



**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 2022 and after)**

**III 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	
V	Core	Physiology of Exercise	6	4	25+75=100			✓						✓			U19PEC51	No Change	
	Core	Basics of Sports Training	6	4	25+75=100			✓								✓	U19PEC52	No Change	
	Core	Methods in Physical Education	5	3	25+75=100			✓								✓	U19PEC53	No Change	
	Core Practical	LAB - Theory of Games and sports – I Ball badminton, Badminton, Cricket, Swimming.	4	4	100+0=100			✓									✓	U24PECP51	Credit Change
	Skill Based Practical	LAB - Test and Measurement (Record)	5	3	100+0=100			✓						✓				U24PESP51	Credit Change
	NME	Yoga and Health/ Yoga For Holistic Health	2	2	25+75=100			✓									✓	U24PEN51/ U24PEN52	Revised 20%/ New
	SBE	Employability Skills	2	1	25+75=100									✓				U24PS51	50% Change
	<b>Total</b>			<b>30</b>	<b>21</b>														
VI	Core	Introduction to Kinesiology and Bio Mechanics in Sports	6	4	25+75=100			✓								✓	U19PEC61	No Change	
	Allied	Rules and Regulations of Track and Field Events– III	6	4	25+75=100			✓						✓			U19PEA61	No Change	
	Core	LAB - Game of Specialization	5	4	40+60=100			✓								✓	U19PEP61/ U24PECP61	No Change	



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Allied Practical	<b>LAB - Rules and Regulations of Track and Field Events– IV</b>	4	3	40+60=100			✓						✓	<b>U24PEAP61</b>	<b>Credit Change</b>
Allied	Athletics Care and First Aid	5	4	25+75=100			✓					✓		U19PEA62	No Change
Skill Based Practical	<b>LAB-Teaching Lessons</b>	5	3	40+60=100			✓						✓	<b>U24PESP61</b>	<b>Credit Change</b>
Elective	Project and Viva	5	5	40+60=100			✓					✓		U19PE6PR	No Change
NME	<b>Yoga for Wellness/ Yoga for Wellbeing</b>	2	2	25+75=100			✓						✓	<b>U24PEN61/ U24PEN62</b>	<b>Revised 20%/ New</b>
<b>Total</b>		<b>38</b>	<b>29</b>												



SEMESTER-V

CORE PAPER – PHYSIOLOGY OF EXERCISE

Contact hours per week: 6  
Contact hours per semester: 90

Credits: 4  
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	<b>INTRODUCTION</b> 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	<b>CARDIORESPIRATORY PHYSIOLOGY</b> Types of blood circulation and respiration - Effect of exercise on cardiovascular system and Respiratory system.
Unit-III	<b>MUSCLE AND NERVOUS PHYSIOLOGY</b> Effect of exercise on Muscular, Skeletal system and Nervous System - Muscle tone – Types of Muscular contraction
Unit-IV	<b>METABOLISM AND ENVIRONMENT</b> Metabolism – Aerobic and Anaerobic Metabolism – Exercise risks at Cold, Hot and High Altitude.
Unit-V	<b>PHYSIOLOGICAL FACTORS AFFECTING MOTORABILITY</b> Physiological factors affecting skills and motor ability - Warming up - Fatigue -Oxygen debt - Second wind – Doping and its influences on Physiology.

**TEXT BOOK:**

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



**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.

<b>Unit-I</b>	<b>INTRODUCTION TO SPORTS TRAINING</b> 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.
<b>Unit-II</b>	<b>TRAINING PLANS AND PERIODISATION</b> Meaning of Training sessions and Training Plan - Definitions and meaning of Periodization – Multilateral Physical Development – Technical - Tactical and Psychological Training.
<b>Unit-III</b>	<b>STRENGTH AND ENDURANCE</b> Strength: Forms of strength - Factors determining strength - Methods of strength development. Endurance: Forms of endurance - Factors determining endurance - Methods of endurance development.
<b>Unit-IV</b>	<b>SPEED, FLEXIBILITY</b> Speed: Forms of speed - Factors determining speed - Methods of speed development Flexibility: Forms of flexibility - Factors determining flexibility - Methods of development of flexibility.
<b>Unit-V</b>	<b>COORDINATION, AGILITY AND TYPES OF TRAININGS</b> 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.

**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.



**CORE - METHODS IN PHYSICAL EDUCATION**

**Contact hours per week: 5**  
**Contact hours per semester: 90**

**Credits : 3**  
**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

<b>Unit-I</b>	<b>INTRODUCTION OF METHODS IN PHYSICAL EDUCATION</b> 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
<b>Unit-II</b>	<b>TEACHING AIDS</b> 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.
<b>Unit-III</b>	<b>LESSON PLAN</b> Lesson plan - Meaning - value of lesson plan - Types of lesson plan - General lesson plan and Particular lesson plan.
<b>Unit-IV</b>	<b>TEACHING OF PHYSICAL ACTIVITIES</b> Teaching of physical activities: Calisthenics - Marching - Indigenous activities - Minor games.
<b>Unit-V</b>	<b>TOURNAMENTS</b> Tournaments: Knock-out or elimination tournaments - League or round robin tournament - Combination Tournament - Challenge tournament.

**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. Sivaramakrishnan. S. 2006, “Statistics in Physical Education”, First Edition,
3. Bevinsonperinbaraj .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”, Sports Publications, New Delhi



**LAB - THEORY OF GAMES AND SPORTS – I**  
**BALL BADMINTON, BADMINTON, CRICKET, SWIMMING**

**Contact hours per week: 4**  
**Contact hours per semester: 60**

**Credits : 4**  
**Subject Code: U24PECP51**

**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.

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**LAB – TEST AND MEASUREMENT**

**Contact hours per week: 5**  
**Contact hours per semester: 60**

**Credits: 3**  
**Subject Code: U24PESP51**

**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’s 12/9 min run/walk) – (cardio vascular endurance)

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

**GAMES :**

1. BADMINTON - French Short Service Test- Gsc Badminton Clear Test
2. BASKET BALL - Leilich Basketball Test Bounce and Shoot
3. HOCKEY - Henry Friedel Field Hockey Test
4. VOLLEYBALL - Modified Brady Volleyball Test
5. FOOTBALL - Mc Donald Soccer Skill Test



6.TENNIS - Hewitt Tennis Service Placement

**NME: YOGA AND HEALTH (for Self Finance)**

**Contact hours per week: 2**

**Credit: 2**

**Contact hours per semester: 30**

**Subject Code: U24PEN51**

<b>Unit-I</b>	Health–Meaning–Definition–Factors affecting Health–Physical Fitness–Health Related Physical Fitness –World Health Day.
<b>Unit-II</b>	Yoga–History–Meaning–Definition–Need and Importance–International Yoga Day –Yoga and Human Health.
<b>Unit-III</b>	Steps of yoga– Various Stages–Surya Namaskar
<b>Unit-IV</b>	Asanas – Meaning – Procedure to Perform Asanas – Classification of Asanas – Padmasana – Vajrasana – Vakrasana – Pachimotasana –Virchakasana – Trikonasana–Padahasthasana–Arthachakrasana – Halasana–Bhujangasana–Sarvangasana–Dhanurasana–Shavasana–Makarasana.
<b>Unit-V</b>	Pranayama–Meaning–Definition– Aspects of Pranayama–Anunasika–Suryabhadhana–Chandrabhadhana–Kabalabhati–SugaPranayama- Sitali and Sitkari. Yoga for sports.

**References:**

1. Endrum nalvazvudharum Thirumularin Panniru Yogangal ,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

**NME: YOGA FOR HOLISTIC HEALTH (for Aided)**

**Contact hours per week: 2**

**Credit: 2**

**Contact hours per semester: 30**

**Subject Code: U24PEN52**

<b>Unit-I</b>	Health–Meaning–Definition–Factors affecting Health–Physical Fitness–Health Related Physical Fitness –World Health Day.
<b>Unit-II</b>	Yoga–History–Meaning–Definition–Need and Importance–International Day of Yoga – Yoga and Holistic Health.
<b>Unit-III</b>	Types of yoga–Stages of yoga – Surya Namaskar -Kriyas
<b>Unit-IV</b>	Asanas – Meaning – Procedure to Perform Asanas – Classification of Asanas – Padmasana – Vajrasana – Vakrasana – Pachimotasana –Virchakasana – Trikonasana–Padahasthasana–Arthachakrasana – Halasana–Bhujangasana– Sarvangasana–Dhanurasana–Shavasana–Makarasana



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<b>Unit-V</b>	Pranayama–Meaning–Definition– AspectsofPranayama–Anunasika–Suryabadhana- Chandrabadhana–Kabalabhati–SugaPranayama- Sitali and Sitkari. Yoga for sports.
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**References:**

1. Endrum nalvazvudharum Thirumularin Panniru Yogangal ,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 Saithansansha Saraswathi, yoga publication trust, munget, Bihar, India, Second edition – 1973

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**EMPLOYABILITY SKILLS**

<b>Course Title : Employability Skills</b>	<b>Total Hours : 30 Hours</b>
<b>Course Code : U24PS51</b>	<b>Total Credits : 1</b>

**COURSE OUTCOMES:**

**On completing this course, students can/are able to**

<b>Cos</b>	<b>CO STATEMENT</b>
<b>CO1:</b>	enhance their skills in solving quantitative aptitude problems
<b>CO2:</b>	expertise themselves in solving verbal and non-verbal reasoning problems.
<b>CO3:</b>	prepare for various public and private sector exams and placement drives.
<b>CO4:</b>	interpret the concepts of LOGICAL REASONING Skills.
<b>CO5:</b>	analyze the problems logically and approach the problems in a different manner

**Unit I: Quantitative Aptitude – I**

**6 Hours**

H.C.F. and L.C.M. of Numbers - Average - Percentage - Profit and Loss - Ratio and Proportion - Time and Work - Time and Distance - Train Speed.

**Unit II: Quantitative Aptitude – II**

**6 Hours**

Area related problems - Problems on Ages - Boat and Stream - Simple Interest - Compound Interest – True discount – Calendar – Clocks - Data Interpretation - Bar Graphs - Pie Chart.

**Unit III: Verbal Reasoning – I**

**6 Hours**

Analogy - Classification – Series - Coding & Decoding - Coded inequality - Blood relations - Direction sense test.





**Unit IV: Verbal Reasoning – II**

**6 Hours**

Number Test - Ranking and Time Sequence Test - Seating arrangements - Alphabet Test - Logical Venn Diagram.

**Unit V: General Knowledge**

**6 Hours**

Abbreviations & Acronyms - Famous Personalities - Important Days (National & International) - Capital Cities and Currencies – Current affairs - Sports – RBI & Banking Terms – Basics of Computers and Internet.

**Reference Books:**

1. R.S.Agarwal, Quantitative Aptitude for Competitive Examinations, S Chand Publishing company; Revised edition (21 February 2017).
2. R.S.Agarwal, A modern approach to logical reasoning, S Chand Publishing company; August 2022.
3. R.S.Agarwal, A Modern Approach To Verbal Reasoning (Old Edition), S Chand Publishing company.
4. R.S.Agarwal, Advanced objective general knowledge revised edition, S Chand Publishing company, 2017.

**e-Resources:**

1. <https://www.cuemath.com/numbers/hcf-and-lcm/>
  2. <https://www.geeksforgeeks.org/speed-time-distance-formula-and-aptitude-questions/>
  3. <chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://cdn1.byjus.com/wp-content/uploads/2020/06/Boat-Stream-Sample-Questions.pdf>
  4. <https://www.hitbullseye.com/Simple-Interest-and-Compound-Interest.php>
  5. <chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://examsdaily.in/wp-content/uploads/2018/09/br.pdf>
  6. <https://testbook.com/objective-questions/mcq-on-direction-and-distance--5eea6a0e39140f30f369e42a>
  7. <https://unacademy.com/content/cat/study-material/data-interpretation-and-logical-reasoning/ranking-and-time-sequence/>
  8. <https://www.toppr.com/guides/computer-aptitude-and-knowledge/basics-of-computers/basic-computer-terminology/>
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**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 - Gluteus maximus - Gastrocnemius.

**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 - Leg spin.

**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.

**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**  
**Contact hours per semester: 60**

**Credits:4**  
**Subject Code: U19PEA61**

<b>Unit-I</b>	<b>POLEVAULT</b> Pole Vault- Rules and interpretations -Grip –Approach Run- Planting - Take off – Swing- Rock back – Push – Bar clearance and landing.
<b>Unit-II</b>	<b>HAMMERTHROW</b> Hammer Throw – Rules and interpretations–Holding the Hammer-Preliminary Swing- Turn - Delivery – Follow Through.
<b>Unit-III</b>	<b>JAVELIN THROW</b> Javelin Throw- Rules and interpretations-Grip – Approach Run- Withdrawal- Cross Over stride or impulse stride -Release and follow-through.
<b>Unit-IV</b>	<b>400 M Run</b> 400M Run– Rules and interpretations - Starting - Tactics and Techniques of running andFinishing the race.
<b>Unit-V</b>	<b>COMBINED EVENTS</b> Triathlon – Pentathlon – Heptathlon – Decathlon - SteepleChase.

**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, NewDelhi.
3. Sharma, N.P., 2005 "Fundamentals of Track and Field", First Edition, KhelSahitya Kendra, New Delhi.

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**CORE LAB - GAME OF SPECIALIZATION**

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

**Credits : 4**  
**Subject Code : U19PEP61/ U24PECP61**

**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



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

**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**  
**Contact hours per semester:60**

**Credits: 3**  
**Subject Code: U24PEAP61**

**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
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### ALLIED –ATHLETICS CARE AND FIRST AID

**Contact hours per week: 5**

**Credits: 4**

**Contact hours per semester: 75**

**Subject Code: U19PEA63/ U24PEA62**

#### **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 Books:**

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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**LAB - TEACHING LESSONS**

**Contact hours per week: 5**

**Credits: 3**

**Contact hours per semester: 75**

**Subject Code: U24PESP61**

**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

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**NME-YOGA FOR WELLNESS (for Self Finance)**

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

**Credits: 2**  
**Subject Code : U24PEN61**

**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. Cleansing - Shat Kriyas – Mudra- Bhandas.

**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.



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Virudhunagar – 626 001.

**UNIT – V**

**(6Hours)**

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

**References:**

1. Endrum nalvazvu dharum ThirumularinPanniruYogangal, 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.

**NME-YOGA FOR WELLBEING (for Aided)**

**Contact hours per week: 2**

**Credits: 2**

**Contact hours per semester: 30**

**Subject Code : U24PEN62**

**UNIT – I**

**(6Hours)**

Introduction to Wellbeing- Role of Yoga in Wellbeing – Yogic Concepts in wellbeing.

**UNIT – II**

**(6Hours)**

Personal Hygiene: Care of Teeth – Hair – Skin - Nose –Nail–Foot-Yogic cleansing - Shat Kriyas- Mudra – Bhandas.

**UNIT – III**

**(6Hours)**

Diseases–Definition–Meaning- Communicable Diseases – Mode of transmission – Incubation Period – Symptoms – Treatment – Cholera – Typhoid –Dengue –Small pox – Covid 19.

**UNIT – IV**

**(6Hours)**

Stress – Meaning and Definition – Management of Techniques through Yoga Practice.

**UNIT – V**

**(6Hours)**

Yoga Practices for Life Style Diseases - Blood Pressure - Diabetes – Obesity – Coronary Heart Diseases – Cancer.

**References:**

1. Endrum nalvazvu dharum ThirumularinPanniruYogangal, N.Ramakrishnan, Manivasakar Publication, Chennai, 2003.





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2. Sri Patanjali yoga sutra
  3. Science of yoga, I.K.Taimini, Therosophical Publishing House, Adayar, Chennai, 2001.
  4. Foundations of Physical Education and Sports (12Ed). D.A.Wuest and C.A.Bucher (1995). St.Louis: Mos by Company
  5. Sound Health Through, K.Chandra Sekaran, Prem Kalyan Publications, Madurai, Tamilnadu, India – 1999.
  6. Asana Pranyama Mudra Bandha by Swami Saithansansha Saraswathi, yoga publication trust, munget, Bihar, India, Second edition – 1973.
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