



SRM

INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University u/s 3 of UGC Act, 1956)

BACHELOR OF PHYSICAL EDUCATION HEALTH EDUCATION AND SPORTS

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

UNDER CHOICE BASED CREDIT SYSTEM

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
SCIENCES
FACULTY OF SCIENCE AND HUMANITIES
SRM INSTITUTE OF SCIENCE & TECHNOLOGY
SRM NAGAR, KATTANKULATHUR – 603 203**

FACULTY OF SCIENCE & HUMANITIES
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES
B.Sc. DEGREE COURSE IN PHYSICAL EDUCATION,
HEALTH EDUCATION & SPORTS
RULES AND REGULATIONS AND COURSE SCHEME

1. COURSE OBJECTIVES

To enable the students to

- I. Attain wholesome development through Physical Education and Sports.
- II. Study about the scientific principles from various allied subjects in the field of Physical Education and sports.
- III. Become outstanding sports persons in State, National and International Levels
- IV. Be familiar with rules and regulations and their participation in officiating sports and games.
- V. Develop the desirable health habits and social integration sports persons.

2. ELIGIBILITY FOR ADMISSION

Candidates seeking admission into the B.Sc., Physical Education, Health Education & Sports Course must have passed the Higher Secondary Examination, Conducted by the Board of Higher Secondary Examinations, Government of Tamil Nadu or any other examination accepted by the SRM University as its equivalent with minimum Inter School Sports Participation .

Admission shall be made on the basis of ranking for a total of 100 marks as detailed below:-

a.	Qualifying Examination	-	25 marks
b.	Sports and Games participation (supporting Certificates should be produced)	-	25 marks
c.	Games and sports skill Test	-	50 marks
	Total		<hr/> 100 marks <hr/>

3. DURATION OF THE COURSE

The duration of the course shall be THREE academic years. Each academic year consists of Two Semesters . The duration of each semester is 75 working Days. Structure of the UG Programme, Faculty Adviser/ Student Counselor Class Committee, Registration/enrollment for courses, Enrollment Requirement, maximum Duration of the Programme, Temporary withdrawal from the Programme Discipline, Attendance is the physical presence of the student in the class, condonation of Attendance, Assessment Procedure, Purely Internal Assessment Courses, career Development Course (CDC), End Semester Examination, Passing Minimum, Course Wise Grading of Students, Award of Letter Grade, Eligibility for the Award of the Degree , Classification of the Degree Award, Revaluation, Pattern of Question Paper Theory and Practical, Temporary Break of Study from a Programme, Revision of Regulation and Curriculum can be followed as per with other courses offered in the Faculty of Science & Humanities.

SEMESTER-1							
Career Stream Title	Sub code	Subject Title	L	T	P	Total	Credit
Fundamental	ULT18101 ULH18101 ULF18101	Tamil – I Hindi – I French - I	4	1	0	5	4
Fundamental	ULE18101	English - I	4	1	0	5	4
Core – 1	UPE18101	Foundation and History of Physical Education	4	1	0	5	4
Core-2	UPE18102	Theories of Yoga and Gymnastics	4	1	0	5	4
Core – 3	UPE18103	Practical – Yoga and Gymnastics	0	0	4	4	2
Allied -1	UPE18104	Methods in Physical Education	4	0	0	4	4
CDC	CDC18101	Verbal Ability	2	0	0	2	2
Semester Wise Total			22	4	4	30	24

Note: Core -3 → Examination only at the end of II- Semester

Semester-II							
Career Stream Title	Subject Code	Subject Title	L	T	P	Total of LTP	C
Fundamental	ULT18201 ULH18201 ULF18201	Tamil – II Hindi – II French - II	4	1	0	5	4
Fundamental	ULE18201	English - II	4	1	0	5	4
Core – 4	UPE18201	Theories of Major Games-Part1	4	1	0	5	4
Core-5	UPE18202	Major Games-Practical	0	0	4	4	2
Core- 6	UPE18203	Anatomy and Physiology	4	1	0	5	4
Allied -2	UPE18204	Management in Physical Education	4	0	0	4	4
CDC	CDC18201	Quantitative Aptitude and reasoning-I	2	0	0	2	2
Extension Activity	UNO18201 UNC18201 UNS18201 UNG18201	NSO NCC NSS YOGA	0	0	0	0	1
Semester Wise Total			22	4	4	30	25
SEMESTER III							
Career Stream Title	Subject Code	Subject Title	L	T	P	Total of LTP	C
Compulsory Core	UPE18301	Test, Measurement and Evaluation in Physical Education	4	1	0	5	4
	UPE18302	Fitness Management	4	1	0	5	4
Compulsory Core Lab	UPE18303	Practical – I: Athletics	0	1	3	4	2
	UPE18304	Practical – I: Games	0	1	3	4	2
Allied	UPE18305	Sports Psychology and Sociology	4	1	0	5	4
Skill Based Electives-I	UPE18E31	Sports Training Methods	3	0	0	3	3
Non-major Elective-I		Open Elective-I	2	0	0	2	2
Supportive Course (Internal Evaluation)	CDC18301	Quantitative Aptitude and Reasoning – II	2	0	0	2	2
Total			19	5	6	30	23

SEMESTER IV							
Career Stream Title	Subject Code	Subject Title	L	T	P	Total of LTP	C
Compulsory Core	UPE18401	Scientific Principles of Coaching	4	1	0	5	4
	UPE18402	Health Education	4	1	0	5	4
Compulsory Core Lab	UPE18403	Practical – II: Athletics	0	1	3	4	2
	UPE18404	Practical – II: Games	0	1	3	4	2
Allied	UPE18405	Safety Education and First Aid	4	1	0	5	4
Skill Based Electives-II	UPE18E41	Principles of Yoga Therapy ,Social Skills & Living Value Based Education	2	0	1	3	3
Non-major Elective-II		Open Elective -II	2	0	0	2	2
Supportive Course (Internal Evaluation)	CDC18401	Communication Skills	2	0	0	2	2
Total			19	5	6	30	23
SEMESTER V							
Career Stream Title	Subject Code	Subject Title	L	T	P	Total of LTP	C
Compulsory Core	UPE18501	Theories of Major Games – Part: III	4	1	0	5	4
	UPE18502	Research and Statistics in Physical Education	4	1	0	5	4
Compulsory Core Lab	UPE18503	Practical –III : Athletics	0	1	2	3	2
	UPE18504	Practical –III :Games	0	1	2	4	2
Core Elective - I	UPE18E01	Care of Athletic Injuries	4	1	0	5	4
Core Elective - II	UPE18E02	Recreation ,camping and youth leadership	4	1	0	5	4
Supportive Course	UES18501	Environmental Studies	3	0	0	3	3
Total			19	6	5	30	23

SEMESTER VI							
Career Stream Title	Subject Code	Subject Title	L	T	P	Total of LTP	C
Compulsory Core	UPE18601	Track and Field – planning, construction and Rules	4	1	0	5	4
	UPE18602	Science of Sports Training	4	1	0	5	4
Compulsory Core Lab-I	UPE18603	Practical – IV: Athletics	0	0	3	3	2
	UPE18604	Practical – IV: Games	2	1	2	5	4
Core Elective – III	UPE18E03	Applied Kinesiology	4	1	0	5	4
Core Elective – IV	UPE18E04	Exercise Physiology	4	1	0	5	4
Compulsory core Lab-II	UPE18605	Specialization in a major games : (Practical Exam & Record)	0	0	4	4	4
Supportive Course (Internal Evaluation)	CDC18601	Personality Development	2	0	0	2	2
Total			20	5	5	30	28

Total Credits to be earned for the degree: 146

Subject Code	Title of the Subject	L	T	P	Total LTP	c
ULH 18101	HINDI-I	4	1	0	5	4

INSTRUCTIONAL OBJECTIVES

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

UNIT I - PROSE**(35 Hours)**

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

UNIT II- ONEACTPLAY**(15 Hours)**

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

UNIT III - CORRESPONDENCE**(10 Hours)**

1. OFFICIAL LETTER
2. DEMI- OFFICIAL LETTER

UNIT IV - COMPUTER**(10Hours)****UNIT V - TECHNICAL TERMINOLOGY****(5 Hours)****TEXT BOOKS**

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

REFERENCE

1. PrayajonMulak Hindi (Author - *MadhavSontakke*)

Subject Code	Title of the Subject	L	T	P	Total of LTP	C
ULF18101	FRENCH-I	4	1	0	5	4

INSTRUCTIONAL OBJECTIVES:

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

Unité-I

(15 Heures)

Vous comprenez? – Conjugaison des verbes – Masculin/Féminin – Singulier/Pluriel – Interrogation – Négation simple- L'identité- Les lieux de la ville- Les mots du savoir-vivre.

Unité-II

(15 Heures)

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

Unité-III

(15 Heures)

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

Unité-IV

(15 Heures)

Racontez-moi- Passé composé - Présentation d'un événement passé- La date et l'heure- Les moments de la journée, de l'année- Événements liés au temps - **Bon voyage !**- Comparaison simple- Adjectifs démonstratifs- Adjectifs possessifs- Les Voyages – Les transports.

Unité-V

(15 Heures)

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

Référence Book

1. **“Echo-A1”**, Méthode de français, J.GIRARDET, J.PECHEUR, CLE International, Janvier-2011.

Subject Code	Title of the Subject	L	T	P	C
ULE18101	ENGLISH -I	4	1	0	4

INSTRUCTIONAL OBJECTIVES

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

UNIT I - POETRY (15 Hours)

1. If by Rudyard Kipling
2. Where the Mind is Without Fear by Rabindranath Tagore
3. The Road Not Taken by Robert Frost
4. Snake by D. H. Lawrence

UNIT II - PROSE (15 Hours)

1. Of Truth by Francis Bacon
2. Spirit of India by A. P. J. Abdul Kalam

UNIT III - SHORT STORIES (15 Hours)

1. The Bet by Anton Chekhov
2. The Postmaster by Rabindranath Tagore

UNIT IV - MOVIE REVIEW (15 Hours)

1. Whose Life is it Anyway?
2. The Accused- Feature Film
3. Water

UNIT V - LANGUAGE COMPONENT (15 Hours)

1. Tenses
2. Focus on Articles, Prepositions, Subject Verb Agreement
3. Comprehension Passage

TEXT BOOKS

1. Cambridge University Press,. Raymond Murphy, "*Essential Grammar in Use*", 3rd Edition 2010

2. Edited by Dr. Shanthichitra, “*Glean to ACME English Tex Book*”, Published by Department of English, FSH, SRM University

Subject Code	Title of Subject	L	T	P	C
UPE18101	FOUNDATION AND HISTORY OF PHYSICAL EDUCATION	4	1	0	4

CORE-I

UNIT - I

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

UNIT - II

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

UNIT - III

- a. History of Physical Education in Sparta,Athens.
- b. Turnverein Movement and Lingiad Festivals.
- c. Olympic Games – Ancient and Modern – Origin – Organisation and Conduct of the Game.
- d. Olympic flag, Torch, Oath, Emblem, Ideal and Motto – The marathon Race.

UNIT - IV

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

UNIT - V

- a. Important National and International Trophies – Santhosh Trophy, Ranji Trophy, Duleep Trophy, Rengasamy Cup-Thomas Cup, Davis Cup, Euro Cup, Wimbledon, Fight for Ashes.

- b. Sports Competttion- National Games , Asian Games, Common wealth games, SAF AIU,SGFI,RDS,and BDS.
- c. Awards and Honors- Arjuna award, Dronacharya award and Rajiv Gandhi Khelretna award, MoulanaAbulkalam Azad award (MAKA Trophy) and Dayanchand award.

REFERENCES

1. Kamlesh M.L., Physical Education : Facts and Foundation, New Delhi,P.B.Publication,1998.
2. Wuest,Deborah,A. and Charles A.Bucher: Foundations of Physical Education and Sport, New Delhi :B.L.PublicationPvt.,Ltd.,
3. Wellman and Cowell,Philosophy and Principles of Physical Education, AmarvatiSuyogPrakasan.
4. Thirunarayanan,C. and Hariharan,S., Analytical History of Physical Education. Karaikudi,C.T.&S.H.PUB.,1990.
5. Sharma, O.P., History of Physical Education, New Delhi :KhelShitya Kendra,1998.
6. Jackson Sharman/Modern Principles of Physical Education :A.A.Barnes& Co., New York.

Subject Code	Title of Subject	L	T	P	C
UPE18102	THEORIES OF YOGA AND GYMNASTICS	4	1	0	4

CORE-2

UNIT - I

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

UNIT - II

System of Yoga – Eight Limbs of yoga – Asanas – Classification of Asanas – Difference between Physical exercises and yoga exercises – Guidelines for practicing Asanas.

UNIT- III

Procedure of doing Asanas. Asanas in long sitting position – prone position – supine position – standing position – kneeling position. Physiological Benefits of Asanas

UNIT - IV

Pranayama – Types & Concept of pranayama – Closing the nostrils – Controlling the breath – Bhandas – practice regulation- Importance of suspension (Kumbhaka) – Kriyas and its types. Meditation and its Types. Role of Meditation in Physical Education and Sports-Meditation – Types of Meditation (Silent, Mantra Object and Breathing Meditation).

UNIT- V

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

REFERENCES

1. B.K.S., Iyengar Light on Yoga , London : Unwin Paperbacks, 1989.
2. P. Mariayyah –“Pranayamas” Sports Publication, Coimbatore.
3. K. Chandrasekaran, "Sound health through yoga" PremKalyan Publication, Sedapatti, 1999.
4. Yogeshwar, " Text Book of Yoga ", Madras yoga centre.
5. Cooper,Phyllis AND Trnka,Milan' Teaching gymnastics skills to men and women'SurjeetPublication,Delhi,1982
6. Bawa, Gurdial Singh 'Fundamentals of men's Gymnastics'Friends Publications(India) Delhi,1994
7. Brown ,James R. and Wardell David B. 'Teaching and Coaching Gymnastics for men and WOMEN' johnwiley and SONS,NewYork,1980
8. Madak Pinto 'Coaching Gymnastics' KhelsahityaKendra,New Delhi,2000.
9. Thanilokesh 'Skills and Tactics-Gymnastics, Sports publication,New Delhi,1995.

Subject Code	Title of Subject	L	T	P	C
UPE18103	PRACTICAL - YOGA AND GYMNASTICS	0	0	4	2

CORE-3

UNIT - I

Suriyanamaskar

UNIT- II

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

UNIT - III

Pranayama and Mudras

UNIT - IV

Kriyas

UNIT V

Gymnastics

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

Subject Code	Title of Subject	L	T	P	C
UPE18104	METHODS IN PHYSICAL EDUCATION	4	0	0	4

ALLIED -1

UNIT - I

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

UNIT - II

- a. Explain various physical activities in the field of Physical Education- Calisthenics, Marching, Minor and Major games ,Indigenous activities,

Rhythmic activities, Gymanastics, Defensive arts and Swimming- Track and Field events- Asanas, pranayana & Meditation .

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

UNIT - III

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

UNIT- IV

- a. Intramural Competition – Objectives – Method of Organising and conducting – Units for Competition – Intramural Committee.
- b. Extramural Competition – Benefits – Drawbacks – Methods of Organising and Conducting
- c. Group competitions- Benefits-Methods of organizing and conducting.
- d. Sports Meet – Standard and Non-Standard –Method of organizing and conducting sports meet- Handicapped (Special people) Sports, telegraphic sports and Tabloid sports.
- e. Play days-method of organizing and conducting – model programme of play days.

UNIT - V

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

Subject Code	Subject Title	L	T	P	C
CDC18101	VERBAL ABILITY	2	0	0	2

INSTRUCTIONAL OBJECTIVES:

At the end of this course, the students will be able to,

- (i) Communicate with better diction
- (ii) Take up competitive exams confidently

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

UNIT - I

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

UNIT - II

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

UNIT - III

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

UNIT - IV

Grammar- Spotting errors, selecting words, sentence completion

UNIT - V

Vocabulary- Word Quest, Puzzles, Crossword

TEXT BOOKS

1. Raymond Murphy (2007), *Essential English Grammar*, Cambridge University Press.
2. Raymond Murphy (2007), *Intermediate English Grammar*, Cambridge University Press.
3. Raymond Murphy (2007), *Advanced English Grammar* Cambridge University Press.

REFERENCES

1. Norman Lewis (2011), *Word Power Made Easy* New Revised and Expanded Edition, Goyal publication.
2. Prabhu.C, Vivekanandan.P (2012), "*The Essentials of Quantitative Aptitude and Verbal Aptitude*", Enrich &Excell, BEACON, Chennai.

ஆ. நீதிஇலக்கியம்

1. திருக்குறள் - □□□□□□□□□□□□
 அதிகாரம்) □□□□□□□□□□□□ (2
2. நாலடியார் - பொருட்பால்- □□□□□□□□□□ - 5
 பாடல்

இ. பக்திஇலக்கியம்

சைவம் - பன்னிருதிருமுறைகள்

1. திருஞானசம்பந்தர்தேவாரம் - முதலாந்திருமுறை
 காதல் ஆகி, கசிந்து ... என்றுதொடங்கும்பாடல்
2. திருநாவுக்கரசர்தேவாரம் - □□□□□□□திருமுறை
 மாசில் வீணையும் மாலை ... என்றுதொடங்கும்பாடல்
3. சுந்தரர்தேவாரம் - ஏழாந்திருமுறை
 பொன்னார் மேனியனே என்றுதொடங்கும்பாடல்
4. மாணிக்கவாசகர் - திருவாசகம் - பிடித்தபத்து
 பால்நினைந்துண்டடுத்தாயினும்சாலஎன்றுதொடங்கு
 ம்பாடல்
5. திருமூலர் - திருமந்திரம்
 மரத்தை மறைத்தது மாமத யானை ...
 என்றுதொடங்கும்பாடல்

வைணவம் - நாலாயிரத்திவ்யப்பிரபந்தம்

1. பூதத்தாழ்வார்
 பெருகு மத வேழம்
 மாப்பிடிக்கு...என்றுதொடங்கும்பாடல்
2. குலசேகராழ்வார்
 ஆனாதசெல்வத்துஅரம்பைய□□கள்தற்கூழஎன்று
 தொடங்கும்பாடல்
3. பெரியாழ்வார்
 எந்நாள் எம்பெருமான் ...என்றுதொடங்கும்பாடல்
4. ஆண்டாள்
 ஓங்கி உலகளந்த உத்தமன் ... என்றுதொடங்கும்பாடல்
5. திருப்பாணாழ்வார்
 சதுர மாமதி□□ சூழ் இலங்கைக்கு என்று தொடங்கும்
 பாடல்

இஸ்லாம்

இஸ்லாம் -
-3

சிந்துவம்

சிந்துவம் - 3

UNIT - III**10 Hours**

1. Anuvad : Anuvad Ki ParibhashaEvamBhed

UNIT- IV**5 Hours**

1. Anuvad : English to Hindi

UNIT -V**5 Hours**

1. Administrative words

RECOMMENDED TEXTS

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

REFERENCES

1. PrayajonMulak Hindi (Author - MadhavSontakke)
2. Practical Guide to is Translation & Composition (Author- K. P. Thakur)

Subject Code	Title of the Subject	L	T	P	Total Of LTP	C
ULF18201	FRENCH-II	4	1	0	5	4

Maximum: 100 marks (Internal : 50 marks; External : 50)**Instructional Objectives:**

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

Unité-I**15Heures**

Quelle journée !- La conjugaison pronominale- L'impératif- L'expression de la quantité : peu, un peu de, quelque, etc.,- Les activités quotidiennes- Les achats, L'argent - **Qu'on est bien ici !** Prépositions et adverbes de lieu- Verbes exprimant un déplacement : emploi des prépositions- Le logement, La localisation, L'orientation, L'état physique, Le temps qu'il fait.

Unité-II**15Heures**

Souvenez-vous- L'imparfait- Emploi du passé composé et de l'imparfait- Expression de la durée- L'enchaînement des idées : alors, donc, mais- Les sens réciproque- Les moments de la vie- La famille- Les relations amicales, amoureuses, familiales.

Unité-III

15Heures

On s'appelle ? – Les pronoms compléments directs- les pronoms compléments indirects de personne- L'expression de la fréquence et de la répétition – Les moyens de communication : courrier, téléphone, internet.

Unité-IV

15Heures

Un bon conseil ! – Expression du déroulement de l'action – Passé récent- Présent progressif – Futur proche – Action achevée/ inachevée – Les phrases rapportés – Les Corps – La santé et la maladie.

Unité-V

15Heures

Parlez-moi de vous – La place de l'adjectif – La proposition relative finale avec « qui » - C'est/il est – Impératif des verbes avec pronoms – La formation des mots – La description physique et psychologique des personnes – Les vêtements – Les Couleurs.

Référence :

1. **“Echo-A1”**, Méthode de français, J.GIRARDET, J.PECHEUR, CLE International, Janvier-2011.

Subject Code	Title of the Subject	L	T	P	C
ULE18201	ENGLISH-II	4	1	0	4

INSTRUCTIONAL OBJECTIVES

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

UNIT I - POETRY **15Hours**

1. The Hawk in the Rain by Ted Hughes
2. Crutches by Bertolt Brecht
3. Obituary- A. K. Ramanujan
4. Dream Deferred- Langston Hughes

UNIT II - PROSE **15Hours**

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

UNIT III - PLAY AND SHORT STORY **15Hours**

1. Monkey's Paw by W.W.Jacobs
2. Bear by Anton Chekhov

UNIT IV BOOK REVIEW **15Hours**

1. To kill a Mocking Bird (Excerpts)
2. Merchant of Venice (Excerpts)

UNIT V LANGUAGE COMPONENT **15Hours**

1. Transformation of Sentences
2. Jumbled Sentences
3. Précis Writing

TEXT BOOKS

1. Cambridge University Press., Raymond Murphy, *Essential Grammar in Use* 3rd Edition 2010
2. Edited by Dr.Shanthichitra, *Glean to ACME English Tex Book* Published by Department of English, FSH, SRM University

Subject Code	Title of Subject	L	T	P	C
UPE18201	THEORIES OF MAJOR GAMES –PART 1	4	1	0	4

CORE-4

UNIT - I

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

UNIT - II

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

UNIT - IV

Layout of the court with specifications and Position of the players- Volleyball- Ballbadminton-Hockey-Kabaddi

UNIT - IV

Rules of the game and officiating techniques- Volleyball-Ballbadminton-Hockey-Kabaddi

UNIT - V

State, National and International level organizations- Volleyball-Ballbadminton-Hockey-Kabaddi

Subject Code	Title of Subject	L	T	P	C
UPE18202	MAJOR GAMES -PRACTICAL	0	0	4	2

(Any One of the Major Games-Volleyball)

CORE-5

Subject Code	Title of Subject	L	T	P	C
UPE18203	ANATOMY AND PHYSIOLOGY	4	1	0	4

CORE-6

UNIT - I

- a. Meaning and Definition of Anatomy and Physiology.
- b. Cell – Structure and Functions of Various parts of the cell.
- c. Tissues – types and Functions of Various Tissues- (Epithelial, Muscular, Connective and Nervous tissues).
- d. Myology, Histology, Osteology, Arthology, Dermatology, Ophthalmology, Cardiology, Neurology, Nephrology, Anterior, Posterior, Lateral, Medial, Inferior and Superior.
- e. Need and importance of anatomy and physiology.

UNIT - II

- a. Meaning and Functions of Skeleton- Exoskeleton and Endoskeleton (Axial and Appendicular Skeleton)
- b. Bones- Classifications and Functions- General Feature of different bones of the body- Scapula, Humerus, Radius and Ulna, Pelvic bone, Femur, Patella, Vertebral Column, Tibia and Fibula and Bones of the Skull.
- c. Joints- Definition and Classification of Joints – Diarthrosis, Amphiarthrosis and Synarthrosis- Classification of Freely Movable Joints.

UNIT - III

- a. Cardio- Vascular system- Structure and Functions of Heart- Circulation of the Blood- Stroke volume and Cardiac Output-Brady Cardia and Tacky Cardia- Blood Pressure.
- b. Respiratory system – Structure of the Lungs and Mechanism of Respiration- Tidal Volume, Residual volume, Minute Volume.
- c. Blood-Composition of Blood- Main Functions of Blood- Blood Groups- Blood clotting Mechanism

UNIT - IV

- a. Digestive system- Structure and Functions of various parts- Functions of Liver.
- b. Nervous System-Structure and Functions of Brain and Spinal cord-Functions of Neuron- Reflex Action and Reflex Arc.
- c. Excretory System – Structure and Functions of Kidney- Structure and Functions of Skin.

UNIT - V

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

Subject Code	Title of Subject	L	T	P	C
UPE18204	MANAGEMENT IN PHYSICAL EDUCATION	4	0	0	4

ALLIED-2

UNIT - I

- a. Meaning of Organisation and Administration – Procedures of Organising – Aim of Organisation- Major phases of Administration..
- b. Meaning and Definition of Management – Functions of Management- Guiding principles of Management.
- c. Schemes of Management in Physical Education – School, Colleges, University- State.
- d. Physical Education Syllabus and Physical Education Periods.
- e. Supervision in Physical education – Qualities of a Supervisor.

UNIT - II

- a. Play area is Schools and Colleges – Facilities and standards in physical education- Factors affecting Facilities and Standard- Location of Playfield (Surface and its types) Suggestion for Planning and Constructing the Playfield – Care and Maintenance of Play Ground.

- b. Gymnasium- Need for Gymnasium – Specification of Gymnasium – Purpose of the Gymnasium – (Gymnastics, yoga, weight training apparatus, Multi – Gym etc).
- c. Swimming Pool – Importance and Need of Swimming pool- Purification of water- Regulation to be observed in the Swimming Pool.

UNIT III

- a. Sports Committee – Purchase committee – Structure and Functions.
- b. Games and Athletic Equipments – Need for the Equipments-Types of Equipments.
- c. Indent Approval – Call for Quotation- Comparative Statement- Purchase of Equipments
- d. Care and Maintenance of Equipments- Stock Verification – Auction.

UNIT - IV

- a. Finance and Budget – Model Physical Education Budget for an Year – Guiding Factors for the Preparation of Budget – Rules of Utilization of Games Fund.
- b. Records and Registers – Attendance- Physical Fitness- Stock- Assession- Auction- Issue Registers-Contingency etc.
- c. Files – Intramural- Extramural – Purchase- Miscellaneous Files.

UNIT - V

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

Subject Code	Subject Title	L	T	P	C
CDC18201	QUANTITATIVE APTITUDE AND REASONING – I	2	0	0	2

INSTRUCTIONAL OBJECTIVES:

At the end of this course, the students will be able to,

- 1. Critically evaluate various real life situations by resorting to Analysis of key issues and factors

2. Demonstrate various principles involved in solving mathematical problems and thereby reducing the time taken for performing job functions.

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

UNIT - I

Simple equations - Ratio & Proportion – Variation

UNIT - II

Percentages - Profit and loss – Partnership - Simple interest and Compound interest

UNIT - III

Deductions – Connectives

UNIT - IV

Analytical Reasoning puzzles - Problems on Linear arrangement -Problems on Circular arrangement

UNIT - V

Clocks – Calendars - Blood relations

TEXT BOOKS

1. Agarwal R S (2013), 'Quantitative Aptitude' S.Chand Publishers,
2. Agarwal R S, 'A modern approach to Logical reasoning' S.Chand Publishers

REFERENCES

1. AbhijitGuha, Quantitative Aptitude - McGraw Hills Publishers
2. Agarwal R S, 'A modern approach to Logical reasoning' S.Chand Publishers.

SEMESTER –III

Subject Code	Title of Subject	L	T	P	C
UPE18301	TEST ,MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION	4	1	0	4

COMPULSORY CORE

TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION

UNIT- I

15Hours

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

UNIT- II

13 Hours

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

UNIT- III

12Hours

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

UNIT- IV

10Hours

- a) Basketball-Johnson Basketball Ability test.
- b) Hockey-Schmithals French Field Hockey test
- c) Soccer-Mc Donald Soccer test.
- d) Volley ball –RusselLange- Volley ball test.

- e) Badminton - French short service Test.
- f) Tennis- Dyer tennis Test.

UNIT- V

10 Hours

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

TEXT BOOK

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

REFERENCES

- 1. Bosco, James. Measurement and Evaluation in Physical Education and sports, New Jersey, Prentice Hall In,1983..
- 2. Barry L.Johnson, Jack K.Nelson. Measurements for Evaluation in physical education. Surjeet Publications,2004.
- 3. Horold, M.Borrow. A Practical applied to measurement in Physical Education, 2010.

Subject Code	Title of Subject	L	T	P	C
UPE18302	FITNESS MANAGEMENT	4	1	0	4

**COMPULSORY CORE
FITNESS MANAGEMENT**

UNIT – I INTRODUCTION

12Hours

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

UNIT – II DEVELOPMENT OF PHYSICAL FITNESS

12Hours

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

UNIT – III EXERCISE PROGRAMMES

12 Hours

Callisthenic's – jogging – swimming – skipping – aerobic dance – weight training – circuit training – participation in games and sports – cycling

UNIT – IV BENEFITS OF PHYSICAL FITNESS

10Hours

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

UNIT – V NUTRITION

14Hours

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

TEXT BOOK

1. Hardhayalsingh .B.(1998) Training Methods Practice Hall of India ,New Delhi.
2. Jothi .k(2015 Health diet and fitness sports publication ,New Delhi

REFERENCES

1. John Burn .W (1981) Scientific Principles of Coaching Prentice hall Engle wood cliff M.J
2. Dr.AlhayN.Buchha .(2010) management of Physical Education Furatia Publishing House,New Delhi.

Subject Code	Title of Subject	L	T	P	C
UPE18303	Practical -I : Athletics	0	1	3	2

COMPULSORY CORE LAB PRACTICAL- I: ATHLETICS

UNIT – I SPRINTS

10Hours

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

UNIT – II SPRINT TECHNIQUES

10Hours

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

UNIT – III MIDDLE DISTANCE RUNNING

10Hours

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

UNIT – IV LONG DISTANCE RUNNING**10Hours**

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

UNIT – V**10Hours**

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

TEXT BOOK

1. Rules of Games and Sports(2008) YMCA Publication, Masse Hall, New Delhi

REFERENCES

1. Anand , R.L.(1999) Play field Manual NIS ,Patiala
2. Bu JW .The Art of officiate, sports, prentice hall Engle wood cliff M.J.1981

Subject Code	Title of Subject	L	T	P	C
UPE18304	PRACTICAL –I: Games	0	1	3	2

Any one of the Major Games:-Football, Badminton

PRACTICAL –I : GAMES**UNIT – I WARMING – UP****10Hours**

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

UNIT – II FUNDAMENTAL SKILLS**10Hours**

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

UNIT – III TEACHING STAGES**10Hours**

1. Progressive teaching stages of skills.
2. Lead up activities.
3. Coaching of skills in relation to the situation.

UNIT – IV TECHNICAL / SKILL TRAINING**10Hours**

- a) The skills of the sports / game will be taught with the help of the following exercise.
- b) Preparatory exercise.
- c) Basic exercise.
- d) Supplementary exercise.

UNIT – V TACTICS AND STRATEGY**10Hours**

- a) Individual Tactics (Attack, Defence and high performance)
- b) Team Tactics (Attack, Defence and high performance)
- c) Selected Rules and their Interpretations.

TEXT BOOK

1. Rules of Games and Sports(2001) YMCA Publication, Masse Hall, New Delhi

REFERENCES

1. Sagger S.K (2009)Play Better Volleyball, Kagkay printers Delhi.

Subject Code	Title of Subject	L	T	P	C
UPE18305	SPORTS PSYCHOLOGY AND SOCIOLOGY	4	1	0	4

**ALLIED
SPORTS PSYCHOLOGY AND SOCIOLOGY****UNIT I - INTRODUCTION****12Hours**

- a) Meaning and Definition of Psychology and Sports Psychology
- b) Branches of Sports Psychology
- c) Need and Importance of Sports Psychology in the field of Physical Education and Sports

UNIT II - PERCEPTUAL MECHANISM AND PERSONALITY**12Hours**

- a) Definition of perception – Description - Theories of perception - Figural after effects
- Perception and motor learning - Wrong perceptions.
- b) Personality – Definition – Meaning – Composition and assessing the personality

UNIT III - MOTIVATION, ANXIETY, AGGRESSION**12 Hours**

- a) Definition of motivation, extrinsic and intrinsic motivation, reinforcement, success and failure, reward and punishment, praise and criticism, knowledge of result, feed back, servo mechanism.
- b) Emotional effects, tension, anxiety and stress.
Aggression – Meaning and Definition – types – theory - aggression and performance

UNIT IV - MENTAL PLANS**12Hours**

Developing the mental plan, Self Assessment pre-competition plan - Event focus, Pre and post competition and Re-focusing with competition.

UNIT V - SPORTS SOCIOLOGY**12Hours**

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

TEXT BOOK

1. W.F and Mayer.N Hand Book of Society, Furatia Publishing House, New Delhi, 1984.

REFERENCE

1. Williams.IFThe Principles of Physical Education, Philadelphia W.B Saunder co 1989.

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

UNIT- I

Principles of Training –Specificity –Over load –reversibility-Basic Physical Characters, Strength, Speed, Endurance and Mobility.

UNIT- II

Theory and Practice of strength development –Strength-Maximum strength –Elastic strength –Strength endurance –absolute strength –Relative strength-Static muscular activity –concentric muscular and activity eccentrics muscular activity.

UNIT- III

Theory and practice of speed development –Define speed ,speed endurance speed development ,Factor influencing speed, training for speed development –intensity extent and dencity.

UNIT- IV

Theory and practice of endurance development –endurance-Duration method – continues method alternating pace method and fartlek –repetition method ,Interval training circuit competition and Testing less thannormal distance more than normal distance –equal to normal distance –Short-term endurance –Medium term endurance-Long term endurance.

UNIT- V

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

REFERENCE BOOKS:

1. Frank W.Dick sports Training Principles, London:Lepus Book Co., 1997.
2. Frances wakefield, BerothyHarikins and John M.Cooper, Make and Field Fundamentals for Girls and Women London C V. Mosby Co., 1990.
3. Hardayal Sing, “Sports Training General theory and methods” NSNISPatiala 2004.

Subject Code	Subject Title	L	T	P	C
CDC18301	QUANTITATIVE APTITUDE AND REASONING – II	2	0	0	2

INSTRUCTIONAL OBJECTIVES:

At the end of this course, the students will be able to,

1. Critically evaluate various real life situations by resorting to Analysis of key issues and factors
2. Demonstrate various principles involved in solving mathematical problems and thereby reducing the time taken for performing job functions.

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

UNIT - I

Numbers - Time and Distance - Time and Work - Averages, Mixtures and Allegations

UNIT - II

Data Interpretation - Data Sufficiency – Mensuration - Permutation and Combinations
- Probability

UNIT - III

Cubes - Venn diagrams - Binary Logic

UNIT - IV

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

UNIT - V

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

TEXT BOOKS

1. Agarwal R S (2013), 'Quantitative Aptitude' S.Chand Publishers,
2. Agarwal R S, 'A modern approach to Logical reasoning' S.Chand Publishers

REFERENCES

1. AbhijitGuha, "*Quantitative Aptitude*" - McGraw Hills Publishers
2. Agarwal R S, , '*A modern approach to Logical reasoning*'S.Chand Publishers.

SEMESTER –IV

Subject Code	Title of Subject	L	T	P	C
UPE18401	SCIENTIFIC PRINCIPLES OF COACHING	4	1	0	4

COMPULSORY CORE

SCIENTIFIC PRINCIPLES OF COACHING (SPORTS BIOMECHANICS)

UNIT – I 10 Hours

- a) Meaning and Definition of Biomechanics.
- b) Need and Importance of Biomechanics in the field of Physical Education and Sports.

UNIT – II 13 Hours

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

UNIT –III 13 Hours

- a) Linear Kinetics- Inertia and its types-Mass and Weight-Work, Power and Energy-Impact and Elasticity.
- b) Force – Factors affecting force – types of force – Internal and External force – Gravitational force, Air resistance and water resistance.
- c) Newton's Laws of Motion.
- d) Angular Kinetics- Centre of gravity-Centrifugal and centripetal force-Friction and its types.

UNIT – IV 12Hours

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

UNIT – V 12 Hours

- a) Application of Biomechanical principles in fundamental movements – Walking, Running, Jumping, Throwing, Pulling and Pushing.

TEXT BOOK

1. Soundarajan G.S Biomechanics of Sports and games Roshanpublication ,Chennai,1999.

REFERENCES

1. KreighbounBasthels – Biomechanics (A qualitative approach for Studying human movement)2006.
2. Greiremillor,Paul&smith,Techniques for the analysis of Human movement lapse books London ,1975.
3. Bunn John W “Scientific Principles of coaching”.
4. Charles “Fundamentals of sports Bio-Mechanics Techniques.
5. Hay, James G “The Biomechanics of sports.
6. T.McClurg Anderson Bio Mechanics of Human Motion

Subject Code	Title of Subject	L	T	P	C
UPE18402	HEALTH EDUCATION	4	1	0	4

COMPULSORY CORE

HEALTH EDUCATON

UNIT – I HEALTH

15Hours

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

UNIT – II HEALTH EDUCATION

12Hours

- a) Meaning and definition of health education
- b) Nature and scope of health education
- c) Aim and objectives of health education
- d) Health Education Programme – Health instruction, Health services and Health supervision
- e) Personal Hygiene

UNIT – III DISEASE MANAGEMENT

12Hours

- a) Immunity – Types of immunity and its importance
- b) Communicable Diseases – causes, modes of spread and their prevention – Tuberculosis, Malaria, Typhoid, Cholera and Small pox.
- c) Non-Communicable Diseases – Diabetes, Hypertension, Stroke and Coronary heart disease.

UNIT – IV HEALTH AWARENESS**10Hours**

- a) AIDS awareness – Causes – Symptoms - Prevention
- b) Family Planning.
- c) Contemporary health problems – Ill effects of tobacco, Alcohol and drugs.
- d) Role of voluntary health organizations – WHO, UNICEF, IRCS, ILO– Indian Red Cross Society, ICCW, IMA .

UNIT – V SAFETY EDUCATION**11Hours**

- a) Meaning and definition of accident, safety and safety education
- b) Factors affecting safety
- c) The need of teaching safety education.
- d) Safety in school, physical education and sports, playground, gymnasium and swimming pool.
- e) Safety on camps.

TEXT BOOK

1. DA Neinah ,School Health Education Harper & Bros,1998.
2. Park JKText Book of preventive and social medicine,2006.

REFERENCES

1. Foundation of Health Harper & Bros
2. Mangal S.K and Chndra P.C Health and Physical Education
3. Moss R and ET CD Tandon Broth – Ludiana-1979 AI Health Education ,National Educational Annual USA

Subject Code	Title of Subject	L	T	P	C
UPE18403	PRACTICAL -II: ATHLETICS	0	1	3	2

**COMPULSORY CORE LAB
PRACTICAL- II- ATHLETICS**

UNIT I - HURDLES RACE**10Hours**

Hurdles – High and Low – Hurdle clearance

UNIT – II**10Hours**

Running in between the Hurdles (3 stride and 5 stride pattern).

UNIT – III RELAY **10Hours**
Relay Exchange – Visual, Non-visual exchange (up sweep, down sweep and push Technique).

UNIT – III **10Hours**
Fixing runners at different zones

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

TEXT BOOK

1. Hardhayalsingh .B. Traning Methods Practice Hall of India ,New Delhi,1998.

REFERENCES

1. ViswanathM.JTrack& Field Marking and Athletes officiating manual ,Sliver star publications Track & field planning &Construction,2002.
2. Prof.Thirunarayanan .C &Hariharan, Bhuvanewari publication, Karaikudi. 2008.

Subject Code	Title of Subject	L	T	P	C
UPE18404	PRACTICAL -II: GAMES	0	1	3	2

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

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

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

UNIT – III TEACHING STAGES **10Hours**
Progressive teaching stages of skills.
a) Lead up activities.
b) Coaching of skill in relation to the situation.

UNIT – IV TECHNICAL / SKILL TRAINING**10Hours**

The skills of the sports / game will be taught with the help of the following exercise.

- a) Preparatory exercise.
- b) Basic exercise.
- c) Supplementary exercise.

UNIT – V TACTICS AND STRATEGY**10Hours**

- a) Individual Tactics (Attack, Defense and high performance)
- b) Team tactics (Attack, Defense and high performance)
- c) Selected Rules and their Interpretations.

REFERENCES

1. Rules of Games and Sports YMCA Publishing house, Masse hall, New Delhi, 2008.

Subject Code	Title of Subject	L	T	P	C
UPE18405	SAFETY EDUCATION AND FIRST AID	4	1	0	4

ALLIED**SAFETY EDUCATION AND FIRST AID****UNIT - I****12Hours**

- a) Meaning and Definition of Safety and Safety Education.
- b) Factors Contributing Safety-Objectives of teaching programme on Safety.
- c) Meaning and Definition of Accident-Types of Accident.
- d) Need of teaching Safety Education.
- e) Safety against Poisons- Animals- Insects- Instruments –Infected water.

UNIT - II**10Hours**

Safety at Home – Safety at School-Safety on the Roads (Traffic rules and regulations, traffic signals , Traffic, symbols)

- a) Safety in Physical Education and Sports- Safety in Play area, Gymnasium – Swimming Pool
- b) Safety on camps.

UNIT - III**12Hours**

Meaning and Definition of First Aid.

- a) The aims of first aid.
- b) The responsibility of the First aider.
- c) Priority of the treatment by First aider.
- d) Major first aid technique.- First aid kits – Rules of First aid – ABC Rule

UNIT - IV**12Hours**

- a) Fracture – Causes – Types- Symptoms- Management.
- b) Dislocation-Causes –Symptoms-Management

- c) Sprain-Causes-Symptoms-Management- RICE Technique.
- d) Strain-Causes –Symptoms- Management
- e) Cramp-Causes-Symptoms-Management
- f) Wounds-Causes-Types-Management
- g) Bleeding-Types-Forms-Symptoms-Management.

UNITV

14Hours

Unconsciousness- Causes-Symptoms-Management.

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

TEXT BOOK

- 1. L.G.GuptaMannal of First Aid &Abhitabh Gupta,2006.

REFERENCES

- 1. Anderson“School Health Practice”,2002.
- 2. BediYashpal “Social and Preventive medicine”.
- 3. Park and Park “Preventive and social medicine”

Subject Code	Title of Subject	L	T	P	C
UPE18E41	Principles of Yoga Therapy ,Social Skills & Living Value Based Education	2	0	1	3

UNIT- I Role of Yoga In Diseases

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

UNIT- IIRole of yoga in Psychological Problems

Anxiety,depression, phobia, fatigue, nervousness, Neurosis

UNIT- III Mind

Power of Mind-Functions and powers of conscious mind-subconscious mind-sanskar re-engineering-different states of mind-how to use our mind.

UNIT- IV Personality Development

Interpersonal Skills and drills

1. Holistic health care
2. Positive Thinking
3. Verbal-Non-Verbal Communication
4. Empathy-Ability to understand
5. Stress Management

UNIT-V Value Education

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

REFERENCES

1. Dr. Krishna Raman: A matter of health (Integration of Yoga and western medicine for prevention and cure)(Chennai east west books (Madras)Pvt .Ltd 1998)
2. Sri Ananda :The complete book of yoga harmony of body and mind(orient paper backs: vision book Pvt. Ltd., 1982).
3. G.Ravindran: Management Science conflict (Manivasakar publication 2008 Chidambaram .)

Subject Code	Subject Title	L	T	P	C
CDC18401	communication skills	2	0	0	2

INSTRUCTIONAL OBJECTIVES:

At the end of this course, the students will be able to

1. Communicate fluently
2. Develop skills in listening, speaking, reading and writing

COURSE REQUIREMENT: At the end of every unit, the students will be expected to submit an assignment or make a presentation as a part of internal assessment.

UNIT I - LISTENING SKILL

Listening comprehension and response through various modes- face-to-face conversations, telephone conversations, reading out written material, audio-video recorded material, mimes.

UNIT II - SPEAKING SKILL

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

Informal speech- Facing audience-Body language- Conversion of mother tongue to English language, Formal speech-Paper presentation and essential aspects of Business communication.

UNIT III - READING SKILL

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

UNIT IV - WRITING SKILL

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

UNIT - V

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

TEXT BOOK

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

REFERENCE

1. Communication Skills-Language in Use-Cambridge Edition.

SEMESTER -V

Subject Code	Title of Subject	L	T	P	C
UPE18501	THEORIES OF MAJOR GAMES – PART:III	4	1	0	4

COMPULSORY CORE THEORIES OF MAJOR GAMES – PART:III

UNIT- I KABADDI AND KHO-KHO

12 Hours

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

UNIT - II BASKETBALL AND HANDBALL

12 Hours

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

UNIT -III FOOTBALL

12 Hours

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

UNIT- IV HOCKEY

12 Hours

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

UNIT- V CRICKET AND VOLLEYBALL

12Hours

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

- e) International, National and State level organizations.

TEXT BOOK

1. Rules of Games and Sports(2008) YMCA Publication, Masse Hall, New Delhi

REFERENCES

1. Dr. P. Mariayyah, Football, Sports Publications, Raja Street, Coimbatore, 2006.
2. Dr. P. Mariayyah, Kabaddi, Sports Publications, Raja Street, Coimbatore, 2006.
3. Dr. P. Mariayyah, Volleyball, Sports Publications, Raja Street, Coimbatore, 2006.
4. Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company, 1972.
5. Dhanaraj V. Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.
6. Dr. Anil Sharma O.P. Sharma Rules of games sports publication 4264/3
7. Wein Horst. *The Science of Hockey*. London, Pelham Books, 1979.

Subject Code	Title of Subject	L	T	P	C
UPE18502	RESEARCH AND STATISTICS FOR PHYSICAL EDUCATION	4	1	0	4

COMPULSORY CORE

RESEARCH AND STATISTICS FOR PHYSICAL EDUCATION

Note 50% problem should be asked while setting question paper

UNIT – I

12Hours

- a) Research- Meaning and Definition.
- b) General Types of research-Basic, Action and Applied research.
- c) Specific classification of research-Comparative, Relationship, Predictive, Experimental, Historical and case study research.
- d) Need and importance of research in Physical Education and Sports.

UNIT – II**11Hours**

Meaning and Definition of Statistics-History of Statistics

- a) Types of Statistics
- b) Data – Quantitative and Qualitative data – Grouped and Un-Grouped data.
- c) Need and Importance of Statistics in Physical Education and Sports.

UNIT – III**15Hours**

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

UNIT – IV**12Hours**

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

UNIT – V**10Hours**

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

TEXT BOOK

1. Best, John W and James V.Kahn..*Research in Education*. New Delhi Prentice Hall of India,1992.

REFERENCES

1. Dhananjay Shaw – Fundamental Statistics in Physical Education and Sports Sciences
2. Berg, Kris E and Richard W. Latin. (1994). Essentials of Modern Research Methods in Health, Physical Education, and Recreation. New Jersey. Prentice Hall.
3. Clarke, David H and H.Harrison Clarke. (1984). Research Process in Physical Education, Recreation, and Health. New Jersey Prentice Hall,1984

Subject Code	Title of Subject	L	T	P	C
UPE18503	PRACTICAL-III: ATHLETICS	0	2	2	2

COMPULSORY CORE LAB

PRACTICAL-III:ATHLETICS

UNIT – I **10Hours**

Explain the various stages in – Long jump .

- a) Demonstrate the various stages in – Long jump

UNIT – II **10Hours**

a) Explain the various stages in –Triple jump.

- b) Demonstrate the various stages in – Triple jump

UNIT – III **10Hours**

Explain and Demonstrate the various stages in – High jump

UNIT – IV **10Hours**

Rules and their Interpretations.

UNIT – V **10Hours**

Record Note.

TEXT BOOK

1. Rules of Games and Sports YMCA Publication, Masse Hall, New Delhi,2008

REFERENCES

1. Anand , R.L Play field Manual NIS ,Patiala ,1999.
2. Rules of Games and Sports YMCA Publication, Masse Hall, New Delhi, 2008.

Subject Code	Title of Subject	L	T	P	C
UPE18504	PRACTICAL-III: GAMES	0	2	2	2

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

UNIT – I WARMING – UP **10Hours**

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

UNIT – II FUNDAMENTAL SKILLS **10Hours**

The skills of the game / sport are to be taught under the following heads.

1. Stance / Approach
2. Execution
3. Follow Through

UNIT – III TEACHING STAGES **10Hours**

1. Progressive teaching stages of skills.
2. Lead up activities.

3. Coaching of skills in relation to the situation.

UNIT – IV TECHNICAL / SKILL TRAINING

10Hours

- a) The skills of the sports / game will be taught with the help of the following exercise.
- b) Preparatory exercise.
- c) Basic exercise.
- d) Supplementary exercise.

UNIT – V TACTICS AND STRATEGY

10Hours

- a) Individual Tactics (Attack, Defence and high performance)
- b) Team Tactics (Attack, Defence and high performance)
- c) Selected Rules and their Interpretations.

TEXT BOOK

1. Rules of Games and Sports YMCA Publication, Masse Hall, New Delhi,2008.

REFERENCES

1. Anand , R.L, Play field Manual NIS ,Patiala , 1999.

Subject Code	Title of Subject	L	T	P	C
UPE18E01	CARE OF ATHLETIC INJURIES	4	1	0	4

CORE ELECTIVE -I
CARE OF ATHLETIC INJURIES

- UNIT – I** **15Hours**
- a) Meaning of Physiotherapy – Guiding Principles of Physiotherapy – Importance of Physiotherapy.
 - b) Posture – Meaning and Definition – Types of Posture – Values of Good Posture – Drawbacks and Causes of Poor Posture – Concepts of posture.
 - c) Posture Deviations and the Corrective Exercise for Kyphosis, Lordosis, and Scoliosis, Knock knee, Bowleg and Flat foot.

- UNIT – II** **10Hours**
- a) Hydrotherapy – Cryotherapy (Ice Towel, Ice water Immersion, Ice Packs, Ice Cube Massage, Spray Coolants)-Thermo therapy (Hot pack, Hot Water Bag, Hot water Bottle, Fomentation)- Whirlpool Bath – Wax Bath-Contrast Bath- its Modifications.
 - b) Electrotherapy – Infra – red rays irradiation therapy and Ultra – sound wave Diathermy.

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

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

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

TEXT BOOK

1. Tidy's– Physiotherapy 12th Edition,1996.

REFERENCES

1. Anderson, J.R.(ED)12th edition ,Edward Arnold ,London,1985.
2. Barnwell B. And Gall ,B.Physical Therapy, London,1988.

Subject Code	Title of Subject	L	T	P	C
UPE18E02	RECREATION, CAMPING AND YOUTH LEADERSHIP	4	1	0	4

CORE ELECTIVE –II

04502 –RECREATION, CAMPING AND YOUTH LEADERSHIP RECREATION

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

Meaning of recreation- Essential Characteristics-Scope and philosophy of recreation. Relationship between work ,play and leisure-objective of recreation. Historical development of recreation. Historical development of recreation in India ,United States ,U.K,U.S.S.R

UNIT – II AGENCIES OF RECREATION 12Hours

Agencies offering recreation-Facilities to the public-individual and home recreation, government and commercial agencies .
Qualities and qualifications of recreation leaders-Types of leaders and their roles

CAMPING

UNIT – III MEANING AND TYPES OF CAMPING 10Hours

Significance of camping selection and layout of camp site
Objectives of Camping –Types of camp

UNIT – IV ORGANIZATION AND ADMINISTRATION 10Hours

Organization and administration of leadership training camp and supervisor –camp programme and activities –Evaluation of camp work

YOUTH LEADERSHIP

UNIT – V NEED AND IMPORTANCE OF LEADERSHIP, SELECTION AND TRAINING OF LEADERS 16Hours

Leadership-The nature of play
Leadership and youth
Leadership-The need of rural children for play
Training of recreation leaders
Preliminary training –courses in colleges and universities

TEXT BOOK

1. Kamalesh, M.I Principles and history of physical education, prakashbros ,Patiala,1991.

REFERENCES

1. Anderson ,JM Indusial recreation, Mcgraw –Hill Book Company Inc, London,1955.
2. Royappa,D.J and Govindarajulu.L.KCamping and education ,Jupiter press private ,Chennai ,1973.

Subject Code	Subject Title	L	T	P	C
UES18501	ENVIRONMENTAL STUDIES	3	0	0	3

INSTRUCTIONAL OBJECTIVES:

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

UNIT I - INTRODUCTION TO NATURAL RESOURCES/ENERGY (9 Hours)

Environmental Studies: Definition, scope, objectives and awareness- Introduction to natural resources: food, forest, water and energy – Renewable and non renewable resources-coal, oil, tidal, wind, geothermal, solar, biomass(over view) – nuclear fission and fusion-nuclear energy.

UNIT II - ECOSYSTEMS (9 Hours)

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

UNIT III - BIODIVERSITY AND ITS CONSERVATION (9 Hours)

Introduction, definition: genetic, species and ecosystem diversity-Values of biodiversity: consumptive, productive, social, ethical, aesthetic and option values-hot spots of biodiversity-Threats to biodiversity: habitat loss, poaching of wildlife - endangered species and endemic species of India -conservation of biodiversity: in –situ and ex-situ conservation of biodiversity.

UNIT IV-ENVIRONMENTAL POLLUTION /DISASTER MANAGEMENT (9 Hours)

Definition-causes, effects and control measures of : Air, Water and Soil pollution- e-waste management- Disaster management: Natural and man made-food/earthquake/cyclone, tsunami and landslides.

UNIT V - SOCIAL ISSUES AND THE ENVIRONMENT (9 Hours)

Sustainable development- Climate change: global warming, acid rain, ozone layer depletion and nuclear radiation- Environment Protection Act (any imp 2) air, water, wildlife and forest.

FIELD WORK

1. Students will visit any one of the following place of interest and submit a written report by the end of the semester:
2. Visit to a hospital/industry/canteen for solid waste management
3. Visit to a chemical industry to study about the practices followed there for waste disposal
4. Visit to Vandalur zoo for study of animal conservation/plants- flora and fauna
5. Study of simple ecosystems-lake/hill slopes
6. Naming the trees in the campus at SRM
7. Study of common plants, insects, birds in the neighbourhood
8. Study of common diseases and their prevention
9. Optional: Street plays and rally for awareness of obesity/diabetes/ vitamin D deficiency/health issues/ waste management/ solid waste management/ no plastics/ energy consumption/wild life protection.

TEXT BOOKS

1. Sharma B.K. (2001). "*Environmental Chemistry*" Goel Publ. House, Meerut
2. Jeyalakshmi R. (2014), Text book of "*Environmental Studies*", Devi publications, Chennai.

REFERENCES

1. Agarwal, K.C. 2001 "*Environmental Biology*", Nidi Publ. Ltd. Bikaner.
2. De A.K., "*Environmental Chemistry*", Wiley Eastern Ltd.

e-BOOK

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

SEMESTER –VI

Subject Code	Title of Subject	L	T	P	C
UPE18601	TRACK AND FIELD – PLANNING, CONSTRUCTION AND RULES	4	1	0	4

COMPULSORY CORE **TRACK AND FIELD – PLANNING, CONSTRUCTION AND RULES**

UNIT – I INTRODUCTION 10Hours

Types of Track Standard and nonstandard track.

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

UNIT – II NON-STANDARD TRACK 15Hours

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

UNIT – III STANDARD TRACK 15Hours

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

UNIT – IV MARKINGS FOR HURDLES AND RELAY RACES FOR STANDARD TRACK 10Hours

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

UNIT – V FIELD EVENTS – SECTORS AND RUNWAYS**10Hours**

- a) Sector Markings – Shot put, Discus, Hammer.
- b) Runway with Arc – Javelin,
- c) Horizontal Jumps – Long jump and Triple Jump run ways
- d) Vertical Jumps – High jump and Pole vault

TEXT BOOK

1. Prof.Thirunarayanan .C &Hariharan, Planning& Construction of Track& field Bhuvaneswari publication, Karaikudi,2008.

REFERENCES

1. Anand , R.L Play field Manual NIS ,Patiala 1999.
2. Rules of Games and SportsYMCA Publication, Masse Hall, New Delhi,2008.

Subject Code	Title of Subject	L	T	P	C
UPE18602	SCIENCE OF SPORTS TRAINING	4	1	0	4

**COMPULSORY CORE
SCIENCE OF SPORTS TRAINING****UNIT – I SPORTS TRAINING****12Hours**

- a) Meaning and Definition of Training and Sports training.
- b) Physical Fitness components
- c) Principles of Sports Training.
- d) Warm – up and Warm – down.

UNIT – II SPORTS TRAINING LOAD**12Hours**

- a) Meaning Sports of Training Load.
- b) Important an features of Sports Training Load – Intensity, Density, Extent andVolume.
- c) Types of Training Load.
- d) Principles of Training Load.
- e) Training and Adaptation – Super compensation.
- f) Overload – Causes, symptoms and remedies.

UNIT – III PLANNING AND PERIODISATION**10Hours**

- a) Planning – Short term and Long term plan.
- b) Periodisation – Stages of Periodisation –Preparation period, competition period, Transaction period – Types of PeriodisationSingle peridisation and double perodisation .
- a) Sports competition – Build up competition, Main competition and Major competition.

UNIT – IV DEVELOPMENT OF IMPORTANT MOTOR QUALITIES**15Hours**

- a) Strength – Types of Strength – Factors determining Strength - Methods of Strength improvement.
- b) Endurance – Types of Endurance – Factors determining Endurance – Methods of Endurance improvement.
- c) Speed – Important factors determining Speed – Training for improving Speed-Speed barrier.
- d) Flexibility – Types of Flexibility – Factors determining Flexibility – Improvement of Flexibility.

UNIT – V TYPES OF TRAINING**11Hours**

Weight training – Circuit training – Plyometric training – Fartlek training – Interval training – Hollow Sprints – Acceleration Sprint – Continuous running.

TEXT BOOK

1. Hardhayalsingh .B. Traning Methods Practice Hall of India, New Delhi, 1998.

Subject Code	Title of Subject	L	T	P	C
UPE18603	PRACTICAL-IV : Athletics	0	0	3	2

**COMPULSORY CORE LAB
PRACTICAL-IV- ATHLETICS**

UNIT – I**12Hours**

- a) Explain the various stages in – shot put.
- b) Demonstrate the various stages in – shot put.

UNIT – II**12Hours**

- a) Explain the various stages in –Discus throw.
- b) Demonstrate the various stages in – Discus throw

UNIT – III**12Hours**

Explain and demonstrate the various stages in – Javelin throw

UNIT – IV**10Hours**

Rules and their Interpretations.

UNIT – V**04Hours**

Record Note.

TEXT BOOK

1. Viswanath M.J (2002) Track & Field Marking and Athletes officiating manual, Sliverstar publications.

REFERENCES

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

Subject Code	Title of Subject	L	T	P	C
UPE18604	PRACTICAL-IV: GAMES	2	1	2	4

**Any one of the Major Games: Throw ball ,Table Tennis & Ball Badminton
PRACTICAL-IV: GAMES**

UNIT – I WARMING – UP**10Hours**

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

UNIT – II FUNDAMENTAL SKILLS**10Hours**

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

UNIT – III TEACHING STAGES**10Hours**

- a) Progressive teaching stages of skills.
- b) Lead up activities.
- c) Coaching of skills in relation to the situation.

UNIT – IV TECHNICAL / SKILL TRAINING**10Hours**

- a) The skills of the sports / game will be taught with the help of the following exercise.
- b) Preparatory exercise.
- c) Basic exercise.
- d) Supplementary exercise.

UNIT – V TACTICS AND STRATEGY**10Hours**

- a) Individual Tactics (Attack, Defence and high performance)
- b) Team Tactics (Attack, Defence and high performance)
- c) Selected Rules and their Interpretations.

TEXT BOOK

1. Rules of Games and Sports (2008) YMCA Publication, Masse Hall, New Delhi.

REFERENCES

1. Anand , R.L(1999) Play field Manual NIS ,Patiala .

Subject Code	Title of Subject	L	T	P	C
UPE18E03	APPLIED KINESIOLOGY	4	1	0	4

CORE ELECTIVE-III**APPLIED KINESIOLOGY****UNIT – I****10Hours**

- a) Meaning and Definitions.
- b) Brief history of Kinesiology.
- c) Role of Kinesiology in Physical Educational and Sports.

UNIT – II**15Hours**

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

UNIT – III**10Hours**

Structure and function of joints – Elbow Joint, Wrist Joint, Shoulder Joint, Knee Joint, Ankle Joint and Hip Joint.

UNIT – IV**10Hours**

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

UNIT – V**15Hours**

Application of Kinesiological principles in fundamental movements – Walking, Running, Jumping, Throwing, Pulling and Pushing.

TEXT BOOK

1. SoundarajanGSBio-Mechancian of Sports and games roshanPublication ,Chennai,1999.

REFERENCES

1. Broor , Efficiency of Human Movement Sounder & co,2008 .
2. Kolly D.L. Kinesiology and Fundamentals of Motion Description ,Practice Hall,2003.

Subject Code	Title of Subject	L	T	P	C
UPE18E04	Exercise Physiology	4	1	0	4

CORE ELECTIVE-III**EXERCISE PHYSIOLOGY****UNIT – I****15Hours**

- a) Meaning and Scope of Physiology of exercise.
- b) Structure and function of skeletal muscles.
- c) Types of Muscle fibers – Red and White.
- d) Types of Muscular contraction – Isotonic, Isometric, Isokinetic and contra indications.

UNIT – II CARDIO – VASCULAR SYSTEM**10Hours**

- a) Effect of exercise on circulatory system – Pulse rate, Stoke volume, cardiac output, blood pressure etc.

UNIT – III RESPIRATORY SYSTEM**12Hours**

- a) Effect of exercise on respiratory system – Breath holding time, respiratory rate, vital capacity, O₂, debt, second wind etc.

UNIT – IV MUSCULAR AND NERVOUS SYSTEMS**11Hours**

- a) Effect of exercise on Muscular system – Hypertrophy, Hypotrophy etc.
b) Effect of exercise on Nervous system.

UNIT – V ENERGY METABOLISMS**12Hours**

- a) Metabolism – Anabolism and Catabolism.
b) Sources of Energy – Aerobic and Anaerobic Metabolism, Fat metabolism and protein metabolism.

TEXT BOOK

1. Dr.Athicha Pillai A. Exercise Physiology G. Publication, Karaikudi,2003.

REFERENCES

- Jones,NL Clinical Exercise testing ,3rdedWb Sounder & co,2006.
- Reilly T Sports Fitness and sports Injuries ,Faber and faber London,2008 .
- Warren RJsscience and medicine of Exercise & Sports 2ndEdition ,New York,2001.
- William. S and rod ,W Nutrition and diet & Therapy ,II Edition ,WB Sander College publishing,2002.

Subject Code	Title of Subject	L	T	P	C
UPE18605	Specialization in a major games : (University Practical Exam & Record)	0	0	4	4

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

Subject Code	Subject Title	L	T	P	C
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CDC18601	Personality Development	2	0	0	2
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INSTRUCTIONAL OBJECTIVES:

At the end of this course, the students will be able to,

1. Understand the concept of Personality Development
2. Summarize the principles of proper courtesy as practiced in the workplace

UNIT – I (6 Hours)

Introduction-Personality –Definition, Determinants of Personality-Personality Characteristics and Behaviour at work-Big Five dimensions of Personality

UNIT – II (6 Hours)

Personality Types- Sensation –Intuitive- Feelers & Thinkers category - Filling the GAP- Grooming, Attitude and Personality- Time management-Projective Personality Tests.

UNIT - III (6 Hours)

Introduction-Meaning and Definition of Ethics- Nature and objective of Ethics- Ethics and Morality – Ethics and Religion - Morals, Values and Ethics – Integrity – Work Ethic – Honesty – Courage –Empathy – Self-Confidence – Character .

UNIT – IV (6 Hours)

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

UNIT – V (6 Hours)

Development of Ethical corporate Behaviour – Factors affecting managerial work - codes of ethics- Importance of attitudes in personal and professional lives.

TEXT BOOKS

1. John R Boatright (2003), *“Ethics and the Conduct of Business”*, Pearson Education, New Delhi,.
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