THE AMERICAN COLLEGE (Autonomous), MADURAI

DEPARTMENT OF PHYSICAL EDUCATION,

B.Sc., Degree Course in Physical Education

SEMESTER I

BPE 1421 Foundation of Physical Education and Sports 4Hr/4Cr

Course Objective

The course aims at

1. Utilize wholesome development of the human nature is right absorbed along with the scientific principle enveloped in the subject matter.
2. Apprehend most of the sports and youth welfare programmes imbedded in the field is explored to the students in an effective manner.
3. Utilize the value of Olympic movement, N.S.S, N.C.C as a whole and comprehend the nature of Arjuna, Dronacharya and Rajiv Gandhi Khel Ratna awards.

Course Outcome

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

i. To imbibe the nature of good citizenship among the public with this knowledge.
ii. Inter personal relationship can be enriched among the young ones in the school through the sciences and scientific principles.
iii. National program of Physical Education and the awards and scholarship shall be introduced to the public
iv. Endorsement of Olympic motto to the rural folk
v. Make others understand the relationship among N.C.C., N.S.S, youth festival and youth hostels etc.

THEORY

Unit 1 - Introduction

Meaning and nature of Physical Education and Sports – Aims and objectives of Physical Education and Sports – Physical Development – Mental Development – Social Development – Moral Development – Emotional Development – Spiritual Development – Development of Neuro-Muscular Co-ordination – Development of good citizenship – Worthy use of Leisure

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Unit 2 – Physical Education as Science

Scientific basis of Physical Education and Sports – contribution of allied sciences – Anatomy Physiology – Kinesiology – Sports Psychology – Sociology – Bio-mechanics – Anthropometry

Unit 3 – Organization in Physical Education

National Programmes of Physical Education and Sports – Sports Authority of India – National coaching schemes – Sports talent search scholarship –Women sports festival – National awards (Arjuna Award – Dronacharya Award – Rajiv Gandhi Khel Ratna Award – Lift time Achievement award)

Unit 4 – Olympic Movement

Olympic movement – Motto (Citius – Faster, Altius – Higher, Fortius – Stronger) – Olympic Flag & Ring (Blue – Europe, Black – Africa, Red – America, Yellow – Asia and Green – Australia) – Olympic Oath – its impact on Physical Education and Sports – the contribution of Olympic movement towards international understanding

Unit 5 – Youth Activities in India

Youth Welfare Programme – N.C.C – N.S.S – Youth hostels – SGFI – RDS – BDS – Sports Development Authority of Tamilnadu

Textbook

1. Charles, B.A.,1988, **Foundation of Physical Education**, The C.V. Mosby company, St.Louis.

References

1. Kamlesh,M.L.,1997. **Foundations of Physical Education**. Metropolitan Book pvt. Ltd. New Delhi.
2. John,H.L.,1969, **A brief history of Physical Education**. The Ronald press company, New York.
3. Kamlesh,M.L.,1988, **Physical Education facts and Foundations**. Choushan Printing press. New Delhi.
4. Thiru. Narayanan,C., and Hariharasarma. S., 1985, **An Analytical history of Physical Education**, The South India press, Karaikudi.
5. Willgoose,C.,1984, **Curriculum Physical Education**, Prentice-Hall, New Jersey.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2			3			
CO3						6
CO4		2, 2				
CO5					5	

Mean: 4

BPE 1523 **Applications of Sports Training Modalities** **5Hr/5Cr**

Course Objective
The course aims at

1. Basics of sports training and its characteristics handling brought to the reach of the students.
2. All the basic principles of sports training were utilized in the preparations of young sports man.
3. Fitness factors or components were totally incorporated into the athletes performance development
4. Modern training programmes facilities and contributions shot listed through the syllabus.
5. Workout schedule, periodisation, types of cycles decorated through the subject matter.

Course Outcome
At the end of the course, students will be able to:

i. Explain the basics of training and produce casual results in the professional competition.
ii. Give examples of the principles of training and solve the problem.
iii. Differentiate the fitness factors can be scientifically rescheduled in their work place.
iv. Compare the training programme can be effectively incorporated in their training schedule.
v. Evaluate the training plans and cycles which will be very effective due to their technical empowerment.

Unit 1 – Introduction

Meaning and Definition (Performance Enhancing) – Aims (Goal Setting) – Tasks (Enriching Performance) and Characteristics of Sports Training – Importance of warm-up and Limbering down

Unit 2 – Training Programme

Meaning of Training load – Components of training load (Intensity – Density – Frequency – Volume – Load – Rest and Recovery) – Training – Detraining – Retraining – Training Graph – Plateau & Peak Performance – Load (Constant Resistance – Progressive Resistance – Variable Resistance) – Important features of Training Load – Types of Training Load – Training and Adaption

Unit 3 – Physical Components (Strength and Endurance) in Training

Meaning of Strength – forms of Strength – factor determining strength – methods to development of strength
Meaning of Endurance – Forms of Endurance – Factor determining Endurance – Methods to development of Endurance

Unit 4 – Physical Components (Speed, Agility & Coordination) in Training

Speed (Running Speed – stride length, Frequency – Moving Speed (Agility) – Displacement, Disposition) – Flexibility (Active – Ballistic) – Coordination (Balance & poise)

Unit 5 – Training Schedule

Training Plan – Types of Cycles (Micro – Meso – Macro) – Training workout schedule – Training in high altitude and sea level

Textbook

1. Singh, Hardhayal, 1984, **Sports Training General Theory and Methods**, NIS Patiala,

References

1. Tudor O. Bumpa, 1999, **Periodization Training for Sports,** ISBN: 978-1-4504-6943-2.
2. Williams,J.LL 1977, **Athletic Training and Physical Fitness**. Allyn and Bacon Inc. Sydney.
3. Dick Frank., 1982, **Sports Training Principles**, Times Mirror Mosby publishing.
4. Mathew,L.P. 1993, **Fundamental Sports Training**, Publication Prentice Hall

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2		2	3			
CO3				4		
CO4					5	
CO5					5	6

Mean: 5.4

BPE 1425 **Practical – I – Track and Field Markings** **5Hr/4Cr**

Course Objective

The course aims at

Enables students to be familiar with the procedure of Track Events marking

Course Outcome

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

i. Classify and compare the planning and construction of standard track marking.

ii. Apply Stagger distance marking for half and full stagger for the convenience of conducting track and field events

iii. Plan to construction the long jump and triple jump pits and apply the rules.

iv. Recommend to prepare and construct shot put sector.

v. Assess the discus and hammer throw circle and sector and prepare the cage.

Markings:

Track Marking:

Planning and construction of a Standard Track Marking of the starting lines – calculation of Staggers – Calculation – Diagonal excess distance – curved start – split start – 4 x100 M relay marking - 4 x 400M relay marking

Jump Events:

Long Jump – Triple Jump

Throw Events:

Shot Put – Javelin – Discus – Hammer Throw

Textbook

1. Lamine.D., Athletic Federation of India "Competition Rules Hand Book:, New Delhi,2010.

References

1. Bosen,K., "Athletics", NIS Publication, Patiala,1996.
2. Sharma.N.P.,"Fundamentals of Track and Field", Khel Sahitya Kendra, New Delhi,2005.
3. Vijayalakshmi. V., "Principles of Athletic Training" Khel Sahitya Kendra, New Delhi,2004.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1			3			6
CO2			3			
CO3			3			6
CO4			3			
CO5			3		5	

Mean: 6.4

BPE 1427 **Gymnastics (Practical – II)** **4Hr/4Cr**

Course Objective

The course aims at

- To enable the students to involve in Gymnastic activities for developing multiple skills
- To get rid of slight injuries from falling and sliding due to Gymnastics practices

Course Outcome

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

i. Examine the importance of Gymnastics
ii. Explain the qualities of Gymnastics by practicing all exercises to solve the problem.
iii. Knowledge of Gymnastics exercise prepares them to get rid of severe accidents, judge associate.
iv. Plan gymnastics exercise to get success and discriminate.
v. Diagnose the best quality through gymnastics exposure.

Floor Exercises

- Forward Roll
- Backward Roll
- Leg Split Forward Roll
- Leg Split Backward Roll
- Jump and Roll

Textbook

1. Claës J. Enebuske, 2018 **The Gymnastic Progression,** Franklin Classic Trade Press, ISBN: 9780344456442

References

1. William Albin Stecher, 2018 **Theory and Practice of Educational Gymnastics for Boys"**, Franklin Classic Trade Press, ISBN: 9780343981280

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2		2	3			
CO3			3		5	
CO4				4		6
CO5				4		

Mean: 6.2

BPE 1201 **NME – Diet and Food Awareness** **3Hr/2Cr**

Course Objectives
The course aims at
Enable students to

1. Evaluate the qualities of Diet and Food
2. Understand the worthiness of Nutrition as Medicine
3. To get rid of Mental and Physical ailments through Balanced Diet

Course Outcome
At the end of the course, students will be able to:

i. Name the main process to deal with growth and development may enable their effective understanding of importance of food.
ii. Knowledge of Diet and balance diet will help them to alter diet for everyone obese, youth & young aged and sick and criticize.
iii. Make them understand the classifications of nutrients and requirement of nutrients for aged and sports persons
iv. Evaluate the measurements of nutrients, calories; joule will help them prescribe food for everyone. BMI, basal metabolic index will provide the required level of diet.
v. Effective energy expenditure and diet choice to provide them a tool to plan a food chart for the needed person.

Unit 1 - Introduction
Meaning of food – Classification of Food (Vegetarian & Non vegetarian)

Unit 2 – Diet Programme
Meaning of Diet – Classification of Diet (Seasonal – Regional) – Control Diet (Fasting) – Balanced Diet – Athletics Diet

Unit 3 – Awareness of Food & Diet
Awareness of food & diet – Avoid Jung food – Obesity – Food poison

Unit 4 – Meal Plan
Calorie values – Pre competition meal plan – On competition meal plan – Transition meal plan

Unit 5 – Components of Food & Diet
Water – Minerals – Dehydration – Calcium – Phosphorous

Textbook

1. V. Satyanarayana, 2019,"**Sports Nutrition and Weight Management"** Sports Publication, ISBN: 9788178798998

References

1. Clark Nancy, 2018,"**Sports Nutrition Guidebook**" Human Kinetics Publishers, ISBN: 9780736074155
2. Wolfe J.Kevin, 1999, "**Fat Free Junk Food**" Random House USA Inc, ISBN: 9780517887264

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1	1	2				
CO2		2			5	
CO3			3			
CO4					5	
CO5				4		6

Mean: 5.6

BPE 1203 **Life Skill – 1 – Remedial Asana** **3Hr/2Cr**

Course Objectives

The course aims at

Enable students to

1. Realized the value of the pranayama procedure
2. Important features of asanas and kriyas will be well nourished
3. Mode of relaxation cane be understood in the modern world.

Course Outcome

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

i. Enhance cardiovascular respiratory functions cite through practices and explain.
ii. Better Digestion system and to avoid the digestive problem through predictions.
iii. Relate to improved Nervous functioning mental aptitude developed through this diagnose.
iv. All the chakkaras functions are better knows for balance lift style - distinguish
v. Better able to understand stress management through relaxation technique and apply in the suitable situation – evaluate the level.

Unit 1 – Pranayama for Cardio vascular Respiratory system

1. Puraka – Inhalation 2. Kumbhaka – Retention of breath 3. Rechaka - Exhalation

Unit 2 – Asanas for Digestive System

1. Paschimottanasana 2. Vajarasana 3. Halasana

Unit 3 – Asana for Nervous system

1. Kapalabathi 2. Padmasana 3. Sarvanganasana

Unit 4 - Asana for Endocrine and Exocrine Glands

1. Sirasana 2. Bhujangasana 3. Chakarasana

Unit 5 - Asana for Relaxation

1. Shanthiasana

Textbook

1. B.K.S.Iyankar, **Light on Yoga** Harper Collins Publications,Delhi,2002

References

1. Swami Kuvalayananda, **Asanas**, Kaivalyadhama, Lonavala,Pune,1991.
2. Mariayyah.P, Asanas, Sports Publishers, Raja Street, Coimbatore-1,1995.
3. Mariyyah.P, Suriyanamaskar Jaya PublishingHouse,Erode,1997
4. Chandrasekaran.K, Sound Health Through Yoga, Prem Kalyan Publications,Sedapatti, Madurai,1999.
5. Jeyaveera Pandian.V. Yoga and Sports, UVN-Publications-Sivakasi,Tamilnadu 2009

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1	1	2				
CO2			3			
CO3			3	4		
CO4			3	4	5	
CO5						

Mean: 5

SEMESTER II

BPE 1422 **Theories of Sports and Games – 1** **4Hr/4Cr**
(Football – Hockey – Badminton – Tennis)

Course Objectives

The course aims at

Enable students to

1. Trace the history and working federations.
2. Develop the fundamental skills and techniques.
3. Acquire the physiological training, warming-up and motor qualities.
4. Become familiar with the rules and regulations and their interpretations.

Course Outcome

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

i. Prepare the unique history of each game namely Football, Hockey, Badminton and Tennis.

ii. Establish the rules and interpretation of the game and officiating to become a professional.

iii. Apply the fundamental skills and its techniques in Football, Hockey in order to prepare the match.

iv. Criticize the rules while learning the fundamentals in Badminton.

v. Plane the technical learning and judge the outcome of performance.

THEORY

The following games are included in the syllabus of the course.

- Football – Hockey - Badminton – Tennis and the general format for covering the aspect for each of the above game is given below.

Unit 1 – History and Layout of Games

1. History of games and working federations.
2. Play fields a) Layout and maintenance of play field. b) Equipment and their specification.

Unit 2 – Officiating

a) Rules and their interpretation. b) Method of officiating.

Unit 3 – Game Skills in Football and Hockey

Elements of Game Skill

a) Pass and passing techniques, passing techniques, passing drills

b) Trapping-receiving and ball control techniques.

c) Dribbling and running with the ball-dribbling drills.

d) Types of kicks:

1. Low drive. 2. Lifted kicks. 3. Half volleys. 4. Punt kicks and Volleys.

e) Kicking and shooting practices, heading techniques, heading drills.

f) Goal keeping techniques, goal keeping drills.

HOCKEY

Fundamentals of techniques and basic skills:
a) Grip. b) Hitting. c) Stopping. d) Dribbling. e) Push. f) Scoop.
g) Hitting on the wrong foot h) Dodging and tackling i) Reverse hit j) Flick.

Set Plays

Corners, penalty corners, Hit-in, Push-in, penalty stroke

Unit 4 – Game Skills in Badminton (Fundamental skills)

Holding the racket

i. Forehand grip ii. Backhand grip.

Holding the shuttle

i. Mid grip ii. Base grip iii. Top grip

Foot work for various strokes

i. Forehand strokes ii. Backhand strokes. iii. Overhead stroke iv. Round and Head stroke

Basic shots

i. Smash ii. Lob, toss or clear. iii. Netshot iv. Drive.

Singles service

i. High Lob service ii. Low service iii. Medium service

Doubles service

i. Low or long service ii. Drive or shuttling service iii. High flick service (High and Low)

Unit 4 – Game Skills in Tennis

Fundamentals of techniques and Basic Skills:

1. Forehand-grip, ready position, foot work, back-swing point of impact, Follow through
2. Back hand – as above.
3. Service – grip, stance, back swing, point of impact follow through.
4. Volleys – grip, ready position.
5. Lobs – offensive, defensive. 6. Smash. 7. Drop shot.

Variations in

i) Ground strokes ii) Service iii) Volleys iv) Lobs

Textbook

1. Goel.R.G,1975, Encyclopedia of Sports And Games, Vikaas publishing house ,Pvt., Ltd., Delhi.

References

1. F.I.F.A.,1986,Referee's charge and players guide to Laws of Association Football, Pan Books Ltd., Caraya place, London.
2. Hayleft, J. and Evelians,1989,The Illustrated Encyclopedia of World Tennis,Exter Books, New York.
3. Jones,C.M.1973,Improving Your Tennis, Faber and Faber Publications, London.
4. Singh,G.1978, Olympic Hockey on Astroturf, Services Publishing House, Delhi.
5. Ashok kalra, A.P., 1993, Badminton, Surjeet Printing Press, Jalandher – 8.

6. Baddy, S., 1982, Badminton In Action, Cox and Woman Ltd., London.
7. Ballok, R., 1988, Teaching Badminton, Surjeet Publication, Delhi.
8. Bob Swope., 2011, ***"Youth Filed Hockey Drills, Strategies, Plays & Games Handbook"***, St. Louis

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2					5	
CO3				4		
CO4						6
CO5						6

Mean: 4.6

BPE 1424 **Track and Field Events – 1 (Practical – III)** **4Hr/4Cr**

Course Objectives

The course aims at

To enable the students to

1. Make them learn the mode of practice and techniques in sports & learn various skills in track and field.
2. Be familiar with rules and regulations, and learn the method of officiating track and field events.

Course Outcome

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

i. Explain the warm up and conditioning procedures and determine to prescribe exercises.
ii. Prepare the sprinting technique for the competition status and judge the effect of it.
iii. Analyze the importance of techniques and corrections in coaching.
iv. The scientific principle in throw techniques was intensely judged.
v. Prepare athletic training and reorganize the schedule to be evaluated.

Unit 1 – Sprints

a. Number of Sprint Events (100 M, 200 M, 400M, 110 M Hurdle, 100 M Hurdle, 400 M Hurdle).
b. Skills in running sprint event – High knee action – Leg Beat – Leg kick – Arm action for sprint.
c. Technique – Bunch starting 3 types – Bullet start, Medium start & Elongated start.
d. Fixing the block – Measurement – Athletes on the block – fixing the rear and front leg.
e. Finishing technique – Photo finish, Run through & Torque twist

Unit 2 – Middle Distance Running

a. Method of starting b. Form of running c. Technique of running at the end of the events.

Unit 3 – Long Jump

a. Stages of jumping technique – types – Style (Hitch Kick, Hang) – Finding Power Leg – Runway – Fixing the approach run (14 – 19 / 11 strides) Planting the takeoff foot c. Flying Phase d. Landing (Types – Scoop & Twist).

Unit 4 - Shot-put – two types of shot techniques and the styles

Styles – (O'Berion style & Disco put) – Techniques – (Holding, Initial Stance, Glide, Rotation, Release and follow through and reverse – Drills (Rolling Shot, Pushing Shot, Flip action, throwing shot reverse).

Unit 5 – warming up and conditioning exercises

A part of the practical period shall be devoted to warming up and conditioning exercises for the concerned events shall be introduced.

Textbook

1. Goel, R.C., 1992. Encyclopedia of Sports and Games, Trange paper, Delhi.

References

1. Pintu modak., 1996, Gymnastics a scientific approach.
2. Runthala Publishers & Printers, Near Nehru place 11, Pilani (Raj).
3. A.A.F.I., 1994, Competitive Rules Hand Book, Ashok Printers, Kanpur.
4. Federation International De Gymnastics, 1993, Code of Points, Switzerland.
5. Gambetta, V., 1981, Track and Field Coaching Manual, Leisure Press Champaign, Illidis.
6. Thirunarayan, C., and Hariharan, S., 1970, Track and Field the South Indian Press, Karaikudi.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1			3			
CO2			3			
CO3			3			
CO4					5	
CO5						6

Mean: 4

BPE 1528 **Human Anatomy** **5Hr/5Cr**

Course Objectives
The course aims at
Enable students to

1. Facilitate the students with the knowledge of Human Anatomy.
2. Understand the structure and functional characteristics which help them to design the programme.

Course Outcome
At the end of the course, students will be able to:

i. Understand the scientific bases of Human physique through cell, Bone and joints to observe the difference.
ii. Draw the nomenclature of the cardiovascular system and its functional capacities and drawbacks with a diagram.
iii. Identify various types of muscles and its purposes-based on Anatomy and Physiology.
iv. Evaluate the importance of nervous system and Endocrine system.
v. Express the position of axial and appendicular skeleton and structure and function of kidney and skin.

Unit 1 – Introduction

Introduction – Structure of Cell - Cell Wall – Nucleous – Chromatin threads – Mitochonria – Cytoplasm – Centrosomes – Endoplasmic recticulam – Lysosomes – Centresomes Cell division – Mitosis - Meosis - Interphase - Prophase – Metaphase – Anaphase – Telophase.

Bone – Classification of Bone – Long Bone – Short Bone – Flat Bone – Irregular Bone – Seemoid Bone. Joints – Define – Classification of Joints – Fibrous Joints – Cartilagious Joints – Synovial Joints.

Unit 2 – Body Systems (Respiratory & Circulatory) in Humans

Respiratory System: Structure and Function of lungs – Mechanism of Respiration. Circulatory System: Structure and functions of Heart – Cardiac output & cycle - Blood – Blood pressure – Blood group – Blood clotting.

Unit 3 - Muscular Systems in Humans

Muscular System: Voluntary muscle - Involuntary muscle – Cardiac Muscle Digestive System: Structure and Functions of Stomach – Small Intestine – Large Intestine.

Unit 4 – Nervous System

Nervous System: Structure and Functions of Brain – Cerebellum – Cerebrum – Medulla oblongata –Spinal cord – Reflex Action. Endocrine Glands – Its types – Functions of Pituitary, Thyroid, Adrenal, Pancreas and gonads.

Unit 5 – Skeleton Systems in Humans

Skeleton System: Axial Skeleton - Skull – Vertebral Column – Sternum - Ribs and Xiphoid - Appendicle Skeleton – Upper Extremities - Lower Extremities. Excretory System: Structure and Function of Skin – Kidney.

Textbook

1. Essentials of Human Anatomy & Physiology Laboratory Manual by Elaine Nicpon Marieb (Jan 20, 2008)

References

2. Human Anatomy & Physiology with MasteringA&P™ (8th Edition) by Elaine N. Marieb and Katja N. Hoehn (Jul 2, 2010)
3. Human Anatomy & Physiology Lab Manual, Fetal Pig Version (10th Edition) by Elaine N. Marieb and Susan J. Mitchell (Feb 8, 2010)
4. Human Anatomy & Physiology Laboratory Manual with MasteringA&P®, Main Version, Update (9th Edition) by Elaine N. Marieb and Susan J. Mitchell (Jul 10, 2011)

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1			3			
CO2			3			
CO3			3			
CO4					5	
CO5						6

Mean: 4

BPE 1420 **Game of Specialization – 1 (Practical – IV)** **5Hr/4Cr**

Course Objectives

The course aims at

To enable the students to

1. Be familiar with rules and regulations and application.
2. Learn the method of officiating in the game of specialization.
3. Learn the strategy and tactics in the game concerned.

Course Outcome

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

i. Label the unique history of each game namely Football, Hockey, Badminton and Tennis.

ii. Describe the rules and interpretation of the game and officiating to become a professional

iii. Plan to practice the fundamental skills and its techniques in Football, Hockey in order to assess the match

iv. Evaluate the rules while learning the fundamentals in Badminton.

v. Integrate the minute aspects of the basic skill for better execution of the game Tennis and predict the results.

GAME OF SPECIALISATION

The students can choose any one of the following games- fundamental skills and playing ability.

1. Football 2. Hockey 3.Badminton

Textbook

1. Goel.R.S., 1975,Encyclopaedia of sports and games, Vikas Publication House pvt.,Ltd., New Delhi.

References

1. F.I.F.A. Referee's charch and players guide to law of Association, 1986, Football pan Books ltd., Caraya Place, London.
2. Gian, S, 1976, Olympic Hockey on Astrotes and services publishing House, Delhi.
3. Hayleft,J.,and Evelians,1989,The Illustrated Encyclopaedia of World Tennis , Exter Books, New York.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2			3			
CO3				4		
CO4					5	
CO5						6

Mean: 4.2

BPE 1202 NME – Recreation and Leisure Time Management through Sports 3Hr/2Cr

Course Objectives
The course aims at
Enable students to

1. Refresh the mind and physique.
2. Avoid the stress.
3. Utilizing the leisure tie productively.

Course Outcome
At the end of the course, students will be able to:

i. Recreation provided mental relaxation and Physical freshness explain.
ii. Recreation is avoiding the stress and getting the enthusiasm in physic and peace in mind distinguish.
iii. Determine the different types of relaxation.
iv. Recreation is a means and methods ascertain better mental and physical wellness.
v. Recreation is a suitable plan to relax the physique and mind.

Unit 1 - Introduction
Meaning and definition – Aims and objectives of recreation

Unit 2 – Recreation Types
Types of recreation (Physical – Mental – Social group)

Unit 3 – Recreation for Different Age Category
Recreation for children (Seesaw – Sliding – Swing) – Recreation for Adult (Cultural activities – Racing – Martial arts) – Recreation for Senior (Elders) (Walking – Cycling – Swimming – Drama – Listening Music – Reading) etc

Unit 4 – Recreation Build for Mind Relaxation
Benefits of recreation (Stress – Enjoying life – building fellowship – relives mental strain and physical pain) – mind refreshing

Unit 5 – Recreation Games for Different Age Category
Recreation games (Torching Ball, Musical chair, Lucky corner, Tunnel ball (Passing under the knee) – cat and mouse – Lock and key

Textbook

1. Lía Rodriguez de la Vega, 2018, **Handbook of Leisure, Physical Activity, Sports, Recreation and Quality of Life.** Digitally watermarked, DRM-free, ISBN 978-3-319-75529-8

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2				4		
CO3				4		
CO4					5	
CO5						6

Mean: 4.2

BPE 1204 **Life Skill 2 – Fitness in Sports** **3Hr/2Cr**

Course Objectives

The course aims at

Enable students to

1. Understand the essentials of lifelong wellness.
2. Overcome fitness barriers and involve in physical movement pursuits

On completion of the course, students will be able to:

i. Fitness is being associated with freedom from disease and wellness that also include positive components (Wellness) that is associated with the quality of life and positive wellbeing judges.
ii. Illustrate the bodily movement that is physical activity produced by the contraction of skeleton muscles and that substantially increases energy expenditure.
iii. Exercise is leisure time physical activity conducted with means of developing physical fitness, critically.
iv. Physical activity is healthy lifestyle judge expand the most importance for promoting physical fitness, health and Wellness.
v. A Fit person is in a position to work efficiently to put up better performance as compared to a person who is unfit judge.
vi. Physical fitness increases body resistance, compare with examples.

Unit 1 – Introduction

Meaning – Definition – Concept of fitness – Warm up – Limbering down exercises

Unit 2 – Physical Fitness Concepts

Meaning – Definition – Concept of Physical Fitness – General fitness – Specific fitness

Unit 3 – Physical Conditions

Importance of Physical Fitness – General condition & General exercises (Stretching)

Unit 4 – Fitness Types

Type of Fitness (Mental – Social – Spiritual)

Unit 5 – Factor Determining Fitness

Physiological factor influencing Fitness – Psychological factor influencing Fitness

Textbook

1. Hoeger Werner W.K. and Hoeger Sharon A. **Fitness and Wellness**, Englewood: Morton publishing Company, 1990.

References

1. Hazedine, **Fitness for Sports**, Ramsburg: The Crowood Ress Ltd., 1985.
2. James and Leona Hart. **100% Fitness**, New Delhi: Goodwill Publishing House, 1983.
3. **Wellness-Concepts and applications** – David J. Anspaugh, Michael H. Hamrick and Frank D. Rosato II edition Masby publishing house – Chicago.1991.
4. **International Encyclopedia of sports and games**- Ashok Kumar, Mittal Publications, New Delhi 110059 Vol. I to IV.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1					5	
CO2		2				
CO3					5	
CO4					5	
CO5					5	

Mean: 4.4

SEMESTER III

BPE 2521 HEALTH EDUCATION AND SAFETY EDUCATION 5Hr/5Cr

Course Objectives

Enable students to

- Understand the meaning of health and relationships among the various aspects of health;
- Analyze the principles and characteristics of health education;
- Understand the importance of the hygiene and practices related to maintenance and promotions of health;
- Prepare obligatory measures to prevent the contemporary health problems which are related to the community; and
- Understand the importance of safety education for preventing accidents and its general principles.

Course Outcome

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

vi. Relate the importance of health and its effect on life span
vii. Classify personal hygiene, food hygiene and environmental hygiene.
viii. Compare the communicable and non-communicable diseases.
ix. Evaluate the nutritional value of each food and importance of sports nutrition.
x. Integrate the importance of safety education in physical education

UNIT I

Health and Health Education

Meaning of health: Brief description of physical, mental, emotional and social health; Interrelationships among these aspects of health - Importance of health for an individual, family, community and nation - World health organization (WHO) and UNESCO – organizational structure, activities, co-operation with the other international agencies - Meaning of health education, its need, scope for college students, aims and objectives of health education..

UNIT II

Hygiene and Mental Health

Need and importance of personal hygiene - Environmental hygiene and food hygiene, associated practice related to maintenance and promotion of health - Meaning of mental health, foundation factors for mental health, mental health Problems of college students. Characteristics of a healthy personality, principles of mental health

UNIT III

Community Health

Environmental pollution-water, air, soil and land, radiation, noise, pesticides, occupational hazards, efforts at individual, community and government level to reduce ill efforts of environmental health - Environmental health conditions in rural, metropolitan, urban –marginal and industrial areas - Communicable and non-communicable diseases Distinction between communicable and non-communicable diseases: communicable diseases by mode of spread and their preventions. Non-communicable diseases disputes, heart problems, cancer, renal diseases, respiratory diseases - Use of tobacco: (Chewing, Snuffing and Smoking): alcohol and drugs and their harmful effects; premarital sex, sexuality transmitted diseases and their prevention.

UNIT IV

Nutrition

Meaning and Definition of Nutrition, Role of nutrition in sports, Basic Nutrition guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise, Vitamins, minerals and water

UNIT V

Safety Education

Importance of safety education for preventing accidents and its general principles - Safety in physical education and sports, principles of safety with respect of buildings and playfields - Principles of safety with respect to equipment's, dress, etc., principles of safety with respect to organization of classes, demonstration and matches. Accident reporting and Maintenance of records - Safety in roads, camps, picnic and tours, water, fire, floods, hurricane, thunder and lightning - Regurgitation measures in life saving emergencies like drowning, asphyxia, head injuries etc.

Text Book

1. Retta Evans and Sandra Kay Sims (2016***) Health and Physical Education for Elementary Classroom Teachers:*** An Integrated Approach shape America human kinetics

Reference Books

1. Sharma (2016) **Theoretical Foundations of Health Education and Health Promotion**: Jones and Bartlett Publisher.
2. Ahluwalia (2015) "**Environmental Pollution and Health"** The Energy and Resource Institution, New Delhi.
3. David Thomas, Jerome E.kotecle (2013) ***Physical Activity and Health***. Jones and bartlest learning publication.
4. Cathie Robertson, 2010 "**Safety, Nutrition and Health in Early Education**", 4th Ed., USA
5. Melinda J. Flegel, 2010 "**Sports First Aid : A Coach's Guide to the care and prevention of Athletic Injuries**" 4th Ed., USA.
6. Anindita Basak, 2009 ***Environmental Studies,*** Pearson Education India Publisher.
7. Lyan R. Marotz, 2008 "**Health, Safety and Nutrition for the Young Child**" 7th Edition, USA.
8. Catwalk and Kawsal.1983 "A Text Book on Health, Physical and sports", A.P. Publishers., Jalandhar.
9. Basu, D.S.M., Kamal,R.,1989, Introduction To Health Education, A.P.Publishers, Jalandhar

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1			3			
CO2			3			
CO3					5	
CO4					5	
CO5						6

Mean: 4.4

BPE 2523 THEORIES OF TRACK AND FIELD EVENTS 5Hr/5Cr

Course Objectives

To enable the students to

- Trace the history of track and field events
- Learn the techniques and tactics in sports
- Learn various skills in track and field events.
- Be familiar with rules and regulations and learn the method of officiating for all track and field events.

Course Outcome

On the successful completion of the course, student will be able to:

i. Define the requirements for improving sprint and middle distance
ii. Apply and examine the hurdles skimming techniques
iii. Compare the two types of relay exchange and the differences
iv. Evaluate the qualities of thrower.
v. Plan the training programmes for combined events

UNIT I

Olympic & World Record's – Equipment's and their specification for various events

Sprint & Middle Distance

Sprinting forms: Techniques in sprint running – crouch start - fixing the block – techniques at finish – curve running.

Middle distance running: Arm action – foot placement – body position –techniques in middle distance running – practice of standing start. Rules and interpretations

Triple jump

Rules and interpretations

Approach run - take off and Planting for hop – step and jump – flying phase – landing.

(15 Hours)

UNIT II

Hurdles

Rules and interpretations

Approach – take off – (1st Hurdle in 100M, 110 M & 400 M – 3 steps method in Sprint hurdle) – clearance of the hurdle – lead leg action – trailing leg action – body position – between the hurdles – last hurdle to finishing line

Discus throw

Rules and interpretations

Hand hold – initial stance – preliminary swings – turns – delivery stance – delivery action – reverse

(15 Hours)

UNIT III

Relay races

Rules and interpretations – types – Style of baton exchange – fixing up of runners for different relay races – exchange zone – strategy in running relay races

Pole vault

Rules and interpretations

Pole grip – carry & its various types and run – pole plant – take off – rock back – pull up –push up – bar clearance – landing. **(15 Hours)**

UNIT IV

Long Distance Running

Rules and interpretations – Arm action – foot placement – body position

Throw's (Shot put)

Rules and interpretations – Grip - initial stance - preliminary swings – entry – turns – delivery stance – delivery action – reverse. **(15 Hours)**

UNIT V

Combined events

Combined Events (Decathlon, Heptathlon)

Javelin throw

Rules and interpretations

Grip – carry – approach run (preparatory and transition period) – Impulse stride – delivery stride – delivery action – reverse **(15 Hours)**

Text Books

1. World Athletics 2019, **Competitive Rules Hand Book,** worldathletics.org
2. A.A.F.I..1999, **Competitive Rules Hand Book**, Asoka Printers, Kanpur

Reference Books

1. Bosen K.O.1993, **Athletics**, SAINSNIS publication, Patiala, India.
2. Carr Gerry, A.. 1982, **Fundamentals of Track and Field**, University of Victoria, British Columbia.

SELF STUDY AREAS: Specific exercises for all track and field events

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1	1					
CO2			3	4		
CO3					5	
CO4					5	
CO5			3			

Mean: 4.2

BPE 2525 **THEORIES OF YOGA** **5Hr/5Cr**

Course Objectives
Enable students to

- Develop the muscles and the body, mainly to the internal organs and glands
- Develops agility, balance, endurance and greater vitality
- Helps to develop sound health and eternal peace of mind

Course Outcome
On the successful completion of the course, student will be able to:

i. Compare a yoga training and identify for each group
ii. Judge the values and importance of suryanamaskar.
iii. Differentiate the different type of yogasanas and solve the health problems.
iv. Diagnose the breathing problem through pranayama practices.
v. Explain the usage of kriya practices.

UNIT I

History of Yoga – Meaning and Definition of Yoga – Aims and Objectives of Yoga – Concept of Yoga – Ashtanga Yoga – Patanjali Eight limbs of Yoga – Principles of practicing Asana and Pranayama

UNIT II
Asanas :

Holistic Method – Suryanamaskar – Asana – Various types of asana (Sitting, Lying, Standing)
Sitting – Padmansana – Vajarasana – Sukasana – Artha Mayechendrasana
Lying – Bhujanasana – Dhanurasana – Halasana – Mayurasana
Standing – Triconasana – Viruchigasana – Tadasana

UNIT III

Cultural Asanas

Yogic Techniques – Methods and benefits - Bhujangasana, Salabhasana, Dhanurasana, Pascimottanasana, Vakrasana, Ardha Matsyendrasana, Yogamudra, Sarvangasana, Halasana, Mayurasana, Sirshasana, Chakarasana, Parvatasana, Trikonasana, Ardha kati Chakarasana

UNIT IV
Pranayama

Methods and Benefits - Naddi Suddhi – Nadi Shodhana – Kaphalabhathi, Ujjiayi, Sitali, Sitkari

UNIT V
Kriya

Meaning of Kriya – Types of Kriyas: Kaphalabhathi, Trataka, Neti, Dhauthi, Nauli, Basti
Neti: Jala Neti – Sutra Neti – Methods of Practicing Neti and its benefits.
Dhauthi: Vamana Dhauthi, Vastra Dhauthi – Methods of Practicing Dhauthi and its benefits,
Trataka : Practicing Method – Benefits – Muthuras and its various types – Bhandhas and its various types.

Text Book

1. B.K.S. Iyankar, 2002, **Light on Yoga** Harper Collins Publications, Delhi,

Reference Books

2. Ulrich Timme Kragh (2013) ***The Foundation for Yoga Practitioners***: Harvard University, Department of South Asian Studies Publisher.
3. Kamkhya kumar (2012) ***Yoga Education***, New Delhi; Shipra publication.
4. Omshanthi (2011) ***Pranayamas, Mudras, Kriyas y Bandhas***; The Om Shanti Group Publisher

5. Mark Stephens (2010) ***Teaching Yoga; Essential Foundations and Techniques***; North Atlantic Books. Yoga ***Yoga Education***; Education Publishing.
6. Shekar (2003) ***Yoga for Health***; Delhi; Khel Sahitya Kendra Brahmachari Amaldas Bode Lilly
7. Chandrasekaran.K, 1999, **Sound Health Through Yoga**, Prem Kalyan Publications, Sedapatti, Madurai

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1	1				5	
CO2					5	
CO3				4		
CO4				4		
CO5		2				

Mean: 4.2

BPE 2427 TRACK AND FIELD EVENTS – II (PRACTICAL – V) 4Hr/4Cr

Course Objectives
Enable students to

- Learn the various factor influence in athletics
- Learn various skills in track and field.
- Be familiar with rules and regulations, and learn the method of officiating for all track and field events.

Course Outcome
On the successful completion of the course, student will be able to:

i. Understand the values of team work in the athletic event
ii. Analyze the method and application of force in this event.
iii. Gain the knowledge of scientific application in high jump.
iv. Identify the techniques in long distance running for higher performance.
v. Evaluate the strength application and its frequencies in achieving high performance in shot put.

A part of the practical period shall be devoted to warming up and conditioning exercises. Both general and specific conditioning exercises for the concerned events shall be introduced.

UNIT 1
RELAYS
Methods of baton exchange (Carry – Holding) – Types of relay (Visual and Non visual) - Fixing up runners for different relay races (Straight, Curve) – Anchor leg – 3rd leg – over leg

UNIT 2
TRIPLE JUMP
Approach run - Take off for hop, step and jump - Flying phase - Landing

UNIT 3
HIGH JUMP
Approaches run - Take off - Flying Phase - Landing.

UNIT 4
LONG DISTANCE RUNNING
Correct running technique emphasizing on proper body position and foot placement - Proper arm and leg action - Running tactics

UNIT 5
SHOT PUT
Stance - Holding the shot – Gliding - Releasing and follow through action

Text Books

1. Thirunarayan, C., and Hariharan, S., 1970, "**Track and Field**" the South Indian Press, Karaikudi

2. Pintu modak., 1996, **Gymnastics a scientific approach**. Runthala Publishers & Printers, Near Nehru place 11, Pilani (Raj).

Reference Books

1. Bosen,K.O.,1993."**Athletics",** SAINSNIS publication, Patiala, India.
2. White, J., 1989, "**Gymnastics in Action**" Stanly Paul, London.

3. Gambetta, V., 1981, "**Track and Field Coaching Manual"**, Leisure Press Champaign, Illidis.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1		2				
CO2			3	4		
CO3			3			
CO4	1					
CO5			3		5	

Mean: 4.2

BPE 2429 **YOGA (PRACTICAL – VI)** **5Hr/4Cr**

Course Objectives

Enable students to

- Learn the values of asanas for high standard life span
- To experiment the effectiveness of pranayama
- Learn to apply purification technique to avoid many ailments
- Ensure the effectiveness mediation and to enhance the thinking frequencies
- Understand the mudras to absorb high values of mystic life.

Course Outcome

On the successful completion of the course, student will be able to:

i. Evaluate the physical makeup of human asana application
ii. Analyze the sources of energy through the practice of pranayama
iii. Plan the purification technique of yoga for un ailment life

Practical work should include the following *asanas* and yogic practices:

UNIT – 1

ASANAS

Suriyanamaskar – 12 steps - Swastickasana – Padmasana - Vajrasana – samasana – Bjuangasana – Dhanurasana – Matsyasana – Shalabasana – Halasana – Patchimotasana – Vakarasan – Ardha-matsyendrasana – Yogamudhra – Vipareetakarani – sarvangasana – Shirsasana – Mayurasana – Vrikshasana – Tadasana – Makarasana - Shavasana

UNIT – 2

PRANAYAMA

Puraka, Kumbha & Rechka - Suryabedhana, Chandrabedhana, Sitali, Sitkari, Ujay – Anuloma Viluloma, Bhastrika

UNIT – 3

BANDHA AND KRIYAS

Purification Technique - Jalaneti, Uddyan and Nauli, Kapala Bhati

UNIT – 4

MEDITATION

Manthira Dhiyanam (Song – Music – OHM chanting)

UNIT – 5

MUDRAS

Chin, Chinmaya, Chakra, Raja – Types of Hand Mudras (Gyan – Prana – Prithivi – Varuna – Surya Mudras)

Text Book

1. Iyenkar, B.K.S., 1989, Light On *Yoga,* George Allen and Unwin Ltd., London.

Reference Books

2. Chandrasekaran.K, 1999, Sound Health Through Yoga, Prem Kalyan Publication, Sedapatti, Madurai
3. Jeyaveera Pandian.V. 2009, Yoga and Sports, UVN-Publications-Sivakasi,Tamilnadu

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1					5	
CO2				4		
CO3						6
CO4						6
CO5					5	

Mean: 5.2

SEMESTER IV

BPE 2522 **SPORTS INJURIES** **4Hr/4Cr**

Course Objectives
To enable students

- To learn them to deal with injuries, therapeutic modes.
- To educate the importance and principles of sports medicine.
- To understand the knowledge of basic rehabilitation.
- To identify the head, neck, and spine injuries and its exercise.

Course Outcome
On the successful completion of the course, student will be able to:

i. Ascertain the knowledge to deal with common sports injuries.
ii. Examine and assess the sign and symptoms of injury.
iii. Apply different therapeutic modalities for rehabilitation
iv. Compare various methods of progressive resistance exercise.
v. Create the knowledge of basic rehabilitation to the athletes.

UNIT I

Sports Injuries

Definition – Meaning of Sports Injuries – Importance features of Sports Injuries – Purpose and Prevention of Sports Injuries.

UNIT II

Classification of Injuries

Common Injuries (Abrasion, Contusion, Laceration, Sprain, Strain & Muscle Cramp) – Acute Injuries, Sub Acute Injuries and Chronic Injuries - Fracture – Types of Fracture (Simple, Compound and Complex)

UNIT III

Injuries Assessment in Sports

Assessment of Injuries in Sports, Diagnosis, Mode of Injuries – First Aid for Injuries – RICE Therapy – Importance of evaluation of injuries and relevance of First Aid – Therapies (Sound, Light, Heat and Vapour)

UNIT IV

Rehabilitation of injuries

Meaning of Rehabilitation of injuries – various types of treatment according to injuries – vital organ injuries - **Preventive measures in Sports**: Helmet – Pad – Abdominal Guard (Chin pad, Thigh Pad, Hip pad, Knee cap) – Post Guard (volleyball, Basketball etc

UNIT V

First Aid & Treatment

Definition – Aim and Objectives of First Aid – Scope of First Aid – Bandages – Types of Bandages (gauze, compression, triangular and tube) – Wound – Types of Wounds (Laceration, Abrasion, Puncture, Contusions, Burns) – Fractures – Types of Fractures (Open, Compound, Stable, Transverse, Green stick) – Shock – Poison – Bites (Snake bite, Dog bite & Scorpion bite).

Text Book

1. Richard, B. Birrer. Francis, G. O'Connor. (2004). ***Sports Medicine for the Primary Care Physician 3rd Edition***. UK: CRC Press.

Reference Books

2. Peter, Brukner. &Karim, Khan. (2006). ***Clinical Sports Medicine 3rd Edition*. Australia:** McGraw-Hill Book Company.
3. Zuluaga, Marie. (1995). ***Sports Physiotherapy: Applied Science and Practice 1st Edition*.** London: Churchill Livingstone.
4. David, C. Reid. (1992**). *Sports Injury Assessment and Rehabilitation Hardcover 2nd Edition.*** London: Churchill Livingstone.
5. Joseph, S. Torg. Peter, R. Welsh. & Roy, J. Shephard. (1989). ***Current Therapy Sports Medicine 2nd Edition***. New York, USA: B C Decker.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2				4	5	
CO3			3			
CO4					5	
CO5						6

Mean: 5.2

BPE 2424 **METHODS IN PHYSICAL EDUCATION** **5Hr/5Cr**

Course Objectives

Enable students to

- Advocate the techniques of Presentation
- Understand class Management
- Prepare to draw fixtures
- Ensure to know the methods of deciding winners in League matches

Course Outcome

On the successful completion of the course, student will be able to:

i. Examine different methods, technique and strategies of education.
ii. Prepare and conclude teaching aids to make teaching more effective.
iii. Analyze and Contrast the fixtures for the tournaments.
iv. Appraise the methods of evaluation.
v. Assess the principles and apply the procedure of team teaching.

UNIT I

Meaning – Factors influencing Methods – Presentation Techniques – Class Management – Principles of Class Management Teaching Aids

UNIT II

Classification of various physical activities in the field of Physical education – Calisthenics – Marching – Minor games – Indigenous activities – Rhythmic activities – Gymnastics – Defensive arts and Swimming

UNIT III

Meaning of Tournaments – Merits and Demerits of Knock-out and League Tournaments – Drawing Fixtures for Knock-out and League Tournaments – Methods of deciding winner in the League tournament and Tie breaking league tournaments at various games – Formula of Fixture drafting

UNIT IV

Intramural Competition: Objectives – Methods of Organizing and Conducting – Intramural Committee
Extramural Competition: Benefits – Drawbacks – Methods of organizing and conducting

UNIT V

Sports Meet – Standard and Non-Standard – Methods of organizing and conducting sports Meet
Plays Day – Methods of organization and conduct

Text Book

1. Kalyan Deoraoii Maldhure (2016) ***Educational Technology and Methods of teaching and physical education***; Khel Sahitya Kendra Publisher.

Reference Books

2. Pathak (2012) ***Educational Technology***; Pearson Education India Publisher.
3. Prasad & Vidya Sagar (2004) ***Methods of Teaching Physical Education,*** Discovery of publishing House, New Delhi

4. Colin A. Hardy, Mick Mawer, ***Learning and Teaching in Physical Education***, Falmer Press, Great Britain, 1999.
5. James Michael Lee 1963 ***Principles and Methods of Secondary Education***, McGraw-Hill,
6. Susan Capel 2004, ***Learning to Teach Physical Education in the Secondary School: A Companion to School Experience***, Routledge Falmer.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2					5	
CO3					5	
CO4					5	
CO5					5	

Mean: 4.8

BPE 2526 THEORIES OF SPORTS & GAMES – II 5Hr/5Cr
(Basketball, Kabaddi, Volleyball, Handball and Kho–Kho)

Course Objectives
To enable the students to
- ❖ trace the history and working federations,
- ❖ develop the fundamental skills and techniques,
- ❖ acquire the physiological training, warming – up and motor qualities,
- ❖ become familiar with the rules and regulations and their interpretations

Course Outcome
On the successful completion of the course, student will be able to:

i. Expand the knowledge on fundamental skills in games and sports.
ii. Relate and understand the origin and development of sports and games.
iii. Plan and implement the training methods to develop team tactics
iv. Criticize the system in various games.
v. Examine about the rules and regulation of major games.

The following games are included in the syllabus of the course.
Basketball, Kabaddi, Volleyball, Handball and Kho – Kho
The general format for covering the aspect for each of the above game is given below.

UNIT I

BASKETBALL

History of games and working of federations - Play field – Layout and maintenance of play court – Equipment and their specification – Rules and Interpretation - Player's stance and ball handling, passing and receiving techniques:

PASSING

Two hand chest pass - Two hand bounce pass - One hand baseball pass - Side arm pass - Overhead pass - Hook pass

DRIBBLING

How to start dribble - How to stop dribble - High dribble - Low dribble - Reverse dribble

SHOOTING

Lay-up shot and its variations - One hand set shot - One hand jump shot - Hook shot - Free throw

REBOUNDING

Offensive rebound - Defensive rebound - Rock out - Rebound

UNIT II

KABADDI

History of games and working of federations - Play field – Layout and maintenance of play court – Equipment and their specification – Rules and Interpretation

OFFENSIVE SKILLS

Touching with the hand - Leg thrust - Front kick - Side Kick - Mule kick - Aero kick - Roll kick - Jump &Counter - Drive and Counter

DEFENSIVE SKILLS

Wrist catch - Ankle catch - Knee catch - Thigh catch - Trunk catch - Washer man catch - Chain formation (Normal grip & Crocodile grip)

UNIT III

VOLLEYBALL

History of games and working of federations - Play field – Layout and maintenance of play court – Equipment and their specification – Rules and Interpretation - Fundamentals of techniques and basic skills: Players stance-receiving the ball and passing to team mates - Foot work - Service: (under-arm, side- arm, overhead and floating) - Pass - the volley and dig – Spike (straight arm, round arm) – Block (Individual and group block) - Dives and rolls

UNIT IV

HANDBALL

History of games and working of federations - Play field – Layout and maintenance of play court – Equipment and their specification – Rules and Interpretation

Basic skills

Holding the ball - Receiving (stationary, walking, running) - Dribbling and stopping - Progression with ball - Passing - Throws (Throw in – Throw out – Free throw) - Shooting (Penalty throw, single hand shooting, both hand shooting) - Goal keeping

UNIT V

KHO – KHO

History of games and working of federations - Play field – Layout and maintenance of play court – Equipment and their specification – Rules and Interpretation - Fundamentals skills (Chasing and touching (Chaser's stance - foot work – Sitting - Proper way of giving kho - Proper way of getting up - Turning around the pole - Touching at the post - Judgment kho Diving - Tapping & Trapping) - Chasing Tactics (Chaser's footwork - Dodging and pointing movements - Taking runner to the pole) - Running Tactics (Selection of batches for running - Single chain - Double chain - Ring formation)

Text Book

Goel, R.C., 1992, Encyclopedia of sports and games, Trang paper backs, Delhi.

Reference Books

1. Lokesh Thane, 1996, Handball Skills and Tactics, Sports Publications, Hindustan Offset Press, Delhi.
2. Yogesh Yadav, Kho – kho, Maharashtra Kho – kho Association, 1969.
3. Ashok.K,1983, Kabaddi, A.P. Publishers, Sartaj Printing Press, Jalanthar.
4. Core,R.H.,1988, Teaching Volleyball, Surjeet Publications, Delhi.
5. Fox,A.R.1960, Basketball, Pretince Hall, Engle Wood Cliffs, New Jersey

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1						6
CO2			3			
CO3						6
CO4					5	
CO5				4		

Mean: 4.8

BPE 2428 Massage Physiotherapy and Therapeutic Exercises (Practical VII) **5Hr/4Cr**

Course Objectives

To enable the students to

- ❖ It is used to understand massage technique as a therapeutic use.
- ❖ To understand the values of massage technique in getting body energy and relaxation.
- ❖ Apply massage technique to get relived from mental stress and strain.
- ❖ Apply massage technique for sports performance and relaxation.

Course Outcome

On the successful completion of the course, student will be able to:

i. Examine the values of message and its worthiness on human efficacy.
ii. Explain each technique with other technique for relate more benefit.
iii. Illustrate the importance of physiotherapy and therapeutic exercise on reduce of pain
iv. Explain the benefits of therapeutic exercise with other exercise.
v. Combine the massage techniques along with other exercise for good relaxation.

Massage benefits of massage – stroking – pinching – rolling – friction – percussion – vibration – Raking – petrissage – centering - pressure therapy

Physiotherapy & therapeutic exercise – importance of physiotherapy – classification of therapeutic exercise – effect & benefits of therapeutic exercise

Text Book

1. Carolyn Kisner 2017 "Therapeutic Exercise Foundations and Techniques" W. Ross MacDonald School Resource Services Library

Reference Book

2. Margaret Hollis 1987 "Massage for Therapists" Elisabeth Jones Vol. 75, No. 4

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2		2	3			
CO3		2		4		
CO4		2				
CO5						6

Mean: 4.6

BPE 2530 GAME OF SPECIALIZATION – II (PRACTICAL VIII) 5Hr/5Cr

Course Objectives

To enable the students to

- ❖ trace the history and working federations,
- ❖ develop the fundamental skills and techniques,
- ❖ acquire the physiological training, warming – up and motor qualities,
- ❖ become familiar with the rules and regulations and their interpretations

Course Outcome

On the successful completion of the course, student will be able to:

i. Expand the knowledge on fundamental skills in games and sports.
ii. Relate and understand the origin and development of sports and games.
iii. Plan and implement the training methods to develop team tactics
iv. Criticize the system in various games.
v. Examine about the rules and regulation of major games.

UNIT – 1

BASKETBALL

Fundamental skills – Dribbling, Passing, Shooting, Rebounding, Lay up Shot – Game (half Court and Full Court) – Tactics & Strategies

UNIT – 2

KABADDI

Fundamental skills – Raid, Tackling, Bonus, Bulk crossing – Catching (Angle, Knee, Hip, Thigh) – Tactics & Strategies

UNIT – 3

VOLLEYBALL

Fundamental skills – Overhead Pass, Dig Pass, Spiking, Blocking (Single, Double & Triple), Service (Overhead service, jumping, Float, Wave) – Tactics & Strategies

UNIT – 4

HANDBALL

Fundamental skills – Dribbling, Passing, Shooting, Rebounding – Game (half Court and Full Court) – Tactics & Strategies

UNIT – 5

KHO-KHO

Fundamental skills – chasing, pole diving – Tactics & Strategies

TEXT BOOK

1. Goel. R.G, 1975, **Encyclopedia of Sports And Games**, Vikaas publishing house Pvt.,Ltd., Delhi.

REFERENCE BOOKS

1. Ashok.K, 1983, Kabaddi, A.P Publishers, Sartaj Printing Press, Jalanthar.
2. Core, R.H., 1988, Teaching Volleyball, Surjeet Publications, Delhi.
3. Fox, A.R.1960, Basketball, Pretince Hall, Engle Wood Cliffs, New Jersey.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1						6
CO2			3			
CO3						6
CO4					5	
CO5				4		

Mean: 4.8

SEMESTER V

BPE 3521 TEST, MEASUREMENTS & EVALUATION AND COMPUTER APPLICATIONS IN PHYSICAL EDUCATION 5Hr/5Cr

Course Objectives

Enable students to

1. attain the knowledge of measurement of skills in sports.
2. educate the importance and principles of Test measurement and evaluation.
3. learn the criteria for standardized test, various test types, Physical fitness and skill test.
4. obtain the knowledge of computer application in physical education.
5. understand the basic knowledge of computer & learn the MS word, MS excel & MS power point.

Course Outcomes

On the successful completion of the course, students will be able to:

1.	Generalise the test items, measurements and evaluation	**K6**
2.	Evaluate the value of test while applying the skills	**K5**
3.	Assess the knowledge about the test criteria	**K5**
4.	Appraise the application of MS Office in Physical Education.	**K5**
5.	Compare the computer application in Physical Education and its influence in Sports Achievements.	**K5**

UNIT I Introduction to Test, Measurement and Evaluation

Meaning of Test, Measurement and Evaluation – Need and Importance of test, Measurement and Evaluation, Classification of Test – Standardized and Teacher Made Test – Objective and Subjective Tests – contribution of Knowledge Test and Skill Test

UNIT II Test and types

Criteria of Good test – Validity – Reliability – Objectivity – Norms – Administration Feasibility – Educational Application – Physical Fitness Components – Test for Speed, Strength, Endurance, Agility and Flexibility.

UNIT III Fitness tests

1. New York State Physical Fitness Test
2. Barrow Motor Ability Test
3. Kraus Weber Test
4. Cooper 12 Minutes Run / Walk Test
5. JCR test
6. Harward Step Test

UNIT IV Skill tests

1. Badminton test: Miller wall volley test
2. Basketball test: AAPHERD Basketball test

3. Cricket test: Sutcliffe Cricket skill test
4. Hockey test: Friedel Field Hockey skill test
5. Football test: Mor Christian General Soccer Ability Skill test.
6. Volleyball test: Russel Lange Volleyball test

UNIT V MS Word, MS Excel & MS Power Point

Introduction to MS Word, Excel & Power point – Need of MS Word, Excel & Power point in Physical Education – Creating file, opening and document Saving – Formatting Editing Features Drawing table, columns width and row height understanding charts & Format editing features slide show, design, inserting slide number picture, graph, table – Converting table to text and text to table – Mail merge.

REFERENCE BOOKS

1. Clarke, II Application of Measurement in Health and Physical Education, Prentice Hall, Inc 1976
2. Mathew K Donald, Measurement in Physical Education London WS Saunders Company 1973.
3. Bosco. James. S. measurement and Evaluation in Physical Education and Sports, New Jersey, Prentic Hall Inc. 1988
4. Matheuss k Donald, Measurement in Physical Education. London: W.S. sounders Company 1973.
5. Safrit, Margaat, J., Measurement in Physical Education and Exercise Science, St. Louis Times Mirror Mosby College Publications, 1986.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1						6
CO2					5	
CO3					5	
CO4					5	
CO5					5	

Mean: 5.2

BPE 3623 **EXERCISE PHYSIOLOGY** **6Hr/6Cr**

Course Objectives

Enable students to

1. acquire knowledge regarding effect of exercise on physiology for physical education students.
2. study the function of muscular system.
3. study the physiology of cardiovascular system.
4. study the physiology respiratory system.
5. learn the process of metabolism.

Course Outcomes

On the successful completion of the course, students will be able to:

1.	Analyze the role of exercise to developing the human physique	**K4**
2.	Conceive the knowledge on functions of muscles in the human physique.	**K6**
3.	Examine the improvement of respiratory function due to exercise procedure.	**K4**
4.	Determine the influence of nervous functioning and its relationship to vital capabilities	**K4**
5.	Judge the impact of LDL and HDL on heart functioning.	**K5**

UNIT I Introduction of Exercise Physiology

Meaning and Definition – Nature – Aim & scope of Exercise Physiology – Metabolism – Anaerobic and Aerobic – Anabolism – Catabolism – ATP – Energy System.

UNIT II Exercise and Training Program

Influence of exercise and shootable training programs on the muscular skeletal system and its impact and improvement – properties of muscles – sliding filament theory – muscles, Tendon, Tissue, Ligaments – Hypertrophy – Atrophy – Hyperplasia – Myoglobin.

UNIT III Nervous System and Exercise

Nervous functioning and its improvement through shootable exercise and physical activity – Central nervous system (CNS) – Motor nervous and receptors system (MNS) – Neuron synapses – Afferent – Efferent.

UNIT IV Respiratory System and Exercise

Respiratory system – Internal – Cell and External – Lungs – lung capacity – vital capacity – Tidal volume – Minute ventilation – Structure and Functional changes through exercise – Respiratory system improves by suitable exercise Running – Long distance, Swimming and Pranayama)

UNIT V Cardiovascular System and Exercise

Cardiac system and its development through exercise – Heart and its properties – Functional effectiveness of the heart through exercise – Pulse rate the blood volume - Cardiac output – Haemoglobin – LDL, HDL – Congenital Problem

References

1. Victor L. Katch, William D. McArdle, Frank I. Katch (2011). ***Essentials ofexercise physiology.*** USA: Lippincott Williams & Wilkins.
2. AmritKumar Moses, R. (1995). ***Introduction to Exercise Physiology***. Madras: Poompugar Pathipagam.
3. Clarke, D.H. (1975). ***Exercise Physiology.*** **New Jersey**:Prentice Hall Inc., Englewood Cliffs.
4. David, L Costill. (2004).***Physiology of Sports and Exercise*** USA: HumanKinetics.
5. Guyton, A.C. (1976). ***Textbook of Medical Physiology***. Philadelphia: W.B. Sandersco.
6. McArdle, D. Frank I. Katch, Victor L. Katch. (2010). ***Exercise Physiology Nutrition, Energy, and Human Performance-Seventh Edition***. Philadelphia: Lippincott Williams &Wilkins.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2						6
CO3				4		
CO4				4		
CO5					5	

Mean: 4.6

BPE 3625 TEST AND MEASUREMENT (PRACTICAL IX) 6Hr/6Cr

Course Objectives

Enable students to

i. have knowledge of sports skill test

ii. learn about administration of various test and procedures

Course Outcomes

On the successful completion of the course, students will be able to:

1.	Have a good suitable plan to select the test for a event or game.	**K6**
2.	Finding out the suitable device in applying skin fold test for measuring fat.	**K4**
3.	Evaluate each and every test in measuring ability of the skill in various sports.	**K5**
4.	Prepare and predict proper test for measurement of playing ability.	**K3**
5.	Predict the quality of test to its maximum.	**K2**

List of Practical:

Test and Measurement

1. Anaerobic capacity tests
   - i. Cunningham and Faulkner test
   - ii. Sprint Fatigue Test
   - iii. Margaria-Kalamen Test
   - iv. Wingate Anaerobic test
2. Anthropometric tests
   - i. Anthropometric Measurements – Standing height, Sitting height
   - ii. Method of measuring Skin folds
   - iii. Skinfold Thickness (SFT)
3. Sports skill tests:
   - i. Badminton test: Miller wall volley test
   - ii. Basketball test: Johnson Basketball test
   - iii. Cricket test: Sutcliffe Cricket skill test
   - iv. Hockey test: Friedel Field Hockey skill test
   - v. Football test: Mor Christian General Soccer Ability Skill test.
   - vi. Volleyball test: Russel Lange Volleyball test
   - vii. Handball test: Cornish Handball test
   - viii. Tennis test: Dyer Tennis test
   - ix. Talent identification test
   - x. SDAT test
   - xi. SAI Sports Hostel

TEXT BOOK:

1. Dr. Anjali P. Thakare, 2018,"Test and Measurement and Evaluation in Physical Education", Sports Publications, New Delhi. ISBN 978-93-87363-10-6.

REFERENCE BOOKS:

1. Krishnan, J., 2005, "Evaluation of Physical Education and Sports." First Edition, Sports Publication, New Delhi.

2. Srivastava.A.K., 2013, " Evaluation in Test and Measurement" Sports Publications, New Delhi.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1						6
CO2				4		
CO3					5	
CO4			3			
CO5		2				

Mean: 4

BPE 3627 TRACK AND FIELD – 3 (PRACTICAL X) 6Hr/6Cr

Course Objectives

Enable students to

- learn the strategy and tactics in Athletic events
- learn various skills in track and field
- familiar with rules and regulations, and learn the method of officiating for all track and field events.

Course Outcomes

On the successful completion of the course, student will be able to:

1.	Identify and assess expected efficiency of the athlete.	**K6**
2.	Analyze the method and application of force in track events.	**K4**
3.	Evaluate the knowledge of scientific application in jump events.	**K5**
4.	Ascertain the techniques in long distance running for higher performance	**K4**
5.	Evaluate the strength application and its frequencies in achieving high performance in Throw events	**K5**

TRACK AND FIELD EVENTS - 3

A part of the practical period shall be devoted to warming up and conditioning exercises. Both general and specific conditioning exercises for the concerned events shall be introduced.

HURDLES

Approach run - Take off or attack phase - Clearance of the hurdle or interphone: Lead leg action - Trailing leg action - Body position - Landing or escape - In-between the hurdles - Techniques at finish.

POLE VAULT

Pole grip – Carry and run – Pole plant – Take off – Rock back – Pull up – Push up - Bar clearance - Landing

JAVELIN THROW

Grip – Carry – Approach run - Last five strides rhythm including impulse stride – Delivery stance – Delivery – Reverse

HAMMER THROW

Grip - Initial stance - Preliminary swings - Entry (or) Transition from swings to turn - Turns Delivery Stance - Delivery action - Reverse

TEXT BOOKS

1. Thirunarayan, C., and Hariharan, S., 1970, Track and Field the South Indian Press, Karaikudi

2. Pintu modak., 1996, Gymnastics a scientific approach.

3. Runthala Publishers & Printers, Near Nehru place 11, Pilani (Raj).

REFERENCE BOOKS

1. K.O.Bosen teaching in Athletics,NSNIS,Patiala

2. Stephen Ralph,E&Som Bell, 1978,Track and Field,John Witley&Sons,INC,Canada

3. Scientific Principles of Coaching-J.Bunn

4. Fundamentals of Sports Training – L.Matreyer

5. Sports Training – Hardayal Sing

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1						6
CO2				4		
CO3					5	
CO4				4		
CO5					5	

Mean: 4.8

BPE 3229 **INDIGENOUS MARTIAL ARTS** **3Hr/2Cr**

Course Objectives

Enable students to

- Predict the martial arts for self-defence.
- Propagate the value to martial arts among students and sports person.
- Distinguish the qualities of indigenous and modern martial arts.

Course Outcomes

On the successful completion of the course, students will be able to:

1.	Compare the suitable martial programme for youth and adults.	**K5**
2.	Assess the value of silambam practice and best co-ordination.	**K5**
3.	Conceive ethical value of practising karate and boxing.	**K6**
4.	Judge the salient features between indigenous and modern martial arts.	**K5**
5.	Diagnose the martial practices in developing functional, mental and emotional characterstics.	**K2**

UNIT I

Meaning – Aim – Purpose for Martial Arts – Important Features of Martial Arts.

UNIT II

Indigenous Martial Introduce / develop in our Nation;

a) Silambam
b) Kalarupaytte
c) Kushthi (Wrestling)

UNIT III

Modern Martial Arts Establish in India:

a) Karate
b) Boxing

UNIT IV

Classification of salient features between indigenous & Modern Martial Arts.

UNIT V

Functional Mental - Emotional characteristics Builded through Martial Arts.

REFERENCE BOOKS

1. Christopher Fernandes , 2011, "Vajramushti; Martial Arts of India" Creative House International, ISBN-13 : 978-0984028108
2. Patrick Denaud, 2009, "Kalaripayat: The Martial Arts Tradition of India" Destiny Books, ISBN13: 9781594773150.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1					5	
CO2					5	
CO3						6
CO4					5	
CO5		2				

Mean: 4.6

BPE 3200 ENVIRONMENTAL FACTORS AND SPORTS PERFORMANCE 4Hr/2Cr

Course Objectives

Enable students to

- understand how the variations in the Environment helps him to adapt and perform
- deal with important, concepts and background of environmental education.
- highlight on various available resources.

COURSE OUTCOMES

On the successful completion of the course, students will be able to:

1.	Distinguish the Talent, Techniques and Tactics of Training.	**K4**
2.	Compare the role of exercise in the cold climate and humid climate.	**K5**
3.	Examine the improvement of respiratory function due to exercise in high altitude.	**K4**
4.	Learn to Plan the Training Program for Different Sports.	**K6**
5.	Determine the influence of climate condition on training and performance	**K4**

UNIT I

Introduction – Variation in Temperature – Exercise in the Heat

UNIT II

Dehydration - Acclimatization

UNIT III

Exercise in the Cold - Humidity

UNIT IV

Altitude – Altitude Acclimatization – Physiological Changes that take place during Acclimatization to Altitude

UNIT V

Physical performance at Altitude – Main effects of High Altitude on Physical Performance – Physiological function at Altitude

TEXT BOOK

Ajmer Singh, Jaggdish Bains, Jagtar Singh Gill, Rachhpal Singh Brar, 'Essentials of Physical Education' Fifth Revised Edition, Kalyani Publishers, New Delhi,2016.

REFERENCE BOOKS

1. Mathews,Donald K.and Fox Edward I…'The Physiological Basis of Physical Education and Athletics'. Third Edition Saunders College Publishing,Holt. Saunders Japan. 1985.

2. Marley,William, "Health and Physical Fitness".CBS College Publishing, United States of America. 1982.

3. Shephard.R.J. 'The Fit Athlete'. Oxford University Press.1978.

4. Shaver, Larry G. "Essential of Exercise Physiology"Surjeet Publications. Delhi, First Indian Print.1982.

5. Wilmore, Jack H. "Athlrtic Training and Physical Fitness" 1977. Allyns and Bacon. Inc. 470. Atlantic Avenue, Boston. Masachusetts.1977'.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2					5	
CO3				4		
CO4						6
CO5				4		

Mean: 4.6

SEMESTER VI

BPE3522 PSYCHOLOGY AND SOCIOLOGY OF PHYSICAL EDUCATION & SPORTS 5Hr/5Cr

Course Objectives

Enable students to

- develop any individual as a psychologically and sociologically healthy professional.
- understand basic knowledge and importance of sports psychology.
- understand the learning theories, motivation and personality.
- understand the various psychological attributes.
- deal with sociological phenomenon through the practice of sports.

Course Outcomes

On the successful completion of the course, students will be able to:

1	Predict the valuable application of sports psychology.	**K3**
2	Evaluate the principles of motivation and theories of learning.	**K5**
3	Criticize the psychological factors important for sports performance.	**K5**
4	Plan the need and importance of social wellbeing through sport practices.	**K6**
5	Compare the influence of media in sports development with theory knowledge.	**K5**

Sports Psychology

UNIT I

Meaning, Scope and nature of psychology and psychology of physical education and sports, Motor learning, Stages, theories and law of learning process, role of perception in physical and sports.

UNIT II

Personality-nature of personality, various traits of personality and its relation to performance in physical education and sports. Personality development.

UNIT III

Emotion and their role in physical education and sports. Motivation - Meaning and its role in physical education and sports. Main tasks in psychological preparation, psychological aspects of short term and long-term training.

Sociology

UNIT IV

Meaning, nature and scope of sociology and sociology of physical education and sports. Physical Education and Sports as a special phenomenon and product of culture and its relationship with other elements of culture- sports for better international understanding co-operation.

UNIT V

Sports as regulating institution of society. Sports and social problems. Behavior of sportsmen and spectators, leadership through physical education and sports.

TEXT BOOKS

1. Kamalesh,M.L.1988, Psychology in physical education and sports, Renu Printers, Delhi.
2. Kumar.R.1991, Principles of sociology, Agarwal Ltd, Agra.

REFERENCE BOOKS

i. Bucher, C.A.1987, Foundations of Physical Education, St.Louis, C.V.Mosby company, Missouri, America.
ii. Gita, M., 1997, Sports Psychology, Shaju and Shaju Brothers Publication, Karaikudi.
iii. Mukhi.K.R.1985,Rural sociology,R.B Publications,Delhi.
iv. Swinn.R.M.1989,Psychology in sports,Methods and Applications, Surjeet Publications, Delhi.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1			3			
CO2					5	
CO3					5	
CO4						6
CO5					5	

Mean: 4.8

BPE 3624 FUNDAMENTALS OF KINESIOLOGY & BIOMECHANICS 6Hr/6Cr

Course Objectives

Enable students to

- To understand basics concepts of movements, motion and posture.
- To understand the fundamentals of kinesiology.
- To educate the students with application of bio mechanical principles in sports.
- To learn about force, lever, motion and equilibrium related with sports.
- To educate the sports activities with the knowledge of kinematics.

Course Outcomes

On the successful completion of the course, students will be able to:

1	Expand the need of kinesiology in sports training.	**K6**
2	Diagnose the mechanism of joints and muscles movements of the physique.	**K4**
3	Evaluate the need of bio mechanics in the prevention of injuries in our physique.	**K5**
4	Weigh the concepts of mechanical principles and its features.	**K5**
5	Prepare proper applications of force in sports.	**K3**

UNIT I INTRODUCTION OF KINESIOLOGY

Meaning – Aim and objectives in kinesiology – Historical implication of kinesiology in Physical Education and Sports.

UNIT II CLASSIFICATION OF JOINTS

Joints – Fundamental movement of joints in sports – activity – flexion – extension – abduction – adduction – hyper extension – pronation and supination – circumduction – rotation – inversion and eversion – dorsi-flexion and extension.

UNIT III CLASSIFICATION OF MUSCLES

Muscles - Upper extremity – origin and insertion of Pectrolis Major, Deltoid, Biceps, Triceps and lower extremity – origin and insertion of Rectus Femoris, Hamstring, Sartorius, Gastrocnemius – flexor and extensors – tendon.

UNIT IV INTRODUCTION OF BIOMECHANICS

Meaning of bio-mechanics – branches of biomechanics – classification of motion – Linear Motion and Angular Motion – kinetics and kinematics – principal of biomechanics equilibrium, force and motion. types if force –. Lever – Types of Lever.

UNIT V MOTION & ITS TYPES

Newton's laws of motion - inertia, acceleration, action and reaction – Stage of stability – Stages of equilibrium – Centre of Gravity – Gyration, impact, parabola, centripetal and centrifugal force, types of planes and action.

TEXT BOOK

1. Cooper and classgow., 1976, Kinesiology C.V., Mosby Company Saint Louis.

REFERENCE BOOKS

1. Bunn.J.W., 1969, Scientific Principles Of Coaching, Prentice Hall, New Jersey.
2. Hay, J.G., 1978, The Biomechanics Of Sports Techniques, Prentice Hall, New Jersey.
3. Katharine, F.W,1966, Kinesiology,W.B.Saundas,London.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1						6
CO2				4		
CO3					5	
CO4					5	
CO5			3			

Mean: 4.6

BPE 3626 TRACK AND FIELD – 4 (PRACTICAL XI) 6Hr/6Cr

Course Objectives

Enable students to

- ❖ learn the strategy and tactics in sports
- ❖ learn various skills in track and field
- ❖ to familiar with rules and regulations, and learn the method of officiating for all track and field events and gymnastics.

Course Outcomes

On the successful completion of the course, student will be able to:

1.	Identify and assess expected efficiency of the athlete.	**K6**
2.	Analyze the method and application of force in combined events.	**K4**
3.	Evaluate the knowledge of scientific application in combined events.	**K5**
4.	Ascertain the techniques in long distance running for higher performance	**K4**
5.	Evaluate the strength application and its frequencies in achieving high performance in Combined events	**K5**

TRACK AND FIELD EVENTS – 4

A part of the practical period shall be devoted to warming up and conditioning exercises. Both general and specific conditioning exercises for the concerned events shall be introduced. Course contents in combined events should be chalked out internally considering advance level of students and suitable to their age and gender. Practical Skill Test any one out of these after completion of syllabus.

1. Indoor Pentathlon (women),
2. Indoor Heptathlon (men),
3. Outdoor Heptathlon (women),
4. Outdoor Decathlon (men)
5. Triathlon

TEXT BOOKS

1. Thirunarayan, C., and Hariharan, S., 1970, Track and Field the South Indian Press, Karaikudi
2. Pintu modak., 1996, Gymnastics a scientific approach.
3. Runthala Publishers & Printers, Near Nehru place 11, Pilani (Raj).

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1						6
CO2				4		
CO3					5	
CO4				4		
CO5					5	

Mean: 4.8

BPE 3628 GAME OF SPECIALIZATION – 3 (PRACTICAL XII) 6Hr/6Cr

Course Objectives

To enable the students to

- ❖ trace the history and working federations,
- ❖ develop the fundamental skills and techniques,
- ❖ acquire the physiological training, warming – up and motor qualities,
- ❖ become familiar with the rules and regulations and their interpretations

Course Outcome

On the successful completion of the course, student will be able to:

1.	Expand the knowledge on fundamental skills in games and sports.	**K6**
2.	Relate and understand the origin and development of sports and games.	**K5**
3.	Plan and implement the training methods to develop team tactics.	**K6**
4.	Criticize the system in various games.	**K5**
5.	Examine about the rules and regulation of major games.	**K4**

GAME OF SPECILISATION

Advanced skills and playing ability.

- ❖ HAND BALL
- ❖ KHO-KHO
- ❖ TENNIS

TEXT BOOK

1. Goel.R.G,1975, Encyclopaedia Of Sports And Games,Vikaas publishing house Pvt.,Ltd., Delhi.

REFERENCE BOOKS

1. Hayleft, J. and Evelians,1989,The Illustrated Encyclopedia of World Tennis, Exter Books, New York.
2. Jones,C.M.1973,Improving Your Tennis, Faber and Faber Publications, London.
3. Vincent, T., 1973,Why You Lose At Tennis?, Barnes & Noble Books, London.
4. Lokesh Thane, 1996, Handball Skills and Tactics, Sports Publications, Hindustan Offset Press, Delhi.
5. Yogesh Yadav, Kho – kho, Maharashtra Kho – kho Association, 1969.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1						6
CO2					5	
CO3						6
CO4					5	
CO5				4		

Mean: 5.2

BPE 3230 INFRASTRUCTURE IN SPORTS & GAMES 3Hr/2Cr

Course Objectives

Enable students to:

- Estimate the values of sophisticated infrastructure facilities.
- Compare the existing qualities of infrastructure with innovative facilities.
- Apply the new skills according to the enhanced infrastructure development.

Course Outcomes

On the successful completion of the course, students will be able to:

1	Discriminate the ultra-developed infrastructure with existing facilities.	**K4**
2	Compare the influence of facilities in skills and techniques	**K5**
3	Weigh the worthiness of turf facilities.	**K5**
4	Examine the modern swimming pool facilities.	**K4**
5	Feel the contrast in modern and ancient performance due to infrastructure.	**K5**

UNIT I

Standard track & Non-Standard track – Layout & Maintenance.

UNIT II

Layout the Synthetic, astro turf & Duro flex turf

UNIT III

Earning or building - Indoor activity Gymnasium Multi-purpose

UNIT IV

Construct the modern swimming pool for college & school.

UNIT V

Out dated infrastructure in sports & new invention of modern facilities.

REFERENCE BOOKS

1. Kamlesh,M.L.,1997. **Foundations of Physical Education**. Metropolitan Book pvt. Ltd. New Delhi.
2. John,H.L.,1969, **A brief history of Physical Education**. The Ronald press company, New York.
3. Kamlesh,M.L.,1988, **Physical Education facts and Foundations**. Choushan Printing press. New Delhi.
4. Thiru. Narayanan,C., and Hariharasarma. S., 1985, **An Analytical history of Physical Education**, The South India press, Karaikudi.
5. Willgoose,C.,1984, **Curriculum Physical Education**, Prentice-Hall, New Jersey.

Mapping Course Outcome with Bloom's Taxonomy

Bloom's Taxonomy	K1	K2	K3	K4	K5	K6
CO1				4		
CO2					5	
CO3					5	
CO4				4		
CO5					5	

Mean: 4.6