

FACULTY OF SCIENCE & HUMANITIES

DEPARTMENT OF PHYSICAL EDUCATION



B.Sc. DEGREE COURSE IN PHYSICAL EDUCATION

SYLLABUS

FACULTY OF SCIENCE & HUMANITIES

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B.Sc. DEGREE COURSE IN PHYSICAL EDUCATION

RULES AND REGULATIONS AND COURSE SCHEME

1. COURSE OBJECTIVES

To enable the students to

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

2. ELIGIBILITY FOR ADMISSION

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

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

a. Qualifying Examination	-	25 marks
b. Sports and Games participation (supporting Certificates should be produced)	-	25 marks
c. Games and sports skill Test	-	50 marks
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	Total	100 marks
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3. DURATION OF THE COURSE

The duration of the course shall be THREE academic years. Each academic year consists of Two Semesters . The duration of each semester is 75 working Days.

Structure of the UG Programme , Faculty Adviser/ Student Counselor, Class Committee, Registration/enrollment for courses , Enrollment Requirement , maximum Duration of the Programme, Temporary withdrawal from the Programme , Discipline, Attendance is the physical presence of the student in the class, condonation of Attendance, Assessment Procedure, Purely Internal Assessment Courses, career Development Course (CDC), End Semester Examination, Passing Minimum, Course Wise Grading of Students, Award of Letter Grade, Eligibility for the Award of the Degree , Classification of the Degree Award, Revaluation, Pattern of Question Paper Theory and Practical, Temporary Break of Study from a Programme, Revision of Regulation and Curriculum can be followed on par with other courses offered in the Faculty of Science & Humanities.

			SEMESTER-1					
SLNO	Description	Sub code	Subject Title	L	T	P	Total	Credit
Part-1	Fundamental	ULT15101	Tamil - I	4	1		5	4
Part-2	Fundamental	ULE15101	English - I	4	1		5	4
Part – 3	Core – 1	UPE15101	Foundation and History of Physical Education	5			5	4
Part-4	Core-2	UPE15102	Methods in Physical Education	5			5	4
Part – 5	Core – 3	UPE15103	Management in Physical Education	5			5	4
Part -1	Allied -1	UPE15104	Theories of Yoga	5			5	4
Part -6	Core -4	UPE15	Major Games-1(Carryover) Practical	2			2	
Part-2	Allied-2	UPE15	Yoga and Gymnastics(Carryover) Practical	2			2	
Part-3	CDC	CDC15101	Verbal Ability	2			2	2
			Semester Wise Total	34	2		36	26
			Semester-II					
Part-1	Fundamental	ULT15201	Tamil - II	4	1		5	4
Part-2	Fundamental	ULE15201	English - II	4	1		5	4
Part – 3	Core – 5	UPE15201	Theories of Major Games Part- 1	5			5	4
Part-4	Core-6	UPE15	Theories of Games-Practical	5			5	4
Part – 5	Core- 7	UPE15203	Anatomy and Physiology	5			5	4
Part -1	Allied -2	UPE15	Yoga and Gymnastics- Practical	5			5	4
Part-6	CDC	CDC15201	Quantitative Aptitude and reasoning	2			2	2
Part-7	Extension Activity	UNO15201	NSO					1
			Semester Wise Total	30	2		32	27

SYLLABUS

Semester I -Core Paper I

Foundations and History of Physical Education and sports- UPE15101

Unit I:

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

Unit II:

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

Unit III:

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

Unit IV :

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

Unit V :

- a. Important National and International Trophies – Santhosh Trophy, Ranji Trophy, Duleep Trophy, Rengasamy Cup-Thomas Cup, Davis Cup, Euro Cup, Wimbledon, Fight for Ashes.
- b. Sports Competttion- National Games , Asian Games, Common wealth games, SAF AIU,SGFI,RDS,and BDS.
- c. Awards and Honors- Arjuna award, Dronacharya award and Rajiv Gandhi Khel retna award, Moulana Abulkalam Azad award (MAKA Trophy) and Dayanchand award.

References.

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

Semester I -Core Paper II

METHODS IN PHYSICAL EDUCATION-UPE15101

Unit:1

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

Unit : 2

- a. Explain various physical activities in the field of Physical Education-Calisthenics, Marching, Minor and Major games ,Indigenous activities, Rhythmic activities, Gymanastics, Defensive arts and Swimming- Track and Field events- Asanas.
- b. Lesson Plan-values of lesson plan-types of lesson plan-parts of lesson plan-preparation of lesson plan.
- c. Methods of teaching Physical activities- Various commands.

Unit:3

- a. Meaning of Tournaments.
- b. Single Knock out – seeding – special seeding fixtures..
- c. League fixtures – Cyclic and stair case method.
- d. Combination Tournament.
- e. Merits and Demerits of knock out and league tournaments.
- f. Methods of deciding winner in the League tournaments – Tie breaking in league tournaments.

Unit:4

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

Unit :5

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

Semester I -Core Paper III

MANAGEMENT IN PHYSICAL EDUCATION-UPE15101

Unit:1

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

Unit:2

- a. Play area in Schools and Colleges – Facilities and standards in physical education- Factors affecting Facilities and Standard- Location of Playfield (Surface and its types) Suggestion for Planning and Constructing the Playfield – Care and Maintenance of Play Ground.
- b. Gymnasium- Need for Gymnasium – Specification of Gymnasium – Purpose of the Gymnasium – (Gymnastics, yoga, weight training apparatus, Multi – Gym etc).
- c. Swimming Pool – Importance and Need of Swimming pool- Purification of water- Regulation to be observed in the Swimming Pool.

Unit:3

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

Unit:4

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

Unit:5

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

Semester I - Allied Paper I

Theories of Yoga-UPE15104

Unit I:

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

Unit II :

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

Unit III :

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

Unit IV:

Pranayama – Types & Cocept of pranayama – Closing the nostrils – Controlling the breath – Bhandas – practice regulation- Importance of suspension (Kumbhaka) – Kriyas and its types.

Unit V:

- f. Meditation and its Types. Role of Meditation in Physical Education and Sports
- g. Mudras – Chin, Chinmaya , Brahma , Nasika and Yoga mudra.
- h. Meditation – Types of Meditation (Silent, Mantra Object and Breathing Meditation).

References:

1. B.K.S., Iyengar Light on Yoga , London : Unwin Paperbacks, 1989.
2. P. Mariayyah –“Pranayamas” Sports Publication, Coimbatore.
3. K. Chandrasekaran, ”Sound health through yoga” Prem Kalyan Publication, Sedapatti, 1999.
4. Yogeshwar, “ Text Book of Yoga “, Madras yoga centre.

Semester I CORE PAPER IV- Major Games I -Practical –UPE15

(Carryover Paper)

(Games: Volleyball, Ball badminton, Hockey and Kho - Kho)

(Select Any one of the Game)

Unit I :

- a. General Warming – Up
- b. Specific Warming -Up

Unit II:

- a. The skills of the game / Sports are to be taught the following heads.
- b. Stance / Approach
- c. Execution
- d. Follow Through

Unit III:

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

Unit IV :

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

Unit V :

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

**Semester I- ALLIED PAPER II-YOGA AND GYMNASTICS-
PRACTICAL-UPE15
(Carryover Paper)**

Unit I:

Suriyanamaskar

Unit II :

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

Unit III:

Pranayama and Mudras

Unit IV :

Kriyas

Unit V :

Gymnastics

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

Semester II- CORE PAPER- V-THEORIES OF MAJOR GAMES- PART- I -UPE15201

Unit:1

Origin ,History and Development of the Game: Volleyball-Ballbadminton-Hockey-Kabaddi

Unit:2

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

Unit:3

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

Unit:4

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

Unit:5

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

**Semester II- CORE PAPER- VI- MAJOR GAMES-PRACTICAL -
UPE15202**

(Any One of the Major Games-Volleyball-Ballbadminton-Hockey-Kabaddi)

Semester II- CORE PAPER- VII-ANATOMY AND PHYSIOLOGY-UPE15203

Unit:1

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

Unit:2

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

Unit:3

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

Unit:4

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

Unit:5

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

Semester II- ALLIED PAPER II-YOGA AND GYMNASTICS- PRACTICAL-UPE15

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Part -1	Allied -1	UPE15104	Theories of Yoga	5			5	4
Part -6	Core -4	UPE15	Major Games-1(Carryover) Practical	2			2	
Part-2	Allied-2	UPE15	Yoga and Gymnastics(Carryover) Practical	2			2	
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Part-7	Extension Activity	UNO15201	NSO					1
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