

DEPARTMENT OF PHYSICAL EDUCATION (SF) (U.G.)
Programme Specific Outcome (PSOs)

On the successful completion of the Undergraduate programme, the students will be able to

PSO 1: Disciplinary Knowledge	Analyze the discipline of Physical Education as a whole field of study covering multiple facets and requirements.
PSO 2: Communication Skills	Demonstrate their skills, talents, proficiency and communication skills in various domains of Physical Education and Sports.
PSO 3: Problem Solving	Identify the ability of an individual and solve their problems related to the technical and tactical skills in various sports and games.
PSO 4: Analytical Reasoning	Identify and solve the social problems of youth and apply rational thinking skills through Physical Education in the society.
PSO 5: Research Skills	Able to implement the basic research skills in Physical Education in their respective employments.
PSO 6: Digital Literacy	Access and implement the digital resources in the field of Physical Education and Sports.
PSO 7: Leadership and Teamwork	Develop effective leadership and create a team working skills for organizing various sports competitions.
PSO 8: Moral and Ethical Awareness / Reasoning	Inculcate awareness / reasoning through teaching fairness, integrity, responsibility and respect that make them good citizens.
PSO 9: Multicultural Competence	Demonstrate multiculturalism in Physical Education through physical and social interaction, language and food culture.
PSO 10: Self- directed & Lifelong Learning	Motivate themselves as Physical Education Teachers, Trainers and Coaches in sports and games at various endeavors.

DEPARTMENT OF PHYSICAL EDUCATION (SF) (U.G.)

Learning Outcomes – Based Curriculum Framework (LOCF)

(W.e.f 2024 – 2025)

Sem	Part	Code	Title	Hr/ Wk	Credits	Marks
1	I	24XXXN>NNN	Tamil/ Hindi/ French	3	2	30
1	II	24XXXN>NNN	English	3	2	30
1	III CC	24BPE1401	Foundations of Physical Education & Sports	4	4	60
1	III CC	24BPE1503	Theories of Track & Field Events I	5	5	75
1	III CC	24BPE1405	Track & Field Events – I Practical	4	4	60
1	III S	24BPE1407	Gymnastics and Aerobics Practical	5	4	60
1	IV NME	24XXXN>NNN	<i>Non-Major Elective</i>	3	2	30
1	IV AEC	24BPE1200	Environmental Studies	3	2	30
1	V	24XXXN>NNN	<i>NSS / NCC/ PED / SLP / GMP / GNS / LIB / ACH</i>	-	-	-
Total				30	25	375
2	I	24XXXN>NNN	Tamil/ Hindi/ French	3	2	30
2	II	24XXXN>NNN	English	3	2	30
2	III CC	24BPE1402	Theories of Sports & Games – I	4	4	60
2	III CC	24BPE1504	Anatomy and Physiology	5	5	75
2	III CC	24BPE1406	Game of Specialization – I Practical	4	4	60
2	III S	24XXXN>NNN	<i>Offered by Visual Communication</i>	5	4	60
2	IV NME	24XXXN>NNN	<i>Non-Major Elective</i>	3	2	30
2	IV AEC	24HVS / CHR1200	Human Values Development / Christian Studies	3	2	30
2	V	24XXXN>NNN	<i>NSS / NCC/ PED / SLP / GMP / GNS / LIB / ACH</i>	-	1	15
Total				30	25+1	375+15
3	I	24XXXN>NNN	Tamil/ Hindi/ French	3	2	30
3	II	24XXXN>NNN	English	3	2	30
3	III CC	24BPE2401	Health Education & Safety Education	4	4	60
3	III CC	24BPE2403	Theories of Track & Field Events II	4	4	60
3	III CC	24BPE2405	Theories of Yoga	4	4	60
3	III CC	24BPE2407	Track & Field Events – II Practical	4	4	60
3	III S	24XXXN>NNN	<i>Offered by Food Science & Nutrition</i>	5	4	60
3	IV SEC	24XXXN>NNN	<i>Skill Enhancement Course – I</i>	3	2	30
3	V	24XXXN>NNN	<i>NSS / NCC/ PED / SLP / GMP / GNS / LIB / ACH</i>	-	-	-
Total				30	26	390

Sem.	Part	Code	Title	Hr/ Wk	Credits	Marks
4	I	24XXXNNNN	Tamil/ Hindi/ French	3	2	30
4	II	24XXXNNNN	English	3	2	30
4	III CC	24BPE2402	Methods in Physical Education	4	4	60
4	III CC	24BPE2404	Test, Measurement & Evaluation in Physical Education	4	4	60
4	III CC	24BPE2406	Theories of Sports & Games – II	4	4	60
4	III CC	24BPE2408	Game of Specialization – II Practical	4	4	60
4	III S	24BPE2410	Yoga – Practical	5	4	60
4	IV SEC	24XXXNNNN	<i>Skill Enhancement Course – II</i>	3	2	30
4	V	24XXXNNNN	<i>NSS / NCC / PED / SLP / GMP / GNS / LIB / ACH</i>	-	1	15
Total				30	26+1	390+15
5	III CC	24BPE3601	Theories of Sports Injuries	6	6	90
5	III CC	24BPE3603	Exercise Physiology in Sports	6	6	90
5	III CC	24BPE3605	Track & Field Events – III Practical	6	6	90
5	III DSE	24BPENNNN	<i>Discipline Specific Elective – I</i>	5	4	60
5	III GE	24XXXNNNN	<i>Generic Elective – I</i>	4	3	45
5	IV IS	24BPE3255	Internship*	-	2	30
5	IV SEC	24XXXNNNN	<i>Skill Enhancement Course – III</i>	3	2	30
Total				30	29	435
6	III CC	24BPE3502	Sports Psychology and Sociology	5	5	75
6	III CC	24BPE3504	Fundamentals of Kinesiology & Biomechanics in Sports	5	5	75
6	III CC	24BPE3506	Basic Research Methodology in Physical Education	5	5	75
6	III CC	24BPE3308	Project	3	3	45
6	III DSE	24XXXNNNN	<i>Discipline Specific Elective – II</i>	5	4	60
6	III GE	24XXXNNNN	<i>Generic Elective – II</i>	4	3	45
6	IV SEC	24BPE3266	Professional Competency Skill	3	2	30
Total				30	27	405
Grand Total				180	158+2	2370+30

* Internship – Second Year Vacation (30 Hrs.)

Part – III**Discipline Specific Elective (DSE)**

Sem	Part	Code	Title	Hr/Wk	Cr.
5	III	24BPE3407	Game of Specialization – III Practical	5	4
5	III	24BPE3409	Massage and Exercise Therapy Practical	5	4
6	III	24BPE3410	Scientific Principles of Sports Training	5	4
6	III	24BPE3412	Sports Physiotherapy	5	4

Supportive (offered to the Department of Visual Communication)

Sem	Part	Code	Title	Hr/Wk	Cr.
2	III	24BPE1408	Sports Technology	5	4

Supportive (offered to the Department of Food Science & Nutrition)

Sem	Part	Code	Title	Hr/Wk	Cr.
3	III	24BPE2409	Sports Nutrition and Weight Management	5	4

Generic Elective (GE)

Sem	Part	Code	Title	Hr/Wk	Cr.
5	III	24BPE3309	Health Fitness and Wellness	4	3
5	III	24BPE3311	Fitness Management	4	3
6	III	24BPE3310	Sports Management	4	3
6	III	23BPE3312	Mass Media in Sports	4	3

Part – IV**Non-Major Elective (NME)**

Sem	Part	Code	Title	Hr/Wk	Cr.
1	IV	24BPE1201	Athletic Diet and Food Awareness	3	2
1	IV	24BPE1203	Organization and Administration in Physical Education	3	2
2	IV	24BPE1202	Sports Recreation and Leisure Time Management	3	2
2	IV	24BPE1204	Career Aspects of Physical Education	3	2

Skill Enhancement Course (SEC)

Sem	Part	Code	Title	Hr/Wk	Cr.
3	IV	24BPE2211	Pranayama and Meditation Practical	3	2
4	IV	24BPE2212	Sports and Games Fitness Test Practical	3	2
5	IV	24BPE3211	Sports and Games Skill Test Practical	3	2

Mapping with POs

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
BPE	3	3	3	2	2	2	2	3	2	2

Mapping of Courses with PSOs

Courses	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
24BPE1401	3	2	3	2	1	2	3	2	2	2
24BPE1503	3	3	3	1	1	1	2	1	2	2
24BPE1405	2	3	3	2	2	2	2	3	2	3
24BPE1407	2	3	3	3	1	1	1	2	1	3
24BPE1402	3	3	2	2	1	1	2	2	2	3
24BPE1504	3	3	3	2	2	3	1	2	2	3
24BPE1406	3	3	2	2	1	2	2	2	2	2
24BPE2401	2	1	2	2	1	1	2	2	2	1
24BPE2403	3	3	2	2	2	1	2	2	3	2
24BPE2405	2	3	3	2	1	1	2	2	3	2
24BPE2407	2	3	3	2	2	2	2	2	2	3
24BPE2402	2	1	3	3	2	1	3	2	2	2
24BPE2404	3	3	3	2	2	2	1	1	2	2
24BPE2406	3	3	2	2	1	1	2	2	2	3
24BPE2408	3	3	2	2	1	2	2	2	2	2
24BPE2410	2	2	3	2	2	1	2	3	3	2
24BPE3601	3	2	3	2	1	1	2	2	2	2
24BPE3603	2	1	2	2	2	2	1	1	2	2
24BPE3605	2	3	3	3	2	2	1	3	3	3
24BPE3407 / 24BPE3409	3	3	2	2	1	2	2	2	2	2
24BPE3255	3	2	3	2	1	1	2	2	2	3
24BPE3602	2	2	2	2	2	1	2	1	1	2
24BPE3604	3	2	2	1	2	2	1	1	1	2
24BPE3606	3	2	3	3	3	3	1	2	1	3
24BPE3410 / 24BPE3412	2	3	3	3	2	1	2	2	2	3
Average	2.5	2.5	2.6	2.1	1.6	1.6	1.8	2.5	2	2.4

Mapping of Courses with POs

Courses	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
24BPE1201	3	2	3	2	2	2	1	2	2	3
24BPE1200	3	2	3	2	2	2	1	2	1	2
24BPE1202	3	2	3	2	2	2	1	2	2	2
24BPE1408	3	2	2	2	2	2	2	2	1	2
24BPE2409	3	2	3	2	2	2	2	3	2	2
24BPE2211	3	2	3	2	2	2	1	3	2	3
24BPE2212	3	2	3	2	2	2	1	2	2	3
24BPE3211	3	2	3	2	2	2	1	2	2	3
24BPE3309 / 24BPE3311	3	2	3	2	2	2	2	2	1	3
24BPE3310 / 24BPE3312	3	2	3	2	2	2	3	2	2	2
24BPE3266	3	3	2	2	1	1	2	2	1	2
Average	3	2.1	2.8	2	2	2	1.5	2.2	1.6	2.4

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE1401	FOUNDATIONS OF PHYSICAL EDUCATION AND SPORTS	Core	4	4

Course Objective

The course aims at enabling students to understand the basic concepts, principles and theories in Physical Education and Sports which enable them to comprehend the scientific basis of human nature with respect to Physical Education and Sports.

Course Outcomes

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

CO1: recognize the basic concepts of physical education

CO2: describe the development in the field of physical education

CO3: interpret the various scientific basis of Physical Education

CO4: analyse the origin and Organisation of Physical Education and sports

CO5: classify the various awards and schemes in Physical Education.

Unit – 1 Introduction of Physical Education (12 Hours)

Meaning and Definition of Education and Physical Education – Need and importance of Physical Education in the modern society – Scope of Physical Education

Unit – 2 Development of Physical Education (12 Hours)

Aim and Objectives of Physical Education – Development of Physical, Mental, Social, Neuro-muscular, Emotional, Spiritual, Recreational and Good Citizenship – Theories of Learning – Motivation.

Unit – 3 Scientific Basis of Physical Education (12 Hours)

Scientific basis of Physical Education – Contribution of Allied Sciences – Anatomy, Physiology, Biomechanics, Kinesiology, Sports Medicine, Psychology & Sociology

Unit – 4 History of Physical Education (12 Hours)

History of Physical Education in Sparta and Athens – Olympic Games: Ancient, Modern – Origin – Organization and conduct of the game – Olympic Flag, Torch, Oath, Emblem and Motto.

Unit – 5 Organization and Awards in Physical Education (12 Hours)

SAI – Aims & Objectives, National Coaching Schemes – SDAT – Organizing Structure – Coaching Schemes – Outstanding Sportsman Awards: Arjuna Award, Dronacharya Award, Dyanchand Khel Ratna Award & Life Time Achievement Award – Sports Scholarships – Asian Games, SAF, SGFI, RDS and BDS.

Text Book

1. Bucher Charles A., Foundations of Physical Education, St. Louis the C.V. Mosby Company, 1983.

References

1. Kamlesh M.L., Physical Education: Facts and Foundation, New Delhi, P.B. Publications, 1988.
2. Thirunarayanan, C. and Hariharan, S., Analytical History of Physical Education, Karaikudi, C.T. &S.H., Publications, 1990.
3. Sharma, O.P., History of Physical Education, New Delhi, Khel Shitya Kendra, 1998. Wakharkar D.G., Manual of Physical Education in India, Pearl Publicatons Pvt. Ltd., Bombay, 1967.
4. Dr. V. Jeyaveerapandian“Foundations of Physical Education” UVN Publisher, Sivakasi, Tamilnadu, 2010, ISBN 978-81-909345-8-9.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	2	3	1	-	3	3	2	2	1
CO 2	3	2	3	2	1	2	2	2	1	2
CO 3	1	3	2	2	2	2	2	3	3	3
CO 4	3	2	3	3	2	1	3	3	3	2
CO 5	3	3	2	2	2	2	3	2	2	3
Average	2.6	2.4	2.6	2	1.4	2	2.6	2.4	2.2	2.2

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – ,,-

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE1503	THEORIES OF TRACK & FIELD EVENTS – I	Core	5	5

Course Objective

The course aims at enabling 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 Outcomes

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

CO1: list out the requirements for improving sprint and middle distance.

CO2: apply and examine the Shot put techniques.

CO3: evaluate the qualities of jumper.

CO4: evaluate the qualities of thrower.

CO5: plan the training programme for throwing and jumping events.

UNIT 1 **Sprint & Middle Distance Running** (15 Hours)

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.

UNIT 2 **Shot put** (15 Hours)

Rules and interpretations – Grip - initial stance - preliminary swings – entry – turns – delivery stance – delivery action – reverse.

UNIT 3 **Triple jump** (15 Hours)

Rules and interpretations – Approach run - take off and planting for hop – step and jump – flying phase – landing

UNIT 4 **Long Jump** (15 Hours)

Rules and interpretations Approach run – Take off – Flying phase – Landing – Specific exercises

UNIT 5 Javelin Throw**(15 Hours)**

Rules and interpretations – Grip – carry – approach run (preparatory and transition period) – Impulse stride – delivery stride – delivery action – reverse

Text Books

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

Reference Books

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

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	2	3	3	2	2	1	3	1	2	2
CO 2	3	3	2	2	-	1	2	2	2	3
CO 3	3	3	2	1	1	2	1	1	2	2
CO 4	2	2	2	1	1	1	1	1	2	2
CO 5	2	3	3	1	2	-	1	1	2	3
Average	2.6	2.8	2.8	1.4	1.2	1	1.6	1.2	2	2.4

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – ,,-

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE1405	TRACK & FIELD EVENTS – I Practical	Core	4	4

Course Objective

The course aims at enabling students to learn the various factors of 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 Outcomes

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

CO1: construct the values of team work in the athletic event.

CO2: analyze the method and application of force in events.

CO3: apply the knowledge of science in long jump.

CO4: identify the techniques in short distance running for higher performance.

CO5: evaluate 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 – Sprints

(12 Hours)

- a. Number of Sprint Events (100 M, 200 M, 400M,).
- 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

Middle Distance Running

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

Unit 2 – Long Jump & Triple Jump (12 Hours)

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).

Triple Jump

Runway – Fixing the approach run (14 – 19 / 11 strides) – take off and Planting for hop – step and jump – flying phase – Landing (Types – Scoop & Twist)

Unit 3 – Shot-put – two types of shot techniques and the styles (12 Hours)

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 4 – Javelin Throw (12 Hours)

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

Unit 5 – warming up and conditioning exercises (12 Hours)

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

Text Books

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

Reference Books

1. Bosen, K.O. ”**Athletics**”, SAINSNIS publication, Patiala, India, 1993.
2. White, J., “**Gymnastics in Action**” Stanly Paul, London 1989.
3. Gambetta, V., “**Track and Field Coaching Manual**”, Leisure Press Champaign, Illidis 1981.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	2	2	2	2	2	3	3	2	2
CO 2	3	2	2	1	2	2	2	3	1	3
CO 3	2	3	3	3	2	2	2	3	1	3
CO 4	2	3	3	2	3	2	1	2	2	3
CO 5	2	3	3	3	1	2	1	3	3	3
Average	2.4	2.6	2.6	2.2	2	2	1.8	2.8	1.8	2.8

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE1407	GYMNASTICS AND AEROBICS Practical	Core	5	4

Course Objective

The course aims at enabling students to involve in Gymnastic activities for developing multiple skills and to get rid of slight injuries from falling and sliding due to Gymnastics practices

Course Outcomes

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

CO1: Examine the importance of Gymnastics in Floor exercises

CO2: Explain the qualities of Gymnastics by practicing all exercises to solve the problem.

CO3: Identify the knowledge of aerobic exercise which prepares them avoid injuries.

CO4: Demonstrate the ability to create and present various aerobic activities.

CO5: Identify opportunities for participation in aerobic activities in the community.

Unit – 1 Floor Exercises – 1 (15 Hours)

- Forward Roll
- Backward Roll

Unit – 2 Floor Exercises – 2 (15 Hours)

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

Unit – 3 Aerobics Exercises (Shape Movements) (15 Hours)

- A Step (With and Without Equipment's)
- L step (With and Without Equipment's)
- V step (With and Without Equipment's)
- Square Step
- Diamond Step (With and Without Equipment's)

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE1201	ATHLETIC DIET AND FOOD AWARENESS	NME	3	2

Course Objective

The course aims at enabling students to evaluate the qualities of Diet and Food, understand the worth of Nutrition as Medicine and get rid of Mental and Physical ailments through Balanced Diet.

Course Outcomes

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

CO1: state the main processes about growth and development which enables their effective understanding of the importance of food.

CO2: prepare Diet and balanced diet that will help alter diet for everyone obese, young, aged and sick

CO3: choose the classified and required nutrients for aged and sports person

CO4: evaluate the measurements of nutrients, calories; joule that will help them prescribe food for everyone based on (BMI, basal metabolic index)

CO5: assess the energy expenditure and diet choice to provide them a tool to plan a food chart for needed person.

Unit 1 – Introduction (9 Hours)

Meaning of food – Classification of Food (Vegetarian & Non vegetarian)

Unit 2 – Diet Programme (9 Hours)

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

Unit 3 – Awareness of Food & Diet (9 Hours)

Awareness of food & diet – Avoid Junk food – Obesity – Food poison – Food Allergy – Food Adulteration

Unit 4 – Meal Plan (9 Hours)

Calorie values – Pre competition meal plan – On competition meal plan – Transition meal plan

Unit 5 – Components of Food & Diet**(9 Hours)**

Water – Minerals – Dehydration – Calcium – Phosphorous

Text book

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

References

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

CO – PO Mapping Table

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO 1	3	2	2	1	1	2	1	3	1	3
CO 2	3	2	3	2	2	1	2	3	1	3
CO 3	3	2	3	2	2	2	2	2	2	3
CO 4	3	2	3	2	3	2	1	2	2	2
CO 5	3	1	3	1	3	1	1	2	2	2
Average	3	1.8	2.8	1.6	2.2	1.6	1.4	2.4	1.6	2.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Unit – 4 Environmental Pollutions (9 hours)

Definition – Source, Types, Effects and Control measures of Air, Water, Soil, Marine, Noise, Thermal pollution – Nuclear hazards – Solid waste management – Disaster management.

Unit – 5 Social issues and Populations (9 hours)

Sustainable Development – Water conservation - environmental ethics – Global climate change problem – Role of environmental legislation (acts). Human population growth – Population explosion – Human rights – Value education

Textbook

1. Kaushik A and C.P. Kaushik, “**Perspectives in Environmental Studies**”, 4th multi-colour edition, New Age International (P) Limited Publishers, 2014.

References:

1. Bharucha E, “Textbook of Environmental studies for Undergraduate courses”, 2nd edition, Universities press (India) Private Ltd, 2013.
2. Thatheyus A.J Textbook of Environmental Studies, Narosa Publishing House, New Delhi Websites/ e-Learning Resources, 2011.

CO – PO Mapping Table

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO 1	2	2	3	2	2	2	1	2	1	3
CO 2	2	2	3	2	2	2	1	2	1	2
CO 3	3	2	2	1	2	2	1	2	2	2
CO 4	3	2	3	2	3	2	2	2	2	3
CO 5	3	2	3	1	2	2	2	3	1	2
Average	2.6	2	2.8	1.6	2.2	2	1.4	2.2	1.4	2.4

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-”

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE1402	THEORIES OF SPORTS AND GAMES – I (Volleyball – Hockey – Handball – Kabaddi)	Core	4	4

Course Objective

The course aims at enabling 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 Outcomes

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

CO1: understand the unique history of each game namely Volleyball, Hockey, Handball and Kabaddi.

CO2: examine the rules and interpretation of the game and officiating to become a professional.

CO3: apply the fundamental skills and its techniques in Volleyball, Hockey, Handball and Kabaddi in order to prepare the match.

CO4: interpret the rules while learning the fundamentals in Volleyball, Hockey, Handball and Kabaddi.

CO5: plan the technical learning and judge the outcome of performance.

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

➤ Volleyball – Hockey – Handball – Kabaddi and the general format for covering the aspect for each of the above game is given below.

Unit 1 History, Federations and Layout of games (12 Hours)

History of games and working federations

Unit 2 Game of Volleyball (12 Hours)

a) Layout and maintenance of play field. b) Equipment and their specification.

c) Interpretation of Rules and Regulations d) Fundamentals of techniques and basic skills in Volleyball:

Offensive Skills

- a. Spiking b. Setting c. Serving

Defensive Skills

- a. Dig b. Side roll and Skating c. Blocking

Unit 3 Game of Hockey (12 Hours)

- a) Layout and maintenance of play field. b) Equipment and their specification.
c) Interpretation of Rules and Regulations d) Fundamentals of techniques and basic skills in Hockey:

Offensive Skills

- a) Hitting. b) Dribbling. c) Flick. d) Scoop e. Pushing

Defensive Skills

- a. Stopping b. Dodging and tackling c. Set Plays, Corner – Long Corner, penalty corners, penalty stroke

Unit 4 Game of Handball (12 Hours)

- a) Layout and maintenance of play field. b) Equipment and their specification.
c) Interpretation of Rules and Regulations d) Fundamentals of techniques and basic skills in Handball:

Offensive Skills

- a. Dribbling b. Passing c. Shooting d. Pivot

Defensive Skills

- a. Man to man b. Zone Defense c. Criss Cross method d. Rebounding

Unit 5 Game of Kabaddi (12 Hours)

- a) Layout and maintenance of play field. b) Equipment and their specification.
c) Interpretation of Rules and Regulations d) Fundamentals of techniques and basic skills in Kabaddi:

Offensive Skills – Riding

- a. Knee Touch b. Toe Touch c. Kick d. Third raid (Do or Die)

Defensives – Catch

- a. Ankle b. Thigh c. Hip d. Double leg e. block
f. Dashing g. Chain tackle

Textbook

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

References

1. Becky, Schmidt. “**Volleyball steps to success**”, USA: Human Kinetics, 2016.
2. Muniraju, S. “**A Text Book on Kabaddi: Kabaddi, Skills Techniques and Strategies Paperback**”. Germany: Lap Lambert Academic Publishing, 2015.
3. Singh,G. “**Olympic Hockey on AstroTurf**”, Services Publishing House, Delhi, 1978.
4. Bob Swope., “**Youth Field Hockey Drills, Strategies, Plays & Games Handbook**”, St. Louis, 2011.
5. Reita, E. Clanton. & Mary Phyl, Dwight. **Team Handball: Steps to success**. USA: Human Kinetics, 2013.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	2	3	3	2	1	2	2	1	2	3
CO 2	3	2	2	2	-	1	2	2	3	3
CO 3	3	3	2	2	1	1	3	2	2	2
CO 4	3	3	2	3	1	1	2	2	3	3
CO 5	3	3	3	2	2	-	3	3	2	3
Average	2.8	2.8	2.4	2.2	1	1	2.4	2	2.2	2.8

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE1504	ANATOMY AND PHYSIOLOGY	Core	5	5

Course Objective

The course aims at enabling students to facilitate with the knowledge of Human Anatomy. Understand the structure and functional characteristics which help them to design the programme.

Course Outcomes

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

CO1: categorize the scientific bases of human body

CO2: distinguish the functions of the skeletal and muscular system

CO3: categorize the physiological changes in circulatory system

CO4: design the physiological changes in respiratory system

CO5: evaluate the functions and physiological changes in nervous system.

Unit – 1 Introduction (15 Hours)

Meaning, Need and importance of anatomy and physiology in the field of physical education Introduction of cell and tissues

Unit – 2 Skeletal System and Muscular System (15 Hours)

Skeletal System: Bones – Types of bones – Joints – Types of Joints

Muscular System: Types of Muscles – Functions of Muscles

Unit – 3 Circulatory System (15 Hours)

Circulatory System: Structure of the heart – functions of the heart, circulation of blood, cardiac cycle, blood pressure – Cardiac output

Unit – 4 Respiratory System (15 Hours)

Respiratory System: Respiratory passage – structure of lungs – exchange of gases, mechanism of respiration (internal and external respiration)

Unit – 5 Nervous system (15 Hours)

Nervous system: function of the autonomic nervous system and central nervous system – Reflex action, Brain and Spinal cord – Sense organs: structure and function of the eye and ear.

Book

1. Waugh Anne & Grant Allison “Anatomy and Physiology”, Churchill Livingstone Publication, 2014.

References:

1. Tortora Gerard & Derrickson Bryan “**Essentials of Anatomy and Physiology**”, Wiley Publication, 2011.
2. Sharma “**Essentials of Exercise Physiology**”. Mc-Macillan publishing, New Delhi, 2005.
3. Khel sahitya Kendra. Victor C. Katch , Frank. I. Katch and William. D **Essential Exercise Physiology**, Tokyo, 2000.
4. Lippincott Williams and Willeins Lippincott “**Anatomy Physiology**” Lippincott Williams and Wilkins, 2002.
5. Graaft Vanje “**Human Anatomy**”, Boston, MC. Graw Hill Publishing, 1995
6. Lippincott & Willins “*Essentials of Exercise Physiology*” L.katch Publication, 1994.
7. Jitendar “*Anatomy and Physiology for Nurses*”, Jaypee Brothers medical publishers (P) LTD, New Delhi, 1993.
8. Pearce “*Anatomy and physiology for Nurses*”, Culcutta, Oxford University, press, 1988.
9. Winwood “*Sears Anatomy and physiology for nurses*”. 6th edition, London ELBS, 1985.
10. William Arnold-Taylor “*A textbook of Anatomy and physiology*”, Nelson Thornes publisher, 1998.
11. Brian Sharkey “*Physiology and Physical Activity*”, Harper and Row publisher, 1975.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	2	2	3	2	1	3	1	2	2	3
CO 2	2	2	3	1	1	3	1	2	3	3
CO 3	3	3	2	2	2	2	2	3	2	3
CO 4	3	3	2	2	2	2	2	2	1	3
CO 5	3	3	3	2	2	3	1	2	2	3
Average	2.6	2.6	2.6	1.8	1.6	2.6	1.4	2.2	2	3

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	2	2	1	1	2	2	1	2	2
CO 2	3	3	3	2	2	2	3	2	2	2
CO 3	3	3	3	2	2	2	1	1	2	2
CO 4	3	3	2	2	1	2	3	2	2	1
CO 5	3	2	-	2	1	-	3	2	2	1
Average	3	2.6	2	1.8	1.4	1.6	2.2	1.6	2	1.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE1408	SPORTS TECHNOLOGY	Supportive	5	4

Course Objective

The course aims at enabling students to impart concepts of sports technology, establish of instrumentation in sports, identify the different materials involved in sports technology, enlighten the knowledge of the modern play field and impart the various machines for sports training.

Course Outcomes

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

CO1: create the awareness on sports technology and its impact on sports.

CO2: assess knowledge of the different play field surfaces used in different sports.

CO3: identify the new sports materials that are used for performance development.

CO4: examine knowledge on modern training gadgets for better performance.

CO5: complete the training gadgets for improve the quality of sports.

Unit – 1 Sports Technology (15 hours)

Meaning, definition, purpose, advantages and applications, General Principles and purpose of instrumentation in sports, Technological impacts on sports

Unit – 2 Surfaces of Playfields (15 hours)

Modern surfaces for playfields, construction and installation of sports surfaces – Types of materials – synthetic, wood, – Artificial turf – Modern technology in the construction of indoor and outdoor facilities – Technology in manufacture of modern play equipment – Use of computer and software in Match Analysis and Coaching

Unit – 3 Modern Equipment's (15 hours)

Playing Equipment: Balls: Types, Materials and Advantages, Bat/Stick/ Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages – Protective equipment: Types, Materials and Advantages. Sports equipment with Nano technology, Advantages

CO – PO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	2	3	2	2	1	2	2	1	2
CO 2	2	3	1	2	2	2	1	2	1	2
CO 3	3	1	3	2	3	3	2	2	2	3
CO 4	3	1	2	1	2	2	2	1	1	2
CO 5	2	2	2	3	2	2	1	2	1	2
Average	2.6	1.8	2.2	2	2.2	2	1.6	1.8	1.2	2.2

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE1202	SPORTS RECREATION AND LEISURE TIME MANAGEMENT	NME	3	2

Course Objective

The course aims at enabling students to refresh the mind and physique, avoid the stress & utilizing the leisure time

Course Outcomes

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

CO1: recognize the need for providing mental relaxation and Physical freshness.

CO2: explain methods to reduce the stress and getting the enthusiasm in physical activities

CO3: identify the different types of relaxation.

CO4: prepare the means and methods ascertain to mental and physical wellness.

CO5: explain recreation is suitable to relax the physique and mind.

Unit 1 Introduction (9 Hours)

Meaning and definition – Aims and objectives of recreation

Unit 2 Recreation Types (9 Hours)

Types of recreation (Physical – Mental – Social group)

Unit 3 Recreation for Different Age Categories (9 Hours)

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)

Unit 4 Recreation Build for Mind Relaxation (9 Hours)

Benefits of recreation (Stress – Enjoying life – building fellowship – relives mental strain and physical pain) – mind refreshing

Unit 5 Recreation Games (9 Hours)

Recreation games (Torching Ball, Musical chair, Lucky corner, Tunnel ball (Passing under the knee) – Cat and mouse – Lock and key

Textbook

Lía Rodríguez de la Vega, “**Handbook of Leisure, Physical Activity, Sports, Recreation and Quality of Life**”. Digitally watermarked, DRM-free, 2018.

CO – PO Mapping Table

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
CO 1	3	2	3	2	2	1	2	2	1	2
CO 2	3	2	3	2	2	2	1	2	1	2
CO 3	2	1	3	2	2	2	1	2	2	3
CO 4	2	1	3	2	2	2	2	3	2	3
CO 5	3	2	3	2	3	1	1	2	2	2
Average	2.6	1.6	3	2	2.2	1.6	1.4	2.2	1.6	2.4

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE2401	HEALTH EDUCATION AND SAFETY EDUCATION	Core	4	4

Course Objective

The course aims at enabling the students to understand the meaning of health and relationships among various aspects and analyze the principles and characteristics of health education.

Course Outcomes

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

CO1: relate the importance of health and its effect on life span

CO2: differentiate personal hygiene, food hygiene and environmental hygiene.

CO3: compare the communicable and non-communicable diseases.

CO4: evaluate the nutritional value of each food and importance of sports nutrition.

CO5: explain the importance of safety education in physical education

Unit – 1 Introduction of Health and Health Education (12 Hours)

Meaning and Definition of Health – Description of Physical, Mental, Emotional and Social Health – Importance of health for an individual, family, community, and Nation – World Health Organization (WHO) and UNESCO. Meaning, definition, objectives, scope, principles and importance of Health Education

Unit – 2 Hygiene and Mental Health (12 Hours)

Meaning and importance of personal Hygiene – Food Hygiene – Food Poison – Food Allergy – Food Adulteration – Meaning and principles of Mental Health – Foundation factors for Mental Health – Mental Health problems of students – Characteristics of a healthy personality.

Unit – 3 Community and Environmental Health (12 Hours)

Pollution – Environmental Pollution air, soil, land, noise – Environmental Health conditions in rural, urban, metropolitan and industrial areas – Diseases – Communicable Diseases – Non Communicable Diseases – Uses of tobacco , alcohol and drugs and their harmful effects – Premarital sex – Sexually transmitted diseases and their prevention.

Unit – 4 Nutrition (12 Hours)

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 – 5 Principles of Safety Education (12 Hours)

Importance of Safety Education for preventing accidents and its general principles – Safety in Physical Education and Sports – Principles of Safety – Building – Play Fields – Equipment - Dress – Organisation Classes – Demonstration – Matches. Accidents reporting and maintenance of records – Safety in roads – Camps – Picnics – Tours – Water – Fire – Floods – Thunder and Lightning.

Text Book

1. Retta Evans and Sandra Kay Sims, **“Health and Physical Education for Elementary Classroom Teachers: An Integrated Approach”** Shape America Human Kinetics, 2016.

Reference Books

1. Sharma **“Theoretical Foundations of Health Education and Health Promotion”** Jones and Bartlett Publisher, 2016.
2. Ahluwalia **“Environmental Pollution and Health”** The Energy and Resource Institution, New Delhi, 2015.
3. David Thomas, Jerome E.kotecl, **“Physical Activity and Health”** Jones and Bartlest learning publication, 2013
4. Cathie Robertson, **“Safety, Nutrition and Health in Early Education”**, 4th Ed., USA, 2010
5. Melinda J. Flegel, **“Sports First Aid: A Coach’s Guide to the care and prevention of Athletic Injuries”** 4th Ed., USA, 2010.
6. Anindita Basak, **“Environmental Studies”**, Pearson Education India Publisher, 2009.
7. Lyan R. Marotz, **“Health, Safety and Nutrition for the Young Child”** 7th Edition, USA, 2008.
8. Catwalk and Kawsal. **“A Text Book on Health, Physical and Sports”** A.P.

Publishers, Jalandhar, 1983.

9. Basu, D.S.M., Kamal,R., “**Introduction to Health Education**”, A.P. Publishers, Jalandhar, 1989.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	2	1	2	3	2	2	2	2	1	2
CO 2	2	2	3	3	1	2	2	3	3	2
CO 3	3	1	3	2	1	-	2	2	1	1
CO 4	2	1	2	2	1	1	2	2	2	1
CO 5	2	1	1	2	2	1	2	2	2	1
Average	2.2	1.2	2.2	2.4	1.4	1.2	2	2.2	1.8	1.4

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – ,,-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE2403	THEORIES OF TRACK & FIELD EVENTS – II	Core	4	4

Course Objective

The course aims at enabling students to trace the history of track and field events. Learn the techniques, tactics and various skills in track and field events.

Course Outcomes

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

CO1: identify the requirements for improving Long distance and Hurdles.

CO2: apply and examine the Discus and Hammer throw techniques.

CO3: evaluate the qualities of Relay races.

CO4: evaluate the qualities of thrower.

CO5: plan and examine the combined events.

UNIT 1 Long Distance and Hurdles (12 Hours)

Long distance running: Rules and interpretations – Arm action – foot placement – body position – techniques in long distance running – practice of standing start – specific exercises

Hurdles: Rules and interpretations – Techniques – start and approach to first hurdle – hurdle clearance stride – lead leg action – trail leg action – strides between hurdles – last hurdle to finishing line – specific exercises.

UNIT 2 Discuss Throw and Hammer throw (12 Hours)

Discuss Throw: Rules and interpretations – Grip - initial stance - preliminary swings – entry – turns – delivery stance – delivery action – reverse – specific exercises

Hammer throw: Rules and interpretations – techniques – Grip – initial stance – preliminary swings – transition phase – rotation – turns – release – specific exercises.

UNIT 3 Relay races (12 Hours)

Relay races: Rules and interpretations – Types – Take over zone marking – Techniques: Starting – Baton exchange – fix the runners for different relay races – Strategy – Specific exercises

UNIT 4 Pole Vault and High Jump (12 Hours)

Pole Vault: Rules and interpretations – Pole holding – Approach run – Carrying pole – Planting the pole – Take off – Flying phase – Roll back – Pull turn – Bar clearance – Landing – Specific exercises

High jump: Rules and interpretations – Approach run - take off and Styles; Fosbury flop and Scissors cut – flying phase – landing – specific exercises

UNIT 5 Combined Events & Race Walking (12 Hours)

Combined Events: Rules and interpretations – Decathlon – Heptathlon – Triathlon – Pentathlon – specific exercises

Text Books

1. Valson C.K., “**Competition Rules Hand Book**”, Athletic Federation of India, New Delhi, 2014.

Reference Books

1. Bosen K.O., “**Athletics**”, SAINSNIS publication, Patiala, India, 1993.
2. Carr Gerry, A., “**Fundamentals of Track and Field**”, University of Victoria, British Columbia, 1982.
3. A.A.F.I., “**Competitive Rules Hand Book**”, Asoka Printers, Kanpur, 1999.
4. World Athletics, “**Competitive Rules Hand Book**”, world athletics.org, 2019.

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

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	3	2	3	2	1	2	1	3	3
CO 2	3	3	3	2	2	2	2	2	3	3
CO 3	3	3	2	2	1	1	2	2	3	2
CO 4	3	3	2	2	1	1	2	2	3	2
CO 5	2	3	3	3	2	2	3	2	3	2
Average	2.8	3	2.4	2.4	1.6	1.4	2.2	1.8	3	2.4

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – ,,-

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE2405	THEORIES OF YOGA	Core	4	4

Course Objective

The course aims at enabling the students to introduce yoga practices into physiological system and develop agility, balance, endurance, greater vitality, sound health and eternal peace of mind.

Course Outcomes

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

CO1: compare the yoga exercises and physical exercises.

CO2: judge the values and importance of suryanamaskar and Asanas.

CO3: differentiate the different type of Yogasanas and solve the health problems.

CO4: evaluate the breathing problem through pranayama practices.

CO5: explain the usage of kriya practices mudras and bandhas

UNIT – 1 Introduction of Yoga (12 Hours)

History of Yoga – Meaning and Definition of Yoga – Aims and Objectives of Yoga – Concept of Yoga – Ashtanga Yoga – Patanjali Eight limbs of Yoga – Systems of Yoga – Karma yoga – Bhakthi yoga – Hatha yoga – Kundalini Yoga – Mantra Yoga – Raja Yoga

UNIT – 2 Various types of Asanas (12 Hours)

Holistic Method – Suryanamaskar – Asana – Various types of asana (Sitting, Lying, Standing positions) Sitting – Padmasana – Vajarasana – Sukasana – Ardha Matsyendrasana Lying – Bhujangasana – Dhanurasana – Halasana – Mayurasana - Standing – Trikonasana – Viruchigasana – Tadasana.

Unit – 3 Cultural Asanas (12 Hours)

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

Unit – 4 Pranayama (12 Hours)

Methods and Benefits – Naddi Suddhi – Nadi shodhana – Kaphalabhathi, Ujjiayi, Sitali, Sitkari – Procedures and Physiological effects of Kumbaka – Suriyabedhana

Unit – 5 Kriyas, Mudras and Bhandas (12 Hours)

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

Text Book

1. B.K.S.Iyankar, “**Light on Yoga**”, Harper Collins Publications 32 Editions, New Delhi, 2005.

Reference Books

1. Srivastava, A.K. “**Health and Yoga**” Sports Publications, New Delhi, 2010
2. Omshanthi “Pranayamas, Mudras, Kriyas, Bandhas” Om Shanthi Group Publishers, 2011
3. Kamkhya kumar, “**Yoga Education**” Shipra Publications, New Delhi, 2012.
4. Ulrich Timme Kragh, “**The Foundation for Yoga Practitioners**” Harvard University, 2013.
5. Dr. Jeyaveera Pandian.V., “**Yoga and Sports**”, UVN-Publications Sivakasi, Tamilnadu, 2009

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	3	3	3	2	2	2	3	3	3
CO 2	2	3	2	2	1	1	3	2	2	2
CO 3	2	2	3	2	2	1	3	3	3	2
CO 4	2	3	3	2	1	-	2	2	3	3
CO 5	2	3	3	2	-	2	2	2	2	1
Average	2.2	2.8	2.8	2.2	1.2	1.2	2.4	2.4	2.6	2.2

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – ,,-

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE2407	TRACK & FIELD EVENTS – II Practical	Core	4	4

Course Objective

The course aims at enabling students to learn the various influences in athletics. 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

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

CO1: identify the values of team work in the long distance event.

CO2: analyze the method and application of force in High Jump and Pole Vault.

CO3: interpret the knowledge of scientific application in Discus Throw.

CO4: identify the techniques and tactics in Hammer Throw.

CO5: evaluate the strength application and its frequencies in achieving high performance in Hurdles and Relay races.

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 Long Distance (12 Hours)

- a. Number of Long distance Events (5000 M, 10,000 M, Mini marathon, Marathon).
- b. Skills in running long distance event – High knee action – Leg Beat – Leg kick – Arm action.
- c. Technique – Standing start – Arc start.
- d. Finishing technique – Photo finish, Run through & Torque twist
- e. Method of starting
- f. Form of running
- g. Technique of running at the end of the events.

Unit – 2 High Jump & Pole vault (12 Hours)

High Jump: Stages of jumping technique – types – Style (Fosbury flop, Western roll and saddle) – Finding Power Leg – Runway – Fixing the approach run (3 – 7 / 4 strides) takeoff foot – Flying Phase – Landing (Types – roll) – specific exercises

Pole Vault: Runway – Fixing the approach run (14 – 19 / 11 strides) – take off and Planting the pole – flying phase – Landing (Types – roll) – specific exercises

Unit – 3 Discus throw – techniques and the styles (12 Hours)

Styles – (Reverse & Non reverse) – Techniques – (Holding, Initial Stance, Wind up, stride, acceleration, deceleration and follow through and reverse – Drills (Rolling disc, Rotating disc (Clockwise and anti-clockwise), Flip action, throwing disc reverse) – specific exercises

Unit – 4 Hammer Throw (12 Hours)

Techniques – (Holding, Initial Stance, Glide, Rotation, Release and follow through and reverse – Drills (Rolling hammer, Pushing hammer, Flip action, throwing hammer reverse) – specific exercises

Unit – 5 Hurdles and Relay races (12 Hours)

Hurdles: Techniques – start and approach to first hurdle – hurdle clearance stride – lead leg action – trail leg action – strides between hurdles – last hurdle to finishing line – specific exercises

Relay races: Types – Take over zone marking – Techniques: Starting – Baton exchange – fix the runners for different relay races – Strategy – Specific exercises

Text Books

1. Valson, C.K., “**Competition Rules Hand Book**”, Athletic Federation of India, New Delhi, 2014.

Reference Books

1. Bosen, K.O. ”**Athletics**”, SAINSNIS publication, Patiala, India, 1993.
2. Gambetta, V., “**Track and Field Coaching Manual**”, Leisure Press Champaign, Illidis, 1981.
3. Aneja, O.P., “**How to Play Athletics**”, Prerna Prakashan, New Delhi, 2012.
4. Thirunarayan, C., and Hariharan, S., “**Track and Field**” South Indian Press, Karaikudi, 1970.
5. Pintu Modak., “**Gymnastics a scientific approach**”, Runthala Publishers & Printers, Near Nehru place, Pilani (Raj), 1996.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	2	3	3	2	2	2	2	3	3	3
CO 2	3	3	2	2	1	2	2	2	2	2
CO 3	3	2	2	1	2	2	2	2	2	3
CO 4	2	3	3	2	2	2	2	3	3	2
CO 5	2	3	3	2	2	1	2	2	2	3
Average	2.4	2.8	2.6	1.8	1.8	1.8	2	2.4	2.4	2.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE2409	SPORTS NUTRITION AND WEIGHT MANAGEMENT	Supportive	5	4

Course Objective

The course aims at enabling students to gain the knowledge related with concept of nutrition and weight management.

Course Outcomes

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

CO1: identify the role of sports nutrition.

CO2: explain the importance of food namely carbohydrates, fat and protein

CO3: express the health risks and solutions for overcoming obesity.

CO4: design diet plan for weight gain and weight loss.

CO5: identify the role of physical activity in weight management.

UNIT 1 Introduction to Sports Nutrition (15 Hours)

Meaning and Definition of Sports Nutrition – Role of Nutrition in Sports – Factors to consider for Developing Nutrition Plan

UNIT 2 Function of Food (15 Hours)

Carbohydrates and Fiber – Protein – Fat – Minerals – Vitamins – Water – Electrolyte and acid based balance – Role of Carbohydrates, Fat and Protein during exercises.

UNIT 3 Nutrition through Life Cycle (15 Hours)

Nutrition during childhood and adolescence – Infant Nutrition – Body Changes during Starvation

UNIT 4 Nutrition and Weight Management (15 Hours)

Introduction – Concept of BMI (Body Mass Index) – Obesity and its hazards – Myth of Spot Reduction – Dieting vs exercise for Weight Control – Common Myth about weight Loss.

UNIT 5 Weight Management Programme (15 Hours)

Weight Management Programme – Role of Diet and Exercise in Weight Management

– Design diet plan and exercise schedule for weight gain and loss.

Textbook

1. Dr. Vijaya Khader, “**Foods Nutrition and Health**”, Kalyani Publication, New Delhi, 2018.

References:

1. Dr. Abhay N. Buchha, “**Health Education and Sports Nutrition**”, Sports Publication, 2019.
2. Ajmer Singh, ”**Essential of Physical Education**”, Kalyani Publishers, New Delhi, 2017.
3. Sareen Gropper, “**Advance Nutrition and Human Metabolism**”, Cengage Learning, 2012

CO – PO Mapping Table

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	3	2	3	2	3	2	2	3	2	2
CO 2	3	2	3	2	2	1	2	3	2	2
CO 3	3	2	3	3	2	2	2	2	2	2
CO 4	3	2	3	2	2	2	1	2	1	2
CO 5	2	2	2	2	3	2	2	3	2	3
Average	2.8	2	2.8	2.2	2.4	1.8	1.8	2.6	1.8	2.2

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE2211	PRANAYAMA AND MEDITATION Practical	SEC	3	2

Course Objective

The course aims at enabling the students to learn the values of pranayama for high standard life span experiment the effectiveness of pranayama and Ensure the effectiveness of mediation and to enhance the thinking frequencies

Course Outcomes

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

CO1: evaluate the physical makeup of human pranayama application

CO2: analyze the sources of energy through the practice of pranayama

CO3: plan the purification technique of pranayama for un-ailment life

CO4: apply purification technique of meditation

CO5: identify the meditation technique to absorb high values of mystic life.

Practical work should include the following pranayama and meditation practices:

Unit – 1 Basic Methods and Benefits of Pranayama (9 Hours)

1. Bhramari (Bee Breathe)
2. Nadi Shodhana & Nadi suddhi

Unit – 2 Moderate Methods and Benefits of Pranayama (9 Hours)

3. Kaphalabhathi,
4. Ujjiayi
5. Shitali & Sitkari (Cooling Breathe)

Unit – 3 Advanced Methods and Benefits of Pranayama (9 Hours)

6. Puraka, Kumbaka & Rechaka
7. Surya bedhena and Chandra bedhena
8. Bhastrika (Below breathe)
9. Maha bandha

Unit – 4 Moderate Methods and Benefits of Meditation (9 Hours)

1. Mindfulness meditation
2. Spiritual meditation

Unit – 5 Advanced Methods and Benefits of Meditation (9 Hours)

3. Focused meditation
4. Manthira Dhiyanam (Song – Music – OHM chanting)

Text Book

1. Iyenkar, B.K.S., “**Light on Yoga**”, Harper Colling Publications, London, 2005.

Reference Books

1. Gore, C.S., 2011, “Yoga and Health”, Sports Publications, New Delhi.
2. Srivastava, A.K. 2010, “Health and Yoga”, Sports Publications, New Delhi.
3. Dr. Chandrasekaran.K, 1999, Sound Health Through Yoga, Prem Kalyan Publication, Sedapatti, Madurai

CO – PO Mapping Table

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	2	2	3	2	2	2	1	3	2	3
CO 2	3	2	3	3	2	2	2	3	1	2
CO 3	3	2	3	2	3	2	1	3	2	3
CO 4	2	1	3	2	2	2	1	2	1	3
CO 5	3	2	3	3	2	1	1	2	1	2
Average	2.6	1.8	3	2.4	2.2	1.8	1.2	2.6	1.6	2.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-
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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE2402	METHODS IN PHYSICAL EDUCATION	Core	4	4

Course Objective

The course aims at enabling the students to acquire Problem solving skills and analyse, improve the ability to manage class management & Prepare to draw fixtures and determine the winners of competitions with analytical reasoning

Course Outcomes

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

CO1: explain different methods, techniques and skills of education.

CO2: prepare the various physical activities in the field of Physical Education.

CO3: analyze and construct the fixtures for the tournaments.

CO4: evaluate the methods to conducting the competition.

CO5: evaluate principles and organize the sports meet or play day festival.

UNIT 1 Introduction (12 Hours)

Meaning of Methods – Factors Influencing Method – Class Management in physical education – Meaning of Presentation – Planning of Presentation – Class Management – Principles for a Good Class Management – Teaching Aids

UNIT 2 Classification of Physical Activities (12 Hours)

Classification of various physical activities in the field of Physical education – Calisthenics — Indigenous activities – Rhythmic activities – Marching – Teaching of Major & Minor game

UNIT 3 Tournaments (12 Hours)

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

UNIT 4 Competitions (12 Hours)

Intramural Competition: Meaning - Objectives – Methods of Organizing and Conducting – Intramural Committee

Extramural Competition: Meaning - Benefits – Drawbacks – Methods of organizing and conducting

UNIT 5 Sports Meet and Play days (12 Hours)

Sports Meet – Standard and Non-Standard – Methods of organizing and conducting sports meet – Pre meet work – Post meet work

Play Days – Values of Play Days – Methods of organization and conduct the play days

Text Book

1. Kalyan Deoraoui Maldhure, “**Educational Technology and Methods of teaching and Physical Education**” Khel Sahitya Kendra Publisher, 2016.

Reference Books

1. Pathak, “**Educational Technology**”, Pearson Education Publisher, India, 2012.
2. Prasad & Vidya Sagar, “**Methods of Teaching Physical Education**”, Discovery of publishing House, New Delhi, 2004.
3. Colin A. Hardy, Mick Mawer, “**Learning and Teaching in Physical Education**”, Falmer Press, Great Britain, 1999.
4. James Michael Lee, “**Principles and Methods of Secondary Education**”, McGraw-Hill, 1963.
5. Susan Capel, “**Learning to Teach Physical Education in the Secondary School: A Companion to School Experience**”, Routledge Falmer, 2004.
6. Dr. S. Bevinson Perinbaraj Ph.D, “**Methods in Physical Education**” (II edition) ISBN 9781974416, Published by Vinsi Agencies- Karaikudi 630002, 2010.
7. Padamashri Dr. P. M. Joseph, “**Essentials of Physical Education**”, ISBN: 81-272-167-2, Kalyani Publishers, New Delhi-110 002, 2003.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	2	2	3	2	2	2	1	1	2
CO 2	2	1	2	2	1	1	3	3	1	2
CO 3	3	1	3	3	2	-	3	2	1	2
CO 4	2	2	3	2	-	2	3	3	2	3
CO 5	2	2	3	3	3	-	3	2	3	3
Average	2.4	1.6	2.6	2.6	1.6	1	2.8	2.2	1.6	2.4

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE2404	TEST, MEASUREMENT & EVALUATION IN PHYSICAL EDUCATION	Core	4	4

Course Objective

The course aims at enabling the students to attain the knowledge of measurement of skills in sports, educate the importance and principles of Test measurement and evaluation and learn the criteria for standardized test, various test types, Physical fitness and skill test.

Course Outcomes

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

CO1: examine the test items, measurements and evaluation

CO2: evaluate the value of test and types while applying the skills

CO3: assess the knowledge about the Physical Fitness Components

CO4: appraise the application on skill test items

CO5: compare the application on professional skill test items

UNIT 1 Introduction to Test, Measurement and Evaluation (12 Hours)

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 2 Test and types (12 Hours)

Criteria for selecting test – Scientific Authenticity – Validity – Reliability – Objectivity – Norms – Administration Feasibility – Educational Application

UNIT 3 Physical Fitness Components (12 Hours)

Physical Fitness Components – Test for Speed, Strength, Endurance, Agility and Flexibility

1. AAHPERD Youth Fitness Test

2. Mc. Donald Soccer Test

- | | |
|----------------------------|--------------------------------------|
| 3. Johnson Basketball Test | 4. Cooper 12 Minutes Run / Walk Test |
| 5. JCR test | 6. Harward Step Test |

UNIT 4 Skill tests (12 Hours)

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 5 Professional Skill Test (12 Hours)

Endurance Test – SAI Sports Hostel Test – SDAT Sports Hostel Test – Uniform Service Test

Text Book

1. Verma, H, “**Test and Measurement in Physical Education**”, Sports Publications, New Delhi, 2013.

Reference Books

1. Dr. Srikanta Mishra, “**Application of Test Measurement and Evaluation in Physical Education**”, Sports Publication, New Delhi, 2019.
2. Safrit, Margaat, J., “**Measurement in Physical Education and Exercise Science**”, St. Louis Times Mirror Mosby College Publications, 1986.
3. Bosco. James. S. “**Measurement and Evaluation in Physical Education and Sports**”, Prentic Hall Inc, New Jersey, 1988.
4. Mathew K Donald, ”**Measurement in Physical Education**” WS Saunders Company, London, 1973.
5. Matheuss K Donald, “**Measurement in Physical Education**”. W.S. sounders Company, London, 1973.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	3	2	2	2	2	1	2	2	3
CO 2	2	3	3	2	2	2	1	1	2	3
CO 3	3	3	2	2	3	3	2	1	2	2
CO 4	3	3	3	3	2	1	1	2	1	2
CO 5	3	2	3	2	2	2	2	1	2	2
Average	2.8	2.8	2.6	2.2	2.2	2	1.4	1.4	1.8	2.4

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE2406	THEORIES OF SPORTS & GAMES – II (Basketball – Cricket – Football – Kho-Kho)	Core	4	4

Course Objective

The course aims at enabling the students to trace the history and working federations, Develop the fundamental skills and techniques and become familiar with the rules and regulations and their interpretations in Sports and games.

Course Outcomes

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

CO1: prepare the unique history and layout of each game namely Basketball, Cricket, Football and Kho-Kho.

CO2: examine the rules and interpretation of the game and officiating to become a professional.

CO3: apply the fundamental skills and its techniques in Basketball, Cricket, Football and Kho-Kho in order to prepare the match.

CO4: interpret the rules while learning the fundamentals in Basketball, Cricket, Football and Kho-Kho.

CO5: plan the technical learning and judge the outcome of performance.

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

Basketball, Cricket, Football and Kho-Kho

The general format for covering the aspect for each of the above game is given below.

Unit – 1 History and Layout of Games (12 Hours)

History of games and working federations (Basketball, Cricket, Football and Kho-Kho)

Unit – 2 Game of Basketball (12 Hours)

- a) Layout and Dimensions of court. b) Equipment and their specification
c) Interpretation of Rules and regulations d) Fundamentals of techniques and basic skills.

Offensive skills

- a) Dribbling, b) Passing, c) Shooting & d) Rebounding.

Defensive Skills

- a) Blocking, b) Zonal Defense man - to - man, c) Press defense

Unit – 3 Game of Cricket (12 Hours)

- a) Layout and maintenance of play field. b) Equipment and their specification
c) Interpretation of Rules and regulations d) Fundamentals of techniques and basic skills.

- a) Batting b) Bowling c) Wicket keeping d) Fielding

Unit – 4 Game of Football (12 Hours)

- a) Layout and maintenance of play field. b) Equipment and their specification
c) Interpretation of Rules and regulations d) Fundamentals of techniques and basic skills.

Offensive skills

Throwing, Kicking, Heading,

Defensive skill

Dribbling, Passing, Shooting

Unit – 5 Game of Kho-Kho (12 Hours)

- a) Layout and maintenance of court. b) Equipment and their specification
c) Interpretation of Rules and regulations d) Fundamentals of techniques and basic skills.

Offensive skills

Dive, Pole dive, Chasing,

Defensive skills

Single Chain, Double Chain, Ring game, Combination of chain and ring game,
Fake

Text Book

1. Goel, R.C., “**Encyclopedia of Sports and Games**”, Trang Paper books, Delhi, 1992.

Reference Books

1. Kumar. M., “**Cricket Drills and Minor Games**”, Friends Publications, Agra, 2015.
2. Budhe Amitarjun, “**Officiating and Coaching**”, Sports Publications, New Delhi, 2013.
3. Birumal, , “**Football Techniques**”, NIS Publications, New Delhi, 2006.
4. Monika, A., “**Basketball**”, Sports Publications, New Delhi, 2005.
5. Yogesh Yadav, “**Kho – Kho**”, Maharashtra Kho – kho Association, Maharashtra, 1969.
6. Fox, A.R., “**Basketball**”, Pretince Hall, Engle Wood Cliffs, New Jersey, 1960.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	2	3	3	2	1	2	2	1	2	3
CO 2	3	2	2	2	-	1	2	2	3	3
CO 3	3	3	2	2	1	1	3	2	2	2
CO 4	3	3	2	3	1	1	2	2	3	3
CO 5	3	3	3	2	2	-	3	3	2	3
Average	2.8	2.8	2.4	2.2	1	1	2.4	2	2.4	2.8

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – ,,-

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Course Code	Name of the course	Category	Hours /Wk	Credits
24BPE2408	GAME OF SPECIALIZATION – II (Basketball – Cricket – Football – Kho-Kho) Practical	Core	4	4

Course Objective

The course aims at enabling the students to be familiar with rules and regulations and application and learn the method of officiating, strategy and tactics in the game

Course Outcomes

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

CO1: list the unique history of each game namely Basketball, Football Cricket and. Kho-Kho.

CO2: describe the rules and interpretation of the game and officiating to become a professional.

CO3: plan to practice the fundamental skills and its techniques in Basketball, Football Cricket and. Kho-Kho in order to assess the match

CO4: evaluate the rules while learning the fundamentals in Basketball, Football Cricket and. Kho-Kho.

CO5: examine the minute aspects of the basic skill for better execution of the game Basketball, Football Cricket and. Kho-Kho and predict the results.

Unit – 1 **Rules and Interpretations & Layout of Games** **(12 Hours)**

- a) Rules and Interpretations (Basketball, Football Cricket and. Kho-Kho)
- b) Layout and maintenance of play field / courts.
- c) Equipment and their specification.

Unit – 2 **Game of Basketball** **(12 Hours)**

- a) Fundamentals of techniques and basic skills.

Offensive skills

- a) Dribbling b) Passing c) Shooting d) Rebounding.

Defensive Skills

- a) Blocking, b) Zonal Defense man - to - man, c) Press defense

Unit – 3 Game of Cricket (12 Hours)

a) Fundamentals of techniques and basic skills.

- a) Batting b) Bowling c) Wicket keeping d) Fielding

Unit – 4 Game of Football (12 Hours)

a) Fundamentals of techniques and basic skills.

Offensive skills

Throwing, Kicking, Heading

Defensive skills

Dribbling, Passing, Shooting

Unit – 5 Game of Kho-Kho (12 Hours)

a) Fundamentals of techniques and basic skills.

Offensive skills

Dive, Pole dive, Chasing,

Defensive skills

Single Chain, Double Chain, Ring game, Combination of chain and ring game,
Fake

Text Book

1. Goel, R.C., “**Encyclopedia of Sports and Games**”, Trang paper books, Delhi, 1992.

Reference Books

1. Kumar. M., “**Cricket Drills and Minor Games**”, Friends Publications, Agra, 2015.
2. Budhe Amitarjun, “**Officiating and Coaching**”, Sports Publications, New Delhi, 2013.
3. Birumal, “**Football Techniques**”, NIS Publications, New Delhi, 2006.
4. Monika, A., “**Basketball**”, Sports Publications, New Delhi, 2005.
5. Yogesh Yadav, “**Kho – Kho**”, Maharashtra Kho–Kho Association, Maharashtra, 1969.
6. Fox, A.R., “**Basketball**”, Pretince Hall, Engle Wood Cliffs, New Jersey, 1960

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	2	2	1	1	2	2	1	2	2
CO 2	3	3	3	2	2	2	3	2	2	2
CO 3	3	3	3	2	2	2	1	1	2	2
CO 4	3	3	2	2	1	2	3	2	2	1
CO 5	3	2	-	2	1	-	3	2	2	1
Average	3	2.6	2	1.8	1.4	1.6	2.4	1.6	2	1.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE2410	YOGA Practical	Supportive	5	4

Course Objective

The course aims at enabling the students to learn the values of asana and pranayama for high standard life span.

Course Outcomes

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

CO1: evaluate the physical makeup of asana for human application

CO2: analyze the sources of energy through the practice of pranayama

CO3: plan the techniques and procedure of bandhas and kriyas

CO4: apply meditation technique to avoid from stress

CO5: formulate the mudras technique to absorb high values of mystic life.

Practical work should include the following Asanas and yogic practices:

UNIT – 1 ASANAS (15 Hours)

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

UNIT – 2 PRANAYAMA (15 Hours)

Puraka (Inhalation), Kumbha (Retention) & Rechka (Exhalation) - Suryabedhana, Chandrabedhana, Sitali, Sitkari, Ujay – Anuloma Viluloma, Bhastrika

UNIT – 3 BANDHAS AND KRIYAS (15 Hours)

Bandhas: Techniques – Procedures of Jalandhrabandha (throat lock) – Uddiyanabandha (lifting of the diaphragm lock) – Moolabandha (root lock) – Mahabandha (all three locks at the same time)

Kriyas: Purification Technique – Neti (Purification of the Nose), Kapala Bhati (Cleansing the Frontal Sinuses) and Trataka (Concentration on a Point or Candle Flame)

UNIT – 4 MEDITATION (15 Hours)

Manthira Dhiyanam (Song – Music) – Mindfulness Meditation – Chant Meditation (OHM chanting)

UNIT – 5 MUDRAS (15 Hours)

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

Text Book

1. Iyengar, B.K.S., “**Light on Yoga**”, George Allen and Unwin Ltd., London, 1989.

Reference Books

1. Gore, C.S., “**Yoga and Health**”, Sports Publications, New Delhi, 2011.
2. Srivastava, A.K., “**Health and Yoga**”, Sports Publications, New Delhi, 2010.
3. Chandrasekaran. K, “**Sound Health through Yoga**”, Prem Kalyan Publication, Sedapatti, Madurai, 1999

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	2	3	3	2	1	-	2	2	3	3
CO 2	2	3	2	2	1	1	3	2	2	2
CO 3	2	2	3	2	2	1	3	3	3	2
CO 4	3	3	3	3	2	2	2	3	3	3
CO 5	2	1	2	3	2	1	2	3	3	2
Average	2.2	2.4	2.6	2.4	1.6	1	2.4	2.6	2.8	2.4

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – ,,-

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE2212	SPORTS AND GAMES FITNESS TEST (Practical)	SEC	3	2

Course Objective

The course aims at enabling the students to be familiar with rules and regulations, skill and techniques of Battery tests.

Course Outcomes

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

CO1: list the unique skill fitness aspects of their own body

CO2: evaluate their body fitness and wellness.

CO3: plan to practice the fundamental skills and its techniques in order to assess the fitness.

CO4: assess the rules while learning the fundamentals in all game tests.

CO5: illustrate the aspects of basic event skills for better execution of the games.

Unit – 1 Skill related Fitness tests (9 Hours)

Endurance (800 Mts)

Agility (Shuttle Run test)

Unit – 2 Skill related Fitness tests (9 Hours)

Speed (30 Metres Flying)

Power (Medicine Ball throw test)

Unit – 3 Skill related Fitness tests (9 Hours)

Balance (Balance Beam test)

Reaction Time (Stick Ruler test)

Unit – 4 Games Skill Tests (9 Hours)

The students can choose any **ONE** of the below games – fundamental skills and playing ability and Track event (Running) is must for all.

Hockey: (Dribbling – Passing – Penalty Stroke)

Handball: (Dribbling – Shooting – Passing)

Unit – 5 Event Skill Tests**(9 Hours)**

400 metres for boys and 100 metres for girls

Textbook

1. Goel. R.S., “**Encyclopedia of Sports and Games**”, Vikas Publication House Pvt., Ltd., New Delhi, 1975.

Reference Books

1. Budhe Amitarjun, “**Officiating and Coaching**”, Sports Publications, New Delhi, 2013.
2. Monika. A., “**Hockey Coaching Manual**”, Sports Publications, New Delhi, 2005.
3. Bhari, B., “**Layout of Play Field**”, Sports Publications, New Delhi, 2010.

CO – PO Mapping Table

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	3	1	2	1	1	2	1	2	1	2
CO 2	3	1	3	2	1	2	1	2	1	2
CO 3	3	2	2	2	2	2	2	1	2	3
CO 4	2	2	3	3	2	2	1	3	2	3
CO 5	3	2	3	3	2	2	2	3	2	3
Average	2.8	1.6	2.6	2.2	1.6	2	1.4	2.2	1.6	2.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3601	THEORIES OF SPORTS INJURIES	Core	6	6

Course Objective

The course aims at enabling the students to summarize the various Sports Injuries and first aid techniques. Classify the sports injuries and suggest suitable rehabilitation and massage techniques.

Course Outcomes

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

CO1: distinguish the knowledge to deal with common sports injuries.

CO2: examine and assess the classification, sign and symptoms of injury.

CO3: apply the assessment of different therapeutic modalities and analyse the injury

CO4: compare various methods of rehabilitation exercise.

CO5: create the knowledge of basic first aid treatment to the athletes.

UNIT 1 Introduction of Sports Injuries (18 Hours)

Meaning and Definition of Sports Injuries – Important features of Sports Injuries – Reason for Sports Injuries – Purpose and Prevention of Sports Injuries – Basic steps to reduce the risk of Sports Injuries

UNIT 2 Types and Classification of Injuries (18 Hours)

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

UNIT 3 Analyses and Assessment of Sports Injuries (18 Hours)

Assessment of Injuries in Sports – Diagnosis – Immediate Care of Injuries (RICE Therapy, PRICE Therapy and Aquatic Therapy – Therapies (Sound, Light, Heat and Vapour) – Importance of Physiotherapy

UNIT 4 Rehabilitation of Injuries (18 Hours)

Meaning of Rehabilitation of Injuries – Scope of Rehabilitation – Principles of Rehabilitation – Preventive Measure in Sports – Equipment & Playfield for all the

major Games

UNIT 5 First Aid and Treatment (18 Hours)

Definition, Meaning, Aims and Objectives, Principles and scope of First Aid – First Aid – Function of First Aid – Bandages – Types of Bandages – Wound – Types of Wounds – Shock – Burns(Symptoms and Treatment) – Poison – Bites (Snake bite , Dog Bite)

Text Book

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

Reference Books

Peter, Brukner. & Karim, Khan. “**Clinical Sports Medicine**” 3rd Edition. Australia: McGraw-Hill Book Company, 2006.

Zuluaga, Marie. “**Sports Physiotherapy: Applied Science and Practice**” 1st Edition. London: Churchill Livingstone, 1995.

David, C. Reid, “**Sports Injury Assessment and Rehabilitation**” Hardcover 2nd Edition, London: Churchill Livingstone, 1992.

Joseph, S. Torg. Peter, R. Welsh. & Roy, J. Shephard. “**Current Therapy Sports Medicine**” 2nd Edition, New York, USA: B C Decker, 1989.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	2	3	2	1	1	2	2	1	2
CO 2	2	1	2	2	-	1	1	2	1	2
CO 3	3	2	2	2	1	2	1	2	2	3
CO 4	2	2	3	2	1	1	2	1	3	2
CO 5	3	3	3	2	2	1	2	1	2	3
Average	2.6	2	2.6	2	1	1.2	1.6	1.6	1.8	2.4

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – ,,-

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3603	EXERCISE PHYSIOLOGY IN SPORTS	Core	6	6

Course Objective

The course aims at enabling the students to acquire knowledge regarding effect of exercise on physiology for physical education students, study the function and physiology of muscular system, cardiovascular system, respiratory system and learn the process of metabolism.

Course Outcomes

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

CO1: analyze the role of exercise to developing the human physique.

CO2: collect the knowledge on functions of muscular system.

CO3: examine the nervous system and its impact of exercises.

CO4: identify the influence of nervous functioning and its relationship to vital capabilities.

CO5: judge the impact of cardiovascular system through exercises.

UNIT 1 Introduction of Exercise Physiology (18 Hours)

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

UNIT 2 Impact of Exercises in Muscular System (18 Hours)

Influence of exercise and suitable training programmes on the muscular skeletal system and its impact and improvement – properties of muscles – sliding filament theory – Muscles: Muscle Fibre, Tendon, Tissue, – Hypertrophy – Atrophy – Hyperplasia – Myoglobin.

UNIT 3 Impact of Exercises in Nervous System (18 Hours)

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

UNIT 4 Impact of Exercises in Respiratory System (18 Hours)

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 5 Impact of Exercises in Cardiovascular System (18 Hours)

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

Text Book

1. Amrit Kumar Moses, R. “**Introduction to Exercise Physiology**”, Madras : Poompugar Pathipagam, 1995.

References

1. Victor L. Katch, William D. Mc. Ardle, Frank I. Katch, “**Essentials of Exercise Physiology**”. USA: Lippincott Williams & Wilkins, 2011.
2. Mc Ardle, D. Frank I. Katch, Victor L. Katch, “**Exercise Physiology Nutrition, Energy, and Human Performance**” Seventh Edition, Philadelphia: Lippincott Williams & Wilkins, 2010.
3. David, L Costill, “**Physiology of Sports and Exercise**”, USA: Human Kinetics, 2004.
4. Clarke, D.H., “**Exercise Physiology**”, New Jersey: Prentice Hall Inc., Englewood Cliffs, 1975.
5. Guyton, A.C., “**Textbook of Medical Physiology**”. Philadelphia: W.B. Sandersco, 1976.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	2	3	2	2	2	2	1	2	2	1
CO 2	3	2	3	2	2	2	2	2	3	2
CO 3	2	1	3	3	1	1	2	2	2	2
CO 4	3	-	2	1	3	2	-	-	1	2
CO 5	1	1	2	2	1	2	1	-	1	1
Average	2.2	1.4	2.4	2	1.8	1.8	1.2	1.2	2.2	1.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3605	TRACK & FIELD EVENTS – III Practical	Core	6	6

Course Objective

The course aims at enabling the students to learn the various factors influencing in various skills, rules and regulations and learn the method of officiating of track and field.

Course Outcomes

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

CO1: identify and assess expected efficiency of the athlete.

CO2: analyze the method and application of force in combined events.

CO3: evaluate the knowledge of scientific application in combined events.

CO4: identify the techniques in long distance running for higher performance.

CO5: evaluate the strength application and its frequencies in achieving high performance in combined events.

TRACK AND FIELD EVENTS – III

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 **Indoor** (18 Hours)

Indoor: Pentathlon (women) and Heptathlon (men),

Unit – 2 **Outdoor** (18 Hours)

Outdoor: Heptathlon (women) and Decathlon (men)

Unit – 3 **Combined Events** (18 Hours)

Triathlon – Indoor – Outdoor Combined Events

Unit – 4 **Steeple Chase** (18 Hours)

Steeple Chase: Men and Women

Unit – 5 Cross Country**(18 Hours)**

Cross Country, Half Marathon and Marathon

Text Books

1. Valson, C.K., “**Competition Rules Hand Book**”, Athletic Federation of India, New Delhi, 2014.

Reference Books

2. Aneja, O.P., “**How to Play Athletics**”, Prerna Prakashan, New Delhi, 2012.
3. Bosen, K.O., ”**Athletics**”, SAINSNIS publication, Patiala, India, 1993.
4. Gambetta, V., “**Track and Field Coaching Manual**”, Leisure Press Champaign, 1981.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	2	3	3	2	3	2	1	2	2	3
CO 2	2	3	3	3	1	2	1	3	3	3
CO 3	2	3	3	3	1	2	1	3	3	3
CO 4	2	3	3	2	3	2	1	2	2	3
CO 5	2	3	3	3	1	2	1	3	3	3
Average	2	3	3	2.6	1.8	2	1	2.6	2.6	3

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3407	GAME OF SPECIALIZATION – III (Ball Badminton, Badminton, Tennis and Table Tennis) Practical	DSE – 1	5	4

Course Objective

The course aims at enabling the students to be familiar with rules and regulations and application. Learn the method of officiating, strategy and tactics in the concern games.

Course Outcomes

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

CO1: list the unique history, rules & interpretation and layout of each game namely Ball Badminton, Badminton, Tennis and Table Tennis.

CO2: describe the rules and interpretation of the game and officiating to become a professional.

CO3: plan to practice the fundamental skills and its techniques in Ball Badminton, Badminton, Tennis and Table Tennis in order to assess the match

CO4: evaluate the rules while learning the fundamentals in Ball Badminton, Badminton, Tennis and Table Tennis.

CO5: examine the minute aspects of the basic skill for better execution of the game Ball Badminton, Badminton, Tennis and Table Tennis and predict the results.

Unit – 1 Rules and Interpretations & Layout of Games (15 Hours)

- a) Rules and Interpretations.
- b) Layout and maintenance of play field / courts.
- c) Equipment and their specification

Unit – 2 Game of Ball Badminton (15 Hours)

- a) Fundamentals of techniques and basic skills.

Offensive skills

- a) Serving
- b) Overhead Stroke
- c) Shut at net

Defensive Skills

- a) Fore hand and Back hand
- b) Zonal Defense man - to - man,
- c) Floating

Unit – 3 Game of Badminton (15 Hours)

a) Fundamentals of techniques and basic skills.

Offensive skills

a) Smashes b) Drop Shot c) Drives and Pushes

Defensive skills

a) Cross court Defense b) Rebounding

Unit – 4 Game of Tennis (15 Hours)

a) Fundamentals of techniques and basic skills.

Offensive skills

Serve: Fore hand, back hand, Volley and Over head

Defensive skills

Receiving and clear the ball

Unit – 5 Game of Table Tennis (15 Hours)

a) Fundamentals of techniques and basic skills.

Offensive skills

Grip: Shake hand grip and Pen hold grip – Serve: High toss, Short Serve and Side Spin

Serve – Block and Counter drive

Defensive skills

Fore hand drive and back hand drive

Textbook

1. Goel. R.S., “**Encyclopedia of Sports and Games**”, Vikas Publication House Pvt., Ltd., New Delhi, 1975.

References

1. Budhe Amitarjun, “**Officiating and Coaching**”, Sports Publications, New Delhi, 2013.
2. Bhari, B., “Layout of Play Field”, Sports Publications, New Delhi, 2010.
3. Hayleft, J. and Evelians, “**The Illustrated Encyclopedia of World Tennis**”, Exter Books, New York, 1989.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	2	2	1	1	2	2	1	2	2
CO 2	3	3	3	2	2	2	3	2	2	2
CO 3	3	3	3	2	2	2	1	1	2	2
CO 4	3	3	2	2	1	2	3	2	2	1
CO 5	3	2	-	2	1	-	3	2	2	1
Average	3	2.6	2	1.8	1.4	1.6	2.4	1.6	2	1.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3309	HEALTH FITNESS AND WELLNESS	GE – 1	4	3

Course Objective

The course aims at enabling the students to understand the modern concept of physical fitness and wellness, learn principles of exercise program, safety education and fitness promotion and modern lifestyle.

Course Outcomes

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

CO1: discuss research from a multidisciplinary perspective relative to current issues in physical activity and health fitness.

CO2: sketch the basic classification, functions and utilization of nutrients

CO3: distinguish the hazards in health illness.

CO4: estimate the healthy factors of aerobic and anaerobic exercises.

CO5: explain hygiene, personal hygiene and wellness.

UNIT 1 Introduction of Health Fitness (12 Hours)

Meaning of Health Fitness – Important of Health & Wellness – Concepts of health fitness – Principles of health fitness – Components of Health fitness

UNIT 2 Nutrition (12 Hours)

Meaning – Definition – Important of Nutrition – Food choices and Food Guide for Health Wellness (Taste preference, Environmental influence) – Nutrition for Weight Management (Weight Loss, Weight Gain) – Deficiency in Nutritional Intake Disorder - Diet and Nutrition for Health & Wellness

UNIT 3 Health hazards and Illness (12 Hours)

Alcohol and Allied Health Hazards (Brain, Heart, Liver, Pancreas, CNS (Central Nervous System) — Meaning of Illness – Causes of Illness – Common illness – Cancer – Hypertension – Cardiovascular – Metabolic diseases – Obesity – Diabetes – Polycystic Ovarian Syndrome

UNIT 4 Aerobic & Anaerobic exercises (12 Hours)

Meaning and definition Aerobic Exercise – Cardiorespiratory Endurance Training (Walking, Cycling, Swimming, Running/Jagging) – Benefits of Aerobic Exercise – Meaning of Anaerobic Exercise – Types of Anaerobic training (Interval Method, Repetition Method, Competition and Control Method)

UNIT 5 Personal Hygiene and Wellness (12 Hours)

Personal Hygiene (Teeth, Ears, Eyes, Nose and Throat, Nails and Fingers, Skin, Clothes, Hair, Bowel) – Sedentary lifestyle and its risk of disease - Postural deformities and corrective measures - Role of Sleep in Maintenance of Physical and Mental Health and wellness

Text Book

1. Dr. Shyam Sundar Rath, “**Physical and Wellness**”, Sports publication, New Delhi -110002, ISBN: 978- 93-87369-41-0, 2018.

Reference Books

2. Brian J. Sharkey , Steven E Gaskill, University of Montana, “**Fitness & Health**” (Six Edition) ISBN : 10:0-7360-5614-9, United States, 2006.
3. Dr. Neeraj Pratap Sing, Dr. Ajay Dubey, “**Health Education, Hygiene, First Aid & Sports Injuries**”, ISBN : 978-93-88269-48-3, Sports Publication, New Delhi, 2001.
4. Ajmer Singh, “**Essentials of Physical Education**”, Kalyani Publishers, Ludhiana – 141 008, 2001.
5. Edwards T. Howley, B.Don Franks, “**Health Fitness Instructor’s Handbook**” (Third Edition) ISBN: 0-87322-958-4, United States, 1997.

CO – PO Mapping Table

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	3	2	3	3	3	2	2	2	1	2
CO 2	3	2	3	2	2	2	2	2	1	3
CO 3	3	2	3	2	2	1	1	1	1	2
CO 4	3	3	1	2	2	1	2	2	1	3
CO 5	3	2	3	2	1	2	2	3	1	3
Average	3	2.2	2.6	2.2	2	1.6	1.8	2	1	2.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3255	INTERNSHIP	IS	-	2

Course Outcomes

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

CO1: express the ideas about the organization and administration of physical education and sports.

CO2: evaluate the problems in the administration of sports events.

CO3: analyze critically the policies, practices, theories of sports management.

CO4: create the leadership qualities through co-operation and team work.

CO5: identify the resources and acquire knowledge and skills of sports management by their own-self-directed methods of learning.

RULES GOVERNING THE EVALUATION OF INTERNSHIP

1. Each student should undergo "Internship" during the vacation of IV semester for a period of Fifteen days. If a student fails to undergo the Internship on medical grounds / due to lack of attendance at the college during the IV or V semester, he / she should undergo the "Internship" for the same duration in the VI semester summer vacation, after getting prior permission from the Principal with the recommendation of the Head of the department concerned. In such case, the Internship report should be submitted within a month after the completion of the Internship.
2. The student shall undergo the Internship in Institutions approved by the Department. The list of institutions meant for Internship will be prepared by the Department covering Institutions / Organizations found to be worthy for imparting training.
3. Each student has to submit one copy of the Internship report in not less than 20 type written pages for the training undergone within a month of the reopening of the college in the V / VI semester. The Internship report should not have been submitted anywhere for any other certificate, diploma or degree.
4. In case of failure to submit the report within the above stipulated period, the date of submission may be extended by 15 days with a late fee as prescribed by the Principal. Further extension, if necessary, may be granted by the College Council on special request.

5. The Internship report shall be evaluated for a total of 100 marks by a Committee comprising of the Guide / Supervisor, a Senior Faculty Member and the respective Head of the Department.
6. A student should secure a minimum of 40 marks to qualify for a pass in the Internship.
7. If any student indulges in malpractices while attending the Internship or fails to secure a minimum pass mark in the Internship as evaluated by the Committee, then he / she has to undergo Internship once again for a period of 15 days at the end of the VI semester and submit the Internship report within a month after the completion of the Internship. **(30 Hours)**

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	2	3	3	2	2	3	3	2	3
CO 2	3	2	3	3	1	2	2	1	2	3
CO 3	3	2	2	2	1	1	2	2	2	3
CO 4	2	2	2	3	1	1	3	3	2	3
CO 5	3	3	3	1	2	1	2	2	1	3
Average	2.8	2.2	2.6	2.4	1.4	1.4	2.4	2.2	1.8	3

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3211	SPORTS AND GAMES SKILL TEST Practical	SEC	3	2

Course Objective

The course aims at enabling the students to be familiar with rules and regulations, skill and techniques of Battery tests.

Course Outcomes

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

CO1: list the unique in fitness of their own body

CO2: evaluate the own body fitness and wellness.

CO3: plan to practice the fundamental skills and its techniques in order to assess the fitness.

CO4: assess the rules while learning the fundamentals in all Battery tests.

CO5: illustrate the minute aspects of the basic skill for better execution of the games.

Unit – 1 Games Skill Tests (9 Hours)

The students can choose any **ONE** of the below games- fundamental skills and playing ability and Track event (Running) is must for all.

Basketball: (Dribbling – Passing – Shooting)

Football: (Dribbling – Kicking – Passing)

Unit – 2 Event Skill Tests (9 Hours)

1500 metres for boys and 800 metres for girls

Unit – 3 Health related Fitness tests (9 Hours)

Strength and Endurance (One minute Sit Ups test)

Flexibility (Sit and reach test)

Unit – 4 Health related Fitness tests (9 Hours)

Cardiovascular Endurance (12 Minutes Cooper's test)

Unit – 5 Health related Fitness tests (9 Hours)

Body Composition (Skin fold Caliber test)

Text book

1. Goel. R.S., “**Encyclopedia of Sports and Games**”, Vikas Publication House Pvt., Ltd., New Delhi, 1975.

Reference Books

1. Budhe Amitarjun, “**Officiating and Coaching**”, Sports Publications, New Delhi, 2013.
2. Birumal, “**Football Techniques**”, NIS Publications, New Delhi, 2006.
3. Monika, A., “**Basketball**”, Sports Publications, New Delhi, 2005.
4. Fox,A.R., “**Basketball**”, Pretince Hall, Engle Wood Cliffs, New Jersey, 1960.

CO – PO Mapping Table

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	3	1	2	1	1	2	1	2	1	2
CO 2	3	1	3	2	1	2	1	2	1	2
CO 3	3	2	2	2	2	2	2	1	2	3
CO 4	2	2	3	3	2	2	1	3	2	3
CO 5	3	2	3	3	2	2	2	3	2	3
Average	2.8	1.6	2.6	2.2	1.6	2	1.4	2.2	1.6	2.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3502	SPORTS PSYCHOLOGY AND SOCIOLOGY	Core	5	5

Course Objective

The course aims at enabling the students to understand basic knowledge and importance of sports psychology, learning theory, motivation and personality.

Course Outcomes

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

CO1: explain the basics concepts of psychology and sociology.

CO2: apply the psychological and sociological principles in the field of physical education and sports.

CO3: explain the influence of personality and motivation through sports

CO4: justify the sports as a social phenomenon.

CO5: inventory new techniques to solve the psychological problems of sports and society.

Unit – 1 Introduction of Psychology (15 Hours)

Meaning, nature and scope of sports psychology, Motor learning – Theories of learning – laws of learning - Role of perception in sports.

Unit – 2 Personality and Motivation (15 Hours)

Meaning – Factors influence personality – Various traits of personality – theories of personality, method of assessing personality – Motivation - meaning – definition – motivational factors influencing in sports.

Unit – 3 Psychological Preparation (15 Hours)

Emotion and their role in Physical Education and sports – Aggression & Anxiety – meaning - importance in Physical education and sports – psychological preparation for competition.

Unit – 4 Introduction to Sociology (15 Hours)

Meaning – Nature – Scope of sociology- sports sociology – physical education and

sports as a social phenomenon - product of culture elements of culture – Sports for better International understanding and cooperation.

Unit – 5 Sports and Society (15 Hours)

Sports as regulating institution of society – Sports develop National integration – Sports and social problems – Behaviour of sportsmen Spectators – Fans – Types of audience – leadership through Physical Education and Sports

Text Books

1. Jain, “Sports Psychology”, First Edition, Sports Publications, New Delhi, 2013.
2. Kumar R. “**Principles of Sociology**”, Agarwal Ltd, Agra, 1991.
3. Kamlesh M.L. “Psychology in Physical Education and Sports” Renu printers, Delhi, 1988.

Reference Books

1. Shekar. C., “**Aspect of Psychology in Physical Education and Sports**”, Sports Publications, Chennai, 2005.
2. Mukhi K.R., “**Rural Sociology**” R.B. Publications, Delhi, 1995.
3. Bucher – C.A., “**Foundations of Physical Education**”, St. Louis C.V. Mosty by Company, Missouri, America, 1987.
4. Swinn R.M., “Psychology in Sports, Methods and Applications”, Surjeet Publications, Delhi, 1989.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	2	3	2	3	2	1	3	2	2	1
CO 2	3	3	2	2	2	2	3	3	-	1
CO 3	2	-	3	3	2	2	2	2	-	2
CO 4	2	2	3	2	2	1	2	-	1	2
CO 5	3	3	2	3	2	1	2	-	2	2
Average	2.4	2.2	2.4	2.4	2	1.4	2.4	1.4	1	1.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3504	FUNDAMENTALS OF KINESIOLOGY & BIOMECHANICS IN SPORTS	Core	5	5

Course Objective

The course aims at enabling the students to understand the basics concepts of movement's motion and posture, fundamentals of kinesiology, classification of joints and muscle and educate the sports activities with the knowledge of kinetics and kinematics.

Course Outcomes

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

CO1: explain the concepts of Kinesiology and Bio-Mechanics

CO2: analyze the mechanism of joints and muscles movement of physique.

CO3: analyze the causes and prevention of muscle injuries.

CO4: apply the bio-mechanical principles in the field of sports.

CO5: prepare proper applications of motion and force in sports.

Unit – 1 Introduction of Kinesiology (15 Hours)

Introduction – meaning-Aim and objectives of kinesiology for physical education and sports – History of kinesiology – terminology of fundamental movement of joints and muscles.

Unit – 2 Fundamental Movements of joints (15 Hours)

Joints – fundamental of joints – Flexion – extension – hyper extension – abduction – adduction — pronation and Supination - circumduction – rotation – inversion and eversion – dorsi flexion and extension.

Unit – 3 Classification of Muscles (15 Hours)

Muscles – upper extremity – origin and insertion of pectoralis major – pectoralis minor – deltoid – Biceps triceps and lower extremity – origin and insertion of rectus femoris – Hamstring – Sartorius – Gastrocnemous.

Unit – 4 Introduction of Bio- Mechanics (15 Hours)

Meaning – aim and objectives of Bio – Mechanics – classification of motion – linear motion and Angular motion – Newton’s Law of Motion – principles of bio – mechanics – motion – force – Centripetal and Centrifugal.

Unit – 5 Kinetics and Kinematics (15 Hours)

Linear Kinetics – mass – weight - force – energy and power – Angular kinetics movement of inertia – momentum – levers – Equilibrium – Kinematics – linear kinematics – speed – velocity – acceleration – projectiles – angular kinematics speed – velocity – acceleration.

Text Books

1. Watkirs and James, “**Fundamentals of Biomechanics of Sports and Exercise**”, first Edition, Routledge, London, 2014.

Reference Books

1. Verma and Hemant, “**Sports Kinesiology**” first edition sports publications, New Delhi, 2013.
2. Hay .J.G. “**The Bio mechanics of Sports Technique**”, Prentice Hall, New Jersey, 1978.
3. Burn J.W., “**Scientific Principles of Coaching**”, Prentice Hall, New Jersey, 1969.
4. Katharine .F.W., “**Kinesiology**”, W.B Saunders Company, London, 1966.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	3	-	1	2	2	-	-	2	2
CO 2	2	2	1	2	2	2	-	-	2	2
CO 3	3	3	3	2	2	2	2	2	-	2
CO 4	3	2	3	-	2	2	1	2	-	2
CO 5	2	2	2	1	1	2	-	-	1	2
Average	2.6	2.4	1.8	1.2	1.8	2	0.6	0.8	1	2

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3506	Basic Research Methodology in Physical Education	Core	5	5

Course Objective

The course aims at enable students to gain knowledge in basic research in physical education, educate the need and importance of research and research problem and learn to analyses the literature reviews.

Course Outcomes

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

CO1: analyse the importance of research in physical education.

CO2: examine about the research problem and its types of research.

CO3: examine the research sampling and its design

CO4: compare the historical and survey study.

CO5: assess the tools of questionnaire

Unit – 1 Introduction (15 hours)

Research: Definition - Meaning and Characteristics of Research – Need and Importance and Scope of Physical Education and Sports

Unit – 2 Research Problem (15 hours)

Research Problem: Criteria for selecting and locating research problem – Hypothesis: Meaning – formulation of Hypothesis – Types of hypothesis

Unit – 3 Sampling & Research design (15 hours)

Sampling: meaning of sample- types of sample - Research design: meaning – need of research design – features – Experimental research – Meaning – Need of experimental research

Unit – 4 Historical and Survey study (15 hours)

Historical research: Meaning- collection of data: Primary and secondary source – Survey study: case study – Need of case study

Unit – 5 Tools of Questionnaire and Interview (15 hours)

Tools of Research – Questionnaire – Construction of questionnaire, Interview: types of interview – Reliability: Instrument reliability

Books

1. Balwant Singh, “**Research and Statistics in Physical Education**”, Khel Sahitya Kendra, 2016.
2. Chiris Gratton and Ian Jones, “**Research Methods for Spot Studies**”, Roge publication, 2012.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	3	3	3	3	3	1	2	2	2
CO 2	3	2	2	2	2	2	2	1	2	2
CO 3	2	3	3	1	2	2	3	3	1	3
CO 4	3	1	2	2	1	2	1	3	1	3
CO 5	1	2	2	3	2	2	1	3	1	2
Average	2.4	2.2	2.4	2.2	2	2.2	1.6	2.4	1.4	2.4

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – ,,

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3308	PROJECT	Core	3	3

Course Outcomes

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

CO1: relate the experiments in connection with the projects undertaken

CO2: plan for literature survey, experimental work and documentation of results

CO3: analyze the compounds using instruments effectively.

CO4: questions raised in viva-voce examination.

CO5: explain the experiments independently in the thrust areas of Physical Education

RULES GOVERNING THE EVALUATION OF PROJECT AND VIVA VOCE

1. A student shall have select a topic of their choice pertaining to B.Sc., Physical Education, individually or in group (Not exceeding three) and get it approved by the Head of Department on the recommendation of D.R.C. (Departmental Research Committee).
2. A candidate selecting Project must submit his/her project not less than one week before the last working day of the VI Semester. A student has to submit two copies of his / her project report for evaluation, if it is an individual project. In case of group project, each student has to submit one copy of his / her project report for evaluation.
3. The student has to face the Viva-Voce conducted by DRC.
4. The project report shall contain a minimum of 20 pages excluding bibliography and appendices.
5. The project report will be valued for a total of 80 marks out of which the external examiner and guide share 40 marks each. The sum of marks awarded by both the examiners will be considered to be the final mark. For a pass in the project report, the students secure a minimum of 32 marks. If a student fails to secure 32 marks in the evaluation of project report, he / she may be permitted to resubmit his / her project report once again after incorporating the necessary correction as suggested by the examiners within a period of six months from the date of publication of the results of the examinations.

6. For those students who have qualified in the evaluation of the project report, there will be a viva voce on the above. The viva voce carries a maximum of 20 marks and it will be conducted jointly by the guide and the external examiner. The student should secure a minimum of 8 marks in the viva voce failing which he / she shall be required to reappear for the viva voce after a month from the date of viva voce already conducted but within a period of three months for which he / she will have to pay a fee as prescribed by the Principal.
7. For a pass in this project as a whole, a student should secure a minimum of 40 marks in Project report and viva voce put together.
8. Any other unforeseen problems / situations, not mentioned above if arise regarding the project and viva voce, will be placed in the College Council and suitably resolved.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	2	3	3	3	3	1	2	2	3
CO 2	3	2	3	3	3	3	1	2	1	3
CO 3	3	2	2	3	3	3	1	1	1	2
CO 4	3	2	3	3	1	2	1	1	1	2
CO 5	3	2	2	3	3	3	1	2	1	3
Average	3	2	2.6	3	2.6	2.8	1	1.6	1.2	2.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3410	SCIENTIFIC PRINCIPLES OF SPORTS TRAINING	DSE – 2	5	4

Course Objective

The course aims at enabling the students to learn the basics of sports training and its characteristics, practice the basic principles of sports training were utilized in the preparations of young sports man. Create Workout schedule, periodization, types of cycles decorated through the subject matter.

Course Outcomes

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

CO1: explain the basics of training and produce casual results in the professional competition.

CO2: tell examples of the principles of training programme and solve the problem.

CO3: differentiate the fitness components factors can be scientifically rescheduled in their work place.

CO4: compare the training programme can be effectively incorporated in their training schedule.

CO5: evaluate the training plans and periodization which will be very effective due to their technical empowerment.

Unit – 1 Introduction (15 Hours)

Meaning and Definition – Aims – Characteristics of Sports Training – Importance of warm-up and Limbering down

Unit – 2 Training Programme (15 Hours)

Meaning of Training load – Components of training load (Intensity – Density – Volume – Frequency – Reputation) – Principles of Training Load – Types of Training Load – Super Compensation – Over Load – Causes of Over Load

Unit – 3 Physical Components (Strength and Endurance) (15 Hours)

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, Flexibility & Coordination) (15 Hours)

Meaning of Speed – forms of Speed – factor determining Speed – methods to development of Speed

Meaning of Flexibility – forms of Flexibility – factor determining Flexibility – methods to development of Flexibility

Meaning of Coordination – methods to development of Coordination

Unit – 5 Training Schedule (15 Hours)

Training Plan – Long term – Short term plan – Periodization – Types of Periodization (Single and Double)

Textbook

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

References

1. Dr. Wildor Hollmann, Dr. Axel Knicker, “**Track and Field**”, Meyer & Meyer Sports, (UK) Ltd, London, ISBN: 978-1-78255-222-2, 2023.
2. Tudor O. Bumpa, “**Periodization Training for Sports**”, ISBN: 978-1- 4504-6943-2, 1999.
3. Mathew, L.P., “**Fundamental Sports Training**”, Publication Prentice Hall, 1993.
4. Williams, J.LL, “**Athletic Training and Physical Fitness**”, Allyn and Bacon Inc. Sydney, Australia, 1977.
5. Dick Frank., “**Sports Training Principles**”, Times Mirror Mosby publishing, 1982.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	3	3	3	2	2	2	2	1	2
CO 2	2	3	3	3	1	1	2	2	2	3
CO 3	3	3	2	2	2	1	1	2	2	3
CO 4	2	3	3	2	3	2	2	2	2	2
CO 5	2	2	3	3	3	-	3	2	3	3
Average	2.2	2.8	2.8	2.6	2.2	1.2	2	2	2	2.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3310	SPORTS MANAGEMENT	GE – 2	4	3

Course Objective

The course aims at enabling the students to understand the concepts of sports management and quality of major, learn the qualities of leader and procedure of planning of sports programme and financial management and the skills of organization

Course Outcomes

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

CO1: explain the concept of sports management

CO2: express the event management and leadership in physical education and sports

CO3: know the qualities of planning programme

CO4: recognize the budgeting of sports in Schools, Colleges and Universities

CO5: operate the advertisement in Physical Education and Sports

Unit – 1 Introduction of Sports Management (12 Hours)

Nature and concept of sports management - Progressive concept of sports management - The purpose and scope of sports management - Essential skills of sports management - Qualities and competencies required for the sports manager - Event management in physical education and sports

Unit – 2 Introduction of Leadership (12 Hours)

Meaning and definition of leadership - Leadership style and method - Elements of leadership - Forms of leadership - Autocratic - Laissez-faire - Democratic - Benevolent dictator - Qualities of administrative leader

Unit – 3 Planning Programme (12 Hours)

Sports management in schools, colleges and university - Factors affecting planning -

CO – PO Mapping Table

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	2	2	1	2	1	2	2	2	2	2
CO 2	2	3	3	2	2	2	3	2	2	3
CO 3	3	2	3	2	2	2	3	3	2	3
CO 4	3	2	3	3	3	3	3	3	2	2
CO 5	3	2	3	2	2	2	3	2	2	2
Average	2.6	2.2	2.6	2.2	2	2.2	2.8	2.4	2	2.4

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

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Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3266	PROFESSIONAL COMPETENCY SKILL	SEC	3	2

Course Outcomes

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

CO1: demonstrate a literal comprehension of learning

CO2: apply knowledge of vocabulary used in curriculum.

CO3: identify main idea in reading materials books and other sources.

CO4: describe the level of understanding in their subject matter.

CO5: examine and develop skills in succeeding the interviews.

The Comprehension and viva voce examination will be conducted at the starting of the Sixth semester for a maximum of 100 marks and consist of two components as mentioned below:

- a) Comprehension (Multiple Choice Questions) : 60 Marks
 b) Viva voce : 40 Marks

The students are examined on CORE COURSE's (Theory) in the I to V semesters. In the comprehension component, the students are tested on their grasping ability of the subjects of study. Their ability to express and communicate is tested in the viva voce.

CO – PO Mapping Table

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	3	3	2	2	-	1	2	2	1	2
CO 2	3	2	1	2	1	-	2	2	1	2
CO 3	2	2	2	2	1	2	2	1	1	2
CO 4	2	3	2	2	2	2	1	1	1	2
CO 5	3	3	3	2	-	2	1	2	1	3
Average	2.6	2.6	2	2	0.8	1.4	1.6	1.6	1	2.2

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – ,,-

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3409	MASSAGE AND EXERCISE THERAPY	DSE – 1	5	4

Course Objective

The course aims at enabling students to understand massage technique as a therapeutic use, values of massage technique in getting body energy and relaxation. Apply massage technique to get relived from mental stress and strain and sports performance and relaxation.

Course Outcomes

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

CO1: examine the values of massage and its worthiness on human efficacy.

CO2: explain the classification technique with other technique for relate more benefit.

CO3: illustrate the importance of physiotherapy and therapeutic exercise on reduce of pain.

CO4: explain the benefits of therapeutic exercise with other exercise.

CO5: apply the bandages techniques.

Unit – 1 Introduction (15 Hours)

Meaning and definition of massage - Principles and application of Passive Stretching - Active or Self Stretching – PNF – Ballistic Stretching – Dynamic Stretching – Isometric stretching

Unit – 2 Classification of massage techniques (15 Hours)

Effleurage – Petrissage – Friction – Tapotement – Vibration – Physiological effects of massage – Description of the techniques of the classical massage – Connective tissue massage and myofascial release

Unit – 3 Physiological basis of sports massage (15 Hours)

Physiological basis of sports massage and various categories – underwater massage – mechanical devices of massage – indication and contraindications of massage

Unit – 4 Therapeutic exercises (15 Hours)

Therapeutic exercise – classification of therapeutic exercise – effect & benefits of therapeutic exercise – Electrotherapy – Infrared rays – Parafine Wax Bath – Steam Bath – Sauna Bath – Moist Heat Pack – Fluid therapy – Mud Bath and Peloids

Unit – 5 Bandages (15 Hours)

Functional Bandages and Orthotic Aids & Protective Equipment in Sports History and uses of functional bandages, classification according to the time of application, types of bandages, Bandaging techniques and bandaging material, Indications, contraindications, Taping Techniques, athletic shoes and modifications, common orthotic aid and protective equipment's in Sports

Text Book

1. Carolyn Kisner, “**Therapeutic Exercise Foundations and Techniques**” W. Ross MacDonald School Resource Services Library, 2017.

Reference Book

1. Margaret Hollis, “**Massage for Therapists**” Elisabeth Jones Vol. 75, No. 4, 1987

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	2	2	2	2	2	1	2	2	3
CO 2	3	2	3	2	1	2	2	2	1	2
CO 3	3	2	3	2	2	1	1	2	2	3
CO 4	3	2	3	2	3	2	2	3	2	3
CO 5	3	2	3	2	2	2	1	2	2	3
Average	3	2	2.8	2	2	1.8	1.4	2.2	1.8	2.8

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – ,,-

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3412	SPORTS PHYSIOTHERAPY	DSE – 2	5	4

Course Objective

The course aims at enabling students to understand physiotherapy technique as a therapeutic use and values of physiotherapy technique for getting body relaxation.

Course Outcomes

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

CO1: examine the values of physiotherapy and its worthiness on human efficacy.

CO2: explain the physiotherapy with other technique for relate more benefit.

CO3: apply the various therapies to reduce the pain.

CO4: explain the techniques of therapeutic exercise with other exercise.

CO5: apply the electrotherapy techniques for injured players.

Unit – 1 Introduction (15 Hours)

Definition – Guiding principles of Physiotherapy – Need & Importance of Physiotherapy

Unit – 2 Physiotherapy exercise (15 Hours)

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

Unit – 3 Applications of Therapy (15 Hours)

Hydrotherapy: application of hydrotherapy – Introduction and demonstration of treatment of Cry therapy

Unit – 4 Techniques in Therapy (15 Hours)

Thermotherapy: Contrast Bath – Whirlpool Bath – Stream Bath – Sauna Bath – Hot Water Fermentation

Unit – 5 Electrotherapy (15 Hours)

Electrotherapy: Infrared Rays – Ultraviolet Rays – Short wave Diathermy – Ultrasonic Rays

Text Book

1. Carolyn Kisner, “**Therapeutic Exercise Foundations and Techniques**” W. Ross Mc Donald School Resource Services Library, 2017

Reference Book

1. Margaret Hollis, “**Massage for Therapists**” Elisabeth Jones Vol. 75, No. 4, 1987.

CO – PSO Mapping Table

	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10
CO 1	3	2	2	2	2	2	1	2	2	3
CO 2	3	2	3	2	1	2	2	2	1	2
CO 3	3	2	3	2	2	1	1	2	2	3
CO 4	3	2	3	2	3	2	2	3	2	3
CO 5	3	2	3	2	2	2	1	2	2	2
Average	3	2	2.8	2	2	1.8	1.4	2.2	1.8	2.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – ,,-

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3311	FITNESS MANAGEMENT	GE – 1	4	3

Course Objective

The course aims at enabling students to understand the importance of fitness and wellness and learn the concepts of nutrition and its influence.

Course Outcomes

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

CO1: create the knowledge to become the fitness trainer

CO2: apply and get the impact of aerobic exercises

CO3: analyze the relationship between anaerobic and aerobic exercises.

CO4: examine the flexibility exercises through physical activities.

CO5: create to realize importance of various types of fitness

Unit – 1 Introduction (12 Hours)

Meaning and Definition of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness – Components of Physical Fitness

Unit – 2 Aerobic Exercises (12 Hours)

Cardio respiratory Endurance Training; proper movement - proper warm-up – Assessment of cardio respiratory fitness – Cardio respiratory activities – Proper cool down

Unit – 3 Anaerobic Exercises (12 Hours)

Resistance Training - Principles of Resistance Training – Safety techniques – Weight training principles and concepts – Advanced techniques of weight training

Unit – 4 Flexibility Exercises (12 Hours)

Flexibility Training – Principles of Flexibility training, Relaxation Techniques – Safety techniques - relaxation and breathing techniques

Unit – 5 Types of Fitness (12 Hours)

Chronological fitness – Physiological fitness – Mental fitness – Social fitness –

Spiritual fitness – Performance related fitness – Tools to assess fitness.

Text Book

1. David J. Anspaugh, Michael H. Hamrick and Frank D. Rosato “**Wellness- Concepts and applications**”, Masby publishing house II Edition, Chicago, 1991.

References

1. Hoeger Werner W.K. and Hoeger Sharon A. “**Fitness and Wellness**”, Englewood:Morton publishing Company, 1990.
2. Hazedine, “**Fitness for Sports**”, Ramsburg: The Crowood Ress Ltd., 1985.
3. James and Leona Hart. “**Fitness**”, New Delhi: Goodwill Publishing House, 1983.

CO – PO Mapping Table

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	3	2	2	2	2	2	2	2	2	2
CO 2	2	3	3	2	3	3	2	2	2	3
CO 3	2	2	2	3	2	2	2	2	2	2
CO 4	3	3	2	2	3	2	2	3	2	3
CO 5	3	2	3	2	2	2	1	3	2	3
Average	2.6	2.4	2.4	2.2	2.4	2.2	1.8	2.4	2	2.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – ,,-

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE3312	MASS MEDIA IN SPORTS	GE – 2	4	3

Course Objective

The course aims at enabling students to impart the skills in the media and learn the procedure to write sports bulletin, provide knowledge of mass media and the procedure of report writing in sports and acquire the knowledge of mass media and methods and procedure to adopt in sports field.

Course Outcomes

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

CO1: create awareness about the mass media for sports people.

CO2: prepare the sports bulletin skills through mass media

CO3: construct the knowledge of mass media journalist.

CO4: analyze and evaluate the writing of sports reports.

CO5: practice and prepare to become a sports journalist.

Unit – 1 Introduction (12 Hours)

Meaning and Definition of Mass media, Ethics of Mass media – Sports Ethics and Sportsmanship – Reporting Sports Events – National and International Sports News Agencies

Unit – 2 Sports Bulletin (12 Hours)

Concept of Sports Bulletin: Journalism and sports education – Structure of sports bulletin – Compiling a bulletin – Types of bulletin – Role of Journalism in the Field of Physical Education – Sports organization and sports journalism – General news reporting and sports reporting

Unit – 3 Mass Media in Sports (12 Hours)

Mass Media in Journalism: Radio and T.V. Commentary – Running commentary on the radio – Sports experts comments – Role of Advertisement in Journalism – Sports Photography: Equipment – Editing – Publishing

Unit – 4 Report Writing on Sports (12 Hours)

Brief review of Olympic Games, Asian Games, Common Wealth Games, World Cup in major games, National Games and Indian Traditional Games – Preparing report of an Annual Sports Meet for Publication in Newspaper – Organization of Press Meet

Unit – 5 Sports Journalism (12 Hours)

Sports organization and Sports Journalism – Methods of editing a Sports report – Evaluation of Reported News – Interview with elite Players and Coaches – Collection of Album of sports newspaper

Text Book

1. Kathryn, T. Stofer. James, R. Schaffer. Brian, A. Rosenthal, “**Sports Journalism - An Introduction to Reporting and Writing**” New York: Rowman & Littlefield Publishers, Inc., 2010.

References

1. Seema, Hasan., “**Mass Communication: Principles and Concepts**”, 2nd Edition Delhi: CBS Publishers and Distributors Pvt Ltd, 2018
2. Charanjit, Ahuja. Bharat, Hiteshi, “**Print Journalism: A Complete Book of Journalism**” India: Partridge Publishing, 2016.
3. Bhatt, S.C., “**Broadcast Journalism: Basic Principles Paperback**”, New Delhi: Har Anand Publications, 2011.
4. Phil, Andrews, “**Sports Journalism - A Practical Guide**”, London: SAGE Publications, 2005.
5. Varma, A.K., “**Journalism in India from Earliest Times to the Present Period**”, New Delhi: Sterling Publication Pvt. Ltd, 1993.

CO – PO Mapping Table

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	2	3	2	3	2	3	2	2	1	3
CO 2	3	3	3	2	3	2	2	1	2	2
CO 3	3	3	2	3	2	3	3	2	2	3
CO 4	3	3	3	2	2	2	2	2	3	2
CO 5	3	3	3	2	3	3	2	3	3	3
Average	2.8	3	2.6	2.4	2.4	2.6	2.2	2	2.2	2.6

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE1203	ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION	NME – 1	3	2

Course Objective

The course aims at enabling students to apprehend the organization and administration planning, know the importance, types and structures of tournament, comprehend office management, record, register and budget criteria, attain efficiency in time table management and equipment maintenance.

Course Outcomes

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

CO1: create the organization and administration strategies in Physical Education.

CO2: create to organize various tournaments in sports and games.

CO3: prepare a good budget with the sources of income and expenditure

CO4: create the efficiency in class management and equipment maintains.

CO5: create the various methods in supervision.

Unit – 1 **Organization and Administration** (9 Hours)

Meaning, need and importance of organization and administration in physical education – Qualification and Responsibilities of Physical Education teacher and pupil leader – Planning and their basic principles – Program planning: Meaning, Importance, Principles of program planning in Physical Education

Unit – 2 **Competition Organizations** (9 Hours)

Functions of Planning, Organizing, Staffing, Directing, Communicating, Coordination, Controlling, Evaluating and Innovating – Organization structure of Athletic Meet - Sports Event Intramurals & extramural tournament planning

Unit – 3 **Office Management, Record, Register & Budget** (9 Hours)

Office Management: Meaning, definition, functions and kinds of office management – Records and Registers: Maintenance of attendance Register, stock Register, Cash Register, physical efficiency record, Medical examination Record – Budget: Meaning,

CO – PO Mapping Table

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	3	3	3	2	2	2	2	2	2	3
CO 2	3	2	3	3	2	3	2	2	3	3
CO 3	3	3	3	2	2	3	2	3	2	3
CO 4	3	2	3	2	3	3	2	3	2	3
CO 5	3	3	3	2	2	2	3	2	2	3
Average	3	2.6	3	2.2	2.2	2.6	2.2	2.4	2.2	3

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – „-

Course Code	Name of the course	Category	Hours / Wk	Credits
24BPE1204	CAREER ASPECTS OF PHYSICAL EDUCATION	NME – 2	3	2

Course Objective

The course aims at enabling students to apprehend the Career in various jobs, know the importance of preparing resumes and comprehend record, job opportunities.

Course Outcomes

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

CO1: evaluate the basic job opportunity in Physical Education

CO2: arrange to provide employment opportunity for all sectors in sports

CO3: compare the various jobs and self-assessment for career opportunities

CO4: distinguish requirements of various skills for career advancement in Physical Education

CO5: prepare resumes and career guidance in Physical Education and Sports.

Unit – 1 Introduction (9 Hours)

Meaning and need of Career Aspects – importance of Career Aspects – Different avenues in Physical Education – Sports Coach – Fitness Personnel – Personal Trainer – Health Educator

Unit – 2 Career Opportunities (9 Hours)

Career as a Professional Sports person / Athlete – Transfer of skills – Challenges – Decision to be Professional – Career challenges in Physical Education

Unit – 3 Self-Assessment for Career Choices (9 Hours)

Self-Assessment for career choices – Uses of Self-Assessment in Career choices (Prediction, Discrimination, Monitoring & Evaluation) – Theory of Career Choice (Realistic Personality, Investigative Personality, Artistic Personality, Social Personality, Enterprising Personality, Conventional Personality)

Unit – 4 Requirement of various skills for Career (9 Hours)

Foundation skill (Basic skills, Thinking Skills, Personal Qualities) – Functional Skills (Resources, Systems and Technology, Informational Skills, Interpersonal Skills) –

Goal Setting – Decision Making – Effective Job Search Campaign

Unit – 5 Resumes & Institutions of Physical Education (9 Hours)

Resume – Good Resume presents – General Do’s and Don’ts – Write a covering letter – Courses and Institutions of Physical Education (LNIFE, TNPESU, YMCA College of Physical Education)

Text Book

1. Wuest, D.A and Bucher, C.A., “**Foundations of Physical Education**”, Exercise Science and Sport, 14th Edition, McGraw-Hill, 2002.

References

1. Holland, john L., “**Making Vocational Choices: A Theory of Careers**”, Englewood Cliffs, New Jersey : Prentice Hall, 1997.
2. Montross, Liebowitz and Shikman, “**Real People, real Jobs**”, Palo Alto, California: Davies-Black Publishing, 1995
3. Bucher, C.A., “**Foundations of Physical Education**” (8th Ed.) St. Louis; the C.V. Mosby Company, 1979.

CO – PO Mapping Table

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	3	2	3	3	2	2	3	3	2	3
CO 2	3	3	2	2	2	3	3	2	2	3
CO 3	3	3	3	2	3	2	2	2	3	3
CO 4	3	3	3	3	2	2	2	2	1	2
CO 5	2	3	3	2	2	3	3	2	1	3
Average	2.8	2.8	2.8	2.4	2.2	2.4	2.6	2.2	1.8	2.8

High Correlation – 3 Medium Correlation – 2 Low Correlation – 1 No Correlation – ,,