

TAMIL – I
முதலாண்டு முதல் பருவம்

L	T	P	C
4	0	0	4

கற்றல் நோக்கம்

1. மாணவர்கள் மொழி புலமை பெறுவர், படைப்பாற்றல் (கவிதை, நாவல், சிறுகதை, நாடகம்) திறமைகளை வளர்த்து கொள்வர்.
2. தமிழ்மொழி பெருமை, தொன்மை, பழமை, சிறப்பு போன்றவற்றையும் தமிழ் இலக்கிய வரலாற்றையும் அறிந்து கொள்வர்.
3. தமிழ்மொழி ஆளுமையும், பன்முப இலக்கிய வளத்தையும் ஒருங்கே உணர்வர்.

கற்றல் விளைவுகள்

1. விளையாட்டுக்களின் தோற்றமும், வளர்ச்சியும் மற்றும் வரலாற்றையும் தெரிந்து கொள்கின்றனர்.
2. மொழித்திறன் பயிற்சி மாணவர்களின் மொழி ஆளுமைப் பண்பினை வளர்ப்பதாக அமைகிறது.
3. மாணவர்கள் தமிழர்களின் வாழ்வியல் மற்றும் பண்பாடுகளையும் அறிந்து கொள்கின்றனர்.

அலகு - 1**12 Hours**

பாரதியார் : காணி நிலம் வேண்டும் நல்லதோர் வீணை
சுரதா: சிக்கனம்

அலகு - 2**12 Hours**

புதுமைப்பித்தன் சிறுகதைகள்: கடவுளும் கந்தசாமிப் பிள்ளையும் - சாப விமோசனம் -
பொன்னகரம்

அலகு - 3**12 Hours**

(உரைநடை) விளையாட்டுக்களின் தோற்றமும் வளர்ச்சியும் விளையாட்டு வரையறை -
விளையாட்டின் தோற்றம் - தமிழர் வாழ்வில் விளையாட்டு - விளையாட்டு வகை தொகை -
விளையாட்டுக் கொள்கைகள்.

அலகு - 4**12 Hours**

மொழிப் பயிற்சி: பொருந்திய சொல் தருதல் - மரபுத் தொடர்கள் - கலைச் சொற்கள்

அலகு - 5**12 Hours**

தமிழ் இலக்கிய வரலாறு: நாட்டுப்புற இலக்கிய வரலாறு, நாட்டுப்புறப் பாடல்கள்,
நாட்டுப்புறக் கதைகள், நாட்டுப்புக் கதைப் பாடல்கள், பழமொழிகள், விடுகதைகள் - உரைநடை
இலக்கிய வரலாறு, சிறுகதைகள், புதினங்கள் தோற்றமும் வளர்ச்சியும் - கவிதை இலக்கிய
வரலாறு மரபுக் கவிதைகள், புதுக் கவிதைகள் தோற்றமும் வளர்ச்சியும் - நாடக இலக்கியத்தின்
தோற்றமும் வளர்ச்சியும்.

Total Hours: 60 Hours**பாடநூல்:**

1. பேரா. எம்மார் அடைக்கலசாமி, தமிழ் இலக்கிய வரலாறு, ராசி பதிப்பகம், சென்னை, 2000.

துணை நூற்பட்டியல்:

1. ந. மலையரசி, தமிழ் இலக்கியங்களில் விளையாட்டுக் கூறுகள், பாவை பதிப்பகம், மதுரை, 2013.
2. சொ. பரமசிவம், நற்றமிழ் இலக்கணம், பட்டுப் பதிப்பகம், சென்னை, 2000.

HINDI – I

L	T	P	C
4	0	0	4

Learning Objective

1. To make the students knowing the basic grammar in the language
2. To make the students understand the usage of language in their day-to-day life
3. To make the students understand the style of writing in Hindi
4. To make the students write letters in their life

Learning Outcomes

1. Able to Understand Hindi stories.
2. Able to explain the selective process.
3. Understand the non-detailed test.
4. Promote the knowledge English to Hindi

Unit I:**12 Hours**

Prose: Rangeli by Siva Prasad Simha - Bola Ram ka Jeevan by Hari Shankar Parasayee
Prem Chan by Dr. Narendra.

Unit II:**12 Hours**

Poetry: Ek Din Ka by Ayodhya Simha Upadhyaya Hari Audh - Phyar by Dr. Narendra -
Nauka Vihar by Sumithranandan Panth.

Unit III:**12 Hours**

Short stories: Jeene Ke Kala by Srimathi Maha Devi Verma - Nadan Dosth by Munsii
Premchand - Vyakthithva by Makanlal Chaturvedi

Unit IV:**12 Hours**

Functional Hindi: Sarkari Pathra - Artha Sarkari Pathra

Unit V:**12 Hours**

Grammar: Genders, Singular & Plural, Voice, Tense.

Total Hours: 60 Hours**TEXT BOOK:**

1. Chandra Mohan K. M., Hindi Vatayan, Viswavidhyalaya Prakasan, Varanasi, 1998.

REFERENCE:

1. Viraj, Pramanik Alekhan Aur Tippan, Rajpaul & Sons, 2013.

ENGLISH – I
BASIC LANGUAGE SKILLS

L	T	P	C
4	0	0	4

Learning Objectives

1. To know the analyses of the language through logic.
2. Know the read classics of English literature.
3. To learn, sociable use of language for phatic communication.
4. English – our “windows on the world” at national level.

Learning Outcomes

1. The students will gain essential knowledge of language.
2. Critically understand and appreciate the relationships among literature, language and communication.
3. Understand the basic concept of language skills.

Unit – I**12 Hours**

Greeting people & responding to greeting - Introducing oneself & other people - Asking for & giving personal details (name, occupation... etc)

Unit – II**12 Hours**

Using the telephone – exchange information & taking messages - Describe a visual clipping

Unit –III**12 Hours**

Writing: Completing forms with personal details – bio-data & curriculum vitae - Paragraph writing –converting note making to paragraph - Interpreting advertisements

Unit- IV**12 Hours**

Grammar in usage: Descriptive writing – describing a scene/a person / a situation
Translation-50 words

Unit – V**12 Hours**

Cabuliwallth: Rabindranath Tagore - The last leaf: O. Henry - Upper division love: Manohar Malgonkar

Total Hours: 60 Hours**TEXT BOOK:**

Anand Kumar Raju, The last leaf & other stories (Blackie Books), 2013.

FOUNDATIONS AND HISTORY OF PHYSICAL EDUCATION

L	T	P	C
4	0	0	4

Learning Objectives

1. To know the origin and development of Physical Education
2. Understand the basic concepts of physical education.
3. Know the historical development of physical education in India.
4. Understand the foundation of physical education.
5. Know the principles of physical education.

Learning Outcome

1. Understand the concept of physical education.
2. Understand the historical development of physical education in India and abroad.
3. Formulate the Principles, Philosophy and concept about physical education.
4. Apply the knowledge of olympism in organizing various sports activities.

Unit - I**12 Hours**

Meaning and definition of education and physical education - Physical training and physical Culture - Aims and objectives of physical education –development of physical, mental, social, emotional aspects and neuromuscular co-ordination.

Unit – II**12 Hours**

Biological foundations of physical education – Muscle tone, Athletic Heart, Vital capacity, Reciprocal Innervations and Unsynchronized development - Chronological, Anatomical, Physiological and Mental ages - Body types –Sheldon and Kretchmer classification - Differences between male and female during adolescence.

Unit – III**12 Hours**

History of Physical Education and Sports: History of Physical Education in Sparta and Athens - Olympic Games – Ancient and Modern-Origin – Organization and conduct of the game - Olympic Flag, Torch, Oath, Emblem, Motto and turnvern movement – The Marathon Race.

Unit – IV**12 Hours**

Y.M.C.A and its contributions - Recent developments in India-SNIPES, NSNIS, SAI, All India council of sports. National Physical Efficiency Drive - National and International competitions Asian Games, SAF, SGF, RDS, and BDS.

Unit – V**12 Hours**

Awards and Scholarships - Arjuna Award, Dhronochariya Award, Maulana Abdul Kalam Azad Award, Rajiv Gandhi Khel Retna Award and Dayand Chand Award.

Total Hours: 60 Hours**TEXT BOOK:**

1. M.L. Kamalesh, History and principles of Physical education, Sports Publication, 2011

REFERENCE BOOKS:

1. Bucher, Charles A. and Wuest, Deborch A., Foundations of Physical education and sport New Delhi: B1 publication Private limited, 1998, 11th edn.
2. Jackson Sharma, Modern principles of physical education A. Barnes & co, New York, 1998.

TAMIL - II

முதலாண்டு இரண்டாம் பருவம்

L	T	P	C
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கற்றல் நோக்கம்

1. மாணவர்களுக்கு மரபுக்கவிதை பற்றி தெளிவாக குறிப்பிடுகிறது.
2. மாணவர்களுக்கு புதுக்கவிதைகளைப் பற்றி தெளிவாக குறிப்பிடுகிறது.
3. மாணவர்களுக்கு தமிழர் வார்த்தைகளில் வல்லினம் மிகும் மிகா இடு“குஐரூபு பற்றி அறிந்து டிகாள்ள முழுகிறது.
4. இலக்கிய வரலாறுகளைப்பற்றி கிறித்துவர்களின் மற்றும் இசுலாமியர்களின் தமிழுக்கு ஆற்றிய தொண்டு பற்றி தெளிவாக குறிப்பிடுகிறது..
5. தமிழர் கவிதைகளைப் பற்றி தெரிந்து கொள்ள உதவுகிறது.

கற்றல் விளைவுகள்

1. விளையாட்டுக்களின் தோற்றமும், வளர்ச்சியும் மற்றும் வரலாற்றையும் தெரிந்து கொள்கின்றனர்
2. மொழித்திறன் பயிற்சி மாணவர்களின் மொழி ஆளுமைப் பண்பினை வளர்ப்பதாக அமைகிறது.
3. மாணவர்கள் தமிழர்களின் வாழ்வியல் மற்றும் பண்பாடுகளையும் அறிந்து கொள்கின்றனர்.

அலகு - 1

12 Hours

நந்திக் கலம்பகம் - தமிழ் விட தூது.

அலகு - 2

12 Hours

திருக்குற்றாலக் குறவஞ்சி (குறத்தி மலைவளம் கூறுதல்) - முக்கூடல் பள்ளு (நாட்டு வளம்)

அலகு - 3.

12 Hours

தமிழரின் வீர விளையாட்டுகள் ஏறு தழுவுதல், மற்போர், விற்போர், வேட்டை, சிலம்பம், களரி.

அலகு - 4

12 Hours

மொழிப் பயிற்சி: பிழை நீக்கம் - விளம்பர வாசகங்களை உருவாக்குதல் - நேர்காணல்

அலகு - 5

12 Hours

தமிழ் இலக்கிய வரலாறு: சிற்றிலக்கிய வரலாறு - கிருத்துவ இலக்கிய வரலாறு - இசுலாமிய இலக்கிய வரலாறு - காப்பிய இலக்கிய வரலாறு.

Total Hours: 60 Hours

பாடநூல்:

1. பேரா.எம்மார் அடைக்கலசாமி, தமிழ் இலக்கிய வரலாறு, ராசி பதிப்பகம், சென்னை, 2000.

துணை நூற்பட்டியல்:

- 1 த.மலையரசி, தமிழ் இலக்கியங்களின் விளையாட்டுக் கூறுகள் - பாவை பதிப்பகம், மதுரை, 2013.
2. சொ.பரமசிவம், நற்றமிழ் இலக்கணம், பட்டுப் பதிப்பகம், சென்னை, 2000.

HINDI – II

L	T	P	C
4	0	0	4

Learning Objectives

1. To make the students understand the importance of the language
2. To make the students understand the grammar usage in the language
3. To make the learners understand the appreciation of poems
4. To make the students understand the meaning of the words

Learning Outcome

1. Able to Understand Hindi Poem.
2. Understand the Novel.
3. Promote the knowledge Hindi to English.
4. Understand the principles and process of applied grammar.

Unit I:**12 Hours****Drama:** Mister Abhimanyu” by Lakshminaryan Lal Sabari by Naresh Mehta.**Unit II:****12 Hours****General Essays:** Samay ka Sadupayog - Naari Samasyaein - Sahitya aur Samaaj**Unit III:****12 Hours****Translation:** English to Hindi - Hindi to English**Unit IV:****12 Hours****Poetry (Ancient):** Kabeer Das - Soor Das - Tulasi Das**Unit V :****Vyakaran:** Ras: Shrungar, Hasya, Karun - Alankar: Anupras, Upama, Slesh**Total Hours: 60 Hours****TEXT BOOK:**

1. Chandra Mohan K. M., Hindi Vatayan, Viswavidhyalaya Prakasan, Varanasi, 1998.

REFERENCE:

1. Viraj, Pramanik Alekhan Aur Tippan, Rajpaul & Sons, 2013.

ENGLISH –II
DEVELOPMENT THE LANGUAGE SKILLS

L	T	P	C
4	0	0	4

Learning Objectives

1. Understand the concept of development the language skills.
2. The language skills are set of capabilities that allow an individual to comprehend.
3. Know to produce spoken language for proper and effective interpersonal communication.

Learning Outcomes

1. Developing the language skills in day to day life.
2. To gain essential knowledge of literature.
3. Able to understand way to communicate better.
4. Developing the writing skills in official purpose and also personal.

Unit – I**12 Hours**

Listing and Speaking: Asking for & giving permission - Inviting person – accepting/declining – Writing.

Unit –II**12 Hours**

Grammar in usage: Translation idioms & phrases - Filling up forms - bank Chans /Pay in slips/Demands draft, railway reservation/cancellation.

Unit-II**12 Hours**

Welcoming a foreign visitor & describing region & country - Letter writing - Descriptive – describing region & country - Letter writing - Descriptive writing-describing on event.

Unit – IV**12 Hours**

Ode to the best wind: P.B.Shelley - The gift of India: Sarojini Naidu.

Unit – IV**12 Hours**

The man who could work miracles: H.G wells - The verger: Somer set Maugham

Total Hours: 60 Hours**TEXT BOOK:**

1. Anand Kumar Raju, The last leaf & other stories (Blackie Books), 2013.
2. K. M. Tharakan, The Silent Song (Macmillan), 1998.

ORGANIZATION, ADMINISTRATION AND METHODS IN PHYSICAL EDUCATION

L	T	P	C
4	0	0	4

Learning Objectives

1. Innovative approach to leadership preparation with special consideration to ethical and social responsible teacher.
2. Understanding of schools as learning organization and increased working relationship with physical education teacher.

Learning Course Outcome

1. Understanding the principles and process of administration.
2. Administration physical education and sports programs in schools.
3. Develop appropriate physical education curriculum tools and budget to manage school programs.

Unit – I**12 Hours**

Organization: Meaning of Organization and Administration. Importance of Organization. Guiding principles of Organization. Schemes of Health and physical Education in Schools, Colleges. Universities, Districts, States etc.

Facilities and Stands in Physical Education: Playgrounds – outdoor and Indoor – Construction and Maintenance of Swimming pools and Gymnasium. Equipment minimum requirement for an Educational Institution – purchase of equipment (Policies and Procedures) care of equipment (general and specific).

Unit – II**12 Hours**

Programmers and Records: Preparation of Time-Table, physical Education and School Time – Table. Types of physical Education periods.

Finance and Budget: Source of Income – approved items of expenditure administration of budget – accounting.

Unit - III**12 Hours**

Methods: Meaning of method – Factors influencing Method – Presentation Technique – Teaching Aids - Class Management – Principles of Class Management.

Unit -IV**12 Hours**

Lesson Plan: Lesson Plan- General and Specific Lesson Plan – Values of Lesson Plan.

Unit – V**12 Hours**

Tournaments: Single knock-out-Seeding-Special seeding - League: Cyclic and stair case method - Combination tournaments - Merits and Demerits of Knock-out and League tournaments.

Competitions: Intramural Competition - Objectives – Method of organizing and conducting – Units for competition – intramural Committee. Extramural Competition – Benefits – Drawbacks – Methods of organizing and conducting.

Total Hours: 60 Hours**TEXT BOOK:**

1. Mathew, Donald Measurement in Physical Education London, W.B. Saunders Co., 1998.
2. Nash Meench and Saurbon, **Organization and Administration of Physical Education**, A.S. Barnes Co, 2019.

REFERENCE BOOKS:

1. Clarke H.: Application of Measurement in Health and Physical Education, Prentice Hall Inc. Methods in Physical Education by C.T. & S.H. Karaikudi, 1999.
2. Sachdeva, M.S., **A. Modern Approach to School Organisation and Administration**, Parkash Brothers Publishers, Ludhina, 1998.
3. J.P. Thomas, **Organization of Physical Education**, Gnanodaya Press, Madras, 1998.

HUMAN ANATOMY AND PHYSIOLOGY

L	T	P	C
4	0	0	4

Learning Objectives

1. Understand basic knowledge of Anatomy and Physiology.
2. Implement the knowledge in the field of physical Education.
3. Demonstrate practical knowledge of basic scientific facts and principles underlying normal body structure and function

Learning Outcomes

1. Understand the basic principles of Anatomy and Physiology.
2. Apply the knowledge in the field of physical education and movement activity.
3. Analyze the practical knowledge during the practical situation.
4. Remember and recall the definition of anatomy and physiology and co-relate the principle of physiology.

Unit – I**12 Hours**

Anatomy: Meaning of Anatomy and Physiology, Cell – Structure and Functions of Various Parts of the Cell, tissues – classification - epithelial, connective, muscular and nervous - Need and important of Anatomy and Physiology for the students of Physical Education

Unit – II**12 Hours**

Musculoskeletal system: The arrangement of the Skeleton – axial and perpendicular Skelton- Classification of Bones and Joints of the body and example for each type. Types of muscle in the body and their function.

Unit – III**12 Hours**

Physiology: Cardio – Vascular System – Heart Structure and Functions- circulation of blood - systemic, pulmonary circulation – blood pressure – pulse. Blood-Composition-Function. Respiratory System – Structure and functions of Lungs.

Unit – IV**12 Hours**

Digestive system: Structure and functions – tongue teeth, salivary glands, stomach, small and large intestines, pancreas. Endocrine glands – pituitary, thyroid, para thyroid, adrenalin and sex glands

Unit – V**12 Hours**

Nervous system: Brain – parts of the brain structure and functions of spinal cord – reflex arc. Peripheral nervous system and autonomic nervous system

Total Hours: 60 Hours**TEXT BOOK:**

1. Murugesan, Anatomy, Physiology and Health Education, Sports Publication, 2018.

REFERENCE BOOKS:

1. Chaurasiya, B.D. Human Anatomy, CBS publishing, Delhi, 1999
2. Chatterge, Chadicharen, Human Physiology (vol 1 & vol 2) Medical Allied agency, Calcutta, 2019.

THEORY OF TRACK AND FIELD

L	T	P	C
4	0	0	4

Learning Objectives

1. To understand the concept of Track and Field Marking and Officiating
2. To understand and apply various skills.
3. To promote knowledge and awareness of rules and regulation.

Learning Outcomes

1. Able to mark Track and Field and Officiate
2. Able to give seeding and Heats in Track and Field. Combined Events.
3. Design and practice the new methods of technique of officiating.

UNIT I**12 Hours**

History of Athletics: World and India - National and International Governing Body - Structure and Function - Meaning and types of Track and Field events.

UNIT II**12 Hours**

Marking and Measurements of Non Standard Track, Standard Track and Field Events

UNIT III**12 Hours**

Marathon Race -Cross Country- Road Running- Mountain Running-Race Walking

UNIT – IV**12 Hours**

Combined Events –Triathlon- –Pentathlon-Heptathlon-Decathlon- Rules and Interpretation

UNIT V**12 Hours**

Rules and Interpretation of Track and Field Events – Duties of Officials in Track and Field Events. Methods of arranging Seeding and Heats in Track and Field Events – Score Sheets for Track and Field Events,

Total Hours: 60 Hours**TEXT BOOK:**

1. Govindarajulu & Rakesh Gupta, Layout and Marking of Track and Field, Friends Publication, New Delhi, 2010.
2. Pradeep K Biswal, Theory of Sports and Games, Sports Publication, New Delhi, 2017.

REFERENCE BOOKS:

1. Authors Guide, IAAF Competition Rules 2017-2018, IAAF Publishing, Monaco Cedex, 2017.
2. Brar T.S, Track And Field (Officiating Techniques), Friends Publications, 2004.
3. Parmod Kumar Sethi, Sports Coaching & Officiating, Sports Publications, New Delhi, 2015.

ENVIRONMENTAL STUDIES

L	T	P	C
4	0	0	4

Learning Objectives

1. Promote the knowledge of our environment
2. Create awareness among youth, various health problems due to environmental pollution
3. Able understand the importance of environment and to create good environment.

Learning Outcome

1. Able to explain and understand the concepts of Environmental studies
2. Able to interpret and identify the Environmental Science problems

UNIT I**12 Hours**

Environmental Science: Definition, Scope, Need and Importance of environmental studies. Concept of environmental education, Historical background of environmental education, Celebration of various days in relation with environment.

UNIT II**12 Hours**

Plastic recycling & probation of plastic bag / cover. Role of school in environmental conservation and sustainable development.

UNIT III**12 Hours**

Natural Resources and related environmental issues: Water resources, food resources and Land resources.

UNIT IV**12 Hours**

Definition, effects and control measures of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution. Management of environment and Govt. policies, Role of pollution control board.

UNIT V**12 Hours**

People and Environment: People and environment interactions, Sources of pollution, Pollutants and their impact on human life, exploitation of natural and energy resources, Natural hazards and mitigation.

Total Hours: 60 Hours**TEST BOOKS:**

1. Agrawal, K.C., Environmental biology. Bikaner: Nidhi Publishers Ltd., 2001
2. Desai, Neera and M. Krishnaraj, Women and Society in India, Delhi: Ajanta, 1998.

REFERENCE BOOKS

1. Frank, H. &Walter, H., Turners school health education. Saint Louis: The C.V. Mosby Company, 1999.
2. Nemir, A., The school health education. New York:Harber and Brothers, 2018.
3. Odum, E.P. Fundamental of ecology. U.S.A.: W.B. Saunders Co., 2000.

RECREATION AND CAMPING IN PHYSICAL EDUCATION

L	T	P	C
4	0	0	4

Learning Objectives

1. Recreation in the form of group activities.
2. Recreation is that it gives you the opportunities to spend time with yourself.
3. Encourage an attitude of sportsmanship, increase learning and enjoyment of recreational skills in the out of doors.

Learning Outcomes

1. Focus on the students what the student will be able to do by the end of the programme.
2. Students are confident and involved learners.
3. Students are connected with and contribute to their world.
4. Students have a strange sense of indentify.
5. Identify the noun or thing you want students to learn.

Unit – I**12 Hours**

Introduction to Recreation: Definition, Scope and Significance of recreation – importance of recreation in physical education. Philosophy and Object, Relationship of Play, work, leisure and recreation, Historical Development of Recreation. Types of Recreation – Passive, active, emotional creative recreation.

Unit – II**12 Hours**

Organization and Administration of Recreation Agencies Offering Recreation: Agencies offering recreation – Home, Government, Voluntary – Private and Commercial agencies – Rural, Urban and Community and Industrial Recreation – equipment and their maintenance.

Unit – III**12 Hours**

Programme Planning in Recreation: Type of Recreational Activities – Indoor and Outdoor games, Arts and Crafts. Drama, Music, Hobbies, Aquatics, dance, hiking, evaluation of Programme.

Unit – IV**12 Hours**

Leadership: Leadership and Techniques of Leadership - Types of Leaders and their qualifications.

Unit – V**12 Hours**

Camping: Scope and Significance of Camping, types of Camps – Selection and lay – out of campsites. Organization and administration of Camps, Leadership and Supervision, Camp programme and activities, Evaluation of Camp work.

Total Hours: 60 Hours**TEXT BOOK:**

1. Witt, and Goodalae, **Recreation and Leisure**, Venture Publishing, Pennsylvania, 1998

REFERENCE BOOKS:

1. Rubin, R.,) **Book of Camping**, N.V. Assn Press, 1999.
2. Royappa, D.J. and Govindarajulu, L.K. **Camping and Education**, Jupter Press Private Ltd, Madras, 1998.
3. Anderson, J.M., **Industrial Recreation**, McGraw – Hill Book Company, Inc, London, 1997
4. Butler G.D., **Introduction of Community Recreation**, McGraw – Hill Book Company, Inc., London, 1998

EXERCISE PHYSIOLOGY AND NUTRITION

L	T	P	C
4	0	0	4

Learning Objectives

1. Is fostering physical education and the teaching how to implement it in social, professional, physical and recreational activities.
2. Is to develop a comprehensive outlook of an individual with a strong civic position, moral, qualities, sense of responsibility, an independent initiative, tolerant person who is able to successfully socialize and to use different forms of physical education and sports in daily life to protect his or her our health and promote effective professional activities.

Learning Outcomes

1. Demonstrate the ability to administer and interpret health appraisals, fitness and clinical exercise testing.
2. Describe and understand issues involved with patient management and medications.
3. Design and monitor exercise prescriptions and fitness programming.
4. Demonstrate knowledge of show ability to carry out the research process in a collaborative environment.
5. Utilize the nutrition care process to deliver state of the art safe and effective nutrition care.
6. Engage in advocacy on issues that affect public health and nutrition policy.

UNIT I**12 Hours**

Muscular Contraction And Exercise: Properties and composition of voluntary muscles. Minute structure of voluntary muscle. Sliding Filament Theory of Muscular Contraction- Conditions affecting muscular contraction.

UNIT II**12 Hours**

Effect of Exercise on Human Body System: Effect of exercise on: Muscular system, Circulatory system – Respiratory system.

UNIT III**12 Hours**

Effect of Exercise on Human Body System: Effect of exercise on: Nervous system- Digestive system - Endocrine system.

UNIT IV**12 Hours**

Basic Food Group: Carbohydrates, Fats and Protein as a source of fuels. Vitamins - Fat-soluble and Water soluble- Minerals. Balanced diet. Importance of water in an athletic diet.

UNIT V**12 Hours**

Sports Nutrition: Diet for sports competition- supplement to the daily diet. Vitamins, Minerals, Fluids. Electrolyte replacement, Carbohydrate loading, Protein loading, Calcium and iron supplement. Pre-event meal. Time for pre-event meal, Alternate eating pattern, Foods to avoid. Exercise and weight control, Crash dieting, Weight Control.

Total Hours: 60 Hours**TEXT BOOK:**

1. Amrit Kumar, Introduction to Exercise Physiology, Chennai: Poompugar Pathipagam, 2000.

REFERENCE:

1. Clarke, D.H., Exercise Physiology. New Jersey: Prentice Hall Inc., 2001.
2. David, L Costill, Physiology of Sports and Exercise. New Jersey: Human Kinetics, 2004.
3. Fox, E.L.,& Mathews, D.K, The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing, 1998.
4. Gayton A.C, Functions of the Human Body. London: W.B. Saunders & Co., 1999.
5. Guyton, A.C, Textbook of Medical Physiology. Philadelphia: W.B. Sanders co, 1997.

THEORY OF GAMES – I
(Hockey, Basketball, Handball, Kabaddi and Badminton)

L	T	P	C
4	0	0	4

Learning Objectives

1. To understand and apply various skills.
2. To know about the various games in detail
3. To promote knowledge and awareness of rules and regulation.

Learning Outcomes

1. Know the fundamental of all the games and sports.
2. Preparing the students for the competition.
3. Understand the rules of all the games and sports.
4. Official's duties and nature of the work.
5. Classify the students according for various games and sports.

UNIT I**12 Hours**

Prerequisites of an Official: Qualification and Qualities of officials, Philosophy of Officiating in the above listed four games.

UNIT II**12 Hours**

History and Organizational Setup: History and Development, International, national level organizational setup, Major Tournaments and Trophies in the above listed four games.

UNIT III**12 Hours**

Principles and Mechanism of Officiating: General principles of officiating - Duties and powers of officials - Mechanism of officiating in the above listed four games.

UNIT IV**12 Hours**

Dimensions of Play Field: Measurements of play fields of the above listed five games.

UNIT V**12 Hours**

Rules and their Interpretations Rules of the following games and there in the above listed four games.

Total Hours: 60 Hours**TEXT BOOK**

1. Buck .H.C, Rules of Games and sports, New Delhi: YMCA Publishing House, Masse Hall, 2013.

REFERENCES:

1. Anand, R.L, Play Field Manual Patiala: NIS Publication, 2001.
2. Authors Guide, Rules of Games and Sports, New Delhi: YMCA Publishing House, 2002.
3. Authors Guide, Rules of Games and Sports, New Delhi: YMCA Publishing House, 2002.
4. Ashok Kumar, Hand Ball, New Delhi: DPH Publishers, 2004.
5. Authors Guide, FIBA Official Basket Rules, Munich, Germany, 2014.
6. Balwinder Kaur, Officiating and Coaching, Sports Publication, New Delhi, 2015
7. Bonder, J.B, How to be a Successful Coach. New York: Prentice Hall, 1998.
8. Buck H.C. Rules of Games and sports, New Delhi: Y.M.C.A Publishing House, 2001.
9. Claime Michal, Taverna, Field Hockey – Techniques, Tactics, London, 2009
10. Elizabet Ander, Field Hockey – Steps to Success, London: Human Kinetics, 2009.
11. Vinod marotrao Bali, Officiating and Coaching, Sports Publication, New Delhi, 2015.

TEST, MEASUREMENT AND EVALUATION

L	T	P	C
4	0	0	4

Learning Objectives

1. Administer a variety of tests as they apply to physical education, health and fitness.
2. Analyze and evaluate various fitness movements
3. Create interest in research through test and measurement

Learning Outcomes

1. Understand the basics of Test, Measurement and Evaluation in physical education,
2. Know about the different types of test for different sports and games.
3. Apply the tests in minor research areas.
4. Analyze the performance and movements in the field of sports.
5. Evaluate the battery test and others tests prescribed by the government efficiently.

UNIT I**12 Hours**

Introduction to Test, Measurement and Evaluation: Meaning and Definition of test, measurement and Evaluation. Need and importance of test and measurement in physical education.

UNIT II**12 Hours**

Criteria and administration of test: Criteria of test, scientific authenticity (reliability, objectivity - validity - availability of norms). Administrative feasibility and educational application. Administration of test: advance preparation - Duties during testing - Duties after testing.

UNIT III**12 Hours**

Fitness Test: Physical fitness test: AAHPERD Health-Related Fitness Battery (revised in 1984) - Roger's physical fitness Index. Cardio vascular test: Harvard step test, 12 minutes run test, Multi-stage fitness test (Beep test). Motor Fitness: Indiana. Motor Fitness Test (For elementary and high school boys, girls, and College Men), JCR test. SDAT World Beaters Battery Test (For VI, VII & VIII Standard School Boys and Girls)

UNIT IV**12 Hours**

Sports Skill Test: Badminton - Miller wall volley test – French short service test. Basketball - Johnson Basket ball test – Leilich Basketball test. Cricket: Sutcliff Cricket test. Hockey - Friedal field Hockey test.

UNIT V**12 Hours**

Sports Skill Test: Sports Skill Test: Football - Johnson soccer test – McDonald soccer test. Tennis - Dyer Tennis test. Volleyball - Brady volley ball test – Russell Lange Volleyball test.

Total Hours: 60 Hours

TEXT BOOK

1. Clarke H. Harison and David H. Clarke, (2004) Application of measurement to Physical education, 2004.

REFERENCES:

1. Barrow, and McGee, R., A Practical Approach to Measurement in Physical Education, Philadelphia, Lea and Febiger, 2004.
2. Bovard, J.F., Cozens, F., W. & Hagman, P.E, Test and Measurements in Physical Education, Philadelphia: W.B. Saunders Company, 1999.
3. Campbell, W.R. & Tucker, N.M., An Introduction in Physical Education, London : G.Bell and Sons Ltd, 1998
4. Getchell B., Physical Fitness A Way of Life, John Wiley and Sons, New York, 2000, 2nd ed.
5. Cureton, T.K., Physical Fitness Appraisal and Guidance, St.Louis : The Mosby Company, 1998.
6. Hunsicker, P.A. & Montoye, H.J., Applied Test and Measurements in Physical Education, New York: Prentice Hall Inc, 2000.
7. Luc Leger, Testing Physical Fitness, Eurofit Experimental Battery Provisional Handbook, UK, Strasbourg, 2001.
8. Meyers, C.R. & Belsh, E.T., Measurement in Physical Education, New York: The Ronald press Company, 2000.

BASIC STATISTIC IN PHYSICAL EDUCATION

L	T	P	C
4	0	0	4

Learning Objectives

1. Motivate in students an intrinsic interest in statistical thinking.
2. Instill the belief that Statistics is important for scientific research.
3. Provide a foundation and motivation for exposure to statistical ideas subsequent to the course

Learning outcome

1. Distinguish between different types of data
2. Understand the basic framework of research process.
3. Understand the classification of research.
4. Identify various sources of information for literature review and data collection.
5. Know how to organize, manage, and present data.
6. Use and apply a wide variety of specific statistical methods.

Unit – I**12 Hours**

Meaning and definition of Statistics Need and Importance of Statistics in physical education - Types of Statistical process - Data - Types of data - Organization of data – construction of frequency table advantages and disadvantage of computing frequency table.

Unit – II**12 Hours**

Measure of Central tendency – meaning and definition of Mean, Median and mode. Computation of grouped and ungrouped data. Specific Characteristics of MCT.

Unit – III**12 Hours**

Measure of Variability – meaning and definition of Range, mean deviation, Standard Deviation, Quartiles Deviation. Computation of grouped and ungrouped data – Specific Characteristics of Measure of Variability.

Unit – IV**12 Hours**

Measure of relative Position – Percentiles – Deciles and quartiles. T Scale, Hull Scale, Z scale and 6 sigma scale. Normal Curve – probabilities of normal curve Skewness and Kurtosis.

Unit – V**12 Hours**

Meaning of Correlation – Types of correlation. Computation of co-efficient of correlation and rank order correlation.

Total Hours: 60 Hours**TEXT BOOK**

1. Garrett. E. Henry, Statistics in Psychology and Education. Bombar valalls Foffar and summons Pvt. Ltd, 1999.

REFERENCE BOOKS:

1. John W. Best & Research H. Clarke, Research in Education 1959, Prentice hall Inc, 1999.
2. Harison Clarke, David H. Clarke, Research Process in Physical Education and Health” Englewoon Cliff, New Jercey, Prectice Hall Inc, 2000.
3. Kamalesh, M.C. Methology of Research in Physical Education and Sports, New Delhi: Metropolitan Book Co. Pvt, 1998.
4. Balbir Sing Sindu, Methodology of Research in Evaluations Bangalore sterling Publishers Pvt, 2000.
5. S.C. Gupta, Fundamentals of Statistics, Himalayas Publishing House, 1998.

KINESIOLOGY AND BIO-MECHANICS

L	T	P	C
4	0	0	4

Learning Objectives

1. Know the scientific principles of body movements
2. Know the mechanical analysis of sports
3. Know the importance of kinesiology and biomechanics to Physical Education teacher, athletes and coaches.

Learning Outcomes

1. Analyze and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise.
2. Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
3. Know effectiveness of human movement using mechanical principles.

Unit – I**12 Hours**

Introduction: Meaning and Definition kinesiology. Aim and objective of Kinesiology. Importance of Kinesiology in Physical Education and sports. Role of Kinesiology in Physical Education and sports.

Unit – II**12 Hours**

Joints: Classification of joints. Fundamental Movement of joints. Axis and planes. Fundamental anatomical and kinesiological positions: Line of pull - Angle of pull. Human skeleton (front and back) view.

Unit – III**12 Hours**

Bio-Mechanics: Meaning, Definition and Need and importance of Bio-Mechanics in the field of Physical Education and Sports. Branches of mechanics - Definition of scientific principles: Distance and Displacement - Speed and Velocity - Acceleration and Its Types.

Forms of motion: Center of gravity - Line of gravity - Balance - Stability

Unit – IV**12 Hours**

Law of Motion and its Types - Newton's Laws of Motion - Equilibrium and its Types - Force – Spin or Magnus Force and its Types - Levers and its types

Unit – V**12 Hours**

Bio-Mechanical Analysis of Fundamental Movements: Running - Jumping – Throwing - Pulling or Pushing - Catching

Total Hours: 60 Hours**TEXT BOOK**

1. Rout M, Kinesiology and Bio Mechanics, Sports Publication, New Delhi, 2017.
2. Mahaboobjan A, Kinesiology and Biomechanics, Khel Sahitya Kendra, New Delhi, 2010.

REFERENCES:

1. Jogishwar Goswami, Essential Tips Basic Kinesiology, Friends Publications, New Delhi, 2007.
2. Piyush Jain, Kinesiology, Care of Athletic Injuries and Health Education, Khel Sahitya Kendra, New Delhi, 2009.

SPORTS TRAINING

L	T	P	C
4	0	0	4

Learning Objectives

1. Understand the fundamental concepts of sports training.
2. Fix and adopt the training load
3. Prepare the sports person for the competition

Learning Outcomes

1. Understand training as performance based science
2. Explain different means and methods of various training
3. Prepare training schedule for various sports and games
4. Appraise types of periodization for performance development
5. Create various training facilities and plans for novice to advance performers

UNIT I**12 Hours**

Sports Training: Meaning, Definition, Characteristics and Principles – Training Load: External and Internal Load - Principles of Training Load – Overload: Symptoms and Tackling – Periodization : Types, Aims and Content of Various Periods – Preparatory, Competition and Transition – Plan: Short term and Long term

UNIT II**12 Hours**

Warming Up: Definition – Types – Importance of Warming Up – Types of Sports Training and their Purpose: Weight Training (Free Weight and Machine Weights) – Circuit Training – Interval Training – Plyometric Training - Fartlek Training – Swiss Ball Training – Medicine Ball Training – Cross Training.

UNIT III**12 Hours**

Strength - Definition of strength - Types of Strength: Maximum strength, explosive strength, strength endurance, general strength, specific strength, relative strength. Importance of strength- Factors determining strength- Training method for strength improvement - Loading procedure for strength training.

UNIT IV**12 Hours**

Speed - Definition of speed - Forms of speed, reaction speed, movement speed, acceleration ability, loco-motor ability. Speed endurance - Factors determining speed performance - Training methods for increasing speed.

UNIT V**12 Hours**

Endurance: Definition – Types – Importance – Training Methods for improving Endurance – Coordinative Abilities: Definition – Types and Training Methods for Improving Coordinative Abilities – Flexibility : Definition – Types - Methods for Improving Flexibility.

Total Hours: 60 Hours**TEXT BOOK**

1. Hardayal Singh, Sports Training NSNIS, Patiala, 2005.
2. Mahaboobjan & Viswejan, Sports Training, Khel Sahitya Kendra, Delhi, 2010.

REFERENCES:

1. Authors Guide, Rules of Games and Sports, YMCA Publishing House, New Delhi, 2002.
2. Gangopaddhayoy, Encyclopaedia of Sports Training, Sport Publication, Delhi, 2008.
3. Jadhav K.G, Principles of Sports Training, Khel Sahitya Kendra, Delhi, 2010.
4. Klafs & D,Arnheim, Modern Principles of Athletic Training, C. V. Mosphey Company, St.Louis, 2000.

SPORTS PSYCHOLOGY AND EDUCATION PSYCHOLOGY

L	T	P	C
4	0	0	4

Learning Objectives

1. To know and to understand the sportsperson behavior.
2. To know the various psychological factors affecting sport performance.
3. Psychologists working in the field of education study how people learn and retain knowledge.

Learning Outcomes

1. Reflect upon motivational psychology as applied to sports activities
2. Formulate relevant constructs of exercise psychology
3. The aims and ideals of education are set by philosophy. Education psychology helps in realizing these goals and ideals.
4. Today's educational system is highly complex. There is no single learning approach that works for everyone.
5. Educational psychologists apply theories of human development to understand individual learning and inform the instructional process.

Unit – I**12 Hours**

Meaning and Definition of Psychology and meaning of Sports Psychology and its important - Basic consideration in motor learning and performance

Unit - II**12 Hours**

Perception – Definition of perception, sense of perception-Vision-Kinesthesia-Tactile. Factors Affecting Perception.

Unit – III**12 Hours**

Personality: Meaning, Definition of Personality - Types of personality - Effects of Personality on Sports Performance. Aggression: Meaning and Definition, Aggression and Sports Performance. Self Concept: Meaning and Definition

Unit - IV**12 Hours**

Motivation – Definition – Types of Motivation. Emotional Effects – Tension - Anxiety - Stress.

Unit – V**12 Hours**

Learning Process – Theories of learning– Trial and error learning, Conditioned Response theory and Insightful learning theory. Laws of Learning- Readiness, Exercise, Effect, Frequency, Regency and Intimacy. Learning curve. Kinds of Learning – Primary, Associate and concomitant learning.

Total Hours: 60 Hours**TEXT BOOK**

1. Thelma Horn, Advances in Sports Psychology. Human Kinetic, 2002.
2. Satyanarayan V, Sports Psychology and Sociology, Sports Publication, 2018.

REFERENCES:

1. Authors Guide, National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, National Council of Educational Research and Training Publication, New Delhi, 2013.
2. Jay Coakley, Sports in Society - Issues and Controversies in International Education, Mc-Craw, 2001. Seventh Ed.
3. John D Lauther, Psychology of Coaching. Prentice Hall Inc, 2000.
4. Jain, Sports Sociology, Heal SahetyKendre Publishers, 2002.
5. John D.Lauther, Sports Psychology. Englewood, Prentice Hall Inc, 1998.

THEORY OF GAMES – II
(Football, Cricket, Volleyball, Kho-Kho and Tennis)

L	T	P	C
4	0	0	4

Learning Objectives

1. To understand and apply various sports and games skills.
2. To promote knowledge and awareness of rules and regulation.
3. To know about the various games in detail

Learning Outcomes

1. Know the fundamental of all the games and sports
2. Understand the rules of all the games and sports.
3. Preparing the students for the competition.
4. Classify the students accordingly for various games and sports.
5. Design and practice the new methods of technique and training.

UNIT I**12 Hours**

Prerequisites of an Official: Qualification and Qualities of officials, Philosophy of Officiating in the above listed four games.

UNIT II**12 Hours**

History and Organizational Setup: History and Development, International, national level organizational setup, Major Tournaments and Trophies in the above listed four games.

UNIT III**12 Hours**

Principles and Mechanism of Officiating: General principles of officiating - Duties and powers of officials - Mechanism of officiating in the above listed four games.

UNIT IV**12 Hours**

Dimensions of Play Field: Measurements of play fields of the above listed five games.

UNIT V**12 Hours**

Rules and their Interpretations Rules of the following games and there in the above listed four games.

Total Hours: 60 Hours**TEXT BOOK:**

1. Perinbaraj Bevinson, Play Field: Dimensions and its Requirements, Vinsi Publications, Karaikudi, 2003.

REFERENCE BOOKS:

1. Anand, R.L., Play Field Manual Patiala: NIS Publication, 1998.
2. Ashwin Shaw, Cricket manual, New Delhi: Luther worth Publishers, 2001.
3. Authors Guide, Rules of Games and Sports, New Delhi: YMCA Publishing House, 2002.
4. Buck .H.C, Rules of Games and sports, New Delhi: YMCA Publishing House, Masse Hall, 2000.
5. Bunn, J. W., The Art of officiating Sports, Prentice Hall, Englewood Cliff, 1997.
6. Bunn, J.W., The Basketball Coaches' Guide to Success, Prentice Hall, 1998.
7. Hardayal Singh, Sports Training - General Theory and Methods. NSNIS, 2005.
8. Saggar S.K, Play better Volleyball, New Delhi: Kay Kay Printers, 1994.
9. Tan Poin, coaching youth cricket, London: Human Kinetics, 2009.
10. Vinod marotrao Bali, Officiating and Coaching, Sports Publication, New Delhi, 2015.

SPORTS FIRST AID

L	T	P	C
4	0	0	4

Learning Objectives

1. Apply various concepts of First Aid.
2. Understand the concepts of bandages and wounds
3. Recognize possibilities of sports Injuries and its management

Learning Outcomes

1. Able to understand the concepts of First Aid.
2. Able to do various bandages and wounds
3. Able to identify and recognize possibilities of sports Injuries and its management.

UNIT I**12 Hours**

Principles and practice of first aid for sports injuries – PRICE - aims of first aid - the responsibility of the first aider - action at emergency. Cardiopulmonary resuscitation - CPR for adults - CPR for children's – rules of first aid.

UNIT II**12 Hours**

First aid techniques; dressing - types of dressing, application of dressing, bandages - types of bandages, tying the bandages - slings and its uses, different types of slings, applying the sling for different parts of the body according to the area.

UNIT III**12 Hours**

First aid for different type of wounds, abrasions wound, incision wound, contused wound, lacerated wound, punctured wound and gunshot wound - Complications of wounds - Bleeding its types and its management - First aid for asphyxia.

UNIT IV**12 Hours**

Fractures its types and its first aid management - First aid for fractures of spine, skull, collar bone, lower jaw, rib, humerus, forearm, hand, fingers, pelvis, femur, leg and foot - First aid for muscles and tendons injuries cramps, sprain and strain.

UNIT V**12 Hours**

Care and prevention of sports injuries - protective equipments for sports - technical factors in overuse injuries. Emergency First aid Response, Emergency care of patient with suspected spinal cord injury.

Total Hours: 60 Hours**TEXT BOOK**

1. Authors Guide, First aid to the injured, St.Johns Ambulance, Chennai., 2007.

REFERENCE

1. Baker, The Hughston Clinic Sports Medicine Book, 2008.
2. Williams & Wilkins Lillegard, Butcher & Rucker, Handbook of Sports Medicine: A symptom Oriented, 2009.
3. Reed, Sports Injuries – Assessment and Rehabilitation, 2007.
4. W.B.Saunders. Richard B. Birrer, Sports Medicine for the primary care Physician, CRC Press, 2005.
5. Stephen Eustace, Ciaran Johnston, Pat O'Neill, John O'Byrne, Sports injuries examination, imaging and management, 2005.

MODERN TRENDS IN PHYSICAL EDUCATION

L	T	P	C
4	0	0	4

Learning Objectives

1. Understand the Modern Trends in physical Education.
2. To understand knowledge about various organ involve in sports.
3. To give clear idea about Nutrition, Aerobic and Anaerobic activity.

Learning Outcomes

1. Analyze the guidance's of using modern technical sports equipment.
2. To learn construction new playfield in various game.
3. Prepare the Nutrition chart for sports player.

Unit - I**12 Hours**

Introduction: Concept of Physical Education - Physical Education Programme in School and College - Course Content for Academic and Professional Courses.

Unit - II**12 Hours**

Health: The Health Benefits of Physical Activity - Physical Inactivity for Health – Cardiovascular Disease – Blood Pressure – Hypertension – Blood cholesterol – Obesity and diabetes. Drugs Addition and its Management - Fitness for special population.

Unit - III**12 Hours**

Fitness: Age category of pupils and selection of activities - Talent Identification in Sports and Games.

Unit - IV**12 Hours**

Nutrition: Calculating your Daily calorie Expenditure. Nutrition in Sports - Aerobic and Anaerobic events - Pre meal and post meal for competition period.

Unit - V**12 Hours**

Modern Trends in Play Field: Play area – synthetic track – turf field – flex surface – Grass field- wooden surface. Equipment – Playing and protective Equipment. Indoor stadium - structure and facilities – flood light matches.

Total Hours: 60 Hours**TEXT BOOK:**

1. Bucher, Charles A. and Wuest, Deborah A, Foundations of Physical Education and sport. (11th edn.) New Delhi: B1 Publication Private Limited, 2000.

REFERENCE BOOKS:

1. Gangopathyay, Physical Education Today and tomorrow Delhi: French Publication, 1998.
2. Theibert, P. Richard and Ezersky, Euyene M., Facilities in sports and Physical Education Saint Louis: The C.V. Mosby Company, 1996.
3. Stotlar, David. K and Wulker, Marcia. L., Sport Facility management, Bostan: James and Bartlett Publishers, 1997.

SCIENCE OF YOGA EDUCATION

L	T	P	C
4	0	0	4

Learning Objectives

1. To understand and apply the underlying concepts of Yoga
2. To promote knowledge and awareness of skeletal alignment and body mechanics, emphasizing a safe and intelligent use of the body
3. To cultivate breath control, relaxation techniques and kinesthetic awareness

Learning Outcomes

1. Understand the basic Concepts of Yoga
2. Apply the principles of Yoga to live healthy and active life style.
3. Promote the awareness of health through yoga
4. Analyze the techniques and of body posture to bring out healthy change.
5. Able to execute loosening exercise, Asanas, Pranayama and Shatkriyas.

Unit – I**12 Hours**

Fundamentals of Yoga Education: Yoga – Meaning –Definition – Need and Important – Aim and Objective – Philosophy of Yoga –Suryanamaskar –Astanga Yoga – Modern Development in Yoga,

Unit – II**12 Hours**

Yoga Life Style: General Life Style Considerations – Physical, Mental, and Emotional, yoga practice for different stage of life, yoga practice for different kind of disease – diabetic, asthma, headaches, obesity, hypertension and mental illness.

Unit – III**12 Hours**

Physiology of Yoga: Definition and meaning of bandhas – mudras – viparitarani – satkriyas – nadis – ida, pingaiab and sushumna, chakras and kundalini shaki.

Unit – IV**12 Hours**

Yoga in Psychology: Mind – origin of mind – types of mind, powers of mind unfolding latest power of mind – consciousness - sub- consciousness – unconsciousness - super consciousness.

Unit – V**12 Hours**

Practical with Theory: Surya namaskar - Standing, sitting, supine and prone position asana types – Pranayama - Shat kriyas.

Total Hours: 60 Hours**TEXT BOOK**

1. Jayanthy Anandapadmanban, Science of Yoga, Yoga Publication, 2006.

REFERENCE BOOKS:

2. Rishi Vivekananda, Practical Yoga Psychology, Yoga Publication Trust, 2006.
3. Mangal S.K, Psychological Foundation of Education, Prakash Brother, 1997.
4. Iyenkar BKS, Light on Yoga: unwin – paper backs, 1999.

GUIDANCE AND COUNSELING

L	T	P	C
4	0	0	4

Learning Objectives

1. Distinguish between guidance and counseling
2. Understanding the personality development and communication skills.
3. Know the qualities required for good counseling.
4. Find effective solutions to their daily problem

Learning Outcomes

1. To know the basic concept of guidance and counseling.
2. Analyze the guidance's on personality development.
3. Know about the Fundamental of career rules.
4. Able to analyze the art of speaking and presentation.
5. Knowledge to develop Time Management.

UNIT - I**12 Hours**

Personality Development: Concept of Personality - Self Esteem – Guidelines on Personality -Developing Good Personality

UNIT – II**12 Hours**

Fundamental of Career Rules: Psychological Position - Better Human Relations - The Management - Qualities of Leaders

UNIT -III**12 Hours**

Communication Skills: Meaning of Communication - Basics of Communication - Theories of Motivation - Communication Goals.

UNIT -IV**12 Hours**

Students Counseling: Counseling and Psychology - Objectives and Scope of Student Counseling - Level of Counseling - Kinds of counseling techniques.

UNIT – V**12 Hours**

Preparation & Presentation: Outline of your Speech and Effect of Pleasant Voice - Analyzing the Occasion and The Audience and their Psychology - Speech Plan - Art of Speaking and Presentation Techniques.

Total Hours: 60 Hours**TEXT BOOK:**

1. S. Nagewara Rao, Guidance and Counseling, Discovery Publishing House, Delhi, 2004.

REFERENCES BOOK:

1. Abraham R., Personality Development, Communication Skills and Public Speaking, Saint Catherine Press, Chennai, 1997.
2. Guidance and Counseling in India, Atlantic Publication, New Delhi, 2013.

SPORTS PHYSIOTHERAPY

L	T	P	C
4	0	0	4

LEARNING OBJECTIVES

1. Gain knowledge about Physiotherapy, Massage, Hydrotherapy, Electrotherapy and Therapeutic Exercise
2. Know to idea how can overcome in sports injuries in play field.
3. To understand how to use physiotherapy equipment such as Hydrotherapy, Electrotherapy, etc....,

LEARNING OUTCOMES

1. The goal of the course is to supply comprehensive, individually centered training that prepares the college students for supplying a great physiotherapy care to the patients .
2. Ability to collect expertise on Basic Medical sciences, Human Movement Sciences, Various Medical Conditions and Surgical Treatments to identify Psychological, Social, Economical, Cultural factors of illnesses and it's have an impact on on community.
3. Ability to analyze and interpret physical evaluation and diagnosis and set fabulous short and long term desires.

Unit – I**12 Hours**

Introduction: Meaning of Physiotherapy –Role of physiotherapy in protection – Expectations from physiotherapist and patients - Physiotherapy principles guides our practice.

Unit - II**12 Hours**

Massage: Massage –Origin – meaning – definition – Principles of Massages - Physiological Benefits of Massage. – Contradictions of Massage, Guidelines for massage, Massage Helps. Swedish Massage and its Classification.

Unit – III**12 Hours**

Hydrotherapy Meaning – treatment method – precaution – advantage and disadvantage of cryotherapy, Thermotherapy, Hot pack, Whirlpool bath and Wax bath – contrast bath.

Unit – IV**12 Hours**

Electrotherapy: Meaning –treatment method –precaution –advantage and disadvantage of –infra –red rays, Ultra – violet rays, Ultra – sound waves, shortwave diathermy and Microwave diathermy.

Unit – V**12 Hours**

Therapeutic Movement: Voluntary Movement – Free Exercise & its Classification – Assisted Exercise – Assisted Resisted Exercise – Resisted Exercise – Resistances.

Involuntary Movement - Reflex Movement – Reflex Arc – Stretch Reflex – Righting Reflex – Postural Reflex and Passive Movement.

Total Hours: 60 Hours**TEXT BOOK:**

1. Dolan, Treatment and Prevention of Athletic injuries, The interstate Danville, Illionis, 2007.

REFERENCE BOOKS:

1. Adolphe Abraham, The Human Machine, penguin Books Pelican Medical Series, 1996
2. Ajmer Singh. Essentials of Physical Education, 2008.
3. Edward Donald, Physiotherapy, Occupational therapy and Gymnastics.” London Publishers, 2016.
4. James A. Gould III – Orthopedic and Sports George j. Davis – Physical therapy C. V. Mosby Company, Toronto, 1996.
5. Dr. Shyamanand, Upkar Guide for NET/ JRF/ SET in Physical Education, 2018.

OLYMPIC MOVEMENT

L	T	P	C
4	0	0	4

Learning Objectives

1. To know the origin and development of Olympic Movement.
2. To understand the Olympic symbol, ideals, objectives and values.
3. Provides the knowledge of different

Learning Outcomes

1. Understand the Educational and cultural values of Olympic movement.
2. Analyze the Modern Olympic Games and Rules of Eligibility for Competition.
3. Know about The organizational structure and functions of Para Olympic Games
4. Analyze the Achievement of India in Team Games and Individual Sports.

UNIT I**12 Hours**

Origin of Olympic Movement: The early history of the Olympic Movement, Philosophy of Olympic Movement, Goals of the Olympic movement, Educational and cultural values of Olympic movement.

UNIT II**12 Hours**

Ancient Olympic Games: Significance of ancient Olympics – Rules of eligibility for competition – Conduct of games, Awards – Decline and Termination of the ancient Olympics. Modern Olympics: The significant stages in the development of the modern Olympic movement. Rules of Eligibility for Competition – Conduct of Games.

UNIT III**12 Hours**

Olympic Ideals: Significance of Olympic Ideals, Olympic Symbol – Olympic Flag – Olympic Motto – Olympic Anthem – Olympic Emblem – Olympic flame and torches – Olympic Designations - Olympic protocol for member countries - Olympic Charter - Olympic code of Ethics - Olympism in action - Sports for All.

UNIT IV**12 Hours**

Different Olympic Games: The Organizational Structure, Aim, Objectives and Functions of Para Olympic Games, Summer Olympics, Winter Olympics, Youth Olympic Games. Election of host city – Location, sites and venues –Olympic Village – E Protocol (Use of Flag and Flame, Opening and Closing Ceremony – Victory, Medal, and Diploma ceremonies and Roll of Honour) – Disputes.

UNIT V**12 Hours**

Committees of Olympic Games: Governing Body: International Olympic Committee - Structure and Functions, National Olympic committees and their role in Olympic movement, Olympic commission and their functions, Rights and Eligibility for Competitors.

Total Hours: 60 Hours**TEXT BOOK:**

1. Ajmeer Sing, Jagdish Bans, Jagtar Sing Gill, Rachpal Singh Brar and Nirmaljit Kaur Rathee, Essentials of Physical Education, Kalyani Publishers, New Delhi 2004.
2. Osim Mohammad, Olympic Movement, Sports Publication, New Delhi, 2018.

REFERENCES:

1. Bill Mallon & Jeroen Heijmans, Historical Dictionary of the Olympic Movement, Scarecrow Press, 2011, fourth edition.
2. Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H., Olympic dreams: the impact of mega-events on local politics, Lynne Rienner, 2001.
3. Osborne, M.P., Magictree House Fact Tracker: Ancient Greece and the Olympics: A Nonfiction Companion To Magic Tree House: Hour of the Olympics. Random house books for young readers, New York, 2004.

HEALTH EDUCATION

L	T	P	C
4	0	0	4

Learning Objectives

1. To educating people about health.
2. To cultivate the desirable Health practice and health habits.
3. To provide a healthful environment for physical and mental growth.
4. To eradicate the disease through health drive programmes.
5. To develop Health consciousness in the school and in the community.

Learning Outcomes

After completing this course, the students will be able to

1. Understand about the concept of health and health education.
2. Understand about hygiene, nutritional aspects and prevention and control of communication and non communication diseases.
3. To look at the natural resource and related environmental issues.
4. Develop an understanding about the environment.

UNIT I**12 Hours**

Introduction: Health - Meaning, Definition and concepts - Factors influencing health - Health determinants, Heredity and environment. Health problems of India - Population and health - Environment pollution. Personal hygiene.

UNIT II**12 Hours**

School Health: Problems - Growth Stress of school planning Health instruction, Health appraisal follow up, Health service and supervision. Role of Physical Education Teacher in School Health Programmes.

UNIT III**12 Hours**

Infections: Causes of diseases - Mode of infection, spread of infection - Public health measure to combat infection - Public health administration - Sanitation - Water supply. Immunity - Prophylactic immunization - Programmes – AIDS Communicable diseases, Malaria, Typhoid, Cholera, Dysentery, Leprosy, Tuberculosis, STD, Polio, Tetanus Drug abuse - Alcohol, Smoking Family welfare - Sex education

UNIT IV**12 Hours**

Safety At Home: Environment and structure, Electrical connections, Bathrooms and Lavatory, Storing articles. Kitchen and Fire place, Storing medicines, Principles of movements in daily living.

UNIT V**12 Hours**

Safety at School and Physical Education: Safety at school structure and environment: Area, Surface, Building, Furniture and fixtures. School procedures and policies precautionary and emergency equipment. Collection of information: address of parents, hospitals and doctors, police, fire station, ambulance service. Safety in physical education and Sports: During Training and Competition, Dress and Safety equipment's. Principles of safety: in organizing Physical Education Classes, Demonstration and Competitions.

Total Hours: 60 Hours**TEXT BOOK**

1. Mangal, S.K. & Chandra, P.C., Health and Physical Education Ludhiana. R.D. Tandon Broth, 1999.

REFERENCES:

1. Dharmendra Prakash Bhatt, Health Education, Khel Sahitya Kendra, New Delhi, 2008.
2. Murugesh, Anatomy Physiology and Health Education, Sathya Publishers, Madurai, 2006.
3. Priyanka Narang, Teaching Health Education, Sports Publication, New Delhi, 2006.

SPORTS JOURNALISM

L	T	P	C
4	0	0	4

Learning Objectives

1. Sports Journalism deals with in coverage of sports events and personalities.
2. Sports Journalism is a highly specialized field and requires specialist knowledge.
3. Great observations skills.

Learning Outcomes

1. Describe and understanding issues involved with Sports Journalism.
2. Demonstrate knowledge of and show ability to carry out the research process in a collaborative Sports Journalism.

Unit – I**12 Hours**

Sports Journalism – Meaning, Need, Nature and Scope. Types, Aim and Objectives, Responsibilities, growth and development.

Unit – II**12 Hours**

Sports writing and reporting – Basic Principles, Basic of Athletic Reporting. Basics of Games Reporting, Interviews, Photos, News, Tit-bits.

Unit- III**12 Hours**

Editing- Techniques – Editor – sub editors. News Structure –Radio & T.V. Commentary.

Unit – IV**12 Hours**

Advertising and Newspaper Management.

Unit –V**12 Hours**

Ethics and Responsibilities of Sports Journalists: Ethics of Journalism and Sports Bulletins - Ethics of Journalism - Canons of Journalism - News, Information's and ideas - Journalism and Sports Education - Structure of Sports education - Compiling a bulletin - Types of bulletin - Hourly bulletins and special bulletin - External bulletins

Sports, Ethics and Reporting: Brief review of Olympic Games, Asian Games, Common Wealth Games and Indian Traditional games. - Sports Ethics and Sportsmanship - Sports as an integral part of physical education - Sports organization and sports journalism - General news reporting and sports reporting.

Mass Medias in Journalism: Radio and T.V. Commentary - Running commentary on the radio - Sports expert's comments - Sports review for the radio and T.V.

Total Hours: 60 Hours**TEXT BOOK**

1. Kamali, M.V, the Journalist handbook, New Delhi, Vikas Publishing House Pvt, 1998.

REFERENCE BOOK:

1. Ahiya, B.N., Theory and Practice of Journalism: Set to Indian Context Ed. 3, Delhi, Surjeet Publications, 1999.
2. Ahiya, B.N. and Choabra, S.S.A. Concise Course in Reporting Etc. Delhi, Surjeet Publications, 1999.
3. Bhaft, S.C., Broadcast Journalism Basic Principles, New Delhi, Har Anand Publications, 1998.

SPORTS MEDICINE

L	T	P	C
4	0	0	4

Learning Objectives

1. Understand about basic principle knowledge of Sports medicine.
2. Know to idea how can overcome in sports injuries such as prevention, management, rehabilitation of sports, exercise and physical activity related injuries and occupational problems.
3. Gain knowledge about Posture, Physiotherapy, Electrotherapy, Hydrotherapy, Therapeutic Exercise and First Aid Treatment

Learning Outcomes

1. To provide knowledge about the preventive measures of sports injuries.
2. To aware the sports person & athlete about the different kinds of injury in respect of different games.
3. It gives experience in sports pre participation and wellness, treatment of acute and chronic musculoskeletal injuries.
4. To perform appropriate physical examinations on patients.

Unit – I**12 Hours**

Introduction: Introduction of the terms sports medicine – definition – aim and objectives, need and importance of sports medicine. Preventive –curative & rehabilitative aspects of sports medicine.

Unit – II**12 Hours**

Athletic injury and management: Athletic injury and management – causes, sign and symptoms – immediate management of head injuries – shoulder injuries. Causes, sign and symptoms – immediate management of Arm and elbow joint injuries – wrist and hand injuries. Causes, sign and symptoms – immediate management of Knee, thigh, lower leg ankle and foot injuries.

Unit – III**12 Hours**

Rehabilitation: Meaning and definition of physical rehabilitation – goal of rehabilitation – various stages of rehabilitation – neck, shoulder. Various stages of rehabilitation Arm, elbow, wrist, hand. Various stages of rehabilitation hip, thigh, knee, leg, ankle and food.

Unit – IV**12 Hours**

Physiotherapy and injury management: Role of physiotherapy in injury management classification of massage manipulation. Physiological effect of various types of massage.

Unit – V**12 Hours**

Therapeutic modalities: Cryotherapy – ice and cold water, ice pack, ice massage and cold compration. Thermotherapy – contrast path, whirlpool path, hot water and vapor bath. Electrotherapy – infrared radiation – ultra violet – short way diathermy – micro ware diathermy – ultra sound – electrical stimulator – TENS.

Total Hours: 60 Hours**TEXT BOOK:**

1. Karpovich W.B, Physiology of Muscular Activity. Saunders Co, 2000.

REFERENCE BOOK:

1. Adolphe Abraham, The Human Machine, penguin Books Pelican Medical Series, 1996
2. Dolan, Treatment and Prevention of Athletic injuries, The interstate Danville, Illionis, 2007.
3. Edward Donald, Physiotherapy, Occupational therapy and Gymnastics.” London Publishers, 2001.
4. James A, Gould III Orthopedic and Sports George j. Davis – Physical therapy C. V. Mosby Company, Toronto, 1996.

DISABILITY AND INCLUSIVE EDUCATION

L	T	P	C
4	0	0	4

Learning Objectives

1. Benefits of Physical Education for persons with Disabilities
2. Know about classifications of Disability
3. Analyse adaptation of motor activities

Learning Outcome

1. Understand about classification of Disabilities.
2. Understand adopted games for disability persons.
3. Known the benefits of exercise for disability persons.

UNIT I**12 Hours**

Definition of Disabling Conditions - Benefits of Physical Education for persons with Disabilities - Recreational Sports Opportunities, Competition Opportunities - Special Olympics, Paralympics and Deaflympics.

UNIT II**12 Hours**

Classification of Disability: Visual, Auditory, Neuromuscular, Orthopedic - Cardiovascular, Respiratory, Mental, Emotional. Adapted Physical Education Activities - Specific Guidelines for: Visual Impairment, Hearing Impairment, intellectually challenged, Orthopedically Handicapped.

UNIT III**12 Hours**

Adaptation of Motor Activities – Principles for Adaptation of Motor Activities – Facilities and Equipment for different disabilities. Orientation on Facilities and - Types of Equipment- Minimum equipment, Additional Equipment, Evaluation Equipment. Leisure, Recreation and Sports Facilities for persons with disabilities.

UNIT IV**12 Hours**

Adapted Games for Persons with Disability: Rules of Adapted games and Class Management – Adapted Games for the blind: Adapted Volleyball, Kabaddi, Tennis, Table Tennis and Adapted minor games and Track and Field events. Teaching methods to be adapted by the Special Educator in Sports, Recreation and Games. Kinesthetic – one on one teaching , group teaching, circular method of teaching. Unified Sports.

UNIT V**12 Hours**

Inclusive Education: Meaning, Definition, Aim and Objectives. Strategies for including students. Steps for modifying and adaptation of the physical education curriculum. Methods of playing Inclusive games: Hula Contortion, Lasso, Pumpkin Fun, Snickers & Hoots, What Do You Like To Eat, Mr. & Mrs. Owl?, Toy soldier, Clean-up Your Own Back Yard, Parachute Activities, Freeze Tag Not!, Peace Release, Top Gun High Five's and Rock, Paper, Scissors, Dynamite.

Total Hours: 60 Hours**TEXT BOOK**

1. Auxter, D., Principles and Methods of Adapted Physical Education. Mosby Publications, 1998.

REFERENCES:

1. Chapman, F. M, Recreation Activities for the Handicapped. New York: The Ronald Press Company, 1997.
2. Daniel R. C., Games Sports and Exercises for the Physically Handicapped. Philadelphia, 1998.
3. Jaimitra.S, Physical Education for the Blind Chennai: Grace Printer, 1999.
4. Jain, Adapted Physical Education. Delhi: Sports Publication, 2003.
5. Kassar, Susan, Inclusive Games. Human Kinetics Champaign, IL, 1999.
6. Lau D.S., Physical Education for the Physically Handicapped. Khel Sahitya Kendra., 2001.

COMPUTER APPLICATION IN PHYSICAL EDUCATION

L	T	P	C
4	0	0	4

Learning Objectives

1. To know the necessity of computers in Physical Education and Sports
2. Helps to improves the computer assisted works in Physical Education and Sports
3. Able use the applications of computer in Teaching Physical Education and Sports

Learning Outcomes

1. Perform and report on the exploratory analysis of data collected using sports technology
2. Educational software, activity designing and planning, result recording, motion examination, biomechanics video analysis, performance comparing and synchronizing, distance and time measurements and activity evaluation.
3. Although physical education and sports are practical activities, they fully allow the application of modern teaching technologies, that's why specialists must be able to use them.

Unit-I:**12 Hours**

Introduction to Computer: Meaning, need and importance of information and communication technology (ICT) - Components of computer and output device - Basic of internet and emailing – Uses and abuses of internet and Email - Role of e-sources in teaching, training and coaching - Application software used in Physical Education and Sports

Unit-II:**12 Hours**

MS WORD: Introduction to MS Word – Need of MS Word in physical education - Creating file, opening and document Saving - Formatting Editing Features Drawing table - Page setup, paragraph alignment, spelling and grammar check printing option, inserting page number, graph, footnote and notes - Utilities of MS Word; Sorting – Word art - Converting table to text and text to table – Mail merge

Unit-III:**12 Hours**

MS Excel: Introduction to MS Excel – Need of MS Excel in analysis of data - Creating opening spread sheet and saving file - Format and editing features adjusting columns width and row height understanding charts - Creating formulas – Data analysis - Construction of Graphical representation: Bar diagram- Pie diagram- Line graph

Unit-IV:**12 Hours**

MS Power Point: Introduction to MS Power Point – Need of MS Power Point in Physical Education - Creating, Saving and opening a ppt. File - Format editing features slide show, design, inserting slide number picture, graph, table - Preparation of power point presentations - Animation: Meaning- Method of Preparation- Impact in presentation

Unit – V**12 Hours**

Statistical Packages: SPSS: Statistical Package for Social Sciences: Need of Statistical Packages - Brief about SPSS- Applications in Physical education - Data entry- Editing data-format of data- Data structure - Analysis of Basic statistics – Descriptive: Mean-Median-Variance-Standard deviation - Import and Export of Data and results to Excel.

Total Hours: 60 Hours**TEST BOOKS**

1. Sinha, P. K. & Sinha, P., Computer fundamentals. 4th edition, BPB Publication, 2004.

REFERENCE BOOKS

1. Irtegov, D.(2004).Operating system fundamentals. Firewall Media, 2004.
2. Marilyn M.& Roberta, B., computers in your features.2nd Edn, India Prentice Hall, 1997.
3. Milke M, Absolute beginner's guide to computer basics . Pearson Education Asia, 2007.

**CONTEMPORARY ISSUES IN PHYSICAL EDUCATION:
FITNESS AND WELLNESS**

L	T	P	C
4	0	0	4

Learning Objectives

1. Understand physical education as more diversified and systematized process
2. Develop competencies, skills and knowledge required for the fitness management
3. To understand the relationship between fitness and wellness

Learning Outcome

1. Discuss research from a multidisciplinary perspective relative to current issues in physical activity and health.
2. Apply qualitative research methods to explore and critically examine a variety of curricular topics.
3. Demonstrate application of relevant research and theory to a contemporary issue in physical activity and exercise science.

UNIT – I**12 Hours**

Concept of Physical Education and Fitness: Definition, Aims and Objectives of Physical Education, fitness and Wellness. Importance and Scope of fitness and wellness. . Modern concept of Physical fitness and Wellness. Physical Education and its Relevance in Inter Disciplinary Context.

UNIT – II**12 Hours**

Fitness, Wellness and Lifestyle; Fitness – Types of Fitness and Components of Fitness. Understanding of Wellness. Modern Lifestyle and Hypo kinetic Diseases – Prevention and Management. Physical Activity and Health Benefits

UNIT – III**12 Hours**

Principles of Exercise Program: Means of Fitness development – aerobic and anaerobic exercises. Exercises and Heart rate Zones for various aerobic exercise intensities. Concept of free weight Vs Machine, Sets and Repetition. Concept of designing different fitness training program for different age group.

UNIT – IV**12 Hours**

Safety Education and Fitness Promotion: Health and Safety in Daily Life. First Aid and Emergency Care. Common Injuries and their Management. Modern Life Style and Hypo-kinetic Disease –Prevention and Management

UNIT V Sports Nutrition:**12 Hours**

Diet for sports competition- supplement to the daily diet. Vitamins, Minerals, Fluids. Electrolyte replacement, Carbohydrate loading, Protein loading, Calcium and iron supplement. Pre-event meal. Time for pre-event meal, Alternate eating pattern, Foods to avoid. Exercise and weight control, Crash dieting, Weight Control.

Total Hours: 60 Hours**TEST BOOKS**

1. Ken Hardman, Contemporary Issues in Physical Education, Meyer & Meyer Sport, 2011.
2. Compton Jenkins, Dynamics of Fitness & Health, Kendall/Hut Publishing, 2007.

REFERENCE BOOKS

1. Difiore, J., Complete guide to postnatal fitness. London: A & C Black, 1998.
2. Giam, C.K, Sport medicine exercise and fitness. Singapore: P.G. Medical Book, 1999.
3. Sharkey, B. J., Physiology of fitness, Human Kinetics Book, 1999.
4. William, D. Mc Aradle, Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams Company, 2000.

**MASS DEMONSTRATION ACTIVITIES I
(CALLISTHENICS EXERCISE, MARCHING, FLAG DRILLS, RHYTHMIC
ACTIVITIES: AEROBIC DANCE, LEZIUM)
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

CALLISTHENICS EXERCISE

- Attention
- Stand – at – ease
- Off Right Turn
- Exercise with verbal command, drum, whistle and music – Two count, four count, eight count and sixteen count.
- Standing Exercise
- Sitting Exercise
- Launching Exercise
- Jumping Exercise
- Moving Exercise
- Clapping Exercise
- Combination of above all

MARCHING

- Attention
- Stand – at – ease
- Right Turn
- Left Turn
- Above Turn
- Marching

RHYTHMIC ACTIVITIES: AEROBIC DANCE, LEZIUM

- Lathi-Two counts exercises, Four Count exercises, eight count exercises, sixteen count exercises.
- GhatiLezuim-AathAawaaz, Bethakawaaz, AagePaon, Aagekadam, Do pherawaaz, Chau pherawaaz, Kadamtaal, Pavitra, Uhhakpavitra, Kadampavitra.
- Mass P.T. Exercises-Two count, four count and eight count exercises.
- Hindustani Lezuim-Char Awaaz, EkJagah, AantiLagaav, Pavitra, Do Rukh, Chau Rukh, Chau rukhbethak, Momiya.
- Drill and Marching

GAMES AND SPORTS I
(HOCKEY, CRICKET, BALL BADMINTON, KABADDI AND TABLE TENNIS)
CORE COURSE – PRACTICUM

L	T	P	C
0	0	6	4

Hockey: Fundamental Skills

- Player stance & Grip
- Rolling the ball
- Dribbling
- Push, Stopping
- Hit, Flick, Scoop
- Passing – Forward pass, square pass, triangular pass, diagonal pass, return pass,
- Reverse hit, Dodging
- Goal keeping – Hand defence, foot defence
- Positional play in attack and defense.
- Rules and their interpretations and duties of officials.
- Rules and their interpretations and duties of officials.
- Ground Marking.

Cricket: Fundamental Skills

- Batting-Forward and backward defensive stroke
- Bowling-Simple bowling techniques
- Fielding-Defensive and offensive fielding
- Catching-High catching and Slip catching
- Stopping and throwing techniques
- Wicket keeping techniques

Ball Badminton: Fundamental Skills

- Racket parts, Racket grips, ball Grips.
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm
- Drills and lead up games
- Rules and their interpretations and duties of officials.

Kabaddi: Fundamental Skills

- Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.
- Skills of Holding the Raider-Variou formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
- Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
- Ground Marking, Rules and Officiating

Table Tennis: Fundamental Skills

- The Grip-The Tennis Grip, Pen Holder Grip.
- Service-Forehand, Backhand, Side Spin, High Toss.
- Strokes-Push, Chop, Drive, Half Volley, Smash, Drop-shot, Balloon, Flick Hit, Loop
- Drive.
- Stance and Ready position and foot work.
- Rules and their interpretations and duties of officials.

Mass Demonstration Activities II
(GYMNASTICS, PYRAMIDS, MINOR GAMES AND YOGIC PRACTICES)
CORE COURSE – PRACTICUM

L	T	P	C
0	0	6	4

GYMNASTICS: Tumbling and Pyramids

- Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap.
- Vaulting Horse
- Approach Run, Take off from the beat board, Cat Vault, Squat Vault.

MINOR GAMES:

- Relay Games,
- Circle Games,
- Tag Games,
- Goal/Point Scoring Games
- Miscellaneous Games.

YOGIC PRACTICES

- Surya Namaskara,
- Pranayams
- Corrective Asanas
- Kriyas
- Asanas
 - Sitting
 - Standing
 - Laying Prone Position,
 - Laying Spine Position

**GAMES AND SPORTS I
(FOOTBALL, BASKETBALL, THROW BALL, TENNIS AND SOFTBALL)
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

Football: Fundamental Skills

- Kicks-Inside kick, Instep kick, Outer instep kick, lofted kick
- Trapping-trapping rolling the ball, trapping bouncing ball with sole
- Dribbling-With instep, inside and outer instep of the foot.
- Heading-From standing, running and jumping.
- Throw in
- Feinting-With the lower limb and upper part of the body.
- Tackling-Simple tackling, Slide tackling.
- Goal Keeping-Collection of balls, Ball clearance-kicking, throwing and deflecting.

Basketball: Fundamental Skills

- Player stance and ball handling
- Passing-Two Hand chest pass, Two hand Bounce Pass, One Hand Base ball pass, Side Arm Pass, Over Head pass, Hook Pass.
- Receiving-Two Hand receiving, One hand receiving, Receiving in stationary position, Receiving while jumping, Receiving while running.
- Dribbling-How to start dribble, How to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.
- Shooting-Layup shot and its variations, one hand set shot, One hand jump shot, Hook shot, Free throw.
- Rebounding-Defensive rebound, Offensive rebound, Knock out, Rebound Organization.
- Individual Defensive-Guarding the man with the ball and without the ball.
- Pivoting.
- Rules and their interpretations and duties of the officials.

Throw ball: Fundamental Skills

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, low shoulder, underarm,);
- Footwork: landing; pivot; standing.
- Shooting: one hand throw; forward step shot; backward step shot.
- Service-Under Arm Service
- Ground Marking, Rules and Officiating

Tennis: Fundamental Skills.

- Grips- Eastern Forehand grip and Backhand grip, Western grip, Continental grip, Chopper grip.
- Stance and Footwork.
- Basic Ground strokes-Forehand drive, Backhand drive.
- Basic service.
- Basic Volley.
- Over-head Volley.
- Chop
- Tactics – Defensive, attacking in game
- Rules and their interpretations and duties of officials.

Softball: Fundamental Skills

- Catching: one handed, two handed, with feet grounded, in flight.
- Throwing (different passes and their uses): one handed passes (shoulder, high shoulder, underarm, bounce, lob); two handed passes (push, overhead, bounce).
- Footwork: landing on one foot; landing on two feet; pivot; running pass.
- Shooting: one hand; two hands; forward step shot; backward step shot.
- Techniques of getting free: dodge and sprint; sudden sprint; sprint and stop; sprinting with change of speed.
- Defending: marking the player; marking the ball; blocking; inside the circle; outside the circle (that is, defending the circle edge against the pass in).
- Intercepting: pass; shot.
- The toss-up.
- Role of individual players
- Rules and their interpretations and duties of officials.

CCP – GROUP C

Course Code: 75819P05

**Mass Demonstration Activities III
(LIGHT APPARATUS: INDIAN CLUBS, DUMB-BELLS, HOOPS, WANDS, POLE
DRILLS)
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

**LIGHT APPARATUS: INDIAN CLUBS, DUMB-BELLS, HOOPS, WANDS, POLE
DRILLS)**

- Apparatus/ Light apparatus Grip
- Attention with apparatus/ Light apparatus
- Stand – at – ease with apparatus/ light apparatus
- Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight
Count and Sixteen count.
- Standing Exercise
- Jumping Exercise
- Moving Exercise
- Combination of above all

GAMES AND SPORTS I
(VOLLEYBALL, HANDBALL, KHO-KHO BADMINTON AND TENNIKOIT)
CORE COURSE – PRACTICUM

L	T	P	C
0	0	6	4

Volleyball: Fundamental Skills

- Players Stance-Receiving the ball and passing to the team mates,
- The Volley (Over head pass),
- The Dig (Under hand pass).
- Service-Under Arm Service, Side Arm Service, Tennis Service, Round Arm Service.
- Blocking, Attacking, Setting.
- Rules and their interpretations and duties of officials.

Handball: Fundamental Skills

- Fundamental Skills-Catching, Throwing, Ball Control, Goal Throws-Jump Shot, Centre Shot, Dive Shot, Reverse Shot, Dribbling-High and Low, Attack and Counter Attack, Simple Counter Attack, Counter Attack from two wings and centre, Blocking, Goal keeping, Defense.
- Rules and their interpretations and duties of officials.

Kho Kho: Fundamental Skills

- General skills of the game-Running, chasing, Dodging, Faking etc.
- Skills in chasing-Correct Kho, Moving on the lanes, Pursuing the runner, Tapping the inactive runner, Tapping the runner on heels, Tapping on the pole, Diving, Judgement in giving Kho, Rectification of Foul.
- Skills in Running-Zig zag running, Single and double chain, Ring play, Rolling in the sides, Dodging while facing and on the back, fakes on the pole, fake legs, body arm etc, Combination of different skills.
- Ground Marking
- Rules and their interpretations and duties of officials.

Badminton: Fundamental Skills

- Racket parts, Racket grips, Shuttle Grips.
- The basic stances.
- The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm
- Drills and lead up games
- Types of games-Singles, doubles, including mixed doubles.
- Rules and their interpretations and duties of officials.

CCP – GROUP C

Course Code: 75819P07

**TEACHING PRACTICES I
(GENERAL LESSON PLAN)
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

Teaching practices:

10 teaching lesson plans for Racket Sport/ Team Games/ Indigeneous Sports out of which 5 lessons internal and 5 lessons external at school.

CCP – GROUP C

Course Code: 75819P08

**TEACHING PRACTICES II
(PARTICULAR LESSON PLAN)
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

Teaching practices:

10 teaching practice lessons out of which 5 lessons in class-room situation and 5 lessons for out-door activities within premises on the students of B.P.E.S course.

**TRACK AND FIELD I (TRACK EVENT)
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

Running Event

- Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
- Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
- Ground Marking, Rules and Officiating
- Hurdles:
 - Fundamental Skills- Starting, Clearance and Landing Techniques.
 - Types of Hurdles
 - Ground Marking and Officiating.

Relays: Fundamental Skills

- Various patterns of Baton Exchange
- Understanding of Relay Zones
- Ground Marking
- Interpretation of Rules and Officiating.

**TRACK AND FIELD II (FIELD EVENTS)
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

Athletics: Jumping Events

High Jump, Long Jump, Triple Jump

- Approach Run,
- Take off
- Clearance over the bar
- Landing

Track and fields (Throwing Events)

Discus Throw, Javelin, Hammer throw, Shot-put

- Basic Skills and techniques of the Throwing events
- Ground Marking / Sector Marking
- Interpretation of Rules and Officiating.
- Grip
- Stance
- Release
- Reserve/ (Follow through action)
- Rules and their interpretations and duties of officials

CCP – GROUP C

Course Code: 75819P11

**TRACK AND FIELD SPECIALIZATION
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

TRACK AND FIELD SPECIALIZATION

Track Events (100mts, 200mts, 400mts, 800mts, 1500mts, 5000mts, 10000mts, 20000mts, Race Walk, Half Marathon, Full Marathon)

Throwing Events (Shot put, Discuss, Javelin, Hammer)

Jumping Events (Long Jump, Triple Jump, High Jump, Pole valet)

4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a sports specialization of any discipline mentioned above.

CCP – GROUP C

Course Code: 75819P12

**TRACK AND FIELD SPECIALIZATION
CORE COURSE – PRACTICUM**

L	T	P	C
0	0	6	4

GAMES SPECIALIZATION

Kabaddi, Kho-kho, Cricket, Football, Hockey, Volleyball, Handball, Basketball

(4 internal lesson at practicing school and 1 final external lesson on the students of practicing school as a games specialization of any discipline mentioned above.)