



ALAGAPPA UNIVERSITY

(A State University Established in 1985)
Karaikudi - 630003, Tamil Nadu, India



2017 Accredited with A+ Grade by AACSB (COPK : 354)	2018 MHRD Govt. of India UGC University Grants Commission Graded as Category - 1 & Granted Autonomy	2018 MHRD Swasth Campus Rank - 4	2019 NIRF NATIONAL INSTITUTIONAL RANKING FRAMEWORK Rank - 28	2019 QS India Rank : 20 BRICS Rank : 194 Asia Rank : 216
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ALAGAPPA UNIVERSITY COLLEGE OF PHYSICAL EDUCATION



B.Sc., PHYSICAL EDUCATION

[Choice Based Credit System (CBCS)]

[For the candidates admitted from the academic year 2019 -2020]

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**CURRICULUM FRAMEWORK FOR
B. Sc., PHYSICAL EDUCATION HEALTH EDUCATION
AND SPORTS PROGRAMME**

**GUIDELINES OF REGULATIONS AND SYLLABUS STRUCTURE FOR BACHELOR OF
SCIENCE IN PHYSICAL EDUCATION THREE YEARS PROGRAMME**

I. PROGRAMME GENERAL OBJECTIVES:

The main objective is Bachelor of Science in physical education three years Programme and the teaching how to implement it in social, professional, physical and recreational activities. It 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 own health and promote effective professional activities.

II. PROGRAMME SPECIFIC OBJECTIVES:

Make a unique contribution to balanced development and living. Movement being essential to be a human .Learning focused on movement and students need to be engaged in it. a medium for developing skills across diverse areas of endeavor . Fostering a pedagogy based around critical thought and action.

III. PROGRAMME OUTCOME:

1. ON SUCCESSFUL COMPLETION OF THE PROGRAMME: Candidates those who are physically well and have a lot of interest in physical education and its related activities can go for this course. Those who have intellectual skills that require thought processes, interpretation of presented information, movement and muscle control and perceptual skills involving the thought, interpretation and movement skills are a good match for it. Third, those who are capable of drawing and handling the verbal instructions, demonstration, video, diagrams and photo sequences, etc. also are suitable for it.

IV. ADMISSION PROCEDURE AND COURSE OF STUDY

FOR B. SC., PHYSICAL EDUCATION:

1. Eligibility:

Eligibility and Admission and Intake Procedure

- A. A pass in Plus two (10 +2)
- B. Minimum marks of 40% in Twelfth Standard (+2)
- C. Proficiency in sports (35%)

2. Duration:

The B.Sc. Programme shall be with duration of three academic years, that is, six semesters. However, the students shall be permitted to complete the Programme requirements within a maximum of five years from the date of admission to the Programme.

3. The CS System:

All programs shall run on Credit system (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.

4. Course:

The course usually referred to as 'papers' is a component of a Programme. All courses need not carry the same weight. The courses should define learning objectives and learning outcomes. A course may be designed to comprise Lectures/tutorials/laboratory work/ field work/ outreach activities/ Project work/vocational training/viva seminars/term papers/assignments /presentations/self-study etc. or a combination of some of these.

5. Courses of Programme:

The B.Sc (Physical Education) Programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the Programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense. The following are the various categories of courses suggested for the

Theory Courses Language	: 800	Practical	: 2000
Theory Core Courses	: 1600	Teaching Practices	: 200
Elective Course	: 600	Extension activities	: 200

6. Semesters:

An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The odd semester may be schedules from April/May to November/December and even semester from November/December to April/May. The instituting shall work for a minimum of 35 working hours in a week (five or six days a week)

7. Working days:

There shall be at least 200 working days per year exclusive of admission and examination processes etc.

8. Credits:

The term 'Credit' refers to a unit by which the Programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or one and half/two hours of practical work/field work per week. The term 'credit' refers to the weight given to a course, usually in relating to the instructional hours assigned to it. The total minimum credits, required for completing a B.Sc Programme is 144 credits and for each semester, 24 credits.

Provision of Bonus Credits Maximum of 6 Credits in each Semester

S.No	Special Credits for Extra Co-curricular Activities	Credit
1	Sports Achievement at Stale level Competition (Medal Winner) Sports Achievement National level Competition (Medal Winner)	1
		2
	Sports participation International level Competition	4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (Min.Two games)	1
4	Blood donation/Cleanliness drive/Community services/	2
5	Mountaineering – Basic Camp, Advance Camp/Adventure Activities	2
6	Organization/ Officiating – State /National level in any two games	2
7	News Reposting / Article Writing / book writing / progress report writing	1
8	Research Project	4
9.	NSS/NCC	2

Students can earn maximum 06 Bonus Credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution/ Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

9. Examinations:

- i. There shall be examinations at the end of each semester, for odd semester in the month of November/December: for even semester in the month of April/May. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November/December or April/May.

- ii. A candidate should get enrolled/registered for the first semester examination. If enrollment /registration is not possible owing to shortage of attendance beyond condonation limit/ rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

10. Condonation :

Student must have 75% of attendance in each course for appearing the examination. Students who have 70% to 74% of attendance shall apply for condonation in the prescribed form with the prescribed fee.Rs.100. Students who have 60% to 69% of attendance shall apply for Condonation in prescribed form with the prescribed feeRs.150 along with the Medical Certificate. Students who have below 60% of attendance are not eligible to appear for the examination.

11: Pattern of Question Papers:

Question Papers shall have five questions (with option for each) corresponding to five units of each theory course.

B. Sc., Physical Education: Format of Question Paper for 5 Units

QUESTION NO.	DESCRIPTION		MARKS
1	Section A: M.C.Q Type Questions (2Questions from each Unit)	(10 X1=10)	10
2	Section B: Write short notes: (either / or method)	(5x5= 25)	25
3	Section C: Answer in Brief type Question) Answer in one question from each unit	(5x8=40)	40
Total			75

12: Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are:

Internal Test	10 Marks
Seminar/Quiz	5 Marks
Assignments	5 Marks
Attendance	5 Marks
Total	25 Marks

Attendance shall be taken as a component of continuous assessment. Even though the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 25:75. The evaluation of practical work. Wherever applicable, will also be based on continuous internal assessment and on an end semester practical examination.

13. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40% i.e. 10 marks out of 25 marks and 30 marks out of 75 marks respectively for theory courses. The minimum passing for both CIA & external examination shall be 40% i.e. 10 marks out of 25 and 30 marks out of 75 marks for the practical course

14. Grading Points :

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks, thus obtained for each of the courses will then be graded as per details provided in B.Sc. (17) from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (SGPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (CGPA).

15. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Science in Physical Education in the First class/Second class/Pass class or First class with Distinction, the marks and the corresponding CGPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First/Second Class separately in both the grand total and end Semester (External) examinations.

16. Award of the Degree:

A Candidate shall be eligible for the award of the degree of the B.Sc PHOnly if he/she has earned the minimum required credit including Bonus Credits of the Programme prescribed above.

17. Letter Grades and Grade Points

- i. Two methods-relative grading or absolute grading – have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.
- ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

CGY-Category	Category(CGY)
CDT-Credit	1. Theory (Core)
GRD-Grade	2. Practical (Core)
GPT-Grade Point	3. Inter-Disiplinary-Theory
GPA-Grade Point Average	4. Inter-Disiplinary-Practical
	5. Elective\Optional
	6. Comprehensive Viva/Seminar
	7. Extension Programmes
	8. Project And Viva-Voce

B.Sc Physical Education Programmes:

Marks	Grade Point	Letter Grade	Description
95 & above	10	S+	First class-Exemplary
91-95	9.5	S	
86-90	9.0	D++	First Class-Distinction
81-85	8.5	D+	
76-80	8.0	D	
71 – 75	7.5	A++	First class
66-70	7.0	A+	
61-65	6.5	A	
56-60	6.0	B	Second Class
50.55	5.5	C	
Below 50	-	F	Fail
		AA	Absent

GPA =	$\frac{\sum(\text{CDT} \times \text{GPT})}{\sum \text{CDT}}$
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Note:

- (1) GPA is calculated only if the candidate passes in all the courses i.e get minimum C grade in all the courses.
- (2) GPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.
- (3) The cumulative grade point average will be calculated as the average of the GPA of all the semesters continuously, as shown above.
- (4) For the award of the class, GPA shall be calculated on the basis of:
 - (a) Marks of each Semester End Assessment And
 - (b) Marks of each Semester Continuous Internal Assessment for each course.
 The final class for B.Sc. Degree shall be awarded on the basis of last GPA (grade) from all the one to six semester examinations.

19. Grievance Redressed Committee:

The college/department shall form a Grievance Redressed Committee for each course in each college/department with the course teacher/Principal/Director and the HOD of the faculty as the members. This Committee shall solve all grievances of the students.

20. Revision of Syllabi:

1. Syllabi of every course should be revised once in two years
2. Revised Syllabi of each semester should be implemented in a sequential way.
3. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are too made consequentially as recommended by the Academic Council.
4. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
5. During every revision, up to twenty Percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

SYLLABUS CREDIT STRUCTURE FOR B. Sc., PHS PROGRAMME

SEMESTER-I	COURSE/TITLE	COURSE CODE	CREDIT	HOURS/ WEEK	MARKS		MARKS
					Internal	External	
I	TAMIL -I OR HINDI – I	7201T1 / 7201H1	3	3	25	75	100
	English for Effective communication - I	7201E1	3	3	25	75	100
	History & Foundation of Physical Education & Sports	720103	3	3	25	75	100
	Track and Field – I	720104	3	3	25	75	100
	A. Fitness and wellness in Physical Education (OR) B. Education Technology in Physical Education	720105 (OR) 720106	3	3	25	75	100
	Track and field – I (Sprints, Middle, distance races, Long jump, High jump and Shot put)	720107	2	4	25	75	100
	Mass Demonstration: Calisthenics Marching, light apparatus	720108	2	4	25	75	100
	Specialization game-I (Basketball, , Handball, Football, Hockey, and Volleyball)	720109	2	4	25	75	100
	Project Sports Meet – I	720110	2	4	25	75	100
	Extension Activities NSS/NCC/RRC		-	3	-	-	-
	Total		23	34	225	675	900
Semester-II	COURSE/TITLE	COURSE CODE	CREDIT	HOURS/ WEEK	INTERNAL	External	MARKS
	TAMIL -III OR	7202T1 /	3	3	25	75	100

II	HINDI	7202H1					
	English for Effective communication - II	7202E1	3	3	25	75	100
	Anatomy and Physiology	720203	3	3	25	75	100
	Theories of sports and games – I(Basketball, , Handball Football, Hockey, and Volleyball)	720204	3	3	25	75	100
	Library	--		3	-	-	-
	a) Sports Nutrition OR b) Movement Education and Primary Physical Education	720205 OR 720206	3	3	25	75	100
	Track and field – I (Sprints, Middle distance races, Long jump, High jump and Shot put	720207	2	4	25	75	100
	Gymnastics (Floor exercises, Rhythmic exercises and Horizontal bar exercises)	720208	2	4	25	75	100
	Unified play day-I , Project Sports meet – II	720209	2	4	25	75	100
	Silambam /fencing/ boxing /taekwondo	720210	2	4	25	75	100
	Total		23	34	225	675	900
SEMESTER-III	COURSE/ TITLE	COURSE CODE	CREDI T	HOURS/ WEEK	Mark		MARKS
					IN	EX	
III	TAMIL -III OR HINDI - III	7203T1 /7203H1	3	3	25	75	100
	English for Effective communication - III	7203E1	3	3	25	75	100
	Foundation of Yoga	720303	3	3	25	75	100
	Track and field – II	720304	3	3	25	75	100
	a)Computer application in Physical Education OR b)Sports psychology and sociology	720305 OR 720306	3	3	25	75	100

	Non Major Elective Course(NME)	720307	2	3	25	75	100
	Self –Learning Course(SLC) -MOOCS		-	-	-	-	-
	Library, Yoga ,Career guidance		-	3	-	-	-
	Track and field – II* (Long distance races, Triple jump, Discus throw, Relays and Walking)	720308	2	4	25	75	100
	Yoga– Part-I(Basic level – Asanas Pranayama and Mudras)	720309	2	4	25	75	100
	Specialization game-II* (Kabaddi, Kho- Kho, Tennis ,Badminton, cricket)	720310	2	4			
	Extension Activities NSS/NCC/RRC		--	1	--	--	--
	Total		23	34	225	675	900
Semester-IV	COURSE/TITLE	COURSE CODE	CREDIT	HOURS/ WEE K	INTERNAL	External	MARKS
IV	TAMIL -IV OR HINDI - IV	7204T1 /7204H 1	3	3	25	75	100
	English for Effective communication IV	7203E2	3	3	25	75	100
	Physiology of Exercise	720403	3	3	25	75	100
	Theories of sports and games – II Kabaddi, Kho- Kho, Tennis ,Badminton, cricket)	720404	3	3	25	75	100
	a. Health Education, Safety Education and First aid (Or) b. Gymnastics	720405 OR 720406	3	3	25	75	100
	Non Major ELECTIVE Course(NME)	720407	2	3	25	75	100
	SELF LEARNING COURSE(SLC)						
	MOOCS		-	-	-	-	-

	library, yoga ,career guidance		-	4	-	-	-
	Track and field – II (Long distanceraces, Triple jump, Discus throw, Relays and Race Walking)	720408	2	4	25	75	100
	Yoga – Part-II (Advanced level - Asanas, Pranayama, Kriyas and Bhandas)	720409	2	4	25	75	100
	Specialization game-II* ((Kabaddi, Kho- Kho, Tennis ,Badminton, cricket))	720410	2	4	25	75	100
	Total		23	34	225	675	900

SEMESTER-V	COURSE/TITLE	COURSE CODE	CREDIT	HOURS/WEEK	INTERNAL	External	MARKS
V	Sports Training	720501	3	3	25	75	100
	Research Methodology(project) and Statistics in Physical Education	720502	3	3	25	75	100
	Methods of Physical Education	720503	3	3	25	75	100
	Organization and Administration in physical Education	720504	3	3	25	75	100
	A. Adopted Physical Education OR Sports Journalism	720505 OR 720506	3	3	25	75	100
	Specialization game - III* ((2nd Best) (Major Games)	720507	2	4	25	75	100
	, Project Sports Meet III	720508	2	4	25	75	100
	Track and field – III* (Hammer throw, Javelin throw, Pole vault and Hurdle events)	720509	2	4	25	75	100
	Teaching Practice - I	720510	2	4	25	75	100
	Leaders Training Camp		-	3	-	-	-
	Total		23	34	225	675	900

SEMESTER-VI	COURSE/TITLE	COURSE CODE	CREDIT	HOURS/WEEK	INTERNAL	External	MARKS
VI	Kinesiology and Bio-Mechanics in Physical Education	720601	3	3	25	75	100
	Sports Medicine	720602	3	3	25	75	100
	Test, Measurement and Evaluation in Physical Education and sports	720603	3	3	25	75	100
	Sports Management	720604	3	3	25	75	100
	A. Sports Injury and Physiotherapy OR Gym Management	720605 OR 720606	3	3	25	75	100
	Library		-	1	--	--	--
	Game of Specialization: (1st Best) (Major Games)	720607	2	4	25	75	100
	Track and field-III (Hammer throw, Javelin throw, Pole vault and Hurdle events)	720608	2	4	25	75	100
	Project Sports meet – Part-IV	720609	2	4	25	75	100
	Teaching Practice – II (Internship Teaching Practice - 15days)	720610	2	4	25	75	100
	Unified Play Day – II		-	2	-	-	-
		Total	23	34	225	675	900

CC: Core Course, EC: Elective Course, NME: Non Major Elective Course, SLC: Self Learning Course (MOOCs) and NEC: Non Exam Course.*Credits earned through Self Learning Courses (MOOCs) shall be transferred in the credit plan of the program as extra credit.

Semester - I			
Course code: 7201TI	TAMIL-I	Credits:3	Hours: 3
நோக்கம்:			
<ul style="list-style-type: none"> மரபுக்கவிதை, புதுக்கவிதை மற்றும் மொழிபெயர்ப்பு இலக்கியங்கள் பற்றியும், அவற்றை இயற்றிய முக்கிய கவிஞர்கள் பற்றியும் அறிந்து கொள்ளல். பயன்பாட்டுத் தமிழில், சில இலக்கண முறைகளை தெரிந்து கொள்ளல். இலக்கிய வரலாறு பற்றியும், அதற்குத் துணைபுரிந்த புதுக்கவிதை, நாவல், சிறுகதை போன்றவற்றின் தோற்றமும், வளர்ச்சியும் பற்றியும் புரிந்து கொள்ளல். தமிழுக்குத் தொண்டு புரிந்த சில கிருத்துவர்கள், இஸ்லாமியர்கள் பற்றி அறிந்துகொள்ளல். 			
அலகு I:	மரபுக்கவிதை		
	<ol style="list-style-type: none"> பாரதி : பகைவனுக்கு அருள்வாய் பாரதிதாசன் : எந்த நாளோ நாமக்கல் கவிஞர் : வீரத் துறவி (பெரியோர் புகழ் மலர்) கண்ணதாசன் : அன்புக் மரணமில்லை (கண்ணதாசன் கவிதைகள் தொகுதி மூன்று) 		
	மொழிபெயர்ப்பு இலக்கியம்		
அலகு II:	மொழிபெயர்ப்பு இலக்கியம்		
	<ol style="list-style-type: none"> ஆசிய ஜோதி (சித்தார்த்தன் கேட்ட தேவகீதம், சித்தார்த்தன் துறவு நீங்கலா 		
அலகு III	<ol style="list-style-type: none"> சிற்பி இந்தியா இணையற்ற இந்தியா முமேத்தா இந்தியா இணையற்ற இந்தியா (முத்துக்கு முகம்) வைரவமுத்து அது ஒத்தியுதல் (முத்துக்கு முகம்) அப்துல் ரகுமான் அதிகாரிகள் நீண்டும் ஆண் மாமியார்கள் (இன்னொரு முதமை நேயா) (நேயா விருப்பம்) 		
அலகு IV	<p>பயன்பாட்டுத் தமிழ்</p> <ol style="list-style-type: none"> வல்லினம் மிகும் இடங்கள் வல்லினம் மிகா இடங்கள் புணர்ச்சி <ol style="list-style-type: none"> பொது இலக்கணம் இயல்பு புணர்ச்சி விகாரப் புணர்ச்சி 		
அலகு V	<p>இலக்கிய வரலாறு</p> <ol style="list-style-type: none"> கிறிஸ்துவர்களின் தமிழ் தொண்டு இஸ்லாமியர்களின் தமிழ்த்தொண்டு நாவல் இலக்கியத் தோற்றமும் வளர்ச்சியும் சிறுகதை இலக்கியத் தோற்றமும் வளர்ச்சியும் புதுக்கவிதையின் தோற்றமும் வளர்ச்சியும் <p>*தற்படிப்பு (மாணவர்கள் தங்கள் சுய முயற்சியில் கற்றல் வேண்டும்)</p>		
பார்வை நூல்கள்:			
<ol style="list-style-type: none"> அப்துல் ரகுமான், நேயர் விருப்பம், நேஷனல் பப்ளிசர்ஸ், சென்னை கவிஞர் பாலா. சிற்பியின் கவிதை வானம், மணிவாசகர் பதிப்பகம், சென்னை. முமேத்தா, முகத்துக்கு முகம், திருமகள் நிலையம், சென்னை. பாரதியார், பாரதியார் கவிதைகள், பூம்புகார் பதிப்பகம், சென்னை. பாரதிதாசன் கவிதைகள், பூம்புகார் பதிப்பகம், சென்னை. 			

வினாவுகள்:

- கவிதை இயற்றுவதில் ஈடுபாடு கொள்வர்.
- இலக்கணப்பிழையின்றி பேசவும், எழுதவும், அறிந்து கொள்வர்.
- இலக்கிய வரலாறுகள் பற்றி அறிந்து கொண்டதினால், தமிழின் பெருமை அறிவர்.

Semester - I			
Course code: 7201H1	Hindi -I	Credits:3	Hours: 3
Unit -I	Swar, Vyanjan, Barakhadi, Samyukthakshar, Ginthi (1-10)		
Unit-II	Prose – Album, Kadhama ka Phool, Bharat Ek Hai		
Unit III	Non-Detailed Text: Story 1 to 3 From Kahani Kunj (Pariksha,Mamatha, Apna Paraya		
Unit IV	Anuvad Abhyas, 1 to 10 – English to Hindi		
Unit V	Samanya Hindi – Phal, Tarkariyan, Rang, Jaanvar, Pakshiyen, Sareerke Ang, Haft ke Din		
References			
<p>Bhatia, Tej K. (1987). <i>A History of the Hindi Grammatical Tradition: Hindi-Hindustani Grammar, Grammarians, History and Problems</i>. Brill. ISBN 9789004079243.</p> <p>Kachru, Yamuna (2006). <i>Hindi</i>. John Benjamins Publishing. ISBN 9789027238122.</p> <p>Ohala, Manjari (1983). <i>Aspects of Hindi Phonology</i>. Motilal Banarsidass Publishers. p. 38. ISBN 9780895816702.</p> <p>Sin, Sarah J. (2017). <i>Bilingualism in Schools and Society: Language, Identity, and Policy</i>, Second Edition. Routledge. ISBN 9781315535555. Retrieved 17 February 2018.</p>			
OUTCOMES.			
<ul style="list-style-type: none"> ❖ To know about the Language, Identity, and Policy of india ❖ To know the <i>History of the Hindi Grammatical Tradition</i> 			

Semester - I			
Course code: 7201E1	Communication English-I	Credits:3	Hours: 3
Objectives:			
➤ To introduce students the concepts of English language, Communication strategies, verbal and non-verbal communication, and four-fold skills based on English knowledge and Comprehension.			
Unit –I	Imperative sentences, Declarative sentences – Interrogative sentences, exclamatory sentences, Asking permission, Requests – self introduction, Greeting, Describing an object.		
Unit-II	Short answers, asking for time, asking about trains, asking about prices, Telephone conversation, miscellaneous an object.		
Unit III	Aspects of Communication: Communication through words __ Process of Communication, Barriers of Communication, Importance of Communication, Corporate Communication.		
Unit IV	Communication through body Language __ Personal Appearance, Posture, Gesture, Facial Expression, Eye Contact, Space Distancing.		
Unit V	Reading & Writing: Reading a few sentences – Reading a passage – Reading newspaper – Writing letter – Writing application – Writing a notice.		
References			
Anil Kumar. (2012). <i>Spoken English</i> . New Delhi: The Readers Paradise.			
Radhakrishna Pillai, A & Rajeevan, K. (2011). <i>Spoken English for you - Level One</i> . Chennai: Emerald Publishers.			
Ramakrishna Mission Vivekananda University. (2012). <i>Communication skills</i> . Coimbatore: Ramakrishna Mission Vivekananda University Publication.			
Seema Seth. (2012). <i>Communication skills</i> . New Delhi: Readers Choice			
Outcomes:			
➤ To demonstrate Critical and Innovative thinking			
➤ To display competence in oral ,written and visual communication			
➤ To use current technology related to the communication field			

Semester - I			
Course code: 720103	<u>History and foundation of physical education and sports</u>	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ➤ To Develop an inquiring mind which tries to see the environment, examine the own ability and stimulate curiosity. ➤ To be a resourceful person in various sports activities. ➤ To help to set moral code and aims in life. 			
Unit –I	History of Physical Education History of physical education in India from ancient times to the modern age, Vedic period, Epic period, Muslim period and pre independence, Post-independence developments, Physical Education in other countries, History of physical education in Greece, Rome and Germany.		
Unit-II	Sports and Games: Ancient Olympic Games, Historical background, Decline & termination of games. Modern Olympic Games, Revival, Charter, Aims, Objectives, Spirit, Motto, Torch, Flag, Opening and Closing Ceremonies, Asian Games, Commonwealth Games, SAF Games.		
Unit III	Schemes and Awards National Cadet Corps, National Sports Organization, National Coaching Schemes, National Institute of Sports, Youth Hostel, Youth Festival, Rajkumari Amrit Kaur Coaching Scheme, Sports Authority of India, National Awards for Sports Persons and Coaches, Moulana Abdul Kalam Azad Trophy, Sports Talent Search Scholarship.		
Unit IV	Biological Foundation Growth and Development, Meaning, Definition, Principles, Factors affecting growth, Anatomical and Physiological difference between male and female, Chronological age, Anatomical age, Physiological age and mental age & their implication in Physical Education, Difference between growth and development.		
Unit V	Psychological and Sociological Foundation Introduction, Individual differences, Attitude, Aggression, Anxiety and Attention, Body types (Kretchmer & Sheldon’s classification) Personality, Meaning, Definition, Characteristics & Dimensions (physical, mental, social & emotional), Factors affecting personality. Theory of Play – Gregarious instinct leadership, National integration, Sociological foundations of Physical Education, Individual and Society.		
Text books:			
Barow, H.M. (1971). <i>Man and His Movement-Principles of Physical Education</i> , Philadelphia: Lea and Febiger,			
Bucher, Charles A. (1990). <i>Foundations of physical Education</i> , the C.V. Mosby Company. St.Louis.			
Chandra Shekar K (1998). <i>Foundations of Physical Education</i> , New Delhi: Mosby Publishers.			
Dalen, V (1996). <i>A World History of Physical Education</i> . New Jersey: Prentice Hall Inc.			
Khan, E.A. (1964). <i>History of Physical Education</i> , Patna: Scientific Book Company.			
Mangal S.K (1985). <i>Health and Physical Education</i> , Ludhiana: Prakash brothers.			

Sangaral, Kamalesh (1981). *Principles and History of Physical Education*, Ludhiana: Prakash Brothers,.

Outcomes

- To Understand the concept of Olympic movements.
- To learn about the Modern, Winter, Para, Youth and Special Olympic games

Semester - I			
Course code: 720104	<u>TRACK AND FIELD – I</u>	Credits:3	Hours: 3
Objectives	<ul style="list-style-type: none"> ❖ To determine the state boys and girls individual and team champions. ❖ To bring College or Universities within leagues in the state together to: <ul style="list-style-type: none"> ○ Foster friendly competition between them, and ○ Enhance the quality of high school track and field in the state. ❖ To promote citizenship on the part of individuals, teams, and College Students. 		
Unit –I	Planning, Construction and Marking of Standard and Non-Standard Track(200 m, 400 m)		
Unit-II	Computation of RDR and CR – Stagger Distance and Diagonal Excess		
Unit III	Rules and their Interpretations of Track Events - 100m, 200m,400m, 110m Hurdles, 100m Hurdles, 400m Hurdles.		
Unit IV	Markings - Rules and their Interpretations for Throwing Shot put –Discus throw, Javelin throw and Hammer throw.		
Unit V	Duties of Management Officials – Duties of Competition Officials Additional Officials – Officials and their Duties for Track Events – Field Events and Combined Events		
References:	<p>Arnheim, D. & William E Prentice. (1978). <i>Athletic training</i>. St. Louis: Mosby Year Book.</p> <p>Buck H.C. (2001). <i>Text Book of theories of Track & Field</i>. New Delhi.</p> <p>Breshahan, Tuttle.,& Cretzmeyer. (1997). <i>Track and Field Athletics</i>. New Jersey: Prentice Hall.</p> <p>Cart E. Klafs., & D, Arnheim. (2000). <i>Modern Principles of Athletic Training</i>. St.Louis; C. V. Mosphy Company.</p> <p>George Immanuel. (1997). <i>Track and Field Event layout and Marking</i>. Chennai: Krishnamurthy and Co.</p> <p>H.C. Buck. (2007). <i>Rules of Games and Sports</i>. Madras: Y.M.C.A. Publications.</p> <p>Josse, P, Moprtensen. & John M, Copper. (1998). <i>Track and Field for coach and Athlete</i>. St.Louis: C.V.Mosphy Company</p>		
Outcomes:	<ul style="list-style-type: none"> ❖ To apply visualization and relaxation techniques to assist in skill application during training and competition while developing an appreciation for the mental aspects of achieving success on and off the track. ❖ Enhance of the Students learn, understand and apply the technical skills required for success in their particular track event(s). ❖ Develop a team first attitude that involves supporting, encouraging and cooperating with teammates in a competitive environment 		

Semester - I			
Course code: 720105	<u>FITNESS AND WELLNESS IN</u> <u>PHYSICAL EDUCATION</u>	Credits:2	Hours: 3
Objectives:			
<ul style="list-style-type: none"> ❖ To accurately assess the current level of physical fitness. ❖ To Set and work towards accomplishing physical fitness goals ❖ To Recognize safety guidelines and perform proper exercise technique 			
Unit –I	Fitness Key terms, Introduction, Definition, Terms related to fitness and Wellness, Components of fitness, Components of Wellness, Factors influencing fitness, Benefits of fitness, Physical fitness, Components of physical fitness (health related and motor related physical fitness), Physical activity pyramid, Wellness, Introduction, Definition, Terms, Dimensions of wellness and its management techniques.		
Unit-II	Bioenergetics Introduction, Definition, Key terms, Body's need for energy, Three energy system and its characteristics, Estimation of energy needs and energy intake, Consequences of energy imbalance, How exercise impact metabolism, Adaptation to exercises.		
Unit III	Planning an Exercise Program Introduction, Key terms Medical evaluation, Principles of training, FITT formula, Three segmental workouts, Program design, Exercise guidelines, Preventing fitness injuries, Basic and advanced conditioning exercises, Walking, Swimming, Cycling, Aerobics etc and Continuous training, Interval training, Circuit training, Fartlek training.		
Unit IV	Stress Management and Fitness Introduction, Definition, Key terms Nature and effects of stress (body system), Types of stress, Removing and reducing stress, Stress management and relaxation techniques, Yoga and deep breathing, Jacobson's relaxation technique (JRT), Autogenic training, Meditation, Visualization, Biofeedback, Music exercise and rest.		
Unit V	Evaluating Fitness Introduction, Evaluating process and procedure, Factors influence testing, Objectives and scoring, Evaluating fitness components with standardized test, Aerobic endurance, Anaerobic endurance, Agility, Body composition, Balance, Coordination, Flexibility, Reaction time, Strength, Speed and Power, Psychology test, Tests for young athletes.		
References:			
Bud Getchell (1985). <i>Physical Fitness- A Way of Life</i> , (2 nd ed). New York: John Wiley and Sons Inc.			
Edward L, Fox. (1975). <i>Life Time Fitness</i> . New York: Saunders College Publishing.			
F Jerrold, S. (1985). <i>Physical Fitness- A Wellness Approach</i> , (2 nd ed). Prentice Hall, Englewood Cliffs.			
rank Vitale. (2000). <i>Individualized Fitness Programs</i> . Prentice Hall, Englewood Cliffs.			
McArdle, W. D. (2001). <i>Exercise Physiology, Energy, Nutrition and Human Performance</i> (5 th ed),			

Philadelphia.

Robert, V. (1975). *Physical Fitness the Pathway of Healthful Living*, (2nd ed). The C.V. Mosby Company, Saint Louis.

Outcomes:

- ❖ Students will acquire knowledge and demonstrate skills to safely engage in physical activity.
- ❖ Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.
- ❖ Students will use basic principles of health and wellness to develop an informed, personal approach to mental and physical

Semester - I			
Course code: 720106	<u>EDUCATIONAL TECHNOLOGY IN PHYSICAL EDUCATION</u>	Credits: 3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ❖ To Prepare students to select the appropriate communication facilities through internet. ❖ To obtain total perspective of the role of technology in modern educational practices. ❖ To apply the computer technology in Physical Education 			
Unit –I	Educational Technology: Introduction to Educational technology , Definition, Meaning and Scope technology of education, Technology in education, Distinction between hardware and software technologies and their roles in modern Physical Education practices.		
Unit-II	Internet and its Applications: Internet and its applications in education, Concept, need, and importance of internet-basics internet technology, Facilities available for communication e-mail, chat, blog, news groups, video conferencing.		
Unit III	ICT in Physical Education: Use of information and communication technology in Physical Education, Computer based learning method in physical education, Using technology to improve instructional process, Assessing student learning		
Unit IV	IV Technology in Physical Education and Sports Initiating technology, use of audio technology, Technological devices used in physical activity, Sports wind gauges, Foul indicators, Laser beam technology, LCD display, Effective teaching and teacher responsibility, Phases and levels of teaching, Methods of teaching, Techniques of presentation and Class Management skills		
Unit V	Practical: 1. Usage of searching techniques to optimize information search. 2. Preparing a question paper using MS word. 3. Creating a presentation on a topic for one day classroom teaching in Powerpoint. 4. Preparing an E-learning package using MS- power Point for school students. 5. Creating an email id. Sending and receiving E-mail. (Adding Attachments and Using Spam, Trash, Filter Option, etc.) 6. Organising information collected from Internet Using MS- Word. (Includes page setup, Print, Section Break, Header and Footer, Foot note, table, etc.) 7. Operating Sports Technological devices		
Reference			
Brar, R.S (2017). <i>Teaching Methodology and Educational Technology in Physical Education</i> , New Delhi: Kalyani Publishers,. Kumar, K.L. (1996). <i>Educational Technology</i> , Newage International Poulshers, New Delhi. Mangal, S.K. (2001). <i>Foundations of Educational Technology</i> , Ludhiana: Tandon Publications. Romesh varma & Suresh sarma, (1998). <i>Modern trends in teaching technology</i> , New Delhi: Anmol Publishers. Richey, R.C (2008). <i>Reflections on the 2008 AECT</i> . TechTrends.			

Sharma, R.A. (2008). *Educational technology and Management*, Meerut: R. Lal Books Depot.

Vanja, M. (2006). *Educational Technology*, Hyderabad: Neelkamal publications pvt. Ltd.

Outcomes

- ❖ Educational technology for Physical education as the theory and practice of educational approaches to learning.
- ❖ Educational technology as technological tools and media, for instance massive online courses, that assists in the communication of knowledge, and its development and exchange. This is usually what people are referring to when they use the term phy sci
- ❖ Educational technology for Physical Education), such as tools for student

Semester - I			
Course code: 720107	<u>NATIONAL SERVICE SCHEME (NSS)</u>	Credits:3	Hours: 3
Objectives:			
<ul style="list-style-type: none"> ❖ To understand the Community in which NSS Volunteers work ❖ To understand themselves in relation to their community ❖ To identify the needs and problems of the community and involve them in problem solving process ❖ To developing the quality of leadership. ❖ To utilize their knowledge in finding practical solution to individual and community problems; ❖ To develop competence required for group-living and sharing of responsibilities: 			
Unit –I	National Service Scheme: Origin and Development - Motto - Symbol - Badge.		
Unit-II	Administrative setup of NSS: National Level Advisory Committee State Level Advisory Committee - University Level Advisory Committee, College Level Advisory Committee - Role of Programme Officers - Role of Programme Coordinator - NSS Programme at the College and University level .		
Unit III	Training the Students Volunteers - Regular Activities: Public Awareness Programmes - Adoption of Villages - Day Camps.		
Unit IV	Participation of NSS Programmes by volunteers: Advantages of Participation - Public participation - Personality Development-Development of Leadership Qualities - Development of Self Confidence - Important of Skills - Improving Social Service Attitude- Creation of Public Assets		
Unit V	Practical: Blood Donation, Campus Cleaning, Volunteers Service–Two Events, Marching.		
Reference			
J.E National Service Scheme (2006). Government of India, New Delhi: <i>Ministry of Youth Affairs & Sports</i> . Mayilsamy, R. NSS Programme Officer, <i>National Service Scheme and Personality Development</i> , Coimbatore: Sri Ramakrishna Mission Vidyalaya College of Arts and Science Palanichamy S. (1999). <i>National Service Scheme in India Educational System</i> , Coimbatore: Kongunadu College of Arts and Science.			
Outcomes:			
<ul style="list-style-type: none"> ❖ To students will acquire skills that will make them employable locally, Nationally, and gain certification recognized by the industry 			

Semester - II			
Course code: 7202T1	TAMIL – II	Credits:3	Hours: 3
நோக்கம்:			
<ul style="list-style-type: none"> காப்பிய இலக்கியங்களான, ஐம்பெரும்காப்பியங்கள், ஐஞ்சிறுகாப்பியங்கள், கம்பராமயணம், பற்றி அறிந்து கொள்ளல். பெரியபுராணம், பாரதியாரின் பாஞ்சாலி சபதப் பாடல்கள் பற்றி தெரிந்து கொள்ளல். தமிழ்ச் செம்மொழி வரலாறுபற்றியும் சிற்றிலக்கியங்களான கலம்பகம், உலா, பரணி, போன்ற நூல்களை பற்றியும், சில இலக்கண நூல்கள் பற்றியும் புரிந்து கொள்ளல். 			
அலகு:I	1. சிலப்பதிகாரம் 2. மணிமேகலை	- அந்தினை சிறப்பு செய்காதை - ஆதிரை பிச்சையிட்ட காதை	
அலகு II:	1. கம்பராமாயணம் 2. பெரிய புராணம்	- அயோத்தியா காண்டம் கைகேயி சூழ்வினைப் படலம் (50 முதலழ் 67-ஆம் பாடல்கள் நீங்கலாக) கவிமணி தேசிய விநாயகம் பிள்ளை - மெய்ப்பொருள் நாயனார் புராணம்	
அலகு III:	1. பாரதியார் பாடல்கள் 2. பாஞ்சாலி சபதம் 3. துரியோதனன் சூழ்ச்சிச் சுருக்கம் (1 முதல் 20 பாடல்கள்)		
அலகு IV:	1. தமிழ்ச் செம்மொழி வரலாறு		
அலகு V:	1. சீவகசிந்தாமணி 2. ஐஞ்சிறு காப்பியங்கள் 3. கம்பராமாயணம் 4. இலக்கண நூல்கள் 5. சிற்றிலக்கியங்கள்	- வளையாபதி –குண்டலகேசி வில்லிபாரதம் - கலம்பகம், உலா, பரணி, பிள்ளைத் தமிழ், பள்ளப்பாட்டு, குறவஞ்சி	
*தற்படிப்பு (மாணவர்கள் தங்கள் சுய முயற்சியில் கற்றல் வேண்டும்)			
பார்வை நூல்கள்			
<ol style="list-style-type: none"> சிலப்பதிகாரம், பாரிநிலையம், சென்னை மணிமேகலை, பாரிநிலையம், சென்னை கம்பராமாயணம், வர்த்தமானன் பதிப்பகம், சென்னை கலைஞர் முகருணாநிதி- செம்மொழி வரலாற்றில் சில செப்பேடுகள். ஆய்வரங்கச் சிறப்பு மலர்- உலகத் தமிழ் -செம்மொழி மாநாடு 2010. சாலினி இளந்திரையன் -தமிழ்ச் செம்மொழி ஆவணம் டாக்டர் வா.செ.குழந்தைசாமி –உலகச் செவ்வாயல் மொழிகளின் வரிசையில் தமிழ். டாக்டர் மு.வரதராசன்-மொழி வரலாறு. டாக்டர் ஹரி விஜயலெட்சுமி – தமிழ் இலக்கிய வரலாறு, என்னெஸ் பப்ளிகேஷன்ஸ், உடுமலைப்பேட்டை. 			
விளைவுகள்:			
<ul style="list-style-type: none"> காப்பிய இலக்கியங்கள், சிற்றிலக்கியங்கள், இலக்கணநூல்கள், போன்ற பல நூல்கள் கற்றதனால், தமிழ்செம்மொழியின் தொன்மையையும் தமிழர்களின் நாகரிகங்கள், பண்பாடு பற்றிய புரிதல்களை பெறுவர். 			

Semester - II			
Course code: 7202H1	Hindi	Credits:3	Hours: 3
Objectives:			
Unit –I	Poetry: Panchavati by Mythilisharan Gupth		
Unit-II	Lagu Katha: Rishte, Khelne Ka Din		
Unit III	Novel: Apka Banti by Manu Bandari		
Unit IV	Anuvad Abhyas : 1 to 10 - Hindi to English		
Unit V	Applied Grammar: Ling Badaliye, Vachan Badaliye, Vaach badaliye, Shudh Kijiye, Kaal Badaliye, Karak Chinhomese Bhariye, Vakyom me Prayog Kijiye, Vipareetarth Likiye, Paryavachi Sabdh Likiye, Muhavara ka aartha angereji me Likiye etc.,		
Reference			
Gube, Jan; Gao, Fang (2019). <i>Education, Ethnicity and Equity in the Multilingual Asian Context</i> . Springer Publishing. ISBN 978-981-13-3125-1.			
Gambhir, Vijay (1995). <i>The Teaching and Acquisition of South Asian Languages</i> . University of Pennsylvania Press. ISBN 978-0-8122-3328-5.			
<i>Hindustani</i> - 29 July 2017 Columbia University Press. Archived from the original on– via encyclopedia.com.			
Khan, Rajak. "Indo-Persian Literature and Amir Khusro". <i>University of Delhi</i> . Retrieved 17 February 2018.			
Richard K. Barz (8 May 2007). "The cultural significance of Hindi in Mauritius". <i>South Asia: Journal of South Asian Studies</i> . 3: 1–13. doi:10.1080/00856408008722995.			
Outcomes			
❖	To know about the <i>Teaching and Acquisition of Hindi languages</i>		
❖	<i>to learn about Indo-Persian Literature</i>		
❖	<i>to know The cultural significance of Hindi</i>		

Semester - II			
Course code: 7202E1	COMMUNICATIVE ENGLISH-II	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ❖ To enhance the learner's communication skills by giving adequate exposure in (LSRW) listening, speaking, reading and writing skills and the related sub-skills. ❖ To help the learners recognize and operate in various styles and registers in English. ❖ To help the learner get rid of his present flaws and mistakes in Phonetics pronunciation and grammar. ❖ To help the learner identify and repair the voids in his present vocabulary and pronunciation targeting those specific array of words which create a barrier in his thought process. ❖ To enhance the learners the Research papers and articles 			
Unit –I	Communication through Technology: Word Processor, Desk Top Publisher (DTP), Power Point Presentation, Electronic Mail, Voice Mail.		
Unit-II	Oral Communication: Meeting _ Purpose, Procedure, Chairmanship, Participation, Physical Arrangements.		
Unit III	Written Communication: Reading Comprehension __ Reading Techniques, Helpful Hints for Comprehension Exercises, Illustrative Examples.		
Unit IV	Phonetics_ Speech organs and the production of English sounds, Syllable structure in English, Classification of English consonants according to the place of articulation, English Vowels, Accents (Stress) in English, 'Intonation' in English, Phonetic Transcription.		
Unit V	Research Papers and Articles: Research Papers, Articles.		
Reference:			
Anil Kumar. (2012). <i>Spoken English</i> . New Delhi: The Readers Paradise.			
Radhakrishna, Pillai. & Rajeevan, K. (2011). <i>Spoken English for you – Level One</i> . Chennai: Emerald Publishers.			
Ramakrishna Mission Vivekananda University. (2012). <i>Communication skills</i> . Coimbatore: Ramakrishna Mission Vivekananda University Publication.			
Seema Seth. (2012). <i>Communication skills</i> . New Delhi: Readers Choice			
Outcomes:	<ul style="list-style-type: none"> ❖ To Demonstrate and apply appropriate study skills for college success, including but not limited to annotation, note taking, completion of assignments, and reflective journal writing. ❖ 2. To Employ a writing process and demonstrate the ability to write clear sentences and construct paragraphs and essays that effectively make use of supporting details, examples, and evidence. 		

Semester - II			
Course code: 720203	<u>ANATOMY AND PHYSIOLOGY</u>	Credits:3	Hours: 3
Objectives :			
<ul style="list-style-type: none"> ❖ To understand basic anatomical and physiological body functions. . ❖ To demonstrate practical knowledge of basic scientific facts ❖ Helps to understand the principles underlying normal body structure and function. 			
Unit –I	Basics in Anatomy and Physiology Need and importance of anatomy and physiology for the students of physical education, Descriptive terms used to describe the human body, Definition of cell tissue, Microscopic Structure of the cell classification, Structure and functions of various types of tissue		
Unit-II	Skeletal and Muscular System Classification of bones, Structure and functions of bone, Names of the human bones, Joints, structure and classification of joints, Major human joints. Muscular system, structure and classification of muscles, General characteristic of muscle.		
Unit III	Cardiovascular and Respiratory System Functions of blood, Composition of blood, Lymph and its functions-structure of the heart, Systematic, Pulmonary, Coronary circulation. Respiratory system: Definition of respiration, Structure and functions of the respiratory system, Mechanics for respiration, Lung volumes		
Unit IV	Nervous and Endocrine System Structure and functions of brain, Spinal cord and reflex arc. Sensory organs, Structure and function of eye, Ear, Nose, Tongue and Skin. Endocrine System: Classification of various glands, Structure and secretion of pituitary, Thyroid, Parathyroid and Adrenal glands.		
Unit V	Digestive and Excretory System Structure and functions of alimentary canal, Accessory organs-liver, Pancreas, Gall bladder. Urinary System, Structure and functions of kidney and urinary track, Formation of urine.		

Reference:

- Anne Waugh and Alleson Giont (2002). *Anatomy & Physiology in health and illness*. New York: Jones and Barlett Publishers.
- B.R.Mackenna and R. Callandee (1974). *Illustrated physiology*.
- Chaurasia.B.D.(2002). *Human Anatomy, Delhi: CBS Publishers*.
- Chatterjee, Chandicharan, (2000). *Human Physiology (Vol.I&IT), Calcutta: Medical Allied Agency*.
- Evelyne Pearce (1999). *Anatomy and physiology for nurses*. New Delhi: Jay pee Brothers.
- Perrce J.W. (2000). *Anatomy for students and Teachers of physical education*. United Kingdom: London Edward and Co.
- Park. K. Parks, (2002). *Text book of preventive and social medicine, Jabalpur: Banarsilda Bhanot*.
- Wilson, Kathleen J.W.Ross and Wilson. (1995). *Foundations of Anatomy and Physiology*. English Language book society, Churchill Livingston.

Outcomes:

- ❖ To able can understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.
- ❖ To acquire knowledge and demonstrate skills to safely engage in physical activity.
- ❖ . To able an Understand the basic principles of anatomy, physiology, and/or biomechanics and apply the knowledge to movement activity.

Semester - II			
Course code: 720204	<u>THEORIES OF SPECIALIZATION</u> <u>GAME</u>	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ❖ To Enhance the Students will comprehend and demonstrate the needed skills ❖ To compete at an intermediate and advanced level of volleyball. 			
Unit –I	History and development of the following games: Basketball, Football, Hockey, handball and Volleyball		
Unit-II	Layout of play field and major trophies the following games: Basketball, Football, Hockey, handball and Volleyball		
Unit III	Rules and interpretation of games of the following games: Basketball, Football, Hockey, handball and Volleyball		
Unit IV	Basic skills and its drills in the following games: Basketball, Football, Hockey, handball and Volleyball		
Unit V	Duties of officials and officiating mechanism for the following games: Basketball, Football, Hockey handball and Volleyball		
Reference:			
Alex Welsh. (1998). <i>The Soccer Goal Keeping Hand Book</i> . UK: A and C Black Publication.			
Anil Kumar Vanaik. (2005). <i>Playing Fields Manual</i> . Friends Publication.			
Krause, V, Jerry. (1991). <i>Basketball Skills and Drills</i> , Mumbai: The Marine Sports Publishing Division.			
Jake Maddox. (2011). <i>Field Hockey Firsts</i> . Capstone Press.			
Jeff Savage. (1997). Andre Agassi, Minnesota: Lerner Publications Company.			
Jennifer Hurtig. (2006). For the Love of Field Hockey. Weigl Publishers.			
Jeremy woods. (1991). <i>Tennis: Technique, Tactics, Training</i> , The Crowood Press.			
John Feinstein (1992), <i>Hard Courts</i> , New York: Villard Books.			
Katrin Barth. (2007). <i>Training Field Hockey</i> . Meyer and Meyer, Fachverlag and Buchhandel			

Gambh Publishers.

LLC Books. (2011). *Kabaddi Players By Nationality* - Bangladesh, Pakistan, India.

LLC Books. (2011). *Traditional Sports of India: Kabaddi*.

Outcomes:

- ❖ To Upon completion students should be able to execute game strategies appropriate for volleyball, Handball and Football.
- ❖ To Demonstrating an understanding of technical and tactical aspects of volleyball.
- ❖ To able can Students will comprehend and demonstrate the needed skills
- ❖ To compete at an intermediate and advanced level Of volleyball.

Semester - II			
Course code: 720205	<u>SPORTS NUTRITION</u>	Credits:3	Hours: 3
Objectives: <ul style="list-style-type: none">❖ Identify dietary carbohydrate and protein sources, Identify proper hydration principles and discuss the importance of hydration for physical performance❖ Demonstrate an understanding of numerous cryogenic aids and distinguish those that have been scientifically proven to enhance performance❖ Demonstrate knowledge of a healthy diet for physical performance and demonstrate an ability to utilize this knowledge to complete a self-diet critique			
Unit –I	Science of Nutrition Introduction to sports nutrition, Meaning, Definition, Need and importance, Role of nutrition in the field of physical education , Basic nutrients, Nutrient recommendations (rda, dri, dv, ai, ear) Nutritious diet, Diet planning and Food guide pyramid		
Unit-II	Energy Yielding Nutrients and Performance (Carbohydrates, Proteins, Fats) Introduction, Key terms associated with carbohydrates, Proteins, Fats, Classifications of carbohydrates, Proteins, Fats, Functions of carbohydrates, Proteins, Fats, Sources of Carbohydrates, Proteins, Fats, Utilization during exercises, Consumption of carbohydrates, Proteins, Fats before, During and after exercises, Carbo-loading .		
Unit III	Essential Nutrients and Performance (Vitamins and Minerals) Introduction, Key terms associated with vitamins and minerals, Classifications of vitamins and minerals, Vitamins and minerals for performance, Introduction to water, Fluid needs during physical activity, Temperature regulation, Heat stroke, Causes for heat stroke, Exercise in heat and heat disorders, Role of pre, During and post exercise hydration.		
Unit IV	Nutritional Ergogenic Introduction, Key terms, Meaning, Definitions, Types of ergogenic aids (pharmacological and physiological agents), Doping, Dietary supplements and		

	nutritional ergogenics commonly used by endurance athletes, Strength and power athletes, Team sports, Female athlete traids, Disordered eating, Amenorrhea, Osteoporosis.
Unit V	Choosing a Performance Diet Using proteins and amino acids for building muscles, Balanced diet, Consumption recommendations, Role of vitamins and minerals supplements, Role of sports drinks for performance, Diet before, During and after training and competitions (pre game meal).
Reference:	<p>Bob Davis (1980). <i>Physical Education and the Study of Sport (4th ed.)</i>. New Delhi: Mosby Company.</p> <p>Frances Sizer (2008). <i>Nutrition Concepts And Controversies, (8th ed.)</i>. Australia: Wards worth Thomson Learning.</p> <p>Jurek & Scott (2012). <i>Eat and Run</i>. London: Bloomsbury.</p> <p>Nancy Clarks (2000). <i>Nutrition for Sport Success</i>, The Nutrition Foundation Inc.</p> <p>Vijay Kaushik (2006). <i>Good Science and Nutrition</i>. Jaipur: Mangal Deep Publications.</p>
Outcomes:	<ul style="list-style-type: none"> ❖ To enable Students will identify healthy food choices to enhance sports performance based on Sports nutrition. ❖ To enable Students will list principles of hydration for sports performance. Students will explain the importance of pre-meal timing and nutrient sources for sports performance. Students will state the appropriate use of sports supplements.

Semester - II			
Course code: 720206	<u>Movement education and primary Physical education</u>	Credits:2	Hours: 3
Objectives :			
<ul style="list-style-type: none"> ❖ To learn the concept of physical, social, emotional and Motor development of the child ❖ Develop perceptual motor functioning of a child. ❖ To acquisition of an appropriate range of movement skills in a variety of contents ❖ To help children to Plan and participate in regular physical activity. 			
Unit –I	Introduction to Movement Education Meaning, Definition, Aim, Concept and Factors of Movement Education. Movement Education - Foundation for an active lifestyle, Innovative teaching ideas for movement education. Fundamental Movements – Locomotors, Non- locomotors and manipulative skills of children.		
Unit-II	Structure and Methods of Movement Education Movement analysis - Body awareness, Spatial awareness, Qualities of Movement and Relationship of Movements. Methods of teaching used in movement education: Direct method, Indirect method, Limitation method		
Unit III	Primary Physical Education Introduction, Aims and objectives of Primary PE, Scope and selection of activity, Principles and themes, Guidelines for good practices, Learning experiences, Promoting participation and activities.		
Unit IV	Basic Structure and Terminology Athletics, Dance, Gymnastics, Games, Outdoor adventure activities, Aquatics. Developing understanding and Appreciation.		
Unit V	Approaches and methodologies Variety of approaches: Direct teaching approach, Guided discovery approach. Organizing the PE lessons: Individual, peer group, team play and station teaching. Approaches to activities, suggested equipment's for PE		

Reference:

Gustafson, M.A., Wolfe, S.K. & King, C.L. (1991). *Great games for young people*. Champaign, IL: Human Kinetics.

Siedentop, D. (1994). *Sport education: quality PE through positive sport*. Champaign, IL: Human Kinetics..

Thomas, D.G. (1996). *Swimming: steps to success (2nd Ed.)*. Champaign, IL: Human Kinetics

Wetton, P. (1988). *Bright ideas games for PE*. Scholastic Publications.

Outcomes:

- ❖ To practice taking weight on hands activities through balancing individually and in groups.
- ❖ To explore different rolling skills, travelling movement and body shapes. To understand instructions to combine skills; balances; rolls and jumps individually and/or together with a partner.
- ❖ To understand the principles of take-off and landing with the use of different gymnastics equipment and then emphasize control on different jumping skills.
- ❖ To unable to combine different gymnastics skills into a short sequence; with a beginning and an ending position.

Semester - III			
Course code: 7203T1	TAMIL – III	Credits:3	Hours: 3
<p>நோக்கம்:</p> <ul style="list-style-type: none"> பக்தி இலக்கியங்களான, பன்னிருதிருமுறைகள், நாலாயிர திவ்ய பிரபந்தங்கள், திருவருட்பா, திருப்பாடல் திரட்டு, கந்தர் அலங்காரம் போன்ற சைவ, வைணவ நூல்கள் பற்றியும், அவற்றின் ஆசிரியர்கள் பற்றியும் அறிந்து கொள்ளல். சிறுகதை அமைப்பு பற்றியும், தமிழரின் பண்டைய வீர விளையாட்டுகள் பற்றியும் தெரிந்து கொள்ளல். 			
அலகு I:	1. திருஞானசம்பந்தர் 2. திருநாவுக்கரசர் 3. சுந்தரர்	- திருவையாற்றுப் பதிகம் (புலனைந்தம்.. எனத் தொடங்கும் பதிகம்) : திருக்கழிப்பாலை (ஊனுடம்பு ஒன்பது வாசல் வைத்து..) எனத் தொடங்கும் பதிகம்) - திருப்புகலூர் பதிகம் (தம்மையே புகழ்ந்து. எனத் தொடங்கும் பதிகம்)	
அலகு II	1. மாணிக்கவாசகர் 2. பெரியாழ்வார் 3. ஆண்டாள்	- திருப்பள்ளி எழுச்சி (10 பாடல்கள்) - மாணிக்கங்கட்டி – திருத்தாலாட்டு (10 பாடல்கள்) - வாரணம் ஆயிரம் (10 பாடல்கள்)	
அலகு III:	1. தாயிமானவர் 2. அருணகிரிநாதர் 3. வள்ளலார்	- பராபரக்கண்ணி -1 முதல் 20 கண்ணிகள் - கந்தர் அலங்காரம் (முதல் 10 பாடல்கள்) - திருவருட்பா மகாதேவ மாலை 1 முதல் 22 பாடல்கள் (கருணை நிறை எனத் தொடங்கும் காப்புப் பாடல்கள் முதல்)	
அலகு IV:	சிறுகதை 1. புதுமைப்பித்தன்	- காஞ்சனை	
அலகு V:	இலக்கிய வரலாறு ஐஐஐஐ 1. பன்னிரு திருமுறைகள் 3. தமிழர்வீரவிளையாட்டுகள்	- வளையாபதி – குண்டலகேசி 2. பன்னிரு ஆழ்வார்கள்	
பார்வை நூல்கள்			

1. சிலப்பதிகாரம், பாரி நிலையம், சென்னை,
2. மணிமேகலை, பாரிநிலையம், சென்னை
கம்பராமாயணம், வர்த்தமானன் பதிப்பகம், சென்னை
கலைஞர் முகருணாநிதி- செம்மொழி வரலாற்றில் சில செப்பேடுகள்.
1. ஆய்வரங்கச் சிறப்பு மலர்- உலகத் தமிழ் -செம்மொழி மாநாடு 2010.
2. சாலினி இளந்திரையன் -தமிழ்ச் செம்மொழி ஆவணம்
3. டாக்டர் வா.செ.குழந்தைசாமி –உலகச் செவ்வாயல் மொழிகளின் வரிசையில் தமிழ்.

விளைவுகள்:

- தமிழரின் தெய்வ பக்தி, மேலும் அதனால் ஏற்படும் மனநிறைவும், அமைதியான வாழ்வும் பற்றிய புரிதல்களையும் பெறுவர்.
- பண்டைய வீர விளையாட்டுகளான, ஏறுதழுவுதல், சிலம்பம் போன்றவற்றின் மேல் மிகுந்த ஈடுபாடு கொள்வர், சிறுகதை இயற்றும் ஆர்வம் கொள்வர்.

Semester - III			
Course code: 7203H1	<u>HINDI – III</u>	Credits:3	Hours: 3
Objectives			
Unit –I	Jeevan Ki Teen Pradhan Batein, Bade Bai Sahib by Premchand		
Unit-II	Shabd Vichar – Sangna, Sarvanam, Kaarak, Visheshan.		
Unit III	Kavya Tarang (Pracheen Kavita – 1 to 5 Kabir, Tulasi, Surdas)		
Unit IV	Kavya Tarang (Aadhukin Kavita – 1 to 3 Gupt, Dinkar, Pant, Nirala, Verma)		
Unit V	Letter Writing – Leave Letter, Applying for Job, Ordering for Books, College Anniversary, Celebration etc.		
Reference:			
Basu, Manisha (2017). <i>The Rhetoric of Hindutva</i> . Cambridge University Press. ISBN 978-1-107-14987-8.			
Hammarström, Harald; Forkel, Robert; Haspelmath, Martin, eds. (2017). "Hindi". Glottolog 3.0. Jena, Germany: Max Planck Institute for the Science of Human History.			
Malika Mohammada (2005). <i>Culture of Hindi</i> . Kalinga Publications. ISBN 978-81-87644-73-6.			
Peter-Dass, Rakesh (2019). <i>Hindi Christian Literature in Contemporary India</i> . Routledge. ISBN 978-1-00-070224-8.			
Yamuna Kachru (1 January 2006). <i>Hindi</i> . John Benjamins Publishing. pp. 2–. ISBN 90-272-3812-X			
Outcomes			
❖	To know about the letter writing		
❖	It is useful for applying jobs in northern India		

Semester - III			
Course code: 7203E1	<u>COMMUNICATIVE ENGLISH-III</u>	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ➤ To Develop an understanding of the process of oral communication ➤ To Develop critical thinking and analytical skills ➤ To Improve listening, note taking and observational skills ➤ To Become more knowledgeable about audience centered speaking ➤ To Develop message generating and delivery skills ➤ To Become more knowledgeable about current speaking strategies and practices 			
Unit -I	Dyadic Communication: Face – to – Face Conversation, Interview, Instruction, Dictation		
Unit-II	A mock interview – At the personal interview – Interviewing a Sports Person.		
Unit III	Announcement in the sports meet – preparing annual sports meet report – Welcome address and vote of thanks in a sports meet – Master of ceremony in a sports meet.		
Unit IV	Seminars and Conferences: Types of Discussion Group, Conducting Seminars, Organising Conferences.		
Unit V	Group Discussion: Group Dynamics, Purposes, Organisation.		
Reference:			
Anil Kumar. (2012). <i>Spoken English</i> . New Delhi: The Readers Paradise.			
Radhakrishna, Pillai & Rajeevan, K. (2011). <i>Spoken English for you - Level One</i> . Chennai: Emerald Publishers.			
Ramakrishna Mission Vivekananda University. (2012). <i>Communication skills</i> . Coimbatore: Ramakrishna Mission Vivekananda University Publication.			
Seema Seth. (2012). <i>Communication skills</i> . New Delhi: Readers Choice.			
Outcomes			
❖ To Students will be able to understand and evaluate key theoretical approaches used in the interdisciplinary field of communication. I.e., students will be able to explain major theoretical frameworks, constructs, and concepts for the study of communication and language, summarize the work of central thinkers associated with particular approaches, and begin to evaluate the strengths and weaknesses of their approach.			
❖ Students will be able to communicate effectively orally and in writing.			

Semester III			
Course code: 720303	FOUNDATION OF YOGA	Credits:3	Hours: 3
Objectives			
❖ To enable the student to have good health.			
❖ To practice mental hygiene.			
❖ To possess emotional stability.			
❖ To integrate moral values.			
❖ To attain higher level of consciousness to practice mental hygiene.			
❖ To possess emotional stability.			
❖ To integrate moral values.			
❖ To attain higher level of consciousness.			
Unit –I	Meaning – Need and importance of Yoga – Historical Background - Types of Yoga– Bakthi Yoga & Karma Yoga – Raja Yoga.		
Unit-II	Eight limbs of yoga—Yama - Ahimsā, Satya, Asteya, Brahmacharya and Aparigraha, – Niyamas, Śauca, Santosa, Tapa, Svādhyāya and Īśvara-pranidhāna – Prānāyāma, Āsanas, Dhāranā, Dhyāna, Samādhi – Impact of yoga on daily life		
Unit III	Asanas – Procedure for doing asanas: padmasana, dhanurasana, bhujangasana, vakrasana, matsyasana, yoga mudras ansarvangasana, halasana, ardhmatsyandrasana, mayurasana, vajrasana, pascimottanasana, salabhasana, aratasalabhasana and savasana.		
Unit IV	Pranayama – Ratio of breathing – Ten vayus b. Types of pranayama: Ujjayi, Suryabhedana, Bhramarai, Murchha, Plavini, Sitkari, Shitali.		
Unit V	a. Six Kriyas: Trataka – Kapalabhati – Neti – Dhauti – Basti – UttiyanaNauli b. Four Bandas: Moola Banda – Uttiyana Banda – Jalandira Banda – Trium Banda. Four Mudras: Asvini Mudra – Yoni Mudra – Sambavi Mudra – Kesari Mudra		
Reference:			
Gore. (1990). <i>Anatomy & Physiology of Yogic Practices</i> . Lonavala: Kanchan Prkashan.			
Iyengar, B. K. S. (2000). <i>Light on Yoga</i> . New Delhi: Harper Collins Publishers.			
Kuvalyananda Swami & S.L. Vinekar. (1963). <i>Yogic Therapy – Its basic principle methods</i> . New Delhi: Govt of India, Central Health Education and Bureau.			
Kenghe. C.T. (1976). <i>Yoga as Depth-Psychology and para-Psychology (Vol-I): Historical Background</i> , Varanasi: BharataManishai.			
Moorthy .A.M & Alagesan. S. (2004). <i>Yoga Therapy</i> . Coimbatore: Teachers Publication House.			
Swami Satyananda Saraswathi. (1984). <i>Kundalini and Tantra</i> . Bihar: Yoga Publications Trust.			
Swami Kuvalayananda. (1998). <i>Asanas</i> . Lonavla: Kaivalyadhama.			
Swami Satyananda Sarasvati. (1989). <i>Asana Pranayama Mudra Bandha</i> . Munger: Bihar School of Yoga,			
Swami Sivananda. (1971). <i>The Science of Pranayama</i> . India: A Divine Life Society Publication,			
Tiwari. O .P. (1998). <i>Asanas-Why and How</i> . Lonavla: Kaivalyadhama			

.

Outcomes

- ❖ To Knowledge of the teachings and philosophy of the yoga tradition, with diverse yogic perspectives on the structure, states, functions, and conditions of the body and the mind in balance (and out of balance), based on teachings of the Yoga Sutras, the Bhagavad Gita, and other relevant texts
- ❖ To Knowledge of classical theories of health and disease relevant to the practice of Yoga Therapy
- ❖ To Knowledge of human anatomy, physiology and biomechanics, and the interrelationships between systems of the body; knowledge of common pathologies and disorders of systems of the body, including familiarity with symptoms, condition management, illness trajectories, and related contraindications to yoga practices.

Semester III			
Course code: 720304	<u>TRACK AND FIELD – II</u>	Credits:3	Hours: 3
Objectives:			
<ul style="list-style-type: none"> ➤ To determine the state Boys’ and Girls’ individual and team champions. ➤ To bring College or Universities within leagues in the state together to: <ul style="list-style-type: none"> • Foster friendly competition between them, and • Enhance the quality of high school track and field in the state. ➤ To promote citizenship on the part of individuals, teams, and College Students 			
Unit –I	Markings - Rules and their Interpretations for Arc Start Double ArcStart, Break-line, Break-point, Marking of Relays (4x100m, 4x400m) – Starting for all Track Events.		
Unit-II	Rules and their Interpretations of Track Events 800m, 1500m, 3000m, 5000m, 10000m and Marathon Race, Race walking		
Unit III	Markings - Rules and their Interpretations for Events - Long Jump, Triple Jump, High Jump and Pole Vault		
Unit IV	Markings - Rules and their Interpretations for Combined Events -Heptathlon and Decathlon.		
Unit V	Records of all Events in National and International Level.		
Reference:			
<p>ArnheimD.,& William E Prentice. (1978). <i>Athletic training</i>. St. Louis: Mosby Year Book.</p> <p>Buck H.C. (2001). <i>Text Book of theories of Track & Field</i>: New Delhi.</p> <p>Breshahan, Tuttle.,& Cretzmeyer. (1997). <i>Track and Field Athletics</i>. New Jersey: Prentice Hall.</p> <p>Cart E. Klafs., & D, Arnheim. (2000). <i>Modern Principles of Athletic Training</i>. St.Louis; C. V. Mosphy Company.</p> <p>George Immanuel. (1997). <i>Track and Field Event layout and Marking</i>. Chennai: Krishnamurthy and Co.</p> <p>H.C. Buck. (2007). <i>Rules of Games and Sports</i>. Madras: Y.M.C.A. Publications.</p> <p>Josse, P, Moprtensen.,& John, M,Copper. (1998). <i>Track and Field for coach and Athlete</i>. St.Louis: C.V.Mosphy Company.</p>			
Outcomes:			
<ul style="list-style-type: none"> ❖ To apply visualization and relaxation techniques to assist in skill application during training and competition while developing an appreciation for the mental aspects of achieving success on and off the track. ❖ Enhance of the Students learn, understand and apply the technical skills required for success in their particular track event(s). <p style="text-align: center;">*****</p> <p>Develop a team first attitude that involves supporting, encouraging and cooperating with teammates in a competitive environment</p>			

Semester III			
Course code: 720305	<u>COMPUTER APPLICATIONS IN</u> <u>PHYSICAL EDUCATION</u>	Credits:2	Hours: 3
Objectives:			
<ul style="list-style-type: none"> ❖ Helps to improve the Computer Assisted works in sports ❖ To learn about the applications of computers in sports ❖ To have hands on experience in computer 			
Unit –I	Introduction to Computer Introduction, Definition, Characteristics, Types of computer, Micro Computer, Mini Computer, Mainframe computer and super computer, Introduction to computer hardware and software , A basic outline, An introduction into operating system, Definition, Uses, General introduction to MS-Office 2010		
Unit-II	MS-Word 2010 Introduction, Meaning of a word processor and features of MS-Word 2010, Basic Formatting, Editing and File Commands, Using Illustrations, Tables and Hyperlinks, Setting up pages, Mail Merge		
Unit III	MS-Excel 2010 Introduction, Definition of a spreadsheet and features of MS-Excel 2010, Entering data in a spreadsheets and formatting cells, Operators and built-in functions in excel, Applying formulas and creating charts, Conditional formatting.		
Unit IV	MS-PowerPoint 2010 and MS-publisher 2010 An introduction to PowerPoint 2010, Various methods of creating a presentation, Applying different layout, Colon schemes, Slide designs, Themes, Inserting pictures, Diagrams, Shapes, Smart art, Tables, Charts, Applying slide transitions, Custom animations, Animation schemes and Setting up slide shows, Introduction to MS-publisher 2010, Designing invitations, Brouchers and award certificates, Applying mail merge.		

Unit V	<p>Practicum: Prepare Curriculum Vitae in Word 2010, Design an invitation for a Sports meet using Publisher 2010, Preparation of Budget, Prepare Entry Forms based on the Games and Event.(Each student has to opt for a game and an event).,Prepare the fixtures in Excel 2010.(For the game and event chosen in Program ,Design the corresponding score sheet in Excel 2010,Design a Certificate for the respective game and event using Publisher 2010,Report presentation in Power point 2010</p>
<p>Reference:</p> <p>Arnold Baca. <i>Computer science in sport: an overview of history, present fields and future applications</i> (part I). IJCSS Special Edition. 2006; 2:25-35.</p> <p>Daniel Link, Martin Lames. <i>Sport Informatics – Historical Roots, Interdisciplinary and Future Developments</i>. IJCSS. 2009; 8(2):68-87.</p> <p>Jurgen Perl. <i>Computer science in sport: an overview of history, present fields and future applications</i> (part II). IJCSS Special Edition. 2006; 2:36-46.</p> <p>Winn W. <i>Current Trends in Educational Technology Research: The Study of Learning Environments</i>. Educational Psychology Review. 2002; 14(3):331-350.</p> <p>Wood SL, Lynn S. <i>Teaching Elementary Physical Education</i>. Web Gym. 2000; 11(5):28-30.</p>	
<p>Outcomes:</p> <ul style="list-style-type: none"> ❖ To promotes the development of a coherent learning Programme ❖ To helps to guide students through the Programme ❖ To enables an institution to demonstrate how a particular lecture course or paper contributes to the overall aims of its teaching 	

Semester III			
Course code: 720306	<u>SPORTS PSYCHOLOGY AND</u> <u>SOCIOLOGY</u>	Credits:3	Hours: 3
Objectives:			
<ul style="list-style-type: none"> ❖ To know and to understand the Psychological and Sociological behavior. ❖ To know the various psycho – sociological factors affecting sport performance ❖ To assess the personality of a sportsman 			
Unit –I	Introduction to Sports Psychology Meaning and Definition of Psychology and Sports Psychology, History of sports psychology, Need and importance of sport psychology, Branches of sports psychology.		
Unit-II	Motivation and Personality Introduction, Meaning and Definition of motivation, Factors influencing the learning and performance, Feedback, Meaning and Definition of emotions, Factors affecting learning and Performance. Personality - Meaning and Definition of personality, Composition of personality, Measures of personality, Factors affecting the development of personality		
Unit III	Learning & Individual Differences Introduction, Meaning and Definition of Learning, Types of learning, Theories of Learning, Laws of learning, Learning curve, Transfer of learning. Individual Differences -Meaning and Definition of individual differences, Types of individual differences, Causes of individual differences, Growth and Development, Age and Behavioral characteristics		
Unit IV	Sports Sociology Meaning and definition of sociology, Meaning and definition of sports sociology, Nature and Scope of sports sociology. Sports as an institutionalizing agency, Socializing institutions (Family, Education, Religion and State).		
Unit V	Sports and Social problems Sports as social phenomena and product of culture, Its relationship with other elements of culture, Culture and civilization, Social concerns in sports today. Sports for better international understanding, Behavior of sportsmen and spectators, Women in sport, Leadership in physical education		
Reference:			
Alderman, R. B. (2001). <i>Psychological behavior in sport</i> . Philadelphia: W.B Sonnders Company. Coakley Jay (2001). <i>Sport in society</i> . McGraw – Hill companies, Inc. Jain, R. (2007). <i>Sports sociology</i> . New Delhi: Khel Sahitya Kendra, Kamlesh, M. L. (2000). <i>Psychology of physical education and sports</i> . New Delhi: Metropolitan Book & Co, Laker Anthony (2002). <i>The Sociology of Sport and Physical Education: An Introductory Reader</i> . Routledge Falmer, New York. Maguire Joseph, A. (2002). <i>Sport Worlds: A Sociological Perspective. IL: Human Kinetics,</i>			

Champaign.

Outcomes:

- ❖ To able can communicate articulately, effectively.
- ❖ To Enhance an Use technology as a tool to access information, analyze and solve problems, and communicate ideas Demonstrate scientific literacy
- ❖ To Demonstrate knowledge, skills, and self-discipline necessary to achieve and maintain physical and emotional well being

Semester IV			
Course code: 7204T1	TAMIL – IV	Credits:3	Hours: 3
நோக்கம்:			
<ul style="list-style-type: none"> சங்ககால இலக்கியங்களை, எட்டுத்தொகை, பத்துப்பாட்டு போன்ற பதினென் மேற்கணக்கு நூல்கள், நாலடியார் போன்ற பதினென் கீழ்க்கணக்கு நூல்கள் பற்றியும் அறிந்து கொள்ளல். நாவல் பற்றியும், அதன் அமைப்பு பற்றியும், அவற்றில் ஒன்றான நா. பார்த்தசாரதி அவர்களின் குறிஞ்சி மலர் நாவல் பற்றியும் தெரிந்து கொள்ளல். மேலும் பாரம்பரிய வீர விளையாட்டுக்கள் பற்றி புரிந்து கொள்ளல். 			
அலகு I:	புறநானூறு	- 2 மண்டணிந்த நிலனும்.. எனத்தொடங்கும் பாடல் - 235 சிறியகட் பெறினே.. எனத்தொடங்கும் பாடல் - 246 பல்சான்றீரே பல்சான்றீரே.. எனத்தொடங்கும் பாடல்	
அலகு II:	1. ஐங்குறுநூறு 2. குறுந்தொகை 3 நற்றிணை	- கள்வன் பத்து - 31 மள்ளர் குழீ இய.. எனத்தொடங்கும் பாடல் - 359 மழை சேர்ந்தெழதரு.. எனத்தொடங்கும் பாடல் - 35 பெருங்குதிரைபொருகு..... எனத்தொடங்கும் பாடல் 202 புலிபொரச் சிவந்த... எனத்தொடங்கும் பாடல்	
அலகு III:	1. நாலடியார் 2. அறத்துப்பால் 3. துறவற இயல்	- செல்வம் நிலையாமை, இளமை நிலையாமை (1 முதல் 20 பாடல்கள்)	
அலகு IV:	நாவல் 1. குறிஞ்சி மலர்	- நா. பார்த்தசாரதி	
அலகு V	இலக்கிய வரலாறு IV 1.எட்டுத்தொகை 3.பாரம்பரிய வீரவிளையாட்டுகள்	- 2.பத்துப்பாட்டு	
பார்வை நூல்கள்			
<ol style="list-style-type: none"> சிலப்பதிகாரம், பாரி நிலையம், சென்னை, மணிமேகலை, பாரிநிலையம், சென்னை கம்பராமாயணம், வர்த்தமானன் பதிப்பகம், சென்னை கலைஞர் முகருணாநிதி- செம்மொழி வரலாற்றில் சில செப்பேடுகள். ஆய்வரங்கச் சிறப்பு மலர்- உலகத் தமிழ் -செம்மொழி மாநாடு 2010. சாலினி இளந்திரையன் -தமிழ்ச் செம்மொழி ஆவணம். 			
விளைவுகள்:			
<ul style="list-style-type: none"> தமிழர்களின் வாழ்வியல் முறைகளை எடுத்தியம்பும் கருவூலமாக சங்ககால இலக்கியங்கள் உள்ளதை புரிந்து கொள்வர். நாவல்களின் சிறப்பு பற்றி தெரிந்து கொள்வர். 			

Semester IV			
Course code: 7204H1	<u>HINDI – IV</u>	Credits:3	Hours: 3
Objectives			
Unit –I	Drama: Ladai by Sexena		
Unit-II	One Act Play: Ekanki Panchamruti by Dinkar – Dus Hazaar, Maalavprem, Ghar bandh		
Unit III	General Essay: AadarshNibandh – Rashtrabhasha Hindi, SahaSiksha, Dahejpratha, Vignan se Hani aur Laab, Anusasan, Pradushan, Sanganak, Kisi Ek Tyohar ka Varnan		
Unit IV	Conversation: Dialogue Writing (5)		
Unit V	Paribhashik Shabdavali: Games, Sports, Parts of the Body Etc., –20 to 30 Words		
Reference: Amaresh Datta - 1988 - Indic literature Ani (2005). Keith Brown (Ed.). Encyclopedia of Language and Linguistics (2 ed.). Elsevier. ISBN 0-08-044299-4. Central Hindi Directorat: Introduction". Archived from the original on 4 May 2012. Retrieved 18 February 2014. Hindust Dhirendra Verma ... K . C . Bahl wrote his A Reference Grammar of Hindi (1967) in structural cum T . E . Katenina ' s Jazyk Xindi (1960) (Hindi Language) is a monograph published ... Following books on Hindi need mention in this context :			
Outcomes			
❖ to strengthen writing skills and communication			
❖ it is helpful for teaching aspect			

Semester IV			
Course code: 7204E2	Communicative English-IV	Credits:3	Hours: 3
Objectives:			
<ul style="list-style-type: none"> ➤ Demonstrate critical and innovative thinking. ➤ Display competence in oral, written, and visual communication. ➤ Apply communication theories. ➤ Show an understanding of opportunities in the field of communication. ➤ Use current technology related to the communication field. 			
Unit –I	Introduction to Job Communication: Job Communication, Developing Job Communication Skills, Job Communication Process, Developing Confidence		
Unit-II	Job Correspondence: Job Application _ Job Application Letters, Opening, Body, Closing, Final Writing Tips.		
Unit III	Curriculum Vitae: Bio- data, Curriculum Vitae and Resume, Purpose of Curriculum Vitae, Preparing Your CV, Designing an Effective CV.		
Unit IV	Resumes: Defining a Resume, Resume Design, Resume Length, Parts of a Resume, Resume Styles.		
Unit V	The Job Interview _ the Job Interview, Characteristics of the Job Interview, Alternative Interview Formats, Types of Job Interviews, Preparing for a Job Interview, Understanding Interview Questions, Handling Interview Questions, Interview Strategies.		
Reference:			
Anil Kumar. (2012). <i>Spoken English</i> . New Delhi: The Readers Paradise.			
Radhakrishna, Pillai. and Rajeevan, K. (2011). <i>Spoken English for you - Level One</i> . Chennai: Emerald Publishers.			
Ramakrishna Mission Vivekananda University. (2012). <i>Communication skills</i> . Coimbatore: Ramakrishna Mission Vivekananda University Publication.			
Seema Seth. (2012). <i>Communication skills</i> . New Delhi: Readers Choice			
Outcomes:			
❖ A general knowledge of the basic theories of human communication in rhetorical, group, and interpersonal settings.			
❖ A basic understanding of the principles and techniques of persuasion in interpersonal, group, and public speaking contexts.			
❖ An ability to successfully apply the above knowledge in actual small group, interviewing, business, public speaking, and interpersonal situations. The ability to write well-worded and persuasive resumes and other business communication. Also, the ability to write a valid and well-supported analysis of communication problems encountered in real-world situations.			
❖ An understanding of how the perception of both verbal and non-verbal messages influences culture, behavior, and action of life itself			

Semester - IV			
Course code: 720403	<u>PHYSIOLOGY OF EXERCISE</u>	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ❖ To know the physiology of human body ❖ To understand the various physiological effects on human body during exercise ❖ To Helps to identify the types of contraction performed during the exercise 			
Unit –I	Basics of Physiology of Exercise Meaning, nature and scope of physiology of exercise, skeletal muscle, microscopic structure of the muscle fiber, function, types of muscle fibers and their physical properties.		
Unit-II	Exercise and Muscular System Sliding filament theory of muscular contraction, energy of work, effect of exercise and training on muscular system.		
Unit III	Exercise and respiration Ventilation during exercise- control of ventilation- lung volumes and capacities - effects of exercise and training on respiratory system		
Unit IV	Exercise and circulatory system Cardiac muscle, cardiac cycle, stroke volume, cardiac out put, blood pressure, heartrate, effect of exercise and training on circulatory system		
Unit V	Exercise and Nervous System Nervous control of muscular movement- neuron- reflex action- reflex arc- effects of exercise and training on nervous system		
Reference:			
Fox, E. L. & Mathews D K (2002). <i>Physiological Basis of physical education and Athletics</i> , U.S.A: Saunders College of Publishing Co., Moses, A. K. (2000). <i>Introduction to Exercise Physiology</i> . Chennai: Poompugar Pathippagam, Sandhiya Tiwari, (2000) <i>Exercise Physiology</i> . New Delhi: Surjeet Publications. Shaver, L. G. (2001). <i>Physiology of exercise</i> . New Delhi: Surjeet Publications. Majumdar & Pralay (2002). <i>Physiology of Sports and Exercise</i> . Kolkata: New Central Book Agency Ltd., More House & Miller (1994). <i>Physiology of exercise</i> . C.V.Mosby Co, St.Louis.			
Outcomes			
<ul style="list-style-type: none"> ➤ To understand the various physiological effects on human body during exercise ➤ Helps to identify the types of contraction performed during the exercise 			

Semester - IV			
Course code: 720404	<u>THEORIES OF SPORTS AND GAMES – II</u>	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ❖ To define and acquaint training preparation of sports/game ❖ To emphasis on preparation for the sport and game ❖ To orient and employ the rule and regulation in organization of competition in game/sport. 			
Unit –I	History and Development of Organization of kabaddi, Badminton, Tennis, Kho-kho, Cricket– conducts of matches and tournaments		
Unit-II	Layout of play field and major trophies the following games: kabaddi, Badminton, Tennis, Kho-kho, Cricket		
Unit III	Training – Warming up – General and specific – Warming Down – Essential Fitness components – Strength, Speed, endurance, Flexibility, Agility related to the game – lead up Activities		
Unit IV	Basic skills and its drills in the following games: kabaddi, Badminton, Tennis, Kho-kho, Cricket		
Unit V	Mechanism of Officiating, Duties of officials ,signals, and scoring system kabaddi, Badminton, Tennis, Kho-kho, Cricket		
Reference:			
Clive Gifford, 2010 “ <i>Tell me about Tennis</i> ” 1st Ed., USA			
Guillain, Jean-Yves(2004). <i>Badminton: An Illustrated History</i> . Publibook.p. 47.ISBN 2748305728.			
Origin, History and Development of Kabaddi". http://www.kabaddiikf.com/history.htm . Retrieved 2008-04-20.			
Ralph Dellor, 2010 “ <i>Cricket Steps to Success</i> ” Human Kinetics Publication.			
<i>Rugby on Deck Reading Libraries: Leveled Reader Track</i> by Jack Otten (Jul 2001).			
"Tripura KHO KHO Association @ Tripura4u"28 March 2011. http://www.kho-kho.tripurasports.com/ Retrieved.			
V. Thani 2003, “ <i>Cricket Skills & Rules</i> ” –TSBN – 81			
Outcomes:			
<ul style="list-style-type: none"> ❖ To gain knowledge of the game/Sport ❖ To Learn the layout and marking for the game/sport ❖ To demonstrate various drills and lead up activities related to game/sport. 			

Semester IV			
Course code: 720405	<u>HEALTH EDUCATION, SAFETY EDUCATION & FIRST AID</u>	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ❖ To acquaint them with first-aid measures about common sickness and injuries ❖ To create awareness among the students about the rules of safety in appropriate hazardous situations to avoid accidents and injuries. 			
Unit –I	Definition, Meaning, Nature, need, and scope of health education, factors influencing health, meaning of wellness and health – components of health – physical and mental health – Fundamental factors for Mental Health -community health, environmental health, occupational health, personal hygiene Food Poisoning and their Prevention- Food Adulteration- School Health Programme. Nutrition and Balanced Diet- Health Organizations-World Health Organization (WHO) - Meaning – Functions		
Unit-II	Communicable diseases – agent, causative organism, incubation period – mode of spread, sign, symptoms and preventive measure of typhoid, cholera, pulmonary tuberculosis, amoebiasis, malaria, tetanus, poliomyelitis. Non – communicable diseases – symptoms, prevention of Pepticulcer, malignancy, hypertension, diabetes mellitus.		
Unit III	Definition – characteristics – Principles of safety education – Needfor safety education in physical education – factors affecting safety– need and importance of safety.Safety of home – swimming pool – Gymnasium – play field –school play equipment’s.		
Unit IV	First Aid: Definition – meaning – first aid kit and their uses – on field and off field injury management – diagnostic tools Trauma: meaning – importance –general first aid procedure (RICE and PRICE) - wound: classification – first aid for open and closed wound – Dressing & Bandages: definition – types and application		
Unit V	Fractures – Types of Fractures -Shock- Burns - Poison - Snake bite - Dog bite. Specific Injury Management I: first aid for sprain – strain – musclecramp – muscle pull – dislocation – subluxation - fracture – bleeding – shock – heart attack – application of CPR. fainting .burns.Therapies: definition – meaning – hydrotherapy: meaning and classification – thermotherapy – modes and application – Cryotherapy – modes and application – principle in application of ice.		
Reference:			
Catwalk & Kawsal. (1983). <i>A Text Book on Health, Physical and sports</i> , Jalandhar: A.P. Publishers.			
Cathie Robertson (2010). <i>Safety, Nutrition and Health in Early Education, 4th ed.</i> , USA			
John Severs, (2012). <i>Safety and Risk in Primary School Physical Education</i> , London.			
Lyan R. Marotz, (2008). <i>Health, Safety and Nutrition for the Young Child 7th ed.</i> , USA.			

Melinda J. Flegel, (2010). *Sports First Aid : A Coach's Guide to the care and prevention of Athletic Injuries*, 4th ed., USA.

Outcomes:

- ❖ To cognise the presence of major illness and provide appropriate first aid understand the role of the first-aider including references
- ❖ To the importance of preventing cross-infection
- ❖ need for recording incidents and actions
- ❖ To use of available equipment
- ❖ To assess the situation and circumstances in order to act safely, promptly and effectively in an emergency administer first aid to a casualty who is unconscious (including seizure) administer cardiopulmonary resuscitation
- ❖ To administer first aid to a casualty who is choking
- ❖ To administer first aid to a casualty who is wounded and bleeding

Semester - IV			
Course code: 720406	<u>GYMNASTICS</u>	Credits:2	Hours: 3
Objectives:			
<ul style="list-style-type: none"> ❖ To helping members to develop physical confidence ❖ To help members to develop mentally ❖ To Improving body posture ❖ To Developing social skills. 			
Unit –I	Definition, meaning of gymnastics-History of gymnastics-Classification of gymnastic		
Unit-II	Artistic gymnastics: 1. Men apparatus 2. Women apparatus		
Unit III	Rhythmic gymnastics: 1. Rope 2. Hoop 4. Clubs 5. Ribbon		
Unit IV	Qualification for Olympic games- Rights and duties of gymnasts-Rights and duties of judges-Rights and duties of coaches		
Unit V	1 Organization of judging panel 2.Evaluation of exercises:Degree of difficulty_ Exercise presentation a) Boners b) Special requirement 3. Podium a. Specifications b. Rules & regulation of each apparatus i. Floor exercise ii. Parallel bar iii. Pommel horse iv. Vaulting horse 4. Compulsory and Optional Events.		
Reference:			
Tom De, Carlo. (1963). <i>Handbook of progressive Gymnastics</i> , Prentice Hall: Englewood, Cliffs N.J.,.			
John Good Body. (1976). <i>The illustrated History of Gymnastics Stanely paul</i> , London Melbourne, Sydney, Auckland			
Outcomes:			
❖ To define the concept of gymnastics			

- ❖ To Practice regularity exercises
- ❖ To combine warm up exercise with gymnastics
- ❖ To show technical movements of flexibility and balance

Semester V			
Course code: 720501	<u>SPORTS TRAINING</u>	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> • Understand the fundamental concepts of sports training. • Fix and adopt the training load • Prepare the sports person for the competition 			
Unit –I	Sports Training Introduction, History, definition, Aims, Characteristics, Principles of sports training, Training Load, Definition, Types, Similarities of load and adaptation, Factors affecting load, Means and methods of training		
Unit-II	MotorComponents Introduction, Definition, Types of motor components, Factors influencing motor components, Means and methods of developing Strength, Speed, Endurance, Flexibility, Co-ordination		
Unit III	Technical and Tactical Preparation Introduction, Definition, Stages and methods of development, Causes and Errors, Correction of Faults. Tactical: Tactical Concepts , Methods of Tactical Development		
Unit IV	Periodization and Planning Introduction, Definition, Types of periodization, Importance of periodization, Periodization modules, Planning for competition, Types of planning, Competition frequency, Types of competition, Preparation for competition, Making a competition plan		
Unit V	Age and Gender differences in Training Motor development and its implications in Childhood, Adolescence, Adulthood, oldage, training and peaking of performance during different ages, Sex differences and its implication in training and competition		
Reference:			
Harre Dietrich, (2009). <i>Training Science Germany</i> : Hilton Publishers.			
Matweyew, T. (2003). <i>Periodization of Sports Training</i> , Germany: Hilton Publishers.			
Pyke Frank S, (1980). <i>Towards Better Coaching</i> , Canberra: Australian Government Publishing Service,			
Singh Hardayal (1984). <i>Sports Training: General Theory and methods</i> . Patiala: National Institute of Sports,			
Tudor O. Bumpa, (2002). <i>Periodization – Theory and methodology of Training</i> , Australia: Human Kinetics.			
Wilmore J.H (1977). <i>Athletic Training and Physical Fitness</i> , Sydney: Allyn and Bacon Inc,			

Outcomes: To students will be able to analyze situations and apply the principles of appropriate leadership skills and behaviors related to sport management and sport leadership responsibilities.			
Semester V			
Course code: 720502	<u>RESEARCH METHODOLOGY & STATISTICS IN PHYSICAL EDUCATION</u>	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ❖ To identify appropriate Research topics ❖ To identify various sources of information review for data information ❖ To obtain adequate knowledge on research and the statistical methods. ❖ To Select and define appropriate Research problem, Parameter and research question 			
Unit –I	Meaning - Definition of Research - Nature and Characteristics of Research - Need and Importance of Research in Physical Education - Criteria in selecting the Research problem. Types of Research - Basic Research, Applied Research, Action Research – Hypothesis, Types of Hypothesis - Experimental Research, Nature and Meaning - Experimental Variables - Historical Research – Steps – Sources		
Unit-II	Surveys: Questionnaire – Interview – Case Study - Research Proposal, Introduction, Review – Methodology, Bibliography - Abstract, Introduction, Main Body of Report, Conclusion - Organization of thesis report - Mechanism of writing footnote and bibliography		
Unit III	Statistics – Meaning -Types – Need and Importance Statistics in Physical Education- Constructing a Frequency Table, Range of Scores, Number of Intervals ,Size of Interval – Tabulation– Frequency Polygon – Histogram		
Unit IV	Measures of Central Tendency – Mean, Median and Mode- Measures of Variability- Range, Standard Deviation-Correlation with Ungrouped data- t-ratio		
Unit V	Project Concept mapping, Flow Chart. Graphical representation, sequencing, Album, Scrap Book. Reporting, Creative Writing. Model Making, Project Work.		
. Note: Evaluation for the project will be conducted by an Internal and External examiner by end of the semester. Each student has to submit a record of the project work in the end of the semester			
Reference :			
Clarke,David H and H .Harrison Clarke, 2005, “ <i>Research Process in Physical Education</i> ”, <i>Inded Prentice, Inc.,. New jersey.</i>			
Kothari C.R. <i>Research Methodology. New Delhi: Wiley Fasern Ltd. 2000.</i>			
Moses, R. Amritta Kumar. <i>Thesis Writing Format. Madras, PoompugarPathipagam 1995.</i>			
Rothstein, Anne, L. <i>Research Design & Statistics for Physical Education</i>			
Suresh Kutty K 2015 “ <i>Research methods in physical education</i> ” <i>Sports Publication, New Delhi.</i>			
Outcomes:			
❖ Students will able to characteristics of various research methodologies			

- ❖ Students will able to the components of research paper and articulate their purposes
- ❖ Students will able to synthesize the results of a broad literature search on a selected topic.

Semester V			
Course code: 720503	<u>METHODS OF PHYSICAL EDUCATION</u>	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> • To learn the effective teaching & class control • To learn the organization of tournaments • Help to improve the commands of the student teacher 			
Unit –I	Introduction Meaning and scope of teaching methods in physical education, Factors that influence methods of teaching in physical education, Principles of teaching, Learning by doing.		
Unit-II	Methods of Teaching Introduction, Different methods of teaching physical activities, Teaching Aids - Meaning, Purpose and criteria for audio visual aids, Types of audio-visual aids.		
Unit III	Class management Introduction, Principles of class management, Factor influencing class management, Steps in class management, Principles of lesson plan, Types of lesson plan, Advantages of lesson plan.		
Unit IV	Intramural & Extramural Competition Intramural - Introduction, Meaning of intramural activities, Advantages of intramural activities, Objectives of intramural, Organization of intramurals. Extramural- Introduction, Meaning of extramural, Objectives of extramural activities, Principles of inter institutional competition, Types of incentives and awards in physical education.		
Unit V	Tournaments Introduction, Meaning of tournament, Types of competition, Methods of drawing fixtures on knock-out tournament, Round robin tournament, Consolation tournament, Combination tournament, Bagnall wild method.		
Reference:			
Ajmer Singh (1999). <i>Essentials of Physical Education</i> , New Delhi: Kalyani Publishers.			
Bevinson Perinbaraj (2000). <i>Methods of Physical Education and History of Physical Education</i> , Karaikudi.			
Dward F Voltmer & Arthur A Esslinger (2000). <i>The organization and Administration of Physical Education</i> , Bombay: The Times of India Press.			
Dheer, S & Radhika Kamal (2001). <i>Organization and Administration of Physical Education</i> , New Delhi: Friends Publications,			
Jayavel S (2004). <i>Physical Education Guide for TRB, NET and SLET</i> , Karaikudi: Jayavel Printers.			
Kamalesh, M. L. & Sangral, M, S, (1996). <i>Methods in physical Education</i> , Ludhiana: Prakash			

Comment [p1]: Not in alphabet order

Brothers.

Outcomes

- ❖ To perform various exercise activities at a level that will lead to improvement in fitness
- ❖ To demonstrate an understanding of the various sub disciplines that make up the field of Physical education.

Semester -V			
Course code: 720504	<u>ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION</u>	Credits:3	Hours: 3
Objectives <ul style="list-style-type: none">❖ To know the administrative procedures programmes.❖ To know the physical education programmes.			
Unit -I	Definition – Management – Sports management – Guiding Principles of Sports management – Sports organization – Sports management services		
Unit-II	Management functions: - Planning– Organizing – Staffing – Budgeting – Evaluation – Performance appraisal		
Unit III	Schemes of management in physical education – Organizational chart for High school and higher secondary school – College – University - Organizational chart for Phy.Edu.Programme for District and State		
Unit IV	Play area in institutions – Facilities and standards in physical education – Layout and maintenance of playgrounds – Sports and Games Equipments		
Unit V	Finance and Budgeting in Physical Education – Preparation of budget – Records and Registers - Purchase and Care of supplies and Equipments		
Reference: Goel.R, 2000 <i>Encyclopedia of Sports and Games</i> , Vikaas Publishing House, Pvt. Ltd, Delhi. Sivarama Krishnan .S, 1998 <i>Management in Physical Education</i> , Elango Press, karaikudi Smith, Charles F. 1993 <i>Games and Games Leadership</i> . New York : Dodd mead and Company Thomas J.P, 1997 <i>Physical Education Lessons</i> . Madras Gnanodaya Press, Tirunarayan, C&S. Hariharsharma, <i>Methods in Physical Education</i> , M/S. CT & SH, Karaikudi. 1993.			
Outcomes: <ul style="list-style-type: none">❖ To demonstrate an understanding of the various sub disciplines that make up the field of Physical education, organization and administration❖ To educate the management skills in physical education and sports❖ To know about the Finance and Budgeting in Physical Education and sports			

Semester V			
Course code: 720505	<u>ADAPTED PHYSICAL EDUCATION</u>	Credits:3	Hours: 3
Objectives:			
<ul style="list-style-type: none"> ❖ Identify general individual needs based on the status of perceptual-motor behavior and developmental levels. ❖ Possess general knowledge about ability levels of persons with disabilities and gifted and talented individuals. ❖ Develop basic skills in testing, assessment, programming and teaching adapted physical activity 			
Unit –I	Introduction to Adapted Physical Education Meaning and definitions, Aims and objectives, Need and importance, Role of physical education in adapted physical education, Quality and qualification of teachers of adapted physical education, Brief historical review of adapted physical education.		
Unit-II	Classification of Disability Physical disabilities, Mental retardation, Visual impairment, Hearing impairment, Behavioral disorders, Characteristics and functional limitations of the above disabilities, Aids for the disabled and its evaluation, Facilities and equipments for recreation and sport activities		
Unit III	Adapted Physical Education and Government Welfare Programmes Guiding principles of adapted physical education programme (AAHPER principle), Communication with Parents, Parental involvement, Parent Teacher association, Unified sports, Government welfare programmes		
Unit IV	Activities for Disabled Co-curricular activities for disabled - Outdoor programmes for disabled, Adventure based outdoor programme, Creative development and hobby and culture development programme, Aquatic activity programme for disabled - Importance of activity for disabled, Nature of aquatic activity programme based on types of various disability		
Unit V	Rehabilitation Programmes Importance of adapted programme in Rehabilitation, Functional rehabilitation, Psychological rehabilitation, Rehabilitative role and importance of aquatic activity		
Reference:			
Gupta, Rakesh (2013) <i>Anoop Jain Adapted Physical Education” Sports Publication, Ashok Vihar, Delhi.</i>			
Dybon Geoffrey (1962). <i>The Mechanics of Athletics. University of London Press Ltd. ...</i>			
Miller David K (2006) <i>Arthur G. Miller & James, “Teaching Physical Activities to Impaired Youth” John Wilag & Sons Inc.</i>			
Baumgartner TA Jackson AS Mahar MT and Rowe DA (2007) <i>Arthur S. Daniels & Eulya,</i>			

<p>“Adapted Physical Education” Harpet & Row Publisher, New York. St. Louis C. McSby Co.(1963) publication in Auxter,Byler, Howtting, Adapted Physical Education and Reactions.</p>
<p>Outcomes</p> <ul style="list-style-type: none"> ❖ To Enhance an physical fitness and wellness ❖ To Methods of Adapted Physical Education and Recreation.

Semester V			
Course code: 720506	SPORTS JOURNALISM	Credits:2	Hours: 3
Objectives			
<ul style="list-style-type: none"> ➤ To shape future Sports journalism for print electronic and web media ➤ To ensure that the students of the department have equal exposure to various sports as well as contemporary trends in various mass mediums. 			
Unit –I	Ethics of Journalism and sports Bulletins – Canons of Journalism –New, Information and Ideas – Journalism and Sports Education.		
Unit-II	Structure of Sports Bulletin – Compiling a bulletin – Types of Bulletin – hourly bulletin and special bulletin – External bulletin.		
Unit III	Sports as an integral part of Physical Education – Sports organization and sports journalism – General news reporting and sports reporting.		
Unit IV	Brief review of Olympic Games, Common Wealth Games and Indian Traditional Games.		
Unit V	Mass Media in Journalism – Radio and T.V Commentary – Running Commentary on the radio – Sports experts comments – sports reviews for the Radio and T.V.		
Reference:			
Ahiya B.N. (1998). <i>Theory and Pracitce of journalism: Set to Indian Context, 3rd ed.</i> Delhi: Subject publications. Ahiya, B.N. & Choabra, (1990). <i>S.S.A concise course in Reporting Etc</i> , Delhi: Subject publication Bhaft, S.C. (1991). <i>Broadcast Journalism in India from the Earliest Time to the President day II road</i> , Sterling publication Pvt., Ltd. Parthasarathy, R. (1991). <i>Journalism in India from the Earliest Time to the President day II road</i> , Sterling Publication Pvt., Ltd. Varma, A.K. (1993.). <i>Advanced Journalism</i> , New Delhi: Har Anand publications.			
Outcomes			
<ul style="list-style-type: none"> ❖ To student the ability to think Critically, Creatively and independently ❖ To the ability to competently use technology appropriate to the medium ❖ To the ability to prepare content for news media outlets. 			

Semester VI			
Course code: 720601	<u>KINESIOLOGY AND BIO-MECHANICS IN PHYSICAL EDUCATION</u>	Credits:3	Hours: 3
Objectives:			
<ul style="list-style-type: none"> ❖ To know the fundamental movement in sports. ❖ To know Kinesiological and principles of sports ❖ To learn the biomechanical principles in sports 			
Unit –I	Introduction History and development of Kinesiology, Role and Importance of kinesiology in physical education. Classification of synovial joints and body movements		
Unit-II	Origin, Insertion and Actions of Muscles Origin, insertion and actions of following muscles - Trapezius, Latissimus dorsi, Pectoralis major and minor, Deltoid, infraspinatus, Supraspinatus, Subscapularis, Triceps, Biceps, Flexi carpi radialis, Flexi carpi ulnaris, Gluteus maximus, Medius, Minimus, Hamstring, Rectus abdominus, Rectus femoris, Gastrocnemius soleus, Plantaris.		
Unit III	Contraction of muscle Introduction, Meaning, Muscular designing and kinesiological grouping, Axis and planes, Types of muscle contraction - Isotonic, Isometric and Isokinetic contraction		
Unit IV	Biomechanics Basic of Biomechanics, Biomechanics in sports, Mechanical principles, Laws of motion, Types of motion, Factors influencing motion, Air gravity and water friction, Simple machine levers, Types of levers and examples of body equilibrium.		
Unit V	Applications of Kinesiology and Biomechanical Principles Gait analysis. Application and analysis of Biomechanical principles in Walking, Running, Throwing, Jumping, Pushing, Pulling, Hitting. Application and analysis of techniques of different Sports and Games		
Reference:			
Jenson, Clayne R and Cynt ha C. Hirst. (1980). <i>Measurement in Physical Education and Athletic</i> , New York: Macmillan Publishing Co., Inc.			
Johnson, Barry L. and Jack K. Nelson. (1982). <i>Practical Measurement for Evaluation in Physical Education</i> , New Delhi: Surjeet Publication.			
Kirkendall., Don R. (1987). <i>Measurement and Evaluation for Physical Educators, Illinois: Human Kinetic Publishers, Inc</i>			
Krishnamurthy. (2007). <i>Evaluation at Physical Education and Sports</i> , New Delhi: Ajay Varma Publication.			

<p>Outcomes:</p> <ul style="list-style-type: none"> ❖ To Student will apply their kinesiology –related knowledge to think critically and ethically in examining issues and solving problems associated with their chosen sub-discipline. ❖ To student will interpret and apply the professional literature of their chosen kinesionlogy sub-displine

Semester VI			
Course code: 720602	<u>SPORTS MEDICINE</u>	Credits:3	Hours: 3
<p>Objectives:</p> <ul style="list-style-type: none"> ❖ To know about various injuries and its managements in sports and games ❖ To provide information to athletes about injuries ❖ To provide knowledge about the causes of injuries ❖ To provide means or treatment for sports injuries and for rehabilitation of injuries. 			
Unit –I	Meaning, Nature and Concept of Physiotherapy, Role of Physiotherapy in Sports and Games- Types of Injuries and Injury management- Brief History of Massage- Classifications of Manipulation		
Unit-II	Therapeutic Modalities: Cold Modalities – Ice pack – Ice Massage – Ice Immersion – Cryostretch - Cryo kinetics		
Unit III	Therapeutic Modalities: Infra-Red lamp – Moist Heat Packs, Paraffin Wax Bath – Shortwave Diathermy – Ultrasound - Whirlpool Bath – Contrast Bath. Electrical Modalities: Ultra Violet Rays.		
Unit IV	Therapeutic Exercise: Classifications – Passive range of motion – Active Range of Motion – Exercise Program to strengthen the Muscles and Ligament		
Unit V	Rehabilitations -Meaning and Definitions -Need of Rehabilitation - Scope and Methods of Rehabilitation		
<p>Reference:</p> <p>Block, Martin (2016). <i>A Teacher's Guide to Adapted Physical Education</i>. Baltimore, Maryland: Paul H. Brookes Publishing Co. pp. 234–258. ISBN 978-1-59857-669-6.</p> <p>Environment, <i>Nutrition and Fitness</i>, Brighton Publishing Company, Saltlake City 1980.</p> <p>Hockey R.V. <i>Physical Fitness the Pathway to Healthful Living</i>. 2nd Ed, C.V. Mosby Company, 1973</p> <p>Sports Medicine, <i>Rachanajain, KhelSatitya Kendra, New Delhi Sports Ijuries</i></p> <p>Skull, G.A and Cureton. T.K. <i>Encyclopedia of Physical Edu., Fitness and Sports – Training</i></p>			
<p>Outcomes:</p> <ul style="list-style-type: none"> ❖ Students will be successful in graduating and gaining employment in the field of athletic training ❖ To locate evaluate and use information related to evidence based practice. 			

Semester VI			
Course code: 720603	<u>TESTS MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION AND SPORTS</u>	Credits:3	Hours: 3
Objectives:			
<ul style="list-style-type: none"> ❖ To diagnose students strength and weakness ❖ To assign grades ❖ To determine the teachers effectiveness ❖ To monitor the student progress. 			
Unit –I	Meaning and Definition of the terms – Test, Measurement and Evaluation Need and Importance of Measurement and Evaluation in Physical Education		
Unit-II	Criteria of test selection – validity, reliability, objectivity, and norms and Administrative feasibility Classification of test – standardized test and teacher made test Rating scales – Subjective rating and objective rating. Test Administration		
Unit III	<ul style="list-style-type: none"> a. Motor Fitness Test – AAPERD Youth Fitness test – JCR test b. Motor Ability – Newton Motor Ability test c. Strength Test – Dip strength test – Grip Strength test – Leg Dynamometer test d. Cardio Vascular test – Harward step test – Cooper’s 12/9 minutes Run/Walk tes 		
Unit IV	SDAT tests <ul style="list-style-type: none"> a. 30 m Fly Run b. 600 m Run c. Ball Throw d. Standing broad jump e. Shuttle Run 6 x 10 m 		
Unit V	Games skill test <ul style="list-style-type: none"> a. Basketball – Johnson Basketball test. SDAT skill test b. Hockey – Scimitars French Field Hockey test, SDAT skill test c. Soccer – McDonald Soccer test, SDAT skill test d. Volleyball – Russell – Lange Volleyball test, SDAT skill test e. Badminton – Miller Wall Volley test f. Tennis – Borer – Miller Tennis test 		
Reference:			
Barrow, Harold M., and Mc Gee Rosemary. (1979). <i>A Practical Approach to Measurement in Physical Education</i> . Philadelphia: Lea and Fabiger.			
Clarke H. Harrison and David H. Clarke. (1976). <i>Application of Measurement in Physical</i>			

Education. New Jersey: Prentice Hall, Englewood Cliffs.

Clarke H. Harrison and David H. Clarke. (1987). *Application of Measurement and Physical Education. New Jersey: Prentice Hall, Englewood Cliffs.*

Jenson, Clayne R and Cynthia C. Hirst. (1980). *Measurement in Physical Education and Athletic, New York: Macmillan Publishing Co., Inc.*

Johnson, Barry L. and Jack K. Nelson. (1982). *Practical Measurement for Evaluation in Physical Education, New Delhi: Surjeet Publication.*

Kirkendall., Don R. (1987). *Measurement and Evaluation for Physical Educators, Illinois: Human Kinetic Publishers, Inc*

Krishnamurthy. (2007). *Evaluation at Physical Education and Sports, New Delhi: Ajay Varma Publication.*

Outcomes:

- ❖ To enhance learn about the Importance of Measurement and Evaluation in Physical Education.
- ❖ Students learn about validity, reliability, objectivity, and norms and administrative feasibility

Semester VI			
Course code: 720604	<u>SPORTS MANAGEMENT</u>	Credits:3	Hours: 3
Objectives:			
❖ To identify and analyze ethical, legal and socio-cultural issues and formulate response for use in managerial decision making and policy determination in sports management			
❖ To employ the principles of strategic planning, and financial and human resource management.			
Unit –I	Meaning and Definition of Sports management – Scope of sports management – Basic principles of sports management – Functions of sports management.		
Unit-II	Personal Management: Objectives – Personal Policies – Personal Recruitment – Role of Personal manager. Programme management: Functions of sports management.		
Unit III	Sports marketing: Meaning – Factors involved in the marketing of sports – Market awareness – Developing a target market strategy – Quality and price of sports products.		
Unit IV	Supplies of sports equipment: Guidelines for selection and supply of equipments – Equipment room, Equipment and supply manager – Guidelines for checking, storing and issuing – Care and Maintenance of equipments.		
Unit V	Accounting and Budgeting – Definition and role of accounting in Sport and Fitness enterprise raising of funds – Types of Budget – Budget record maintenance – the accounting system		
Reference:			
Bucher A. Charles (1993) <i>Management of Physical Education and Sports (10th ed.,)</i> St. Louis: Mobsy Publishing Company.			
Champaign, IL. <i>Human Kinetics Books, 1988.) [Pp. vi+ 177.] £28-00. ISBN 087322 121 4.</i>			
Chellaldurai. P. (1999). <i>Human Resource Management in sport and Recreatin</i> , Human kinetics.			
Chakraborty, Samiran. (1988), <i>Sports Management</i> , New Delhi: Sports publications,			
T. G. Lohman <i>Journal of Physical Education, Recreation & Dance, Volume 53, 1982 - Issue 8</i> <i>Published Online: 31 May 2013</i>			
Outcomes			
❖ To students learn about their scope of sports management			
❖ Students to developing a target market strategy and sports management.			

Semester VI			
Course code: 720605	<u>SPORTS INJURIES AND PHYSIOTHERAPY</u>	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ❖ To obtain accurate histories regarding physiotherapy ,and sports injuries ❖ To perform appropriate physical examination and patients 			
Unit –I	Introduction Introduction, Definition of sports Injury and Physiotherapy, Prevention of sports Injury, Guiding principles and importance of Physiotherapy.		
Unit-II	CommonSports Injuries Causes, Signs and symptoms of open and closed wounds. Acute and chronic Injuries.		
Unit III	Hydrotherapy and Electrotherapy Hydrotherapy - Cryotherapy, Thermotherapy, Contrast bath, Whirl pool bath, Stream bath, Sauna bath. Electrotherapy, Infrared rays, Ultraviolet rays, Shortwave diathermy.		
Unit IV	Therapeutic Exercises: Classification of therapeutic exercise - Passive and active, Active assisted exercise, Active resisted exercise, Exercise programme to strengthen the injured parts		
Unit V	Massage History of massage, Definition of massage, Classification of manipulation(swedish system), Physiological effects of massage.		
Reference:			
Chandrasekar K (2003). <i>Sports Physiotherapy</i> , New Delhi: Khel Sahitya Kendra.			
Dolan. (2010). <i>Treatment and Prevention of Athletic Injury</i> , Illinois: The Interstate Panville.			
Freddie.H. and David.A. (2004) <i>Sports Injuries – Mechanism Prevention Treatment</i> , London: Williams and Wilkins.			
Johnson (2004). <i>Science and Medicine of Exercise and Sport</i> , Newyork. Harper Row and Brothers.			
Jain R. (2002). <i>Sports medicine</i> . New Delhi: Khel Sahitya Kendra.			
Latchie, M. (2011). <i>Essentials of Sports Medicine</i> , London: Churchill Livingston.			
Souza, N Thomas. (2007). <i>Sports Injuries of the Shoulder – Conservative Management</i> . Newyork: Churchill Livingstone.			
Outcomes:			
<ul style="list-style-type: none"> ❖ Students learn about their Prevention of sports Injury and importance of Physiotherapy. ❖ To enhance develop the skills to manage common orthopaedic and sports medicine, 			

Semester VI			
Course code: 720606	<u>GYM MANAGEMENT</u>	Credits:3	Hours: 3
Objectives:			
<ul style="list-style-type: none"> ❖ To enable student to become competent and committed professionals willing to perform as gym instructor. ❖ To make students to be more competent to become effective gym instructor. ❖ To enable student to understand principles of fitness training 			
Unit –I	Foundations of Exercise Meaning, forms and types of exercise, Mode of exercise. Concept of Training and fitness, Health related fitness, Components of fitness, Specificity of training effect, Retraining and Maintenance of training, Factors influencing Fitness.		
Unit-II	Cardiovascular Fitness Cardiovascular Endurance – Development of, Cardio Vascular Endurance through Weight Training - Circuit Training and Aerobic Circuit- Methods of developing CRE: - Aerobic and Anaerobic Metabolism. Forms of training programme.		
Unit III	Nutritional Fitness Diet Prescription: Nutritional Value and requirement of food in relation to exercise, Malnutrition and obesity causes, effect, prevention and treatment, Harmful effects of Nutritional Ergogenic aids.		
Unit IV	Prescription & Weight Control The exercise prescription, quantity and quality of the exercise program, Warm up and limbering down. Concept of body composition, Somato type and physical activity, Obesity, Energy Balance and weight control, ACSM guidelines for weight loss		
Unit V	Management Customer Care: Public relation, phone handling, guest satisfaction, language, etiquettes, Role of Manager and managerial skill, maintenance of records, Management of fitness clubs and centre. Facility Set-up and placement of equipment, list of equipment's to be introduced, mechanical functioning of the equipment, wear, tear and maintenance of facilities in a gym.		
Reference:			
Charles A. Bucker, "Foundation of Physical Education", St. Lows. The C.V. Mosby Co.1986 Donald K. Mathews, (1978). <i>Measurement in physical Education</i> " London: W.B. Saunders company. Florio A, "Safety Education" New York, MC-Grow Hill Book Co. Jack H.Wilmore &David L. Costill (1994). <i>Physiology of sports and Exercise</i> , USA: Human kinetics. John W. Bunn, (1995). <i>Scientific Principles of coaching</i> , New Jersey: Prentice Hall Inc. S.S. Roy. (1995). <i>Sports Management</i> , New Delhi: Friends Publications.			
Outcomes:			

- ❖ To optimize adoption and adherence to exercise program and other healthy behaviors by applying effective behavioral and motivational strategies
- ❖ To student learn about their Nutritional Value and requirement of food in relation

**CURRICULUM FRAME WORK FOR
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**THE FOREIGN COUNTRY EXPERTS, INDIAN EXPERTS AND THE BOARD OF
STUDIES COMMITTEE MEMBERS CURRICULUM VITAE AS FOLLOWS**

CURRICULUM VITAE

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Professional experience: Senior Lecturer 2012 – at present

Honours and Awards:

- 2018 University of Malaya Work Excellence Certificate
- 2017 University of Malaya Work Excellence Award
- 2016 University of Malaya Work Excellence Certificate

Recent publications:

- Hackett DA, Selvanayagam VS, Halaki M, Copley SP (2019). Associations between Perceptual Fatigue and Accuracy of Estimated Repetitions to Failure during Resistance Exercises. *Journal of Functional Morphology and Kinesiology* 4 (3): 56
- Khong TK, Selvanayagam VS, Hamzah, SH, Yusof A. (2018). The Effect of Quantity and Quality of Pre-Exercise Carbohydrate Meals on Central Fatigue. *J Appl Physiol* 125 (4): 121-129.
- Khong TK, Selvanayagam VS, Sidhu SK, Yusof A. (2017). Role of carbohydrate in central fatigue: a systematic review. *Scandinavian Journal of Medicine & Science in Sports*, 27(4), 376-384.
- Selvanayagam VS, Riek S, de Rugy A, Carroll TJ (2016) Strength training biases goal-directed aiming. *Medicine and Science in Sports and Exercise* 48 (9), 1835- 1846.
- Selvanayagam VS, Riek S, Carroll TJ (2012) A systematic method to quantify the presence of cross-talk in stimulus-evoked EMG responses: Implications for TMS studies. *J Appl Physiol* 112: 259-265.
- Selvanayagam VS, Riek S, Carroll TJ (2011) Early neural responses to strength training. *J Appl Physiol* 111:367-375.

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Research Publications in the Journals.

1. A Study on the effect of Plyometric Exercises for development of Speed among Foot Ball Players of Osmania University. *Asian Journal of Physical Education and Computer Science in Sports* ISSN 0975-7732 Journal Impact Factor 0.5190 Volume 7, No.1, Dec.2012 pg.50-52

2. A Comparative Study on the differences in Crouch Start and Standing Start in 100 M Run in Athletics. International Journal of Health, Physical Education and Computer Science in Sports ISSN 2231-3265 Volume No.2. No.1. June 2011 Pages:121-124
- 3.A Comparative Study on speed among Long Jumpers and Triple Jumpers of Osmania University. International Scientific Journal of Sports Sciences. ISSN 2277-2804 Vol.1, No.1, April 2012 pages 55-58
- 4.Effect of Plyometric training and SAQ Training followed by detraining on selected bio motor abilities of Osmania University soccer Players. Osmania Journal of Physical Educaton ISSN 0974-7109 Vol.6 July 2012 pages 15-21
- 5.A Study on the An Aerobic Power and Body composition of Athletic Trained Vegeterian and Non Vegetarians. Golden Research Thoughts ISSN 2231-5063 Vol.1, No.5, November 2011 pages 3-6
6. A Comparative Study of self concept and anxiety among sprinters and jumpers of Osmania University. Academic Sports Scholar ISSN 2277-3665 December 2012
7. A Comparative Study of Aerobic Endurance among Foot Ball and Hockey Players in Hyderabad. Variorum Multi-disciplinary e research journal ISSN 0976-9714 Vol.2, Issue-1, August 2011
8. Effect of Weight Training on Power Performance. Journal of Physical Education and Sport ISSN 2066-2483, June 2011.
- 9.A Study on the effect of Interval Training for development of endurance among Osmania University Athletes in India. NAPESS Journal of Physical Education and Sports ISSN 2229-7049 pages 27 and 28

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Academic Qualifications: B.P.E., M.P.E., Ph.D., NSNIS (ATHLETICS)

Examinations	Name of the Board/University	Year of Passing	Percentage of marks obtained	Division/ Class/Grade	Subject
Ph.D	AlagappaUniversity	2007			Physical Education
NSNIS	NSNIS,kolkatta	1994	70%	I	Diploma in Athletics
M.P.E	Jiwaji University	1993	58.24%	II	Physical Education
B.P.E	Jiwaji University	1989	58.27%	II	Physical Education
Higher secondary	Board of HSC	1986	55.58%	II	Math's & science
High School/ Matric	Board ofSecondary Education	1983	58%	II	Math's,science & social
Name of the eligibility	Subject		Month &Year of Passing		

Test		
<i>UGC (NET & JRF)</i>	<i>Physical Education</i>	<i>January 1991</i>
<i>UGC (NET & JRF)</i>	<i>Physical Education</i>	<i>June 1994</i>
<i>UGC (NET)</i>	<i>Physical Education</i>	<i>December 1999</i>

Teaching Experience: 22 Years

University/College/ Institute	Designation held	Date of Joining	Date of Leaving
Sanjai Gandhi college	Physical director	1994	1995
Alagappa University College of Physical Education	Lecturer	10.07.1995	09.07.2006
	Reader	10.07.2006	09.07.2009
	Course coordinator	01.06.2009	1.11.2010
	Associate professor	10.07.2009	Till date
	Principal (i/c)	02.11.2010	January 2013
	Principal	January 2013	Till date

Research Experience: 20 Years

CURRICULUM VITAE

Dr.K.Murali Rajan Professor

Alagappa Institute of Educational Sciences

Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA

Employee Number : 414003
Date of Birth : 31.12.1967
Contact Phone (Office) : +91 4565 224164
Contact Phone (Mobile) : +91 9442276164
Contact e-mail(s): muralikuppusamy5@gmail.com



Academic Qualifications: M.A./M.Sc./M.Phil./Ph.D.

BPE	JIWAJI	PHY. EDUCATION	1991	II
MPE	JIWAJI	PHY EDUCATION	1993	II
NET	UGC	PHY EDUCATION	1993	-
NSNIS CERTIFICATE	PATIALA	HOCKEY	1996	'A'

PhD	ALAGAPPA	PHYSICAL EDUCATION	2009	
P.G.Dip. Yoga	TPSU	Yoga	2009	II

Teaching Experience: 17 Years

Post	School / College	From- To	Year
Physical Director	K.B.J.G., Gurrukulam	Oct 1993 – Aug 1995	1 Year 8 Month
Physical Education Teacher	K.V.H.V.F Avadi	Aug 1995 – Aug 1999	4 Year
Lecturer	Alagappa university College of Physical education	Aug 1999 – Aug 2003	5 Years
Assistant Professor	Alagappa university College of Physical education	Aug 2003 – July 2013	5 Years
Associate Professor	Alagappa university College of Physical education	Aug – 2013 24.8.16	4 Years
Professor	Alagappa Institute Educational Sciences	25.08.16 to Till date	

Research Experience: 14 Years

CURRICULUM VITAE

Dr. S. Nagarajan Professor
Alagappa Institute of Educational Sciences

Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA

Employee Number : 41404
Date of Birth : 27-05-1972
Contact Phone (Office) : +91 4565225212
Contact Phone (Mobile) : +91 9442127618
Contact e-mail(s) : naga.raksan@gmail.com



Academic Qualifications: M.COM., M.Sc., YOGA., M.P.ED., Ph.D.

Teaching Experience: 18 Years

Research Experience: 16 Years

Additional Responsibilities

1. Coordinator – Remedial coaching for SC/ST/OBC (Non Creamy layer) and minorities-
2. Selection Committee member Alagappa university Football team 2010-2016.
3. Selection committee member Alagappa university volleyball team 2012-2014.
4. University Representative for DD exam every year.
5. Flying squad of afflicted colleges.
6. Aucpe Extramural in charge of games 2009-2014.
7. Organizing secretary for state level inter collegiate football tournament every year.
8. Coordinator for college cultural club

CURRICULUM VITAE

Dr. D. Rajalakshmi Asso Professor

Alagappa Institute of Educational Sciences

Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA

Employee Number : 41409

Date of Birth : 10-11-1973

Contact Phone (Office) : +91 4565 224164

Contact Phone (Mobile) : +91 9442679541

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Academic Qualifications: B.Sc., BMS., MPEd., MS., FSS., Mphil., PhD.,

PGDHE, PGDDE., PGDSM., PGDSO., PGDY., PGDND., CYED.

Research Experience: 20Years

Additional Responsibilities

1. Head of the Dept - Bped Course
2. Director - Extramural And Intramural Sports And Games
3. Warden

Areas of Research

Exercise Physiology, Sports Medicine and Adapted Physical Education

CURRICULUM VITAE

Dr. P. Kaleeswaran Asso Professor

Alagappa Institute of Educational Sciences

Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA

Employee Number : 41407
Date of Birth : 20-04-1969
Contact Phone (office) : +91 4565 225212
Contact Phone (Mobile) : +91 94422 30496
Contact e-mail(s) : dr.kaleesaucpe@gmail.com



**Academic Qualifications: B.Sc.,Msc., (Yoga)M.P.Ed., M.Phil.,SLET., D.S.Y.M., P.G.D.Y.,
Certi.NIS., Ph.D.,**

Teaching Experience: 24 Years

Research Experience: 24 Years

Areas of Research : Exercise Physiology, Sports Training & Kinesiology

CURRICULUM VITAE

Dr.S.Saroja, Assistant Professor

Alagappa University College of Physical Education

Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA

Employee Number: 41412

Date of Birth: 05.06.1968

Contact Phone (Office): +91 4565 225212

Contact Phone (Mobile): +91 9994677108

Contact e-mail(s): Dr.S.Saroja@gmail.com



Academic Qualifications: M.A., M.Sc(Phy Edu), M.Phil., Ph.D.

1. Doctor of Philosophy - Physical Education, Alagappa University, Karaikudi July 2000
2. Master of Philosophy - Physical Education, Alagappa University, Karaikudi, June 1992
3. Master of Physical Education: Alagappa University, Karaikudi, July 1991
4. M.Sc – Yoga TN P.E. & S University, Chennai Sep 2010
5. P G Diploma in Sports Management, Alagappa University, Karaikudi, Oct 1994

6. Diploma in Scientific Yoga & Meditation, M.K University, Madurai, May 1992
7. Diploma in Yoga & Massage Science, Alternative Medicine, Calcutta. April 1993
8. Certificate in Yoga, Alagappa University, Karaikudi, July 1994.

Teaching Experience: 22 Years

Research Experience: 11 Years

Areas of Research

1. Yoga
2. Sports Physiology
3. Sports Physiotherapy
4. Sports Training

CURRICULUM VITAE

Dr.S. Dhanaraj., Assistant Professor

Alagappa University College of Physical Education

Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA

Employee Number : 41413

Date of Birth : 10-06-1978

Contact Phone (Office) : +91 4565 225212

Contact Phone (Mobile) : +91 8903453517

Contact e-mail(s) : drdhanaraj@gmail.com



Academic Qualifications: B.Sc.,M.P.Ed.,M.Phil., PGDYEd., Ph.D

Degree	Subject	Institution/ University	Year of completion	Class	%
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BSc	Zoology	Adithanar College, Trichendur	1999	Second	57.83
MPEd	Physical Education	Dr.Sivanthi Adithanar College of Physical Education, Trichendur	2001	First	66.52
MPhil	Physical Education	Alagappa University, Karaikudi	2002	First	62.56
Doctor of Philosophy	Physical Education	Alagappa University Karaikudi	2013	-	-
PGDYEd	Physical Education	Alagappa University, Karaikudi	2005	Second	58.66

Teaching Experience: 14 Years

Research Experience: 08 Years

Areas of Research

Sports training and sports psychology

CURRICULUM VITAE

Dr.Aanandhi , Assistant professor

Alagappa University college of physical education

Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA

Employee Number : 41415

Date of Birth : 20.03.1987

Contact Phone (Office) : +91 4565 223295

Contact Phone (Mobile) : +91 9629650542

Contact e-mail(s) : anandhi2087@gmail.com



Academic Qualifications: M.B.B.S

Degree	Subject	Institution/ University	Year of completion	Class	%
M.B.,B.S	Bachleor of Medicine& Surgery	Mahatma Gandhi Medical College & Research Institute	NOV 2008	FIRST	67%

Teaching Experience: 04YEARS 9MONTHS

Additional Responsibilities

- 1.Member In Swacch Bharat Committee
- 2.Member (Clinician) In Reconstituted Ethics Committee Of Alagappa University
- 3.Member In Multi Model Material Production For Differentially Abled Centre, Alagappa University

RICULUM VITAE

Dr.K.Divya **Assistant professor**
 Alagappa University College of physical education
 Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA
 Employee Number : 41416
 Date of Birth : 30.05.1983
 Contact Phone (Office) : +91 4565 xxxxxx
 Contact Phone (Mobile) : +91 8220436393
 Contact e-mail(s) : dhivya_phy_edu@yahoo.co.in



Academic Qualifications: BA., M.Sc., B.P.Ed., M.P.Ed., M.Phil., Ph.D., PGDSM., PGDY., cert. NSNIS (Kho-Kho), cert.NSNIS (Fencing), TTCY., ISAK (I&II), NET Dec.2012 (UGC Ref No: 30891)

Degree	Subject	Institution/ University	Year of completion	Class	%
X	State Board	O.C.P.M.Hr.Sec.School, Madurai	1998-1999	I	65
XII	State Board	O.C.P.M.Hr.Sec.School, Madurai	2000-01	I	73.24
B.A.,	Economics	Holy Corss College, Trichy	2001-04	II	59.58

B.P.Ed	Physical education	Sri Saradha College of Physical education salem	2004-05	I	68
M.P.Ed	Physical education	Alagappa University, Karaikudi	2005-07	I	77
M.Phil	Physical education	Alagappa University, Karaikudi	2007-08	I	76
Ph.D	Physical education	Alagappa University, Karaikudi	2009-2011	Awarded	
NET	Physical education	National Eligibility Test, Bureau,	Dec.2012	(UGC Ref No: 30891)	
M.Sc	Yoga	Koviloor TNPE&SU, Chennai	May-2011	I	74.75

Teaching Experience: _7_ Years

S. No	Name of the Institution	Designation	Date of From to	Scale of Pay
1	Koviloor Andavar College Physical Education, Koviloor, karaikudi	Assistant Professor	July 1st 2011 to 2nd March 2013	Rs.8,000
2	Alagappa university college of physical education	Assistant Professor	04.03.2013 onwards	UGC Norms

Research Experience: _7_ Years

CURRICULUM VITAE

Dr.P. Yoga., Assistant professor
 Alagappa University College of Physical Education
 Alagappa University, Karaikudi – 630 003 Tamil Nadu, INDIA
 Employee Number : 41418
 Date of Birth : 04-03-1982
 Contact Phone (Office) : +91 4565 225212
 Contact Phone (Mobile) : +91 7373632007
 Contact e-mail(s) : yoga7373632007@gmail.com



Academic Qualifications: B.Sc., B.P.Ed., M.A (English), M.Sc (Yoga Therapy), M.Sc (Yoga), M.P.Ed., M.Phil (Yoga), M.Phil(Phy.Edu), M.Phil(English), PGDY., PGDYT., Certi. Course in Physical Fitness., Ph.D.,

Degree	Subject	Institution/ University	Year of completion	Class	%
B.Sc	Physical Education	Ayya Nadar Janaki Ammal College, Sivakasi-TN	2003	First Class	64%
B.P.Ed	Physical Education	Sri Ramakrishna Mission, Maruthi College of Physical education	2004	First Class	66%
		Tamil Nadu Physical			

M.Sc	Yoga	Education & Sports University, Chennai-TN	2015	First Class	80%
M.Sc	YogaTherapy	Tamil Nadu Physical Education & Sports University, Chennai-TN	2012	First Class	77%
M.P.Ed	Physical Education	Pondicherry University Pondicherry	2006	First Class	72%
M.Phil.,	Physical Education	Alagappa University Karaikudi-TN	2007	First Class	72%
M.Phil.	Yoga	Tamil Nadu Physical Education & Sports University, Chennai-TN	2017	First Class Distinction	79%
M.Phil.,	English	Alagappa University Karaikudi-TN	2019	First Class	70%
Ph.D	Physical Education	Tamil Nadu Physical Education & Sports University, Chennai-TN	2012		

Teaching Experience: 07 Years

S. No	Name of the Institution	Designation	Date From - To	Years of Experience
1	Alagappa university college of physical education	Aast professor	28th June 2013 - Till	07

Research Experience: 12 Years

CURRICULUM VITAE

Dr. C.Vairavasundaram., Assistant professor
 Alagappa University College of Physical Education
 Alagappa University, Karaikudi – 630 003 Tamil Nadu, INDIA
 Employee Number : 41420
 Date of Birth : 27-05-1984
 Contact Phone (Office) : + (+91) 04565224212
 Contact Phone (Mobile) : +91 9843470754
 Contact e-mail(s) : dr.c.vairavan09@gmail.com



Academic Qualifications:

BP.Ed., PGDip(Fitness), PGDip(Phy Edu), M.Phil., Ph.D. UGC (NET) December 2013

Experience: Four (4) Years

Sl.No	Positions held	Name of the institutions	Duration	Years of experience
1	Guest Lecturer	Bharathiar University Coimbatore	August 2010-13	3years
2	Assistant professor		January 2016 Onwards	4 years

Research Experience: 04 Years

Additional Responsibilities

- 1.University Representative in DDE Exams
- 2.In-charge of Handball (W)
- 3.Intercollegiate selection committee member in Handball (W)

Areas of Research

- 1.Exercise physiology
- 2.Sports training

CURRICULUM VITAE

Dr.K.Sundar Assistant Professor
 Alagappa Institute of Educational Sciences
 Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA
 Employee Number : 41422
 Date of Birth : 11-05-1975
 Contact Phone (Office) : +91 4565- 225212
 Contact Phone (Mobile) : +91 9994348109,
 Contact e-mail(s) : sundarajankce@gmail.com



Academic Qualifications: B.A., M.A., MPES., MPhil., PhD., NSNIS & CYED

Teaching Experience: 15Years

University/College/ Institute	Designation held	Date of Joining	Date of Leaving
AUCPE	Asst professor	1 st FEB 2016	Onwards
Anna university CE CBE	Physical Director	6 th NOV 2013	31 st Jan 2016

Karpagam CE, CBE	Director of Physical Education	2nd April 2008	4th Nov 2013
Indra Group of Inst. Thiruvellur	Director of Physical Education	3rd Feb 2005	28th Mar 2008
Amrita Inst. Of Medical Science and Research Centre Kochin	Director of Physical Education	30th April 2002	1st Feb 2005

Research Experience: 4 Years

Additional Responsibilities

1. NSS Programme officer
2. Distance Education Examinations, **May 2016. at Tirupathi, Andrapredsh**
3. Distance Education Examinations, **Dec 2016. at Pollachi, Tamil Nadu**
4. Team coach in SDAT CM Trophy Boxing Championship at AUCPE Karaikudi Nov2016 Team won over all championship
5. Boxing in charge in AUCPE
6. Kabaddi Men team in charge in AUCPE

Areas of Research

- ❖ **Training Methods in Physical Education**
- ❖ **Sports psychology**

CURRICULUM VITAE

K.M.M.Jaskar Assistant Professor
 Alagappa University College of physical education
 Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA
 Employee Number : 41421
 Date of Birth : 01-06-1974
 Contact Phone (Office) : +91 4565- 225212
 Contact Phone (Mobile) : +91 9445120751,
 Contact e-mail(s) : jas.nce1975@gmail.com



Academic Qualifications:

BPE., MPES., MPhil., PhD

SLNo	DEGREE	UNIVERSITY	% OF MARKS	YEAR OF PASSING
1	BPE	LNIPE GWLIOR	53	1996
2	MPES	ANNAMALAI	69.7	1998
3	MPhil	ANNAMALI	65.8	1999
4.	Ph.D	MONOMANIAM SUNDARANAR	-	2015

Teaching Experience: 15Years

Name of the University/College/ Institute	Designation held	Date of Joining	Date of Leaving
AUCPE	Asst professor	1 st FEB 2016	On Wards
National College of Engg	Physical Director	30.10.2000	31.01.2016


Additional Responsibilities

1. SWACHH BHARAT SWAATH BHARAT COORDINATOR AUCPE
2. Distance Education Examinations, **May 2016. at New Delhi**
3. Distance Education Examinations, **Dec 2016. at Ambasamudram, Tamil Nadu**
4. Distance Education Examinations, **may 2017. at karim nagar , thelugana,**
5. Act as a selection committee member Alagappa University inter zone cross country (M/W)
6. Act as team manager and coach in Alagappa University and participated All India interuniversity Athletics (M/W) champion ship -2016 at alwas Mangalore
7. Act as team coach in Alagappa University and participated All India interuniversity Athletics (M/W) champion ship -2016 Anna University at Coimbatore
8. Act as team manager and coach in Alagappa University and participated All India interuniversity cross country race (M/W) champion ship -2017 at belagavi karnataga
9. Athletic in charge (M/W) in AUCPE

Areas of Research

Training Methods in Physical Education

CURRICULUM VITAE

<p>Dr.T.P.Yokesh ., Assistant Professor Alagappa University College of physical education Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA Employee Number : 41423 Date of Birth : 14-06-1984 Contact Phone (Office) : +91 4565 225212 Contact Phone (Mobile) : +91 99654 01718 Contact e-mail(s) : yoki4u@gmail.com</p>	
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Academic Qualifications: BA., B.P.Ed., M.P.Ed., M.Phil., DIP. Yoga., PGDFM., Certi Course in Sports Coaching (Cricket), Ph.d.,

Teaching Experience: 04 Year

Research Experience: 03 Years**Additional Responsibilities**

S.No	Name of the Programme	Place were organized	Date
1.	University Volleyball Women team Selection Committee Member	Dr. Zakir Husain College, Ilayangudi	12th to 13th December 2016
2.	University Table Tennis Men & Women team Selection	Thassim Beevi Abdul Kadar College for Women	17th December 2016

Areas of Research**Yoga and Sports Training**