Monika,A.,2005,“Kabaddi”,SportsPublications,Firstedition,New Delhi
- Monika,A.,2005,“Volleyball”,SportsPublications,Firstedition,New Delhi.
- Monika,A.,2005,“Khokho”,SportsPublications,Firstedition,N



ALLIED PAPER

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

Contact hours per week: 5
Subject Code: U24PEE11

Contact hours per Semester: 75
Credit: 4

COURSE OUTCOME:

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

CO1: To learn the varies association of varies bodies

CO2: Identify and triggering out the best Sports persons.

CO3: Define and apply specific techniques for all the Track and Field events.

CO4: Strengthen and deepen critical Running, Jumping and Throwing through athletic practices.

CO5: Acquire Knowledge about basics of Gymnastics

Unit-I	INTRODUCTION TO ATHLETICS AND SPRINT EVENTS Introduction to athletics – History of Athletics – WA - AFI Track and field 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 Events of Middle and Long distance running - Rules and interpretations - Arm action-Foot placement – Body position – Finishing techniques.
Unit-III	LONGJUMP AND SHOT-PUT 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 – Follow through
Unit-IV	HIGHJUMP High Jump – Rules and interpretations – Styles – Western roll – Straddle – Fosbury flop -Approach run –Takeoff - Bar clearance - Landing.
Unit-V	FUNDAMENTALS OF GYMNASTICS 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,“CompetitionRulesHandBook”,Athletic Federation of India, New Delhi.

Reference Books:

- Loyd,R.,2011"GymnasticsSkillsTechniquesTraining",Firstedition,The Crouched Press, New Delhi.
- Monika,A.,2005“AthleticsCoachingManual”,SportsPublication,NewDelhi.
- Mitchell,D,B.DavisandL.Raim.,2000,“TeachingFundamentalGymnastics Skills”,Firstedition, Khel SahityaKendra, New Delhi
- Sandhu,V.,2006,“Teaching&CoachingAthletics”,SportsPublication,NewDelhi.
- Sharma,N.P.,2005,“ Fundamentals of Track and Field", First edition, Khel Sahitya Kendra, NewDelhi.



PART IV
LAB: APPLICATION OF COMPUTER IN PHYSICAL EDUCATION

Contact hours per week: 2
Subject Code: **U24PESP11**

Contact hours per Semester: 30
Credit: 2

COURSE OUT COMES

Upon completion of the course, the students will be able to

- CO1: Build up the skills of using mails
- CO2: Enhance their usage of search engine knowledge
- CO3: Apply various formatting techniques in Word
- CO4: Importance of features in excel
- CO5: Develop presentation in PowerPoint.

PRACTICAL
COMPUTER APPLICATION

1. **MSWord**: Preparation: Resume – Score sheet – Entry forms for various tournaments– Fixtures.
2. **MS Excel**: Calculations – Preparation of chart for various sports performance.
3. **MS PowerPoint**: Create a slide - Designing slide with animation. Insert image - Table chart
4. **Email**: Sending and Receiving E-mail
5. Create Google forms and Practical and Records

TEXT BOOKS:

1. Frye,C.,2007,“Microsoftofficeexcel-2007Plainandsimple”,PrenticeHallofIndiaPublication, New Delhi.Leon,A.,“InternetforEveryone”,SecondEdition,VikasPublishingHouse, Mumbai,
2. Mansfield,R.,“WorkinginMicrosoftOffice”,FourthEdition,TataMcGraw-Hill Publishing Company Ltd.,NewDelhi, 2016.
3. Marty,MandMatthew,C.,2015,“MicrosoftOffice2007QuickSteps”,ThirdEdition, Tata
4. McGraw-Hill Publishing Company Ltd., New Delhi.
5. Rajaraman,V.,“IntroductiontoInformationTechnology”,SecondEdition,Prentice Hall of India Private Ltd., Mumbai, 2014.
6. Winston,L.W.,“MicrosoftExcel”,FirstEdition,PrenticeHallofIndiaPrivateLtd., New Delhi,2017.

WEBLIOGRAPHY

- <https://edu.gcfglobal.org/en/subjects/office/> **REFERENCE BOOKS**
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SEMESTER II
CORE PAPER
GAME OF SPECIALIZATION –II

Contact hours per week: 6
Subject Code: U24PEC21

Contact hours per Semester: 90
Credit: 5

COURSE OUT COME:

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

CO1: To know the History of all Games.

CO2: To understand the value of fever games and Sports activities.

CO3: To learn the working federation in Football, Handball, Hockey, Kho-kho

CO4: To enhance the Indian game of Football, Handball, Hockey, Kho-kho.

CO5: To acquire the knowledge in Rules and Regulation International Sports and Tournaments.

Semester-II	
Unit-I	<u>HISTORY AND WORKING FEDERATIONS</u> History-Working Federations- Major Tournaments – Football – Handball - Hockey- Kho- Kho.
Unit-II	<u>FOOTBALL</u> Layout and Maintenance of Football field: Laws 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	<u>HANDBALL</u> Layout and Maintenance of Handball Court – Equipments and their Specification - Basic rules of the game - Offensive Skills – Passing – Dribbling- Shooting. Defensive skills: Zone Defence – Man to Man Defence.
Unit-IV	<u>HOCKEY</u> Layout and Maintenance of Hockey Field - Equipments and their Specifications - Basic Rules of the Game – Fundamental Skills - Grip - Dribbling - Hitting - Stopping - Rolling - Push - Scoop – Flick.
Unit-V	<u>KHO-KHO</u> Layout and Maintenance of Kho Kho Court - Basic rules 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:

- Thakur,J.K.,2013“MeasurementofPlayingField”, Sports Publications, New Delhi

Reference Books:

- Kirubakar,andS.Glady.,2009,“Football:ATeacher'sGuide”,Firstedition, S.S.Publications, Chennai.
- Monika,A,2005,"HockeyCoachingManual”,SportsPublications,Firstedition, New Delhi.
- Bhari.B., 2010,“LayoutofPlayField”, Sports Publications, New Delhi.
- Monika,A.,2005,“Handball”,SportsPublications,Firstedition,New Delhi.



CORE -PRACTICAL

LAB: GAME OF SPECIALIZATION

Contact hours per week: 5
Subject Code: U24PECP21

Contact hours per Semester: 75
Credit: 4

COURSE OUTCOME:

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

CO1: To apply the practical knowledge during the competition sports events.

CO2: Identify and guide the right way of physical performance.

CO3: Shall be able to apply the specific techniques of all the events.

CO4: Enhance the advanced skills and techniques through the practice of Sports activities.

CO5: Shall be able to prepare the students for competitive sports.

LIST OF PRACTICALS GAME OF SPECIALISATION

The students can choose any one of the following games

1. BASKETBALL
2. FOOTBALL
3. HANDBALL
4. KABADDI
5. TENNIS
6. VOLLEYBALL

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:

- Monika, A., 2005, "Basketball", Sports Publications, First edition, New Delhi.
 - Kirubakar, and S. Glady., 2009, "Tennis Skills: A Teacher's Guide", First edition, S.S. Publications, Chennai.
 - Monika, A., 2005, "Kabaddi", Sports Publications, First edition, New Delhi
 - Monika, A., 2005, "Volleyball", Sports Publications, First edition, New Delhi.
 - Monika, A., 2005, "Khokho", Sports Publications, First edition, New Delhi.
 - Kirubakar, and S. Glady., 2009, "Football: A Teacher's Guide", First edition, S.S. Publications, Chennai.
 - Monika, A., 2005, "Hockey Coaching Manual", Sports Publications, First edition, New Delhi.
 - Bhari, B., 2010, "Layout of Play Field", Sports Publications, New Delhi.
 - Monika, A., 2005, "Handball", Sports Publications, First edition, New Delhi.
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ALLIED - PRACTICAL

LAB: TRACK & FIELD EVENT- I AND GYMNASTICS

Contact hours per week: 5

Contact hours per Semester: 75

Subject Code: U24PEAP21

Credit: 4

COURSE OUTCOME:

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

CO1: To apply the Techniques of Track and Field events.

CO2: To identify the talent of the running children and appropriate sports.

CO3: To find out the hidden talent and enhance their performance.

CO4: To develop total physical fitness with the help of Gymnastics.

CO5: Enhance total Physical Fitness components due to regular practice of Gymnastics.

LIST OF PRACTICAL S 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 - Approach Run - Take off - Flying Phase - Landing. High Jump-Approach Run - Take off - Bar Clearance - Landing.
4. Shot Put-Hand hold - Placement of shot - Initial stance – Glide - Delivery stance -Follow through

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 standard "L" support and roll forward and backward on upper arms.

Text Book:

- Valson.C.K.,2014"CompetitionRulesHandBook".AthleticFederationof India, New Delhi.

Reference Books:

- Monika,A.,2005"AthleticsCoachingManual".SportsPublication,NewDelhi.
- Sandhu,V.,2006"Teaching&CoachingAthletics".SportsPublication, New Delhi.
- Sharma,N.P.,2005"FundamentalsofTrackandField",FirstEdition, Khel Sahitya Kendra, New Delhi.
- Loyd,R.,2011"GymnasticsSkillsTechniquesTraining".TheCrouched Press. New Delhi.
- Mitchell, D. Davis.B and L.Raim., 2000 "Teaching Fundamental Gymnastics Skills",First Edition,Khel Sahitya Kendra,NewDelhi.



PART IV
SKILL BASED PRACTICAL
LAB: INDIGENOUS ACTIVITIES, CALLISTHENIC EXERCISES &
MINOR GAMES

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

Credits: 2
Subject Code: **U24PESP21**

COURSEOUTCOMES:

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

- CO1: Be familiar with Indigenous activities
- CO2: Obtain the experience in Marching
- CO3: Obtain the tactical knowledge in Callisthenic, body building exercises, free arm exercise
- CO4: Understand the Minor games

INDIGENOUS ACTIVITIES:

1. Exercises without apparatus, with apparatus, rhythmic activities, defensive arts
2. Callisthenic Exercises
3. Formal exercises, Informal exercises
4. Marching
5. Minor games
6. Lead up activities for competitive sports

Reference Books:

1. Learning Calisthenics in Physical education – Dr.S.R.Sharma, Dr.Rakesh Gupta
 2. Modern trends in teaching Physical education – Gurupreet singh
 3. Physical education in the primary school – Dr.S.R.Sharma
 4. Methods of preventive and corrective physical education – Dr.Sushma Ghildyal.
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