



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

**Program Name: Bachelor of Science**  
**Discipline: Physical Education**  
**(For those who join in 2023 and after)**

**II 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	
<b>III</b>	Part I	<b>Tamil</b>	6	3	25+75=100												<b>U24PT31</b>	<b>Interchanged from II Sem</b>	
	Part II	<b>English-Paper I</b>	6	3	25+75=100												<b>U24PE31</b>	<b>New</b>	
	Core	<b>Organization and Administration in Physical Education</b>	4	4	25+75=100			✓									✓	<b>U24PEC31</b>	<b>New</b>
	Allied	Fundamentals of Test and Measurement & Evaluation in Physical Education	4	3	25+75=100			✓									✓	<b>U24PEA31</b>	<b>Credit Change</b>
	Elective	Health Education / <b>Sports Psychology &amp; Sociology</b>	4	3	25+75=100			✓									✓	<b>U24PEE31/ U24PEE32</b>	<b>Mark Change/ New</b>
	Skill Based	Introduction to Yoga	2	2	25+75=100			✓						✓				<b>U24PES31</b>	<b>Mark Change</b>
	Skill Based-Lab	<b>Lab III</b> Manual of Track and Field	4	2	100+0=100			✓									✓	<b>U22PESP31</b>	<b>No Change</b>
	Core Practical	<b>Lab IV</b> Game of Specialization	3	-	-			✓									✓	--	<b>No change</b>
	Allied Practical	<b>Lab V</b> Track and Field Events – II and Gymnastics	3	-	-			✓									✓	--	<b>No change</b>
	SL	<b>Value Education</b>	-	3	25+75=100													<b>U24VE31</b>	<b>New</b>



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		<b>Total</b>	<b>36</b>	<b>23</b>																
<b>IV</b>	Part I	<b>Tamil</b>	6	3	25+75=100													<b>U24PT41</b>	<b>Interchanged from III Sem</b>	
	Part II	<b>English-Paper II</b>	6	3	25+75=100													<b>U24PE41</b>	<b>New</b>	
	Core	Theory of Games and Sports-I	6	5	25+75=100			✓										✓	<b>U24PEC41</b>	<b>Mark Change</b>
	Elective	Fitness and Wellness/ <b>Sports Management</b>	4	3	25+75=100			✓										✓	<b>U24PEE41/ U24PEE42</b>	<b>Mark Change/New</b>
	Core Practical	<b>LAB IV</b> Game of Specialization	5 (3+2)	4	40+60=100			✓										✓	U22PECP41	No Change
	Skill Based Practical	<b>LAB V-</b> Introduction to Yoga	4	2	40+60=100			✓							✓				U22PESP41	No Change
	Allied Practical	<b>LAB VI</b> Track & Field Events–II and Gymnastics	5 (3+2)	4	40+60=100			✓										✓	U22PEAP41	No Change
	SBE	Physical Education	-	1															U22PS4	No Change
	SL	Environmental Studies	-	2	25+75=100														<b>U24ES41</b>	<b>New</b>
			<b>Total</b>	<b>36</b>	<b>27</b>															



**SEMESTER III**

**CORE PAPER**

**ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION**

Contact hours per week: 4

Credits:4

Contact hours per semester: 60

Subject Code: U24PEC31

**COURSE OUTCOMES:**

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

CO1: To know the sports organization and schemes

CO2: To understand the Budgeting and Finance

CO3: Learn to purchase sports articles and maintenance

CO4: Acquire the knowledge to construct sports infrastructure.

CO5: Obtain the knowledge about physical education class administration

**UNIT - I**

Meaning and Importance of Organization and Administration - Scheme of Physical Education in Schools, Colleges, Universities, District State and National level.

**UNIT - II**

Finance-Budgeting - Maintaining Records and Registers

**UNIT - III**

Types of Equipment – List of Equipments - Procedure for purchase of equipments care and maintenance of equipment.

**UNIT - IV**

Construction and maintenance of gymnasium - Construction and maintenance of swimming pools - Construction of multipurpose Indoor stadium – safety in sports premises.

**UNIT - V**

Physical education classes in institutions - Before and after school hour - Preparation of time table.

**References**

1. Kamlesh, M.L., Management concepts of physical education and sport, New Delhi: Metropolitan Book Co., Pvt., Ltd.
2. Joseph, P., Organization and administration of Physical Education, Gwalior.
3. Bucher, Chales and Krotee, Mar L, (1997) Management of physical Education and Sport, London: Mospay Publishing Co.
4. Sharma, (1997) Organisation and Administration of Games and Sports, Jaipur: Book Enclave.
5. SarriranChakraborty, (1998) Sports Management, Delhi: Sport Publication.



**ALLIED PAPER**

**FUNDAMENTALS OF TEST AND MEASUREMENT & EVALUATION IN  
PHYSICAL EDUCATION**

**Contact hours per week: 4**

**Credits: 3**

**Contact hours per semester: 60**

**Subject Code: U24PEA31**

**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.

<b>Unit-I</b>	<b>INTRODUCTION OF TEST AND MEASUREMENT &amp; EVALUATION</b> Test and Measurement – Meaning–Definition – Need and importance of Test– Classification of Test
<b>Unit-II</b>	<b>PHYSICAL FITNESS TESTS &amp; EVALUATION</b> Test for Speed – Agility – Flexibility – Strength - Cardio Vascular and Muscular Endurance.
<b>Unit-III</b>	<b>MOTOR FITNESS TEST &amp; EVALUATION:</b> AAHPER Youth Fitness Test–JCR-Barrow Motor Ability Test - Steptest (Harvard and )Queen’s College Test.
<b>Unit-IV</b>	<b>SPORTS SKILL TESTS &amp; EVALUATION (i)</b> French short serve Badminton Test-Knox Basketball Test - French Field Hockey Test - Hewitt Swimming Achievement Scale (Men) - Sutcliffe cricket skill test.
<b>Unit-V</b>	<b>SPORTS SKILL TESTS &amp; EVALUATION (ii)</b> AAHPER Football Test-Cornish Handball Test-AAHPER Volley ball Test–Dyer Tennis Test

**Text Book**

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

**Reference Books**

- Krishnan,J.,2005"Evaluation of Physical Education and Sports."First Edition, Sports Publication, New Delhi.
- Srivastava.A.K.,2013"Evaluation in Test and Measurement" Sports Publications, New Delhi.
- Sharad.C.,2005 "Reading in Physical Education and Sports" First Edition, Sports Publications, New Delhi.
- Veera.,v.,2003,"Evaluation in Physical Education," First Edition, sports publication., New Delhi.



**ELECTIVE PAPER**  
**HEALTH EDUCATION**

**Contact hours per week: 4**

**Credits: 3**

**Contact hours per semester: 60**

**Subject Code: U24PEE31**

**COURSE OUTCOMES:**

Students ,after successful completion of the course, will be able to  
CO1:UnderstandthevariousdimensionsofHealthandHealthEducation  
CO2: Acquire the knowledge of personal hygiene and mental health  
CO3:UnderstandthecausesofcommunicableandNon-Communicablediseases  
CO4: Know about the family life education.  
CO5: Get knowledge on safety education.

<b>Unit-I</b>	<b>HEALTH EDUCATION</b> 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 and Scope of Health Education – Aims and Course Outcomes.
<b>Unit-II</b>	<b>HYGIENE AND NUTRITION</b> 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.
<b>Unit-III</b>	<b>ENVIRONMENTAL POLLUTION AND DISEASES</b> Environmental pollution: Water - Air-Land -radiation noise pesticides. Communicable and Non communicable diseases: Distinction between communicable and non-communicable diseases - Communicable diseases - Mode of spread and their preventions - Non-Communicable diseases.
<b>Unit-IV</b>	<b>FAMILY LIFE EDUCATION</b> Family Life Education: Family as an institution - Types of family - Role of family members. Importance of Family life – Objectives of Family life. Concept of marriage - Significance of marriage - Factors influencing marriage
<b>Unit-V</b>	<b>SAFETY EDUCATION</b> 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:**

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



### **SPORTS PSYCHOLOGY AND SOCIOLOGY**

Contact hours per week: 4

Credits: 3

Contact hours per semester: 60

Subject Code: **U24PEE32**

#### **COURSE OUTCOMES**

Up on completion of the course, the students will be able to

CO1: To understand the basic concepts of psychology and sociology

CO2: Apply the knowledge of psychological and sociological principles in the field of physical education and sports

CO3: Examine the mentality of sportspersons

CO4: To provide the critical analysis of psychology and sociology in physical education and sports

CO5: Explore the knowledge about social problems and sports persons.

#### **UNIT– I: INTRODUCTION OF PSYCHOLOGY**

Meaning of psychology and sports psychology - Need and importance of sports psychology. Stages of human growth and development: Infant- childhood – Adolescence – Adult- Middle age – Old age.

#### **UNIT– II: LEARNING AND STRESS**

Learning: Meaning - Types of learning - Theories of learning - Laws of learning – Learning curve – Factors affecting Learning. Stress: Meaning – Symptoms and causes of stress in sports – Stress management techniques.

#### **UNIT– III: PERSONALITY AND MOTIVATION**

Personality: Meaning – Factors influencing personality - Theories of personality: Hippocrates -Sheldon – Sigmund Freud - Relationship between personality and sports. Motivation: Meaning – Need and importance of Motivation - Types of motivation.

#### **UNIT-IV: INTRODUCTION TO SOCIOLOGY**

Meaning of Sociology and sports sociology - Physical education and sports as special phenomenon - Sports for better international understanding - Gender in sports.

#### **UNIT-V: SPORTS AND SOCIETY**

Sports as regulating institution of society - Sports and social problems - Behavior of sportsmen - Types of audience –Leadership: Meaning - Types of leader – Qualities of a leader.

#### **REFERENCE BOOKS:**

1. Deepak., “Sports Psychology”, Sports Publications, New Delhi, 2013.
2. Deshmukh, Sanjay, V., “Philosophical, Sociological, Historical and Recreational in Physical Education”, Sports Publication, New Delhi, 2013.
3. Shekar, C., “Aspects of Psychology in Physical Education and Sports”, Sports Publications, Chennai, 2005.
4. Wankahde and Santosh, “Sports Sociology”, First Edition, Sports Publications, New Delhi, 2013.



## INTRODUCTION TO YOGA

Contact hours per week: 2

Credits: 2

Contact hours per semester: 30

Subject Code: U24PES31

### 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

<b>Unit-I</b>	<b>YOGA</b> Introduction - Meaning - Aim of yoga- Types of yoga (Karma Yoga Gnana Yoga - Ashtanga yoga - Bhakti yoga - Kundaliniyoga - Hatha yoga - Concepts and mis concepts about yoga.
<b>Unit-II</b>	<b>ASANAS</b> Suryanamaskar –Yogamudra –Padmasana – Vakrasana -Vajrasana - Ardha-Matsyendrasana- Vipareetakarani - Bhujangasana - Sarvangasana - Dhanurasana - Shirsasana- Matsyasana - Mayurasana – Shalabasana - Vrikshasana - Halasana - Tadasana - Patchimotanasana - Makarasana – Shavasana procedures.
<b>Unit-III</b>	<b>KRIYAS</b> Kriyas – Meaning – Types–Procedures– Benefits- Contradictions.
<b>Unit-IV</b>	<b>PRANAYAMA</b> Meaning of Pranayama – Types of Pranayama –Nadisudhi- Surya Bedhan- Ujjayi, Shitkari- Sheetal.
<b>Unit-V</b>	<b>MEDITATION AND MUDRAS</b> Meditation – Meaning – Types– Omchant - Benefits – Mudras– Meaning, types and benefits.

### Text Book:

- Iyengar, B.K.S., 2005, "Light on Yoga" Thirty Second Editions, HarperCollins 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.



**LAB: MANUAL OF TRACK AND FIELD**

**Contact hours per week:4**

**Credits:2**

**Contact hours per semester: 60**

**Subject Code: U22PESP31**

**COURSEOUTCOMES:**

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.

<b>Unit-I</b>	<b>LAYOUTOFTRACK</b> Types of track: Standard and Non standard - Planning and construction of 200 M and 400 M track.
<b>Unit-II</b>	<b>MARKINGOFTRACKEVENTS</b> 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.
<b>Unit-III</b>	<b>MARKING OF FIELD EVENTS</b> Marking of circle –Runway -Landing area for field events (Jumps and Throws).
<b>Unit-IV</b>	<b>OFFICIALS TO CONDUCT THE TRACK EVENTS</b> 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.
<b>Unit-V</b>	<b>OFFICIALS TO CONDUCT THE FIELD EVENTS</b> 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"CompetitionRulesHandBook".AthleticFederationofIndia, New Delhi

**Reference Books:**

- Bosen,K.,2006,"Athletics". First Edition, NIS Publication, Patiala
- LoydR.2011"GymnasticsSkillsTechniquesTraining",TheCrouched Press Publication, New Delhi
- Narang.P.,2005, "Athletic Training", First Edition, Lakshay Publication, Chennai.
- Sandhu,V.,2006,"Teaching&CoachingAthletics",FirstEdition,Sports' Publication, New Delhi.
- Sharma.N.P.,2005,"FundamentalsofTrackandField",FirstEdition,Khel Sahitya Kendra, New Delhi.





**SEMESTER-IV**

**CORE PAPER-THEORY OF GAMES AND SPORTS-I**

**Contact hours per week: 6**

**Credits: 5**

**Contact hours per semester: 90**

**Subject Code: U24PEC41**

**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

<b>Unit-I</b>	<b>HISTORY AND WORKING FEDERATIONS</b> History-Working Federations –Major Tournaments–Ballbadminton, Badminton, Cricket and Swimming.
<b>Unit-II</b>	<b>BALL BADMINTON</b> 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.
<b>Unit-III</b>	<b>BADMINTON</b> Layout and maintenance of Badminton court-Basic Rules of the game-Offensive stroke- Defensive stroke – Scoring system and officials.
<b>Unit-IV</b>	<b>CRICKET</b> Layout and maintenance of Cricket oval-Equipments and its specification-Basic rules of the game - Fundamentals skills – Batting – Bowling – Fielding – Scoring system and officials.
<b>Unit-V</b>	<b>SWIMMING</b> 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**

- Monika, A., 2005, "Ball Badminton", Sports Publications, First edition, New Delhi.
- Monika, A., 2005, "Badminton", Sports Publications, First edition, New Delhi.
- Monika, A., 2005, "Cricket", Sports Publications, First edition, New Delhi
- Monika, A., 2005, "Swimming", Sports Publications, First edition, New Delhi.



**ELECTIVE PAPER**

**FITNESS AND WELLNESS**

**Contact hours per week: 4**

**Credits: 3**

**Contact hours per semester: 60**

**Subject Code: U24PEE41**

**OBJECTIVES:**

Enable students to

**CO1:** Understand the essentials of lifelong wellness

**CO2:** Overcome fitness barriers and involve in physical movement pursuits

**CO3:** Learn and excel in Track and Field sports events

<b>Unit-I</b>	<b>AWARENESS OF PHYSICAL FITNESS AND WELLNESS</b> Definition–Meaning–Concept of Fitness and Wellness–Need and importance of Fitness and Wellness.
<b>Unit-II</b>	<b>AGING PROCESS</b> Age of Automation–Technological developments –Healthy aging–Wellness– Sports as a hobby and de-stressing agent
<b>Unit-III</b>	<b>TYPES OF FITNESS AND WELLNESS</b> Chronological fitness –Physiological fitness – Functional fitness –Mental fitness
<b>Unit-IV</b>	<b>FITNESS AND SPORTS</b> Social fitness–Sports and socialization –Performance related fitness
<b>Unit-V</b>	<b>ACCESS THE FITNESS</b> Tools to assess fitness –Spiritual fitness and wellness

**Books for reference:**

- Hoeger Werner W.K.and Hoeger Sharon A. **Fitnessand Wellness**, Englewood: Morton publishing Company, 1990.
  - Hazedine, **FitnessforSports**,Ramsburg:TheCrowoodRessLtd.,1985.
  - JamesandLeonaHart.**100%Fitness**,NewDelhi:GoodwillPublishingHouse, 1983.
  - **Wellness-Conceptsandapplications**–DavidJ.Anspaugh,MichaelH.Hamrick and Frank D. Rosato II edition Masby publishing house – Chicago.1991.
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**ELECTIVE PAPER**  
**SPORTS MANAGEMENT**

Contact hours per week: 4

Credits: 3

Contact hours per semester: 60

Subject Code: **U24PEE42**

**COURSE OUTCOMES:**

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

CO1: To acquire the fundamental knowledge of sports management

CO2: To know the Sports Personal Management policies & programs.

CO3: To Enhance the Skills of Sports Marketing.

CO4: To obtain the Knowledge of Purchasing Sports articles.

CO5: To know the values of sports budget and record Maintenance.

<b>Unit-I</b>	Meaning and Definition of Sports management - Scope of sports management - Basic principles of sports management - Functions of sports management.
<b>Unit-II</b>	Personal management: Objectives – Personal policies – Personal Recruitment - Role of Personal manager. Programme management: Importance of programme development – Factors influencing programme development – Competitive sports programs.
<b>Unit-III</b>	Sports marketing: Meaning–Factors involved in the marketing of sports – Market awareness – Developing a target market strategy – Quality and price of sports products.
<b>Unit-IV</b>	Supplies of sports Equipment: Guidelines for selection and supply of equipments – Equipment room, Equipment and supply manager–Guidelines for checking, storing, entering and issuing – Care and Maintenance of equipments.
<b>Unit-V</b>	Accounting and Budgeting – Definition and role of accounting in sport and fitness enterprise Raising of funds – Types of Budget – Record maintenance – The accounting system.

**Reference Books:**

- Bucher A.Charles(1993) Management of Physical Education and sports(10<sup>th</sup>ed.,) St.Louis: Mobsy Publishing Company.
- Chellaldurai. P (1999) Human Resource Management in sport and Recreation, Humankinetics.Chakraborty, Samiram (1988), Sports Management, Sports publications, New Delhi.
- Lazer.Wand Cultey.J Marketing Management. Boston Hought on Miffing Co.Ruben Acosta Hernandez, Managing sport organizations, Humankinetics



**LAB IV**

**CORE-GAME OFSPECIALIZATION**

**Contact hours per week: 5 (3+2)**

**Credits:4**

**Contact hours per semester: 45+75**

**Subject Code: U22PECP41**

**COURSEOUTCOMES:**

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: advances kills, 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:**

- Kirubakar, and S.Glady.,2009,“TennisSkills:ATeacher'sGuide",Firstedition, S.S.Publications, Chennai.
- Monika,A.,2005,“Basketball”,SportsPublications.Firstedition.NewDelhi.
- Monika,A,2005,“HockeyCoachingManual”,SportsPublications,Firstedition New Delhi.
- Monika,A.,2005,“Handball”,SportsPublications,Firstedition,New Delhi.
- Monika,A.,2005,“Volleyball”,SportsPublications,Firstedition,New Delhi.
- Monika,A.,2005,“Kabaddi”,SportsPublications,Firstedition,New Delhi.
- Birumal,2006,“Football Techniques”, Nis Publications, New Delhi
- Monika,A,2005,“Kho-Kho”,Sports Publications, First edition New Delhi.



**LAB V**

**INTRODUCTION TO YOGA**

**Contact hours per week: 4**

**Credits:2**

**Contact hours per semester: 60**

**Subject Code: U22PESP41**

**COURSEOUTCOMES:**

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:** Swastikasana - Padmasana - Vajrasana - Samasana – Bhujangasana - Dhanurasana - Matsyasana – Shalabhasana.

**Asana II:** Halasana - Pachimotanasana - ardhmatsyendrasana - vipareetakarani - sarvangasana

**Asana III:** Mayurasana - vrikshasana - tadasasana - makarasana - vridhasana - shavasana

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

**Pranayama :** Puraka – Kumbhaka – Rechala – suryahedhan - Ujjayi – Bhastrika - Nadishodhana - Sheetali - Shitkari.

**Text Books:**

- Iyengar, B.K.S., 2005, "Light on Yoga", Thirty Second Edition, HarperColling Publication, London.

**Reference Books:**

- Pramanik, T.N., 2013 "Yoga for Healthy Body", Sports Publications, New Delhi.
  - Qureshi, S.S., 2013 "Yoga Cures Diabetes", Sports Publications, New Delhi.
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**LAB VI**

**TRACK & FIELD EVENTS – II AND GYMNASTICS**

**Contact hours per week: 5 (3+2)**

**Credits:4**

**Contact hours per semester: 45+75**

**Subject Code: U22PEAP41**

**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**

1. Triple jump: Approach run -Take off and landing for hop and jump - Flying phase and Landing.
2. Discus throw: Hand hold -Initial stance -Preliminary swings – Turn -Delivery stance - Delivery action and Follow through.
3. Hurdles - Approach run -Take off or attack phase -Clearance of the hurdle or inter – phase -Lead leg action -Trail leg action -Body position -Landing or escape in between the hurdles and techniques at finish.
4. 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:**

Depak.J.2000. "Coaching Track and Field", First Edition, KhelSahityaKendra, New Delhi.

**Reference Books:**

- Sandhu,V.,2006."Teaching & Coaching Athletics". Sports Publication, New Delhi.
- Narang.P.2005, "Athletic Training ".First Edition, Lakshay Publication, Chennai.
- Loyd.R.,2011,"GymnasticsSkills -Techniques-Training ",The Crouched Press Publication, New Delhi.
- Jain,R.2003,"MenGymnasticsCoachManual",FirstEdition,SportsPublications, New Delhi.