

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR – 625 514**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**OUTCOME BASED EDUCATION**

**PROGRAMME SPECIFIC OBJECTIVES (PSO)**

**PSO – 1**

To acquire the knowledge of Physical Education in the domain of practicing, coaching, teaching, training and maintaining healthy life style.

**PSO – 2**

To understand the field where new skills to be acquired, using latest equipment, techniques and rules and regulations.

**PSO – 3**

To apply the techniques and tactics in game situations.

**PSO – 4**

To analyzes the relationship between fitness components and performance variables.

**PSO – 5**

To test and evaluate the behavior of the players, spectators, coaches, trainers and officials.

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR – 625 514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2022 - 2023)**

Part	Subject Code	Paper	Hours	Credit
<b>I SEMESTER</b>				
I	22UTAL11/ 22UHNL11/ 22UFNL11	Tamil / Hindi / French	06	04
II	22UENA11/ 22UENB11	English through Prose & Short Story – Stream – A English through Prose & Short Story – Stream – B	05	04
III	22UPEC11	Core – I : Theories of Games - I	05	03
	22UPEP11	Practical: Games - I	04	02
	22UPEA11	Allied – I : Foundation of Physical Education	05	04
IV	22USBE11	SBE – I Office Automation and Design	03	02
	22USBP11	SBE – I Office Automation and Design - Lab		
	22UFCE11	FC – Personality Development	01	01
	22UBRC11	Bridge Course	-	01
	22UCSH12	Communication Skill	01	-
V	22UNCC/ NSS/ PHY.EDU./YRC/ ROT/ACF/ NCB12	Extension Activities NCC/NSS/Phy.Edn. /YRC/ ROTARACT/AICUF/Nature Club	-	-
			<b>30</b>	<b>21</b>
<b>II SEMESTER</b>				
I	22UTAL22/ 22UHNL22/ 22UFNL22	Tamil / Hindi / French	06	04
II	22UENG22	English through Prose & Poetry	05	04
III	22UPEC22	Core – II : Theories of Games - II	05	04
	22UPEP22	Practical: Games - II	04	04
	22UPEA22	Allied-II : Human Anatomy & Physiology	05	04
IV	22USYE22	SBE – II Internet and Web Design	03	02
	22USYP22	SBE – II Internet and Web Design - Lab		
	22UFCH22	FC – Social Responsibility and Global Citizenship	01	01
	22UCSH12	Communication Skill	01	01
V	22UNCC/ NSS/ PHY.EDU./YRC/ ROT/ACF/ NCB12	Extension Activities NCC/NSS/Phy.Edn./YRC/ ROTARACT/AICUF/Nature Club	-	01
			<b>30</b>	<b>25</b>

III SEMESTER				
I	22UTAL33/ 22UHNL33/ 22UFNL33	Tamil / Hindi / French	06	04
II	22UENG33	English through Literature – I	06	04
III	22UPEC33	Core – III: Theories of Games - III	05	03
	22UPEP33	Practical: Games - III	04	03
	22UPEA33	Allied – III: Track & Combined Events	03	02
	22UPEQ13	Practical: Track & Combined Events	02	02
IV	22UPEN13	NME – 1: Fitness and Wellness	03	02
	22UFCE33	FC – Environmental Studies	01	01
V	22UNCC/ NSS/ PHY.EDU./YRC/ ROT/ACF/ NCB24	Extension Activities NCC/NSS/Phy.Edn. /YRC/ ROTARACT/AICUF/Nature Club	-	-
	22UARE14	ARISE	-	-
			<b>30</b>	<b>21</b>
IV SEMESTER				
I	22UTAL44/ 22UHNL44/ 22UFNL44	Tamil / Hindi / French	06	04
II	22UENG44	English through Literature – II	06	04
III	22UPEC44	Core - IV : Theories of Game - IV	05	05
	22UPEP44	Practical: Game IV	04	04
	22UPEA44	Allied - IV : Field Events	03	02
	22UPEQ24	Practical: Field Events	02	02
IV	22UPEN24	NME – 2: Fundamentals of yoga	03	02
	22UFCH44	FC - Religious Literacy and Peace Ethics	01	01
V	22UNCC/ NSS/ PHY.EDU./YRC/ ROT/ACF/ NCB24	Extension Activities NCC/NSS/Phy.Edn./YRC/ ROTARACT/AICUF/Nature Club	-	01
	22UARE14	ARISE	-	01
			<b>30</b>	<b>26</b>
V SEMESTER				
III	22UPEC55	Core– V : Research Methodology & Statistics in Physical Education	05	04
	22UPEC65	Core - VI : Science of Sports Training	05	04
	22UPEC75	Core - VII : Methods in Physical Education	05	04
	22UPEC85	Core – VIII: Test, Measurement & Evaluation in Physical Education	03	02

	22UPEP55	Practical: Test, Measurement & Evaluation in Physical Education	02	02
	22UPEC95 22UPEP65	Core – IX: Teaching Practice - Practical	05	03
	22UPEE15	Core Elective 1A: Exercise Physiology	03	03
		Core Elective 1B : Sports Journalism		
IV	22UINT15	Internship	-	01
	22USSI16	Soft Skills	02	-
			<b>30</b>	<b>23</b>
<b>VI SEMESTER</b>				
III	22UPED06	Core – X : Kinesiology and Biomechanics in Physical Education	05	04
	22UPED16	Core – XI: Sports Management	05	04
	22UPED26	Core - XII : Games of Specialization	03	03
	22UPEP76	Practical: Games of Specialization	03	03
	22UPED36	Core – XIII : Yoga for Fitness	03	03
	22UPEP86	Practical: Yoga for Fitness	03	03
	22UPED46	Core – XIV : Project	03	03
	22UPEE26	Core Elective–2 A : Sports Medicine & First Aid Core Elective–2 B : Sports Psychology & Sociology	03	03
IV	22USSI16	Soft Skills	02	02
			<b>30</b>	<b>28</b>

Semester		I	II	III	IV	V	VI	Total
Credits	21	25	21	26	23	28	144	

<b>Part – I</b>	<b>16 Credits</b>
<b>Part – II</b>	<b>16 Credits</b>
<b>Part – III</b>	
Core	72 Credits
Allied	16 Credits
Core Elective	06 Credits
<b>Total</b>	<b>94 Credits</b>
<b>Part –IV</b>	
Non –Major Elective	04 Credits
Skill Based Elective	04 Credits
Foundation Course	04 Credits
<b>Total</b>	<b>12 Credits</b>
<b>Part – V Extension</b>	<b>02 Credits</b>

**Others**

Bridge Course	01 Credit
Soft Skill	02 Credits
Communicative Skill	01 Credit
ARISE	01 Credit
Internship	01 Credit
<b>Total</b>	<b>06 Credits</b>
<b>Grant Total</b>	<b>144 Credits</b>

**Self-Learning Courses - Additional Credits**

Semester	Sub. Code	Title of the Paper	Credits
III	22UPESL3	Modern Trends in Physical Education	3
IV	22UPESL4	Health Education	3
V	22UPESL5	Olympic Movement	3
VI	22UPESL6	Sports Nutrition	3

**PRACTICAL EVALUATION****Internal Examination- 50 Marks**

S.No	Components	Marks
01	Regular Activities	15
02	Skill Demonstration	20
03	Playing Ability	15
	<b>Marks</b>	<b>50</b>

**External Examination – 50 Marks**

S.No	Components	Marks
01	Record Note	10
02	Skill Demonstration	10
03	Playing Ability	10
04	Viva	10
05	Officiating & Coaching	10
	<b>Marks</b>	<b>50</b>

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR–625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2022 - 2023)**

<b>Title (Core – 1)</b>	<b>Theories of Games - I (Kabaddi &amp; Badminton)</b>	<b>Course Code</b>	22UPEC11
<b>Class</b>	<b>I B.Sc (Physical Education)</b>	<b>Hours</b>	<b>75</b>
<b>Semester</b>	<b>I</b>	<b>Credit</b>	<b>03</b>
<b>Course Educational Objectives(CEO)</b>	<ul style="list-style-type: none"> <li>• Familiarize the history, their development, organizations and tournaments of Kabaddi and Badminton</li> <li>• Aware the skills of Kabaddi and Badminton</li> <li>• Understand the relationship between fitness components and performance variables.</li> <li>• Know the marking and rules of Kabaddi and Badminton.</li> <li>• To realize the concepts in officiating Kabaddi and Badminton tournaments.</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	<b>Kabaddi:</b> History and Development – Pro kabaddi – History - Federations – Important matches and tournaments - General and Specific Training – Warming up & Warming Down – Essential Fitness components.	15	
II	<b>Kabaddi:</b> Ground Marking: Men & Women - Measurements – Equipments - Offensive skills – Defensive skills - Rules and Interpretation.	15	
III	<b>Badminton</b> : History and Development – Federations – Important matches and tournaments - General and Specific Training – Warming up & Warming Down – Essential Fitness components.	15	
IV	<b>Badminton:</b> Ground marking - Measurements – Equipments - Fundamental skills - Advanced skills - Rules and Interpretation.	15	
V	Mechanism of Officiating: Methods of Officiating – Duties and Responsibilities of Officials – Officials signals - Scoring system of Kabaddi and Badminton.	15	
<b>Books for Study</b>	<i>Thakur, J.K., “Measurement of Playing Field”, Sports Publications, New Delhi, 2013.</i>		

<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>1. Bhari, B., "Layout of Play Field", Sports Publications, New Delhi, 2010.</li> <li>2. BudheAmitarjun., "Officiating and Coaching", Sports Publications New Delhi, 2013.</li> <li>3. Ashok c, "Sports Web Encyclopedia", Kalpak publication, Delhi, 2005.</li> <li>4. <a href="http://www.fivb.com">http://www.fivb.com</a></li> <li>5. <a href="http://www.Indiankabaddi.org">http://www.Indiankabaddi.org</a></li> </ol>
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### Teaching and learning methods

- Class Lecture, Video Clippings, Diagrams, Demonstration, Interact, ICT (Information communication Technology)

### **Course Outcome (CO)**

**On successful completion of the course, the student able to**

**CO 1:** Recall the history, organizations and tournaments. **(K-1)**

**CO 2:** Demonstrate the skills, techniques and tactics in game situations. **(K-2)**

**CO 3:** Apply the fitness components during practice and match condition. **(K-3)**

**CO 4:** Outline the markings and interpret the rules and regulations of the games. **(K-3)**

**CO 5:** Analyze the method of officiating and scoring system. **(K-5)**

### **Mapping Course outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3	3				3	3	3		3				18
CO 2	3	3	3			3	3	3	2	3	3	3	2	31
CO 3	3	3	2	3		3	3	3		2		1	1	23
CO 4	3	3	1		2	3	3	3	3	3	2	2	2	30
CO 5	3	3	2		3	3	3	3	1	3	3	3	2	32
<b>Grand Total of COs with PSOs and POs</b>														<b>134</b>
<b>Mean Value of COs with PSO and POs = 114/51</b>														<b>2.23</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.23</b>
Observation	<b>COs of Theories of Game –I strongly related with PSOs and POs</b>		

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**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

Title (Core Practical – 1)	Practical: Games – I (Kabaddi & Badminton)	Course Code	22UPEP11
Class	<b>I B.Sc (Physical Education)</b>	Hours	<b>60</b>
Semester	<b>I</b>	Credit	<b>02</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• Aware the skills of Kabaddi and Badminton.</li> <li>• Understand the relationship between fitness components and performance variables.</li> <li>• Know the marking rules of Kabaddi and Badminton.</li> <li>• To realize the concepts in officiating Kabaddi and Badminton tournaments.</li> </ul>		
<b>Content</b>			
<ol style="list-style-type: none"> <li>1. Fundamental and Advanced skills of the games</li> <li>2. Skill tests, scoring and arrangement of the skill tests.</li> <li>3. Rules of the games with their interpretations.</li> <li>4. Mechanism of officiating - Duties of officials - Officials signals - Scoring system.</li> <li>5. Coaching Aspects.</li> </ol>			
<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>1.Coaching Volleyball Technical &amp; Tactical Skills (Technical and Tactical Skills Series) by American Sport Education Program (May 18, 2011)</li> <li>2.Volleyball Coach's Survival Guide: Practical Techniques and Materials for Building an Effective Program and a Winning Team by Sue Gozansky(Nov2001)</li> <li>3. <i>abc</i>"Origin, History and Development of Kabaddi". <a href="http://www.kabaddiikf.com/history.htm">http://www.kabaddiikf.com/history.htm</a>. Retrieved 2008-04-20.</li> </ol>		

**Course Outcome (CO)**

**On successful completion of the course, the student able to**

**CO 1:** Demonstrate the fundamental and advanced skill of the games. **(K-2)**

**CO 2:** Interpret the rules and regulations of kabaddi and Badminton. **(K-2)**

**CO 3:** Organize the matches and tournaments of kabaddi and Badminton. **(K- 3)**

**CO 4:** Analyze the officiating methods and scoring system of the games. **(K-4)**

**CO 5:** Explain the duties of officials and official signals of the games. **(K-5)**



**Mapping Course outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3	3				3	3	3		3				18
CO 2	3	3	3			3	3	3	2	3	3	3	2	31
CO 3	3	3	2	3		3	3	3		2		1	1	23
CO 4	3	3	1		2	3	3	3	3	3	2	2	2	30
CO 5	3	3	2		3	3	3	3	1	3	3	3	2	32
<b>Grand Total of COs with PSOs and POs</b>														<b>134</b>
<b>Mean Value of COs with PSO and POs = 114/51</b>														<b>2.23</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.23</b>
Observation	<b>COs of Theories of Game –I strongly related with PSOs and POs</b>		

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**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Allied – 1)</b>	<b>Foundation of Physical Education</b>	<b>Course Code</b>	22UPEA11
<b>Class</b>	<b>I B.Sc (Physical Education)</b>	<b>Hours</b>	<b>75</b>
<b>Semester</b>	<b>I</b>	<b>Credit</b>	<b>04</b>
<b>Course Educational Objectives(CEO)</b>	<ul style="list-style-type: none"> <li>• Realize the definitions, meaning, importance, need &amp; scope and aim &amp; objectives of physical education.</li> <li>• Narrate the history of physical education.</li> <li>• Responsive with the allied sciences in physical education.</li> <li>• Know about the Olympic Games.</li> <li>• Aware the concepts of sports centre and awards.</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	Meaning - Definition – History of Physical Education in India. - Scope of Physical Education - Aims and Objective of Physical Education – Need and Importance of Physical Education-Philosophical studies	15	
II	Olympic Games: Ancient Olympics and Modern Olympics - Olympic Flag – Olympic Torch and Oath – International Olympic committee - Asian Games, Commonwealth games, SAF Games.	15	
III	Scientific basis of Physical Education and Sports: Contribution of allied Sciences, Anatomy, Physiology, Kinesiology, Biomechanics, Psychology, Sociology, Anthropometry and Sports medicine.	15	
IV	Contribution of SAI, NSNIS, Khelo India - National Sports Awards - Arjuna Awards – Dronacharya Award - Major Dhyan Chand Khel Ratna Award – Maulana Abul Kalam Azad Trophy	15	
V	Growth and Development – Age and Gender characteristics- Body Type – Kretchmer Classification – Pyknic – Asthenic – Athletic – Dysplastic- Sheldon Classification – Endomorph – Ectomorph – Meso morph.	15	
<b>Books for Study</b>	<ol style="list-style-type: none"> <li>1. Bevinson. S.Sathiah. J, and Nageshwaran. A, 2002. History of Physical Education, VINCI Publication, Karaikudi.</li> <li>2. Kamalesh, M.L., 1997, Foundation of Physical Education, metropolitan Book Pvt. Ltd., New Delhi.</li> </ol>		

<b>Books for Reference</b>	1. Quality Lesson Plans for Secondary Physical Education - 2nd Ed by Dorothy Zakrajsek, Lois Carnes and Frank E. Pettigrew (Mar 18, 2003) 2. Elangovan, R. 2002, UdarkalviOruArimugam, AswinPublication, Tirunelveli. 3. Fundamental Statistics in Physical Education and Sports Sciences by Dr. Dhananjoy Shaw (Mar 30, 2007)
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**Teaching and learning methods**

☐ Class Lecture, Seminars, Group discussion, Videos, Assignments, ICT.

**Course Outcome (CO)**

**On successful completion of the course, the student able to**

**CO 1:** Define the meaning and definitions, importance, need & scope and aim & objectives of physical education. **(K-1)**

**CO 2:** Summarize about the Olympic games. **(K-2)**

**CO 3:** Relate the allied sciences in physical education. **(K-2)**

**CO 4:** Classify the awards in sports. **(K-2)**

**CO 5:** Interpret Describe the sports centre and awards in sports and games. **(K-2)**

**Mapping Course outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3		2			3	3			3		2		16
CO 2	3					3	3			3		1		13
CO 3	3	3				3	3	1	3	2		3		21
CO 4	3					3	3	3	2	2		2		18
CO 5	3	2				3	3	2	2	2		2		19
<b>Grand Total of COs with PSOs and POs</b>														<b>87</b>
<b>Mean Value of COs with PSO and POs = 87/34</b>														<b>2.56</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.56</b>
Observation	<b>COs of Fundamentals of Physical Education strongly related with PSOs and POs</b>		

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**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2022 - 2023)**

Title (Core – 2)	<b>Theories of Games - II (Basketball &amp; Volleyball)</b>	Course Code	22UPEC22
Class	<b>I B.Sc (Physical Education)</b>	Hours	<b>75</b>
Semester	<b>II</b>	Credit	<b>04</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• Familiarize the history, their development, organizations and tournaments of Basketball and Volleyball.</li> <li>• Aware the skills of Basketball and Volleyball.</li> <li>• Understand the relationship between fitness components and performance variables.</li> <li>• Know the marking and rules of Basketball and Volleyball.</li> <li>• Realize the concepts in officiating Basketball and Volleyball tournaments.</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	<b>Basketball</b> : History and Development – Important matches and tournaments - General and Specific Training – Warming up & Warming Down – Essential Fitness components.	15	
II	<b>Basketball</b> : Ground Marking: Men & Women - Measurements – Equipments - Fundamental skills - Advanced skills - Rules and Interpretation.	15	
III	<b>Volleyball</b> : History and Development – Federations – Important matches and tournaments - General and Specific Training – Warming up & Warming Down – Essential Fitness components	15	
IV	<b>Volleyball</b> : Ground marking - Measurements – Equipments - Fundamental skills - Advanced skills - Rules and Interpretation.	15	
V	Mechanism of Officiating: Methods of Officiating – Duties of Officials – Officials signals - Scoring system.	15	
<b>Books for Study</b>	1. <i>Thakur, J.K., "Measurement of Playing Field", Sports Publications, New Delhi, 2013.</i>		

<b>Books for Reference</b>	1. <i>Bhari, B., "Layout of Play Field", Sports Publications, New Delhi, 2010.</i> 2. <i>Monika, A., "Basketball", First Edition, Sports Publications, New Delhi, 2005.</i> 3. <i>Monika, A., "Volleyball", First Edition, Sports Publications, New Delhi, 2005.</i>
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**Teaching and learning methods**

- Class Lecture, Video Clippings, Diagrams, Demonstration, Group Discussion.

**Course Outcome (CO)**

**CO 1:** Recall the history, organizations and tournaments. **(K-1)**

**CO 2:** Demonstrate the skills, techniques and tactics in game situations. **(K-2)**

**CO 3:** Apply the fitness components during practice and match condition. **(K-3)**

**CO 4:** Outline the markings and interpret the rules and regulations of the games. **(K-3)**

**CO 5:** Analyze the method of officiating and scoring system. **(K-5)**

**Mapping Course outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3	3				3	3	3		3				18
CO 2	3	3	3			3	3	3	2	3	3	3	2	31
CO 3	3	3	2	3		3	3	3		2		1	1	23
CO 4	3	3	1		2	3	3	3	3	3	2	2	2	30
CO 5	3	3	2		3	3	3	3	1	3	3	3	2	32
<b>Grand Total of COs with PSOs and Pos</b>														<b>134</b>
<b>Mean Value of COs with PSO and POs = 114/51</b>														<b>2.23</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.23</b>
Observation	<b>COs of Theories of Game –I strongly related with PSOs and POs</b>		

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**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

Title (Core Practical-2)	Practical: Games – II (Basketball & Volleyball)	Course Code	22UPEP22
Class	<b>I B.Sc (Physical Education)</b>	Hours	<b>60</b>
Semester	<b>II</b>	Credit	<b>04</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• Aware the skills of Badminton and Basketball.</li> <li>• Understand the relationship between fitness components and performance variables.</li> <li>• Know the marking and rules of Badminton and Basketball.</li> <li>• To realize the concepts in officiating Badminton and Basketball tournaments.</li> </ul>		
<b>Content</b>			
<ol style="list-style-type: none"> <li>1. Fundamental and Advanced skills of the games</li> <li>2. Skill tests, scoring and arrangement of the skill tests.</li> <li>3. Rules of the games with their interpretations.</li> <li>4. Mechanism of officiating - Duties of officials - Officials signals - Scoring system.</li> <li>5. Coaching Aspects.</li> </ol>			
<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>1. Coaches corner.(Basketball competitions): An article from: Coach and Athletic Director by Gale Reference Team (Oct 31, 2006)</li> <li>2. Coaching Volleyball Technical &amp; Tactical Skills (Technical and Tactical Skills Series) by American Sport Education Program (May 18, 2011)</li> <li>3. Volleyball Coach's Survival Guide: Practical Techniques and Materials for Building an Effective Program and a Winning Team by Sue Gozansky(Nov2001)</li> <li>4. Gupta, K.; Gupta, Amita, eds. (2006), <i>Concise Encyclopaedia of India</i>, 3, New Delhi: Atlantic, p. 986, ISBN 81-269-0639-1,</li> </ol>		

**Course Outcome (CO)****On successful completion of the course, the student able to****CO 1:** Demonstrate the fundamental and advanced skill of the games. **(K-2)****CO 2:** Interpret the rules and regulations of Basketball and Volleyball. **(K-2)****CO 3:** Organize the matches and tournaments of Basketball and Volleyball. **(K-3)****CO 4:** Analyze the officiating methods and scoring system of the games. **(K-4)****CO 5:** Explain the duties of officials and official signals of the games. **(K-5)****Mapping Course outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3	3				3	3	3		3				18
CO 2	3	3	3			3	3	3	2	3	3	3	2	31
CO 3	3	3	2	3		3	3	3		2		1	1	23
CO 4	3	3	1		2	3	3	3	3	3	2	2	2	30
CO 5	3	3	2		3	3	3	3	1	3	3	3	2	32
<b>Grand Total of COs with PSOs and POs</b>														<b>134</b>
<b>Mean Value of COs with PSO and POs = 114/51</b>														<b>2.23</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.23</b>
Observation	<b>COs of Theories of Games –II strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2022 - 2023)**

Title (Allied – 2)	<b>Human Anatomy &amp; Physiology</b>	Course Code	22UPEA22
Class	<b>I B.Sc (Physical Education)</b>	Hours	<b>75</b>
Semester	<b>II</b>	Credit	<b>04</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• Realize the cell with their parts and cell division.</li> <li>• Classify the bones and joints of human body.</li> <li>• Know the factors of respiratory system and circulatory system of human body.</li> <li>• Aware the muscular system and digestive system of human body.</li> <li>• Familiarize the nervous system and glands of human body.</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	Introduction – Meaning and Definition – Cell - Microscopic Structure and Functions of cell - Cell division – Mitosis - Meiosis - Interphase - Prophase – Metaphase – Anaphase – Telophase - Bone – Definition - Types of Bone - Joints – Definition – Types of Joints.	15	
II	<b>Skeleton System</b> : Axial Skeleton - Skull – Vertebral Column – Sternum - Ribs and Xiphoid - Appendicular Skeleton – Upper Extremities - Lower Extremities. <b>Muscular System</b> : Voluntary muscle - Involuntary muscle – Cardiac Muscle	15	
III	<b>Respiratory System</b> : Structure and Function of lungs – Mechanism of Respiration. <b>Circulatory System</b> : Structure and Functions of Heart – Cardiac output & cycle - Blood – Blood pressure – Blood group – Blood clotting.	15	
IV	<b>Nervous System</b> : Structure and Functions of Brain – Cerebellum – Cerebrum – Medulla oblongata – Spinal cord – Reflex Action. <b>Endocrine System</b> : – Pineal, Pituitary, Thyroid, Adrenal, Pancreas and Gonads	15	
V	Digestive System: Structure and Functions of Stomach – Small Intestine – Large Intestine. <b>Excretory System</b> : Structure and Functions of Skin – Structure and Functions of Kidney.	15	



<b>Books for Study</b>	1. Dr. Sushillega, 'Anatomy and Physiology', Sports Publications, 2016. 2. Human Anatomy & Physiology with Mastering A&P™ (8th Edition) by Elaine N. Marieb and Katja N. Hoehn (Jul 2, 2010)
<b>Books for Reference</b>	1. Essentials of Human Anatomy & Physiology Laboratory Manual by Elaine Nicpon Marieb (Jan 20, 2008) 2. Human Anatomy & Physiology Lab Manual, Fetal Pig Version (10th Edition) by Elaine N. Marieb and Susan J. Mitchell (Feb 8, 2010) 3. Human Anatomy & Physiology Laboratory Manual with Mastering A&P®, Main Version, Update (9th Edition) by Elaine N. Marieb and Susan J. Mitchell (Jul 10, 2011)

### Teaching and learning methods

- Class Lecture, Pictures, Chart, Diagram, Animation, Models, Video observation.

### **Course Outcome (CO)**

**On successful completion of the course, the student able to**

**CO 1:** Explain cell, cell divisions and also classify the bones and joints. **(K-2)**

**CO 2:** Summarize the respiratory and Circulatory system in human body. **(K-2)**

**CO 3:** Illustrate about the muscular system and digestive system **(K-2)**

**CO 4:** Interpret the functions of nervous system and endocrine glands in human body. **(K-2)**

**CO 5:** Describe the skeletal system and excretory system. **(K-2)**

### **Mapping Course outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3					3	3			3		2	3	17
CO 2	3			2		3	3			3	2	2	2	20
CO 3	3			2		3	3			3	2	3	3	22
CO 4	3			2		3	3			3	2	2	3	21
CO 5	3			2		3	3			3	2	2	3	21
<b>Grand Total of COs with PSOs and POs</b>														<b>101</b>
<b>Mean Value of COs with PSO and POs = 101/38</b>														<b>2.65</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.65</b>
Observation	<b>COs of Human Anatomy &amp; Physiology strongly related with PSOs and POs</b>		

## PRACTICAL EVALUATION

### Internal Examination- 50 Marks

S.No	Components	Marks
01	Regular Activities	15
02	Skill Demonstration	20
03	Playing Ability	15
	<b>Marks</b>	<b>50</b>

### External Examination – 50 Marks

S.No	Components	Marks
01	Record Note	10
02	Skill Demonstration	10
03	Playing Ability	10
04	Viva	10
05	Officiating & Coaching	10
	<b>Marks</b>	<b>50</b>

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR–625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2022 -2023)**

Title (Core–3)	<b>Theories of Games -III (Kho- Kho &amp; Football)</b>	Course Code	22UPEC33
Class	<b>II B.Sc (Physical Education)</b>	Hours	<b>75</b>
Semester	<b>III</b>	Credit	<b>03</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• Familiarize the history, their development, organizations and tournaments of Kho- Kho and Football.</li> <li>• Aware the skills of Kho- Kho and Football.</li> <li>• Understand the relationship between fitness components and performance variables.</li> <li>• Know the marking and rules of Kho- Kho and Football.</li> <li>• Realize the concepts in officiating Kho- Kho and Football tournaments.</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	<b>Kho-Kho:</b> History and Development –Major Competition -Tournaments - General and Specific Training – Warming up & Warming Down – Essential Fitness components.	15	
II	<b>Kho-Kho:</b> Ground Marking: - Measurements – Equipment’s - Fundamental skills - Advanced skills - Rules and Interpretation.	15	
III	<b>Football:</b> History and Development – Federations – Important major competition and tournaments Awards - General and Specific Training – Warming up & Warming Down – Essential Fitness components	15	
IV	<b>Football:</b> Ground marking - Measurements – Equipment’s - Fundamental skills - Advanced skills - Rules and Interpretation.	15	
V	Mechanism of Officiating: Methods of Officiating – Duties of Officials – Officials signals - Scoring system – Reasoned development in Kho- Kho & Football.	15	
<b>Books for Study</b>	2. Thakur, J.K., “Measurement of Playing Field”, Sports Publications, New Delhi, 2013.		
<b>Books for Reference</b>	6. Bhari, B., “Layout of Play Field”, Sports Publications, New Delhi, 2010. 7. Monika, A., “Kho Kho”, First Edition, Sports Publications, New Delhi, 2005. 8. Monika, A., “Football”, First Edition, Sports Publications, New Delhi, 2005.		

### Teaching and learning methods

- Class Lecture, Video Clippings, Diagrams, Demonstration, Group Discussion.

### Course Outcome (CO)

On successful completion of the course, the student able to

**CO1:** Recall the history, organizations and tournaments of Kho-Kho.(K-1)

**CO 2:** Demonstrate the skills, techniques and tactics of Kho- Kho. (K-2)

**CO3:** Remember the history, organizations and tournaments of Football.(K-3)

**CO 4:** Outline the markings and interpret the rules and regulations of the games. (K-3)

**CO 5:** Analyze the method of officiating and scoring system.(K-5)

### Mapping Course Outcome with

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO1	3	3				3	3	3		3				18
CO2	3	3	3			3	3	3	2	3	3	3	2	31
CO3	3	3	2	3		3	3	3		2		1	1	23
CO4	3	3	1		2	3	3	3	3	3	2	2	2	30
CO5	3	3	2		3	3	3	3	1	3	3	3	2	32
Grand Total of COs with PSOs and POs														134
Mean Value of COs with PSO and POs = 114/51														2.23

Strong–3, Medium–2, Low–1

Mapping Scale	1	2	3
Relation	0.01to1.0	1.01to2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Meanvalue of COs with PSOs and POs			2.23
Observation	COs of Theories of Game –III strongly related with PSOs and POs		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR–625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2022 -2023)**

Title(CorePractical-3)	Practical: Games –III (Kho-Kho & Football)	Course Code	22UPEP33
Class	<b>II B.Sc.,(Physical Education)</b>	Hours	<b>60</b>
Semester	<b>III</b>	Credit	<b>03</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• Aware the skills of Kho – Kho and Football.</li> <li>• Understand the relationship between fitness components and perform ancevariables.</li> <li>• Know the marking and rules of Kho- Kho and Football.</li> <li>• To realize the concepts in officiating Kho – Kho and Football tournaments.</li> </ul>		
<b>Content</b>			
<p>6. Demonstrate the Fundamental and Advanced skills of the games</p> <p>7. Skill tests, scoring and arrangement of the skill tests.</p> <p>8. Rules of the games with their interpretations.</p> <p>9. Mechanism of officiating - Duties of officials - Officials signals - Scoring system.</p> <p>5. Coaching- Fundamental and Advanced skills – Lead Up Activities.</p>			
<b>Books for Reference</b>	<p>5.Coaches corner.(Kho-Kho competitions): Anarticle from: Coach and Athletic Director by Gale Reference Team (Oct31,2006)</p> <p>6.Coaching Football Technical &amp; Tactical Skills (Technical and Tactical Skills Series) by American Sport Education Program (May 18, 2011)</p> <p>7.Football Coach's Survival Guide:Practical Techniques and Materials for Building an Effective Program and a Winning Team by Sue Gozansky (Nov2001)</p> <p>8.Gupta, K.; Gupta, Amita, eds. (2006), <i>Concise Encyclopaedia of India</i>, 3, New Delhi: Atlantic, p.986,ISBN 81-269-0639-1,</p>		

**Course Outcome (CO)**

**On successful completion of the course, the student able to**

**CO 1:** Demonstrate the fundamental and advanced skill of the games. **(K-2)**

**CO2:** Interpret the rules and regulations of Kho – Kho and Football.**(K-2)**

**CO 3:** Organize the matches and tournaments of Kho - Kho and Football. **(K-3)**

**CO4:** Analyze the officiating methods and scoring system of the games.**(K-4)**

**CO5:** Explain the duties of officials and official signals of the games.**(K-5)**

**Mapping Course Outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
<b>CO1</b>	<b>3</b>	<b>3</b>				<b>3</b>	<b>3</b>	<b>3</b>		<b>3</b>				<b>18</b>
<b>CO2</b>	<b>3</b>	<b>3</b>	<b>3</b>			<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>31</b>
<b>CO3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>		<b>3</b>	<b>3</b>	<b>3</b>		<b>2</b>		<b>1</b>	<b>1</b>	<b>23</b>
<b>CO4</b>	<b>3</b>	<b>3</b>	<b>1</b>		<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>30</b>
<b>CO5</b>	<b>3</b>	<b>3</b>	<b>2</b>		<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>32</b>
<b>Grand Total of COs with PSOs and POs</b>														<b>134</b>
<b>Mean Value of COs with PSO and POs = 114/51</b>														<b>2.23</b>

**Strong-3, Medium-2, Low-1**

Mapping Scale	1	2	3
Relation	0.01to1.0	1.01to2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Meanvalue of COs With PSOs and POs			<b>2.23</b>
Observation	<b>COs of Theories of Games –III strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2022 -2023)**

<b>Title (Allied- III)</b>	<b>Track and Combined Events</b>	<b>Course Code</b>	22UPEA33
Class	<b>II B.Sc.(Physical Education)</b>	Hours	<b>45</b>
Semester	<b>III</b>	Credit	<b>02</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To disseminate the track and combined events</li> <li>• To understand the Marking procedures of Track events</li> <li>• To know the techniques of start and finish in track events</li> <li>• To develop the coordination skills to participate Relay events.</li> <li>• To distinguish the combined events</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	History of Track Events–Rules and their Interpretations– Warm up– General and Specific Conditioning – Maintenance of Track –Need for Standard Track	9	
II	Construction–Standard and Non-Standard Track–Calculations RDR–CDR-Diagonal Excess–Staggers	9	
III	Starts & Finish: Fixing the block - Types of starts – Crouch starts – Medium Start, Bullet Start, and Elongated Start –Standing starts–Types of Finish–Photo Finish–Shoulder Shrug–Run Through–Torso Finish.	9	
IV	Relay Races: Relay Marking - Standard and Non-Standard Track – 4X100 mts –4X400 mts –Batton Exchange –Visual method, Non-Visual method-Style-Upsweep and Downsweep–Specific Drills.	9	
V	Hurdles–Marking-110mts, 100mts, 400mts, Heptathlon and Decathlon–List of Events–Order of Events.	9	
<b>Books for Study</b>	1.Uppal.A.K., “ <b>A to Z Athletics</b> ”, Friends Publication, 2013.		
<b>Books for Reference</b>	1. Peter Matthew, <b>Historical Dictionary of Track and Field</b> , The Scarecrow Press, Inc.2012. 2. Website:www.worldathletics.org 3. Website: <a href="http://www.HumanKinetics.com">www.HumanKinetics.com</a>		

### Teaching and learning methods

- Class Lecture, Video Clippings, Diagrams, Demonstration, Interact, ICT (Information Communication Technology)

### **Course Outcome(CO)**

**On Successful completion of the course, the student able to**

**CO1:** Recall the history of track events **(K-1)**

**CO2:** Draw the standard and Non-standard Track. **(K-2)**

**CO3:** Exhibit and explain the skills of start and finish in track events. **(K-2)**

**CO4:** Outline the relay marking and explain the techniques of relay baton changes. **(K-2)**

**CO 5:** Explain the order of events in combined events. **(K-2)**

### **Mapping Course Outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
<b>CO1</b>	<b>3</b>	<b>3</b>				<b>3</b>	<b>3</b>	<b>3</b>		<b>3</b>				<b>18</b>
<b>CO2</b>	<b>3</b>	<b>3</b>	<b>3</b>			<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>31</b>
<b>CO3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>		<b>3</b>	<b>3</b>	<b>3</b>		<b>2</b>		<b>1</b>	<b>1</b>	<b>24</b>
<b>CO4</b>	<b>3</b>	<b>3</b>	<b>1</b>		<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>30</b>
<b>CO5</b>	<b>3</b>	<b>3</b>	<b>2</b>		<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>32</b>
<b>Grand Total of COs with PSOs and POs</b>														<b>135</b>
<b>Mean Value of COs with PSO and POs = 135/51</b>														<b>2.64</b>

**Strong–3, Medium–2, Low–1**

Mapping Scale	1	2	3
Relation	0.01to1.0	1.01to2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and Pos			<b>2.64</b>
Observation	<b>COs of Track and Combined Events strongly related with PSOs and POs</b>		



**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2022 - 2023)**

<b>Title(Allied-3)</b>	<b>Practical: Track &amp; Combined Events</b>	Course Code	22UPEQ13
Class	<b>II B.Sc (Physical Education)</b>	Hours	<b>30</b>
Semester	<b>III</b>	Credit	<b>02</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To Recall the rules and regulations of combined and Track Events</li> <li>• To Aware the skills of starting and Finishing</li> <li>• To Understand Officiating Methods</li> <li>• To Know the marking rules of Track and Combined Events</li> <li>• To Coach the fundamental Skill of Track and Combined Events</li> </ul>		
<b>Content</b>			
<ol style="list-style-type: none"> <li>1. Test of Fundamental and Advanced Techniques of track events.</li> <li>2. Rules and Interpretation of track and combined events.</li> <li>3. Mechanism of officiating –Method of Officiating-Duties of officials.</li> <li>4. Marking of Track and combined events.</li> <li>5. Coaching Aspects-Fundamentals skills-Advanced skills-Lead up Activities.</li> </ol>			
<b>Books for Study</b>	<ol style="list-style-type: none"> <li>1. Getting Started in Track and Field Athletics: Advice &amp; ideas for children, parents, and teachers by Gary Barber(Jan 17, 2006)</li> <li>2. USA Track and Field 2002-03 Directory and Resource Guide (USA Track and Field Directory and Resource Guide, 20022003)by Sherry Quack (Jun2002).</li> <li>3. Rigbyon Deck Reading Libraries: Leveled Reader Track by Jack Otten (Jul 2001).</li> <li>4. Athletics 2011: The International Track and Field Annual. Edited by Peter Matthews by Peter Matthews (May 2011).</li> <li>5. website:<a href="http://www.worldathletics.org">www.worldathletics.org</a></li> </ol>		

**Course Outcome (CO)**

**CO 1:** List the track and combined events **(K-1)**

**CO 2:** Prepare and marking the tracks.**(K-3)**

**CO 3:** Take part in the track events.**(K-4)**

**CO 4:** Demonstrate the skill of the track events. **(K-2)**

**CO 5:** Categorize the combined events.**(K-4)**

### Mapping Course Outcome with

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO1	3		1		3	3	3	3		3				19
CO2	3	3	3		1	3	3	3	2	3	1		2	27
CO3	3	3	2	3	2	3	3	3		2	1		1	26
CO4	3	3	1	3	2	3	3	3	3	3	2		2	31
CO5	3	3	2	2	1	3	3	3	1	3	3		2	29
<b>Grand Total of COs with PSOs and POs</b>														<b>132</b>
<b>Mean Value of COs with PSO and POs =1 32/53</b>														<b>2.49</b>

**Strong-3, Medium-2, Low-1**

Mapping Scale	1	2	3
Relation	0.01to1.0	1.01to2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Meanvalue of COs With PSOs and POs			<b>2.49</b>
Observation	<b>COs of Practical: Track &amp; Combined Events strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**  
**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2022 -2023)**

<b>Title (Non Major Elective-I)</b>	<b>Fitness and Wellness</b>	<b>Course Code</b>	<b>22UPEN13</b>
<b>Class</b>	<b>To other major</b>	<b>Hours</b>	<b>45</b>
<b>SEMESTER</b>	<b>III</b>	<b>Credit</b>	<b>02</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To know the basics of Physical fitness and its components</li> <li>• To overcome fitness barriers and involve in physical activity</li> <li>• To understand the basic method of conditioning</li> <li>• Know the procedure to assess the fitness</li> <li>• To acquire knowledge about the wellness</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	Fitness: Meaning - Physical Fitness and Mental fitness - General and Specific fitness - Need and importance of Physical fitness – Types of Physical Fitness	9	
II	Health related Physical Fitness Components: Cardio Respiratory Endurance, Muscular Strength& Endurance, Flexibility, and Body Composition – means and methods for developi	9	
III	Performance related Physical Fitness Components: Speed, Strength, Endurance, Agility, Power and Flexibility.	9	
IV	Assessment of Physical Fitness: Cardio Respiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility	9	
V	Wellness: Meaning – Aging process–Factors influencing wellness - Healthy aging.	9	
<b>Books for Study</b>	<ol style="list-style-type: none"> <li>1. Hoeger, Werner, W.K., &amp; Hoeger, Sharon, A. (1990).</li> <li>2. Fitness and Wellness. Englewood: Morton publishing Company.</li> <li>3. Hazedine, (1985). Fitness for Sports. Ramsburg: The Crowood Ress Ltd.</li> </ol>		
<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>1. James &amp; Hart, L., (1983). 100% Fitness, New Delhi: Goodwill Publishing House.</li> <li>2. Anspaugh, D.J., Hamrick, M.H., &amp; Rosato, F.D. (1991). Wellness: Concepts and applications. New York: Mc Graw - Hill.</li> <li>3. Arumugam, S., &amp; Sivagnanam, P. (2019). Fitness and Wellness. Madurai: Shanlax Publications.</li> </ol>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR–625514**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2022 -2023)**

<b>Title :Self Learning</b>	<b>Modern Trends in Physical Education</b>	<b>Course Code</b>	22UPESL3
Semester	III	Credit	<b>03</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To adequate the knowledge in physical education programme in India</li> <li>• To explain about the career option in physical education.</li> <li>• To discuss about the modern sports facilities.</li> <li>• To know the modern trends in sports infrastructure.</li> <li>• To develop the individual talent identification in sports.</li> </ul>		
<b>Unit</b>			
I	Physical Education Teacher Training programme in India:B.Sc., B.P.Ed.,M.P.Ed., Research programme: M.Phil., Ph.D.		
II	School: Physical Education Teacher, Physical Director, RIPE, CIPE. College & University: Asst. Director of Physical Education, Deputy Director of Physical Education, Director of Physical Education, Assistant Professor, Associate Professor, Professor, Principal – Sports Council: Coaches, DSO, RSM, DGM and GM.		
III	Play area-synthetic track-Turf field-Toroflexsurface-Grassfield–Woodensurface-Indoorstadium-Structureand facilities-Flood lit matches.		
IV	Assistance for building infrastructure - playfields, Gymnasium, Swimming pool, Stadium and Equipments-Assistance for coaching and training programme-Rural and urban-different levels-advance training and coaching-Assistance for competitions-District, State, National, International-Incentives.		
V	Talent Identification in sports and games-The compulsory Physical Education programme in Schools and Colleges.		

**Book for Reference**

1. Bunn, John W. (1955). Scientific Principles of Coaching. New York: Prentice Hall Inc.
2. Charles, Bucher A., (1972). Foundations of Physical Education. Saint Louis: The C.V.Kosby Company.
3. Hey, James, G., (1973). The Biomechanics of Sports Techniques, Prentice Hall Inc. Englewood Cliffs N.S.
4. Singh, Ajmer., et.al. (2005). Essential of Physical Education. New Delhi: Kayani Publication.

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**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2022 -2023)**

<b>Title(Core-4)</b>	<b>Theories of Games-IV (Hockey &amp; Handball)</b>	<b>Course Code</b>	22UPEC44
<b>Class</b>	<b>II B.Sc (Physical Education)</b>	<b>Hours</b>	<b>75</b>
<b>Semester</b>	<b>IV</b>	<b>Credit</b>	<b>05</b>
<b>Course Educational Objectives(CEO)</b>	<ul style="list-style-type: none"> <li>• To familiarize the history, their development, organizations and tournaments of Hockey and Handball.</li> <li>• To aware the skills of Hockey and Handball.</li> <li>• To comprehend the relationship between fitness components and performance variables.</li> <li>• To know the marking and rules of Hockey and Handball.</li> <li>• To realize the concepts in officiating Hockey and Handball tournaments.</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	<b>Hockey:</b> History and Development –Major Competition - Tournaments - General and Specific Training – Warming up & Warming Down – Essential Fitness components.	15	
II	<b>Hockey:</b> Ground Marking: - Measurements – Equipment’s - Fundamental skills - Advanced skills - Rules and Interpretation.	15	
III	<b>Handball:</b> History and Development – Federations – Important major competition and tournaments Awards - General and Specific Training – Warming up & Warming Down – Essential Fitness components	15	
IV	<b>Handball:</b> Ground marking - Measurements – Equipment’s - Fundamental skills - Advanced skills - Rules and Interpretation.	15	
V	Mechanism of Officiating: Methods of Officiating – Duties of Officials – Officials signals - Scoring system – Reasoned development in Hockey & Handball.	15	
<b>Books for Study</b>	<ol style="list-style-type: none"> <li>1. BobSwope., 2011, <b>“Youth Filed Hockey Drills, Strategies, Plays &amp; Games Handbook”</b>, St.Louis.</li> <li>2. <u>Maurice W.Deshong</u> 2011, <b>“Handball and How to PlayIt</b>, North America.</li> </ol>		

<b>Books for Reference</b>	1. Elizabeth Anders with Sue Myers, 2008 <i>“Field Hockey steps to Success”</i> 2 <sup>nd</sup> Ed. USA
	2. Grasset & Dunlap. 2004, <i>“Enjoying Racquet Sports”</i> U.S.A.
	3. Siobhaa Gibncy and Eugene J. Gibncy, 2011, <i>“Handball”</i> South Africa.
	4. <a href="http://www.fih.ch">http://www.fih.ch</a>
	5. <a href="http://www.ihf.info">http://www.ihf.info</a>

**Teaching and learning methods**

- Class Lecture, Video Clippings, Diagrams, Demonstration, ICT (Information communication Technology)

**Course Outcome (CO)**

**CO1:** Recall the history, organizations and tournaments of Hockey. **(K-1)**

**CO 2:** Demonstrate the skills, techniques and tactics of Hockey **(K-2)**

**CO3:** Remember the history, organizations and tournaments of Handball. **(K-1)**

**CO 4:** Outline the markings and interpret the rules and regulations of Handball. **(K-3)**

**CO 5:** Analyze the method of officiating and scoring system. **(K-5)**

**Mapping Course Outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
<b>CO1</b>	<b>3</b>	<b>3</b>				<b>3</b>	<b>3</b>	<b>3</b>		<b>3</b>				<b>18</b>
<b>CO2</b>	<b>3</b>	<b>3</b>	<b>3</b>			<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>31</b>
<b>CO3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>		<b>3</b>	<b>3</b>	<b>3</b>		<b>2</b>		<b>1</b>	<b>1</b>	<b>23</b>
<b>CO4</b>	<b>3</b>	<b>3</b>	<b>1</b>		<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>30</b>
<b>CO5</b>	<b>3</b>	<b>3</b>	<b>2</b>		<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>32</b>
<b>Grand Total of COs with PSOs and POs</b>														<b>134</b>
<b>Mean Value of COs with PSO and POs = 114/51</b>														<b>2.23</b>

**Strong–3, Medium–2, Low–1**

Mapping Scale	1	2	3
Relation	0.01to1.0	1.01to2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Meanvalue of COs With PSOs and POs			<b>2.23</b>
Observation	<b>COs of Theories of Game –IV strongly related with PSOs and POs</b>		

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**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2022 -2023)**

<b>Title(Core-5)</b>	<b>Practical:Game- IV (Hockey and Handball)</b>	<b>Course Code</b>	22UPEP44
Class	<b>II B.Sc (Physical Education)</b>	Hours	<b>60</b>
Semester	<b>IV</b>	Credit	<b>04</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• Recall the rules and regulations of Hockey and Handball</li> <li>• Aware the skills of Hockey and Handball.</li> <li>• Understand the relationship between fitness components and performance variables.</li> <li>• Know the marking rules of Hockey and Handball.</li> <li>• To realize the concepts in officiating Hockey and Handball tournaments.</li> </ul>		
<b>Content</b>			
<ol style="list-style-type: none"> <li>1. Demonstrate the Fundamental and Advanced skills of the games</li> <li>2. Skill tests, scoring and arrangement of the skill tests.</li> <li>3. Rules of the games with their interpretations.</li> <li>4. Mechanism of officiating - Duties of officials - Officials signals - Scoring system.</li> <li>5. Coaching- Fundamental and Advanced skills – Lead Up Activities.</li> </ol>			
<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>1. Bob Swope., 2011, <b><i>“Youth Field Hockey Drills, Strategies, Plays &amp; Games Handbook”</i></b>, St.Louis.</li> <li>2. <u>Maurice W.Deshong</u>2011, <b><i>“Handball and How to Play It</i></b>, North America.</li> <li>3. Elizabeth Andfers with Sue Myers, 2008 <b><i>“Field Hockey steps to Success”</i></b> 2<sup>nd</sup> Ed.USA</li> <li>4. Grasset &amp; Dunlap.2004, <b><i>“Enjoying Racquet Sports”</i></b> U.S.A.</li> <li>5. Siobhaa Gibncy and Eugene J.Gibncy,2011, <b><i>“Handball”</i></b> South Africa.</li> <li>6. <a href="http://www.fih.ch">http://www.fih.ch</a></li> <li>7. <a href="http://www.ihf.info">http://www.ihf.info</a></li> </ol>		

**Course Outcome (CO)**

**On successful completion of the course, the student able to**

**CO 1:** Demonstrate the fundamental and advanced skill of the games. **(K-2)**

**CO2:** Interpret the rules and regulations of Handball and Hockey.**(K-2)**

**CO3:** Organize the matches and tournaments of Handball and Hockey.**(K-3)**

**CO 4:** Analyze the officiating methods and scoring system of the games. **(K-4)**

**CO5:** Explain the duties of officials and official signals of the games.**(K-5)**

**Mapping Course outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO1	3	3				3	3	3		3				18
CO2	3	3	3			3	3	3	2	3	3	3	2	31
CO3	3	3	2	3		3	3	3		2		1	1	23
CO4	3	3	1		2	3	3	3	3	3	2	2	2	30
CO5	3	3	2		3	3	3	3	1	3	3	3	2	32
<b>Grand Total of COs with PSOs and POs</b>														<b>134</b>
<b>Mean Value of COs with PSO and POs = 114/51</b>														<b>2.23</b>

**Strong-3, Medium-2, Low-1**

Mapping Scale	1	2	3
Relation	0.01to1.0	1.01to2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Meanvalue of Cos With PSOs and Pos			<b>2.23</b>
Observation	<b>COs of Practical: Game-IV strongly related with PSOs and POs</b>		



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**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2022 -2023)**

<b>Title(Allied-4)</b>	<b>Field Events</b>	<b>Course Code</b>	22UPEA44
Class	<b>II B.Sc (Physical Education)</b>	Hours	<b>45</b>
Semester	<b>IV</b>	Credit	<b>02</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To disseminate the Field events</li> <li>• To know the Marking procedures of Field events</li> <li>• To identify the techniques of Field events</li> <li>• To develop the coordination skills to participate Field events</li> <li>• To understand the rules of throw events</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	History of Field Events – Rules and their Interpretations – Warm up – General and specific. Layout, Measurements and marking of the Field Events, (Long Jump, High Jump, Shot Put, Discus, Javelin, Triple Jump, Pole-vault, Hammer).	9	
II	<b>Long Jump:</b> Approach-Takeoff-Flight-Landing. <b>High Jump:</b> Approach Run-Take off-Bar clearance-Landing Skill-Specific Exercises.	9	
III	<b>Shot Put:</b> Initialstance-Holding the shot-Grip and Placement of the shot -Techniques: <b>Obrien and</b> Glide-Throwing stance - Throw -Follow through-specific exercises. <b>Discus Throw:</b> Initialstance-Holding the Discus-Preliminary swing-Turn-Throwingstance-throw-follow through-specific exercises.	9	
IV	<b>Javelin throw:</b> Technique: V – Grip, Index grip-Carry-Approach Run-Stride Rhythm-Throwing stances-Throw-Follow through-Specific Exercise. <b>TripleJump:</b> Approach Run-Take off-Hop-Step and Jump-Landing-Specific Exercise.	9	
V	<b>Pole Vault:</b> Grip-Carry-Approach Run-Planting the Pole – Take off – Bar clearance– Landing –Specific Exercise. <b>Hammer throw:</b> Initialstance-Grip-Preliminary Swings–turn-Release & Follow through-Specific Exercise.	9	

<b>Books for Study</b>	<ol style="list-style-type: none"> <li>Getting Started in Track and Field Athletics: Advice &amp; ideas for children, parents, and teachers by Gary Barber (Jan17, 2006).</li> <li>Athletics 2011:The International Track and Field Annual. Edited by Peter Matthews by Peter Matthews (May 2011).</li> </ol>
<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>USA Track and Field 2002-03 Directory and Resource Guide (USA Track and Field Directory and Resource Guide, 2002 2003) by Sherry Quack (Jun 2002).</li> <li>website:<a href="http://www.worldathletics.org">www.worldathletics.org</a></li> </ol>

### Teaching and learning methods

- Class Lecture, Video Clippings, Diagrams, Demonstration, ICT (Information communication Technology)

### **Course Outcome (CO)**

**On successful completion of the course, the student able to**

**CO1:** Recall the history of field events **(K-1)**

**CO2:** Summarize the skills of long jump and high jump.**(K-2)**

**CO 3:** Explain the skills and techniques of shot put and discus throw. **(K-2)**

**CO 4:** Outline the javelin throw and Triple Jump sectors.**(K-2)**

**CO 5:** Interpret the rules of pole-vault and Hammer throw.**(K-2)**

### **Mapping Course outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs& POs
<b>CO1</b>	3		1			3	3	3		3				16
<b>CO2</b>	3	3	3		1	3	3	3	2	3	1		2	27
<b>CO3</b>	3	3	2	3	2	3	3	3		2	1		1	26
<b>CO4</b>	3	3	1	3	2	3	3	3	3	3	2		2	31
<b>CO5</b>	3	3	2	2	1	3	3	3	1	3	3		2	29
<b>Grand Total of COs with PSOs and POs</b>														<b>129</b>
<b>Mean Value of COs with PSO and POs =129/52</b>														<b>2.48</b>

**Strong–3, Medium–2, Low–1**

Mapping Scale	1	2	3
Relation	0.01to1.0	1.01to2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Meanvalue of COs With PSOs and POs			<b>2.48</b>
Observation	<b>COs of Field Events strongly related with PSOs and POs</b>		

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**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2022 -2023)**

<b>Title</b>	<b>Practical: Field Events</b>	Course Code	22UPEQ24
Class	<b>II B.Sc (Physical Education)</b>	Hours	<b>30</b>
Semester	<b>IV</b>	Credit	<b>02</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To disseminate the Field events</li> <li>• To know the Marking procedures of Field events</li> <li>• To identify the techniques of Field events</li> <li>• To develop the coordination skills to participate Field events</li> <li>• To understand the rules of throw events</li> </ul>		
<b>Content</b>			
<ol style="list-style-type: none"> <li>1. Test of Fundamental and Advanced Techniques of field events.</li> <li>2. Rules and Interpretation of field events.</li> <li>3. Mechanism of officiating –Method of Officiating-Duties of officials.</li> <li>4. Marking of field events.</li> <li>5. Coaching-Fundamentals skills-Advanced skills-Lead up Activities.</li> </ol>			
<b>Books for Study</b>	<ol style="list-style-type: none"> <li>1. Getting Started in Track and Field Athletics: Advice &amp; ideas for children, parents, and teachers by Gary Barber (Jan 17, 2006)</li> <li>2. USA Track and Field 2002-03 Directory and Resource Guide (USA Track and Field Directory and Resource Guide, 2002-2003)by Sherry Quack (Jun 2002).</li> <li>3. Rigbyon Deck Reading Libraries: Leveled Reader Track by Jack Otten (Jul 2001).</li> <li>4. Athletics 2011:The International Track and Field Annual. Edited by Peter Matthews by Peter Matthews (May 2011).</li> <li>5. website:<a href="http://www.worldathletics.org">www.worldathletics.org</a></li> </ol>		

**Course Outcome (CO)**

**On successful completion of the course, the student able to**

**CO1:** Demonstrate the techniques of field Events.(K-1)

**CO 2:** Apply the techniques in athletic competitions. (K-3) CO

**3:** Relate the field events.(K-4)

**CO4:** Mark the sectors of all field events.(K-4)

**CO5:** Take part in the competition as an official.(K-4)

**Mapping Course outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO1	3		1		3	3	3	3		3				19
CO2	3	3	3		1	3	3	3	2	3	1		2	27
CO3	3	3	2	3	2	3	3	3		2	1		1	26
CO4	3	3	1	3	2	3	3	3	3	3	2		2	31
CO5	3	3	2	2	1	3	3	3	1	3	3		2	29
<b>Grand Total of COs with PSOs and POs</b>														<b>132</b>
<b>Mean Value of COs with PSO and POs = 132/53</b>														<b>2.49</b>

**Strong-3, Medium-2, Low-1**

Mapping Scale	1	2	3
Relation	0.01to1.0	1.01to2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Meanvalue of COs with PSOs and POs			<b>2.49</b>
Observation	<b>COs of Practical: Field Events strongly related with PSOs and POs</b>		

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**academic year 2022 -2023)**

<b>Title (Non Major Elective-II)</b>	<b>Fundamentals of yoga</b>	<b>Course Code</b>	<b>22UPEN24</b>
Class	<b>II (B.Sc Physical Education)</b>	Hours	<b>45</b>
Semester	<b>IV</b>	Credit	<b>02</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To understand the concept of Yoga</li> <li>• To list the sitting and Standing Asana</li> <li>• To state the importance of Vajrasana</li> <li>• To aware the benefits of Head Posture</li> <li>• To know the techniques of Prone Posture</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No.of Hours</b>	
I	History of Yoga–Meaning of Yoga–Aim and Objectives of Yoga–System of Yoga– Eight Limbs of yoga-Importance of Yoga	9	
II	Asanas: Meaning- Guidelines for practicing asanas. Long Sitting Positions-Procedures–Padmasana–Vajrasana	9	
III	Standing position–Procedures–Trikonasana-Vrikshasana. Kneeling Position–Procedures–Sirasasana-Mayurasana	9	
IV	Prone Position –Procedure–Dhanurasana–Bhujangasana. Supine Position–Procedure–Halasana-Sarvangasana.	9	
V	Effects of Yogic Pranayama- Puraka– Kumbhaka– Rechaka –Importance of Pranayama–Naudi Sudi–Sitali–Sitakari.	9	
<b>Books for Study</b>	1.Chandrasekaran K, " <b>Sound Health Through Yoga</b> ", Premkalyan Publication, Sedapatti, 2010.		
<b>Books for Reference</b>	1. B.K.S.Iyengar. " <b>Light On Life</b> ", Yellow Kite, an imprint of Hodder & Stoughton, 2016. 2. Dr.P.Taraknath," <b>Yoga Education</b> ", Sports Publication, 2016. 3. Dr.Nathial, M.S., " <b>Yoga Education</b> " Friends Publication, 2015.		

**Teaching and learning methods**

- Class Lecture, Video Clippings, Demonstration, ICT (Information communication Technology)

**Course Outcome (CO)****On successful completion of the course, the student able to****CO1:** Explain the concepts of yoga. **(K-2)****CO2:** Summarize the asanas and its use. **(K-2)****CO 3:** Describe the benefits of asanas in Kneeling and standing position. **(K-2)****CO4:** Write the procedure of asana in supine and prone position. **(K-1)****CO 5:** Analyze the effects of yoga and pranayama practices. **(K-4)****Mapping Course Outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
<b>CO1</b>	<b>2</b>	<b>3</b>		<b>1</b>		<b>3</b>	<b>3</b>			<b>3</b>	<b>1</b>			<b>16</b>
<b>CO2</b>	<b>2</b>	<b>3</b>		<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>		<b>3</b>	<b>2</b>			<b>23</b>
<b>CO3</b>	<b>2</b>	<b>3</b>		<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>		<b>3</b>	<b>2</b>			<b>23</b>
<b>CO4</b>	<b>2</b>	<b>3</b>		<b>2</b>		<b>3</b>	<b>3</b>	<b>1</b>		<b>3</b>	<b>1</b>			<b>18</b>
<b>CO5</b>	<b>2</b>	<b>3</b>		<b>2</b>		<b>3</b>	<b>3</b>	<b>1</b>		<b>3</b>	<b>1</b>			<b>18</b>
<b>Grand Total of COs with PSOs and POs</b>														<b>98</b>
<b>Mean Value of COs with PSO and POs = 98/41</b>														<b>2.39</b>

**Strong-3, Medium-2, Low-1**

Mapping Scale	1	2	3
Relation	0.01to1.0	1.01to2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Meanvalue of COs With PSOs and POs			<b>2.39</b>
Observation	<b>COs of Fundamentals of yoga strongly related with PSOs and POs</b>		

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<b>Title :Self Learning</b>	<b>Health Education</b>	<b>Course Code</b>	22UPESL4
Semester	<b>IV</b>	Credit	<b>03</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To know the health and Diet</li> <li>• To distinguish mental health and physical health</li> <li>• To understand the various kinds of pollution</li> <li>• To aware the principles of safety education</li> <li>• To Know the techniques of First Aid</li> </ul>		
<b>Unit</b>	<b>Content</b>		
I	Meaning and Definition of Health Education-Objectives - Principles – Factors Influencing Health- Scope of Health education-Health Organizations.		
II	Nutrition: Diet - Components of Diet– Balanced Diet - Daily Energy Requirements – Nutrient Balance – Mal Nutrition.		
III	Meaning of Mental Health–Fundamental factors for Mental Health–Hygiene– Personal – Importance of personal hygiene.		
IV	Pollution: Meaning – Types of Pollution: Air, Water, Soil and Noise. Causes and effects of pollution.		
V	Diseases: Communicable: Malaria, Typhoid, Cholera, Chickenpox, Tuberculosis–Non–Communicable - Cardiovascular Diseases – Diabetes - Asthma – Hypertension – Cancer.		
<b>Books for Study</b>	1. Dr. Sathishmalik, “ <b>Health education and Environmental Studies</b> ”, Sports Publications, New Delhi, 2016.		
<b>Books for Reference</b>			

**Teaching and learning methods**

- Class Lecture, Group discussion, Assignment, Seminars.

**Course Outcome (CO)**

**On successful completion of the course, the student able to**

**CO1:** Describe about the health education and its organization.(K-2)

**CO2:** Summarize the mental health and school health programme.(K-2)

**CO 3:** Find the solution for the communicable diseases and life style disorder.(K-4)

**CO4:** Apply the principles of safety education in schools and playground.(K-4)

**CO 5:** Make use of first aid in emergency.(K-4)

### Mapping Course Outcome with

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO1	3	2				3	3	2		3			3	19
CO2	3					3	3			3			3	15
CO3	3					3	3	3	3	2			3	20
CO4	3					3	3	2	2	2			2	17
CO5	3	3				3	3	2	3	3			3	23
<b>Grand Total of COs with PSOs and POs</b>													<b>94</b>	
<b>Mean Value of COs with PSO and POs = 96/34</b>													<b>2.76</b>	

**Strong-3, Medium-2, Low-1**

Mapping Scale	1	2	3
Relation	0.01to1.0	1.01to2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Meanvalue of COs With PSOs and POs			<b>2.76</b>
Observation	<b>COs of Health Education strongly related with PSOs and POs</b>		



**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**  
**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

Part	Subject Code	Nature of the Paper	Paper	Hours	Credit
<b>V SEMESTER</b>					
III	19UPEC75	Core- VII	Research Methodology & Statistics in Physical Education	05	04
	19UPEC85	Core – VIII	General Theory and Methods of Training	05	04
	19UPEC95	Core – IX	Teaching Practice	03	03
	19UPEP75		Practical: Teaching Practice	02	02
	19UPED05	Core – X	Test, Measurement & Evaluation in Physical Education	03	02
	19UPEP85		Practical: Test, Measurement & Evaluation in Physical Education	02	02
	19UPED15	Core – XI	Organization and Administration in Physical Education	05	04
	19UPEE15	Core Elective – I	Exercise Physiology	04	03
IV	19USSI16		Soft Skills	01	-
	19UINT15		Internship	-	01
				30	25
<b>VI SEMESTER</b>					
III	19UPED26	Core – XII	Kinesiology and Biomechanics in Physical Education	05	04
	19UPED36	Core – XIII	Sports Psychology & Sociology	05	04
	19UPED46	Core – XIV	Games of Specialization	03	03
	19UPEP96		Practical: Games of Specialization	02	02
	19UPED56	Core – XV	Yoga for Fitness	03	02
	19UPEX06		Practical: Yoga for Fitness	02	02
	19UPED66	Core – XVI	Project	05	04
	19UPEE26	Core Elective-II	Sports Medicine	04	03
IV	19USSI16		Soft Skills	01	02
				30	26

Semester	I	II	III	IV	V	VI	Total
Credits	21	22	24	26	25	26	144

**Part – I** **16 Credits**

**Part – II** **16 Credits**

**Part – III**

Core 70 Credits

Allied 16 Credits

Core Elective 06 Credits

**Total** **92 Credits**

**Part –IV**

Non –Major Elective 04 Credits

Skill Based Elective 04 Credits

Foundation Course 04 Credits

Communicative Skill 01 Credit

Soft Skill 02 Credits

Internship 01 Credit

Bridge Course 01 Credit

**Total** **17 Credits**

**Part – V Extension** **02 Credits**

ARISE 01 Credit

**Total** **03 Credits**

**Grant Total** **144 Credits**

#### SELF LEARNING COURSE

Semester	Sub.Code	Title	Credit
III	19UPESL4	Personal Fitness Training	03
IV	19UPESL5	Know the Major Games – Badminton, Cricket & Football	03
V	19UPESL5	Nutrition	03
VI	19UPESL6	First Aid & Injury Management	03

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR – 625 514**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**OUTCOME BASED EDUCATION**

**PROGRAMME SPECIFIC OUTCOME (PSO)**

**PSO – 1**

Determine knowledge on Physical Education in the domain of practicing, coaching, teaching, training and maintaining healthy life style.

**PSO – 2**

Understand the field where new skills to be acquired, using latest equipment, techniques and rules and regulations.

**PSO – 3**

Analyze the techniques and tactics in game situations.

**PSO – 4**

Understand the relationship between fitness components and performance variables.

**PSO – 5**

Analyze the behavior of the players, spectators, coaches, trainers and officials.

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core – VII)</b>	<b>Research Methodology&amp; Statistics in Physical Education</b>	<b>Course Code</b>	19UPEC75
<b>Class</b>	<b>III B.Sc (Physical Education)</b>	<b>Hours</b>	<b>75</b>
<b>Semester</b>	<b>V</b>	<b>Credit</b>	<b>04</b>
<b>Course Educational Objectives(CEO)</b>	<ul style="list-style-type: none"> <li>• To understand the concept of Research.</li> <li>• To know the various types of research.</li> <li>• To identify various sources of information review for data information /To enable to write the research Proposal</li> <li>• To introduce the statistical tools for research.</li> <li>• To able to correlate the related things</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	Meaning - Definition of Research - Nature and Characteristics of Research - Need and Importance of Research in Physical Education - Criteria in selecting the Research problem.	15	
II	Types of Research - Basic Research, Applied Research, Action Research – Hypothesis, Types of Hypothesis - Experimental Research, Nature and Meaning - Experimental Variables - Historical Research – Steps – Sources – Criticism.	15	
III	Preparation of Research Report - Research Proposal-Introduction, Review, Methodology, Bibliography – Abstract - Introduction, Main Body of Report, Conclusion - Organization of thesis report - Mechanism of writing footnote and bibliography.	15	
IV	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.	15	
V	Measures of Central Tendency – Mean, Median and Mode - Measures of Variability- Range, Standard Deviation- Correlation with Ungrouped data- t-ratio.	15	
<b>Books for Study</b>	1. Dr. Suresh Kutty K., 2015, “Research Methods in Physical Education” Sports Publication, New Delhi.		
<b>Books for Reference</b>	1. Clarke,David H and H .Harrison Clarke, 2005, “Research Process in Physical Education”, IInded Prentice, Inc,. New Jersey. 2. Rothstein, Anne, L. Research Design & Statistics for Physical Education. 3. Moses, R. Amritta Kumar. Thesis Writing Format, Madras, Poompugar Pathipagam, 1995. 4. Kothari C.R. Research Methodology, New Delhi: Wiley Fasern Ltd. 2000.		

### Teaching and learning methods

- Lecture Method, Group Discussion, Assignment.

### **Course Outcome (CO)**

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

**CO 1:** Explain the concept of Research in physical Education. **(K2)**

**CO 2:** Classify of various research methodologies. **(K2)**

**CO 3:** Construct research report and Research proposal. **(K3)**

**CO 4:** Interpret the meaning and definition of statistics. **(K2)**

**CO 5:** Apply the of statistics tool in research. **(K3)**

### **Mapping of COs with PSOs and POs**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3		2	2		3	3			3	2	3		21
CO 2	3		3	3		3	2			3	2	3		22
CO 3	3		3	3		3	2			3	2	3		22
CO 4	3		3	3		1	2			3	2	3		20
CO 5	3		3	3		1	2			3	3	3		21
<b>Grand Total of COs with PSOs and POs</b>														<b>106</b>
<b>Mean Value of COs with PSO and POs = 106/40</b>														<b>2.65</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.65</b>
Observation	<b>COs of Research Methodology &amp; Statistics in Physical Education strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core – VIII)</b>	<b>General Theory and Methods of Training</b>	<b>Course Code</b>	19UPEC85
<b>Class</b>	<b>III B.Sc (Physical Education)</b>	<b>Hours</b>	<b>75</b>
<b>Semester</b>	<b>V</b>	<b>Credit</b>	<b>04</b>
<b>Course Educational Objectives(CEO)</b>	<ul style="list-style-type: none"> <li>• To understand the fundamental concepts of sports training.</li> <li>• To know the methods of developing the motor qualities.</li> <li>• To cultivate the concepts of flexibility and speed in training.</li> <li>• To able to design plan for effective training.</li> <li>• To Prepare the sports person for the competition</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	Sports Training – Introduction – Meaning – Aim – Characteristics -Principles of Sports Training.	15	
II	Training of Motor Qualities Strength: Forms of Strength – Characteristic of Strength – Strength Training – Methods of Strength improvement Endurance: Forms of Endurance – Characteristics of Endurance – Endurance Training –Methods of Endurance improvement.	15	
III	Flexibility: Types of Flexibility -Methods of Developing Flexibility Speed: Forms of Speed – Speed Training – Means and Methods of Developing Speed	15	
IV	Planning – Principles of planning- Types- Long term plan Short Term Plans – Periodisation – Single periodisation- Double periodisation	15	
V	Types of Training – Interval Training, Circuit Training, Plyometric Training, Weight Training	15	
<b>Books for Study</b>	1. K.Uppal., “Sports Training” Friends publication, New Delhi, 2005.		
<b>Books for Reference</b>	1. Mishra S. C., “Sports Training”, Sports Publication, Chennai, 2009. 2. Kawade, R. R., “Sports Training” Sports Publications, Chennai, 2013. 3. Arvind, B., Qureshi and Dabir, “Encyclopedia of Sports Training”, Sports Publications, Chennai, 2012. 4. Choudhari and Sanjay.T., “Essential of Strength Training and Conditioning,” KhelSahithya Kendra, New Delhi, 2013. 5. Sebastian. P.J., “System of Sports Training”, Friends Publications, Chennai, 2013.		

### Teaching and learning methods

- Class Lecture, Demonstration, ICT, Video observation, Assignments.

### Course Outcome (CO)

On successful completion of the course, the students able to

**CO 1:** Summarize the fundamental concepts of sports training. **(K1)**

**CO 2:** Identify the strength and Endurance of players. **(K3)**

**CO 3:** Evaluate the speed and Flexibility in the performance of stakeholders. **(K4)**

**CO 4:** Develop excellent training plans. **(K3)**

**CO 5:** Classify the types of training. **(K2)**

### Mapping of COs with PSOs and POs

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3	3	2			3	3	2		3		1		20
CO 2	3	3	2			3	3	2		3		2		21
CO 3	3	3	2			3	3	2		3		2		21
CO 4	3	3	2			3	3	3		3		3		23
CO 5	3	3	2			3	3	3		3		2		22
<b>Grand Total of COs with PSOs and POs</b>														<b>107</b>
<b>Mean Value of COs with PSO and POs = 101/40</b>														<b>2.67</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.67</b>
Observation	<b>COs of General Theory and Methods of Training strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core – IX)</b>	<b>Teaching Practice</b>	<b>Course Code</b>	19UPEC95
Class	<b>III B.Sc (Physical Education)</b>	Hours	<b>45</b>
Semester	<b>V</b>	Credit	<b>03</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To understand the part of general lesson plan.</li> <li>• To know the parts of particular lesson plan</li> <li>• To familiarize the techniques of marching.</li> <li>• To impart the knowledge of indigenous activities.</li> <li>• To elucidate the concepts of Minor games</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	Lesson plan – Types of lesson plan – General Lesson plan, Assembly and Roll Call, Introductory part, Formal part, Special part, Recreational part, Re-assembly and Dismissal.	9	
II	Particular Lesson plan – Assembly and Roll call, Specific Warm- up, Teaching the fundamentals, practicing the fundamentals, Lead up games, Whole Game, Re-assembly and Dismissal.	9	
III	Marching – Left Turn, Right Turn, About Turn, Mark time March, March in, Right Wheel, Left Wheel, Dands & Bithaks, Dances and Aerobics	9	
IV	Indigenous Activities – Calisthenics Exercises, - Lezium, Hoops, Wands, Indian club and Dumb-bells	9	
V	Minor Games – Ball Games, Relay Games, Tag Games, Goal Games and Point Scoring Games.	9	
<b>Books for Study</b>	<ol style="list-style-type: none"> <li>1. Bevinson Perinbaraj, S., “Methods in Physical Education”, Third Edition, Vinsi Agencies, Karaikudi, 2013.</li> <li>2. Dr. A. Athicha Pillai., “Hand Book on Indigenous Activities”, First Edition, Karaikudi, 2006.</li> </ol>		
<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>1. Arya, Sushanth, K., “Methods in Physical Education”, First Edition, Sports Publications, New Delhi, 2013.</li> <li>2. Gopalakrishnan, R.W., “Teaching Methods of Physical Education”, Sports Publications, New Delhi, 2012.</li> <li>3. Mojumdar and Mohum, R., “Methods in Physical Education”, Sports Publications, New Delhi, 2009.</li> <li>4. Verma, H., “Methods and Management of Physical Education”, First Edition, Sports Publications, Chennai, 2012.</li> </ol>		

**Teaching and learning methods**

- Class Lecture, Demonstration, ICT, Video observation, Assignments.



### Course Outcome (CO)

On successful completion of the course, the student able to

CO 1: Describe the significant parts of general lesson plan. **(K2)**

CO 2: Plan the appropriate lesson plan for particular game. **(K3)**

CO 3: Apply the techniques for marching skills. **(K2)**

CO 4: compose the innovative activities in drill. **(K5)**

CO 5: Organize the minor games in recreation part. **(K3)**

### Mapping of COs with PSOs and POs

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3	-	1		3	3	3			3			2	18
CO 2	3	3	3		3	3	3			3			2	23
CO 3	3	3		3	3	3	3	3	1					22
CO 4	3	3		3	2	3	3	3			3			23
CO 5						3	3			1	1			08
<b>Grand Total of COs with PSOs and POs</b>														<b>94</b>
<b>Mean Value of COs with PSO and POs = 94/35</b>														<b>2.68</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.68</b>
Observation	<b>COs of Teaching Practice strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core – IX)</b>	<b>Practical: Teaching Practice</b>	<b>Course Code</b>	19UPEP75
Class	<b>III B.Sc (Physical Education)</b>	Hours	<b>02</b>
Semester	<b>V</b>	Credit	<b>02</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To understand the part of general lesson plan.</li> <li>• To know the parts of particular lesson plan</li> <li>• To familiarize the techniques of marching.</li> <li>• To impart the knowledge of indigenous activities.</li> <li>• To elucidate the concepts of Minor games</li> </ul>		
<b>Content</b>			
<p><b>1.GENERAL LESSON PLAN</b></p> <ol style="list-style-type: none"> <li>1. Assembly and roll call</li> <li>2. Introductory part (Warming-up)</li> <li>3. Formal part</li> <li>4. Special part</li> <li>5. Recreation part</li> <li>6. Assembly and dismissal</li> </ol> <p><b>2. PARTICULAR LESSON PLAN</b></p> <ol style="list-style-type: none"> <li>1. Assembly and roll call</li> <li>2. Suitable warming-up</li> <li>3. Teaching of fundamentals</li> <li>4. Practice of fundamentals</li> <li>5. Lead-up activities</li> <li>6. Whole game</li> <li>7. Assembly and dismissal</li> </ol>			
<b>Books for Study</b>	<ol style="list-style-type: none"> <li>1. Bevinson Perinbaraj, S., "Methods in Physical Education", Third Edition, Vinsi Agencies, Karaikudi, 2013.</li> <li>2. Dr. A. Athicha Pillai., "Hand Book on Indigenous Activities", First Edition, , Karaikudi, 2006.</li> </ol>		
<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>1. Arya, Sushanth, K., "Methods in Physical Education", First Edition, Sports Publications, New Delhi, 2013.</li> <li>2. Gopalakrishnan, R.W., "Teaching Methods of Physical Education", Sports Publications, New Delhi, 2012.</li> <li>3. Mojumdar and Mohum, R., "Methods in Physical Education", Sports Publications, New Delhi, 2009.</li> <li>4. Verma, H., "Methods and Management of Physical Education", First Edition, Sports Publications, Chennai, 2012.</li> </ol>		

**Teaching and learning methods**

- Demonstration, ICT, Videos, Explanation.

### Course Outcome (CO)

On successful completion of the course, the students able to

CO 1: Select the suitable methods for teaching physical activities. (K4)

CO 2: Make use of the learnt teaching techniques in the physical education classes. (K2)

CO 3: Motivate the students for active participation in sports. (K3)

CO 4: Evaluate the learning capabilities of the students. (K4)

CO 5: Construct new techniques in teaching methodology. (K4)

### Mapping of COs with PSOs and POs

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3		1		3	3	3			3			2	18
CO 2	3	3	3		3	3	3			3			2	23
CO 3	3	3		3	3	3	3	3	1					22
CO 4	3	3		3	2	3	3	3			3			23
CO 5						3	3			1	1			08
Grand Total of COs with PSOs and POs														94
Mean Value of COs with PSO and POs = 94/35														2.68

Strong – 3, Medium – 2, Low – 1

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			2.68
Observation	COs of Practical - Teaching Practice strongly related with PSOs and POs		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core – X)</b>	<b>Test, Measurement and Evaluation in Physical Education and Sports</b>	<b>Course Code</b>	19UPED05
<b>Class</b>	<b>III B.Sc (Physical Education)</b>	<b>Hours</b>	<b>45</b>
<b>Semester</b>	<b>V</b>	<b>Credit</b>	<b>02</b>
<b>Course Educational Objectives(CEO)</b>	<ul style="list-style-type: none"> <li>• To understand the concept of test , measurement and Evaluation</li> <li>• To know the criteria of good test.</li> <li>• To gain the profound knowledge of components in physical fitness.</li> <li>• To provide the thorough knowledge on testing for physical fitness.</li> <li>• To able to evaluate the standardized skills in some major games.</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	Meaning of Test, Measurement and Evaluation – Need and Importance of test, Measurement and Evaluation, Classification of Test – Standardized and Teacher Made Test – Objective and Subjective Tests – contribution of Knowledge Test and Skill Test	9	
II	Criteria of Good test – Validity – Reliability – Objectivity – Norms – Administration Feasibility – Educational Application	9	
III	Physical Fitness Components – Test for Speed, Strength, Endurance, Agility and Flexibility.	9	
IV	<b>FITNESS TEST:</b> New York State Physical Fitness Test - Barrow Motor Ability Test - Cooper 12 Minutes Run / Walk Test - JCR test - Harward Step Test	9	
V	<b>SKILL TESTS :</b> 1. AAPHERD Basketball Test 2. Mc Donald Soccer Test 3. Russel Lange Volleyball Test 4. Harban Singh Hockey Skill Test 5. French Short Service Test (Badminton)	9	
<b>Books for Study</b>	1. Sharma, J.P., “Test and Measurement in Physical Education”, KhelSahitya Kendra, New Delhi, 2011.		
<b>Books for Reference</b>	1. Karad, P.L., “Test measurement and Evaluation in Physical Education”, KhelSahitya Kendra, New Delhi, 2011. 2. Krishnan, J., “Evaluation of Physical Education and Sports”, First Edition, Sports Publication, New Delhi, 2005.		

3. Verma, H, "Test and Measurement in Physical Education", Sports Publications. New Delhi, 2013.
4. Srivastava, A.K., "Evaluation in Test and Measurement", Sports Publications, New Delhi, 2013.

### Teaching and learning methods

- Lecture Method, Demonstration, Diagram, Models, Assignments, Group Discussion, ICT.

### Course Outcome (CO)

On successful completion of the course, the students able to

**CO 1:** Explain the needs & importance of test, measurement and evaluation. **(K 2)**

**CO 2:** Make use of standardized test. **(K 3)**

**CO 3:** Describe the importance of components in physical fitness. **(K 2)**

**CO 4:** Examine the Fitness through the some standard tests. **(K 4)**

**CO 5:** Experiment the skills test. **(K 3)**

### Mapping of COs with PSOs and POs

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3	2		2		3				1	2	2		15
CO 2	3	2		3		3				2		2		15
CO 3	3	1	1	3		2	1			2		2		15
CO 4	2	2		3		2				3		2		14
CO 5	3	3		2		1				3		2		14
<b>Grand Total of COs with PSOs and POs</b>														<b>73</b>
<b>Mean Value of COs with PSO and POs = 73/33</b>														<b>2.21</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.21</b>
Observation	<b>COs of Test, Measurement and Evaluation in Physical Education and Sports strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core – X)</b>	<b>Practical : Test, Measurement and Evaluation in Physical Education and Sports</b>	<b>Course Code</b>	19UPEP85
<b>Class</b>	<b>III B.Sc (Physical Education)</b>	<b>Hours</b>	<b>30</b>
<b>Semester</b>	<b>V</b>	<b>Credit</b>	<b>02</b>
<b>Course Educational Objectives(CEO)</b>	<ul style="list-style-type: none"> <li>• To understand the concept of test , measurement and Evaluation</li> <li>• To know the criteria of good test.</li> <li>• To gain the profound knowledge of components in physical fitness.</li> <li>• To provide the thorough knowledge on testing for physical fitness.</li> <li>• To able to evaluate the standardized skills in some major games.</li> </ul>		
<b>Content</b>			
<p><b>FITNESS TESTS:</b></p> <ol style="list-style-type: none"> <li>1. New York State Physical Fitness Test</li> <li>2. Barrow Motor Ability Test</li> <li>3. Cooper 12 Minutes Run / Walk Test</li> <li>4. JCR test</li> <li>5. Harward Step Test</li> </ol> <p><b>SKILL TESTS</b></p> <ol style="list-style-type: none"> <li>1. AAPHERD Basketball Test.</li> <li>2. Mc Donald Soccer Test.</li> <li>3. Russel Lange Volleyball Test.</li> <li>4. Harban Singh Hockey Skill Test</li> <li>5. French Short Service Test.</li> </ol>			
<b>Books for Study</b>	1. Sharma, J.P., “Test and Measurement in Physical Education”, KhelSahitya Kendra, New Delhi, 2011.		
<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>1. Karad, P.L., “Test measurement and Evaluation in Physical Education”, KhelSahitya Kendra, New Delhi, 2011.</li> <li>2. Krishnan, J., “Evaluation of Physical Education and Sports”, First Edition, Sports Publication, New Delhi, 2005.</li> <li>3. Verma, H, “Test and Measurement in Physical Education”, Sports Publications.New Delhi, 2013.</li> <li>4. Srivastava, A.K., “Evaluation in Test and Measurement”, Sports Publications, New Delhi, 2013.</li> </ol>		

### Teaching and learning methods

- Demonstration, ICT, Videos.

### Course Outcome (CO)

On successful completion of the course, the students able to

**CO 1:** Make use of standardized test. (K 3)

**CO 2:** Apply the Fitness test (K 3)

**CO 3:** Evaluate the skill performance of the players. (K 5)

**CO 4:** Demonstrate the skill and Fitness test. (K 2)

**CO 5:** Measure the fitness level of the players. (K 5)

### Mapping of COs with PSOs and POs

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3	2		2		3				1	2			13
CO 2	3	2		3		3								11
CO 3	3	1	1	3		2	1							11
CO 4	2	2		3		2								09
CO 5	3	3		2		1								09
<b>Grand Total of COs with PSOs and POs</b>														<b>53</b>
<b>Mean Value of COs with PSO and POs = 53/24</b>														<b>2.21</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.21</b>
Observation	<b>COs of Practical: Test, Measurement and Evaluation in Physical Education and Sports strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core – XI)</b>	<b>Organization and Administration in Physical Education</b>	<b>Course Code</b>	19UPED15
<b>Class</b>	<b>III B.Sc (Physical Education)</b>	<b>Hours</b>	<b>75</b>
<b>Semester</b>	<b>V</b>	<b>Credit</b>	<b>04</b>
<b>Course Educational Objectives(CEO)</b>	<ul style="list-style-type: none"> <li>• To incorporate the knowledge of the concept and basic principles of management.</li> <li>• To impart the knowledge of Office Management, Record, Register &amp; Budget.</li> <li>• To draw the chart for various level organization.</li> <li>• To knowing about the equipments maintenance.</li> <li>• To understand the information about the finance and budget.</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	Definition – Management – Sports management – Guiding Principles of Sports management – Sports organization – Sports management services	15	
II	Management functions: - Planning– Organizing – Staffing – Budgeting – Evaluation – Performance appraisal	15	
III	Schemes of management in physical education – Organizational chart for High school and higher secondary school – College – University - Organizational chart for Physical Education Programme for District and State.	15	
IV	Play area in institutions – Facilities and standards in physical education – Layout and maintenance of playgrounds – Sports and Games Equipments.	15	
V	Finance and Budgeting in Physical Education – Preparation of budget – Records and Registers - Purchase and Care of supplies and Equipments	15	
<b>Books for Study</b>	1. Singh.B., “Organization and Administration in Physical Education”, Sports Publication, New Delhi, 2009.		
<b>Books for Reference</b>	1. Chakraborty, S., “Sports Management”, Sports Publication”, New Delhi, 2009. 2. Rathore,Vishan Singh., “Administration and Organization in Physical Education”, First Edition, Sports Publication, New Delhi, 2013. 3. Shanmuganathan, D., “Methods of Administration and Organization in Physical Education”, Lakshay Publication, New Delhi, 2012. 4. Singh, Y., “Sports Management”, First Edition,Lakshay Publication, New Delhi, 2005. 5. Verma, H., “Methods and Management of Physical Education”, Sports Publication, New Delhi, 2012.		



### Teaching and learning methods

- Lecture Method, Chart, Diagram, Models, Assignments, Group Discussion.

### Course Outcome (CO)

On successful completion of the course, the student able to

**CO 1:** Explain the concepts of organization, administration and supervision. **(K2)**

**CO 2:** Adapt the standard of physical education program. **(K3)**

**CO 3:** Analyze the organization schemes of physical education. **(K4)**

**CO 4:** Construct the playfields. **(K4)**

**CO 5:** Prepare the budget and to maintain the stock register. **(K4)**

### Mapping of COs with PSOs and POs

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	2	2	2			3	1	3	2	1	2	3		21
CO 2	3	3				2		2			1			11
CO 3	3	1				1		3	2		1	3		14
CO 4	2	3	3			2		1			3	3		17
CO 5	2	1				3					1	1		08
<b>Grand Total of COs with PSOs and POs</b>														<b>71</b>
<b>Mean Value of COs with PSO and POs = 71/34</b>														<b>2.09</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.09</b>
Observation	<b>COs of Organization and Administration in Physical Education strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core Elective- I)</b>	<b>Exercise Physiology</b>	<b>Course Code</b>	19UPEE15
<b>Class</b>	<b>III B.Sc (Physical Education)</b>	<b>Hours</b>	<b>60</b>
<b>Semester</b>	<b>V</b>	<b>Credit</b>	<b>03</b>
<b>Course Educational Objectives(CEO)</b>	<ul style="list-style-type: none"> <li>• To learn about the concept of Exercise Physiology.</li> <li>• To know the concept of metabolism.</li> <li>• To understand the various physiological effects on human body during exercise.</li> <li>• To obtain the knowledge of nervous system and its function.</li> <li>• To study the effect of doping and its prevention.</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	Meaning and Definitions of Exercise Physiology - Microscopic Structure of muscle-Fiber - Slow-twitch muscle fiber - Fast-twitch muscle fiber - Sliding Filament Theory of Muscular Contraction.	12	
II	Metabolism - Types of Metabolism, Anabolism, Catabolism - Anaerobic Metabolism- Aerobic Metabolism - Electron Transport System - Krebs Cycle - Carbohydrates, Fat and Protein Metabolism.	12	
III	Meaning of Respiration- Mechanism of respiration, Inspiration, Expiration- Vital Capacity – Tidal Volume- Effect of exercise on Respiratory System Circulatory System – Systematic Circulation – Pulmonary Circulation- Systole – Diastole – Heart rate -Stroke volume – Cardiac output- Cardiac cycle- Effect of exercise on Circulatory System	12	
IV	Nervous System and Muscular Activity – Excitation of Contraction –Synapse – Motor Units - Chemical Transmitter – Voluntary Control of Muscular activity.	12	
V	Muscular Fatigue – Types of muscular fatigue, Nervous fatigue, Metabolic fatigue- Types of Prevention - Effect of doping – Alcohol and drugs on sports performance.	12	
<b>Books for Study</b>	1. Sivaramakrishnan, S., “Anatomy and Physiology for Physical Education”, First Edition, Friends Publication, Chennai, 2006.		

<b>Books for Reference</b>	1. Blaisdall, A., "Human Physiology", Sports Publications, Chennai, 2006. 2. Budhe, A.A., "Exercise Physiology", Sports Publications, Chennai, 2013. 3. Marieb, N., "Human Anatomy and Physiology", Benjamin Publication, New Delhi, 2006. 4. Sandhiya Tiwari, (2000) Exercise Physiology. New Delhi: Surjeet Publications. 5. Shaver, L. G. (2001). Physiology of exercise. New Delhi: Surjeet Publications. Majumdar & Pralay (2002). Physiology of Sports and Exercise. Kolkata: New Central Book Agency Ltd.,
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### Teaching and learning methods

- Lecture Method, Diagram, Pictures, Models, Video observation.

### **Course Outcome (CO)**

**On successful completion of the course, the students able to**

**CO 1:** Define the meaning, nature and scope of exercise physiology. **(K 1)**

**CO 2:** Explain the concept of metabolism. **(K 2)**

**CO 3:** Analyze the effects of exercise physiology on respiratory and circulatory systems of the body. **(K 4)**

**CO 4:** Describe the physiological concepts of Nervous system. **(K 2)**

**CO 5:** Illustrate about the muscular fatigue. **(K 2)**

### **Mapping of COs with PSOs and POs**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	2		1	1		3	3			2			1	13
CO 2	1			2		3	3			3		2	2	16
CO 3	3	2	2	2		3	3			3		2	2	22
CO 4	2		1	3		3	3			3		1	2	18
CO 5	3		2	1		3	3			3		1	1	17
<b>Grand Total of COs with PSOs and POs</b>														<b>86</b>
<b>Mean Value of COs with PSO and POs = 86/39</b>														<b>2.20</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.20</b>
Observation	<b>COs of Exercise Physiology strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR – 625 514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Self Learning)</b>	<b>NUTRITION</b>	<b>Course Code</b>	<b>19UPESL5</b>
Semester	<b>V</b>	Credit	<b>03</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To familiarize the essential of nutrition.</li> <li>• To impart the knowledge on balance diet.</li> <li>• To aware about the Malnutrition.</li> <li>• To understand the concept of carbohydrate loading.</li> <li>• To know about the blood doping.</li> </ul>		
<b>Unit</b>	<b>Content</b>		
I	Meaning, Definition, Aim and Objective of Sports Nutrition, Essentials of Nutrition.		
II	Balance Diet – Values of Nutrition – Effects of Nutrition and the values of foods.		
III	Mal Nutrition – Pre-game meal – obesity – weight control.		
IV	Loading Carbohydrate – Protein – Fat – Minerals – Vitamins.		
V	Blood Doping – Types of Food Safety – Factors affecting Nutrition.		
<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>1. Nutrition and Diabetic, Shubhagini, A. Joshi, Tata Mc. Hill Publishing Company Ltd., New Delhi, 2004.</li> <li>2. Hoeger Werner, W.K., and Sahron, A. Hoeger, Fitness and Wellness, Colorado, Morton Publishing Company, 1990.</li> <li>3. Hoare Syd, Keep fit, Dunton Green, Hodden and Stoughton Ltd., 1986.</li> <li>4. Hazeldine Rex, Fitness for Sport, Ramsbury, the crowood Press Ltd., 1985.</li> <li>5. James and Leona Hart, 100% Fitness, New Delhi, Goodwill Publishing House, 1983.</li> </ol>		

**Teaching and learning methods**

- Class Lecture, Group Discussion, Assignments, ICT (Information communication Technology)

**Course Outcome (CO)**

**CO 1:** Define the meaning of sports nutrition. **(K-1)**

**CO 2:** Explain the values of balance diet. **(K-2)**

**CO 3:** Interpret the theory of mal nutrition. **(K-2)**

**CO 4:** Summarize the essential of food. **(K-2)**

**CO 5:** Classify the types of food safety. **(K-2)**

**Mapping Course outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3					3	3		2	3		2		16
CO 2	3					3	3		2	3		3		17
CO 3	3					3	3		2	2		2		15
CO 4	3					3	3		2	3		2		16
CO 5	3					3	3		2	3		2		16
<b>Grand Total of COs with PSOs and POs</b>														<b>80</b>
<b>Mean Value of COs with PSO and POs = 80/30</b>														<b>2.66</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.66</b>
Observation	<b>COs of Nutrition strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core – XII)</b>	<b>Kinesiology and Biomechanics in Physical Education</b>	<b>Course Code</b>	19UPED26
<b>Class</b>	<b>III B.Sc (Physical Education)</b>	<b>Hours</b>	<b>75</b>
<b>Semester</b>	<b>VI</b>	<b>Credit</b>	<b>04</b>
<b>Course Educational Objectives(CEO)</b>	<ul style="list-style-type: none"> <li>• To understand the concept of movement in various stage.</li> <li>• To learn the location and actions of muscles in human body.</li> <li>• To help students to make analysis of human movement.</li> <li>• To know the concept of stability in the movements</li> <li>• To learn the biomechanical principles in sports and games</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	Meaning – Aim and Objectives of Kinesiology in sports- Muscular analysis of Fundamental movement – Walking, Running, Jumping, Pulling and Pushing.	15	
II	Location and Action of Muscles- Upper Limb: Biceps, Triceps, Deltoid- Lower Limb: Quadriceps, Hamstring, Gastrocnemius	15	
III	Meaning and Definition of Biomechanics – Need and Importance of Biomechanics in the field of Physical Education and Sports – Motion- Types of Motion, Linear, Rotary motions and their types. Newton’s Laws of Motion and their application to games and sports.	15	
IV	Centre of Gravity - Equilibrium- Stages of Equilibrium – Factors that determine the degree of Stability.	15	
V	Force – Meaning - Definition– Factors affecting force – Types of force: Centripetal, Centrifugal force – Factors influencing force, Spin and its types.	15	
<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>1. Dhanajoy, S., “Pedagogic of Kinesiology”, Sports Publications, Chennai, 2005.</li> <li>2. Dhanajoy,S, “Mechanical Basics of Biomechanics”, Sports Publications,New Delhi, 2000.</li> <li>3. Rathore andVishan Singh, “Sports Biomechanics”, Sports Publications, New Delhi, 2013.</li> <li>4. Verma andHemant, “Sports Kinesiology”, First Edition, Sports Publications,New Delhi, 2013.</li> <li>5. Anderson, T.M., “Biomechanics of Human Motion”, First Edition, Sports Publications, Chennai, 2003.</li> </ol>		

### Teaching and learning methods

- Lecture method, Pictures, Chart, Diagram, Animation, Models, Video observation

### Course Outcome (CO)

**On successful completion of the course, the students able to**

**CO 1:** Define and describe the term kinesiology and the fundamental movements. **(K1)**

**CO 2:** show the location of upper limb and lower limb muscles. **(K2)**

**CO 3:** Describe the term biomechanics and its importance. **(K2)**

**CO 4:** Explain mechanical theories of lever and equilibrium. **(K2)**

**CO 5:** Illustrate the concept of force and its application. **(K2)**

### Mapping of COs with PSOs and POs

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3		1	1		3	3			2			1	14
CO 2	3			2		3	3			3		2	2	18
CO 3	3	2	2	2		3	3			3		2	2	22
CO 4	3		1	3		3	3			3		1	2	19
CO 5	3		2	1		3	3			3		1	1	17
<b>Grand Total of COs with PSOs and POs</b>														<b>90</b>
<b>Mean Value of COs with PSO and POs = 90/39</b>														<b>2.31</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.31</b>
Observation	<b>COs of Kinesiology and Biomechanics in Physical Education and Sports strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core – XIII)</b>	<b>Sports Psychology and Sociology</b>	<b>Course Code</b>	19UPED36
<b>Class</b>	<b>III B.Sc (Physical Education)</b>	<b>Hours</b>	<b>75</b>
<b>Semester</b>	<b>VI</b>	<b>Credit</b>	<b>04</b>
<b>Course Educational Objectives(CEO)</b>	<ul style="list-style-type: none"> <li>• To understand the psychological aspects.</li> <li>• To know the concept of motivation.</li> <li>• To influence of society in sports and games.</li> <li>• To know the importance of leadership qualities of sports.</li> <li>• To gain the knowledge of sports personality.</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	Definitions of Psychology and Sports Psychology - Need and Importance of Sports Psychology.Learning – Stages of Learning – factors affecting the Learning.	15	
II	Motivation – Definition – Types of Motivation.Reward and Punishment - Emotional Effects – Tension,Anxiety – Types.	15	
III	Personality – Definition –Meaning – Structure of Personality –Measuring Personality.Athletic versus Non-Athletic Personality.Perception – Definition – Theories of Perception-Wrong perception and its types.	15	
IV	Sports Sociology – Nature and scope Leadership – Meaning – Types – Need and importance – Qualities – Character – Leadership in Sports and Sports Ethics of Sociology in Physical Educationand Sports – Social Factors influencing in Sports.	15	
V	Leadership – Meaning – Types – Need and importance – Qualities – Character – Leadership in Sports and Sports Ethics	15	
<b>Books for Study</b>	1.Deepak., “Sports Psychology”, Sports Publications, New Delhi, 2013.		
<b>Books for Reference</b>	1.Jain, “Sports Psychology, First Edition, Sports Publications, New Delhi, 2013. 2.Deshmukh, Sanjay, V., “Philosophical, Sociological, Historical and Recreational in Physical Education”, Sports Publication, New Delhi, 2013. 3.Shekar, C., “Aspects of Psychology in Physical Education and Sports”, Sports Publications, Chennai, 2005. 4.Wankahde and Santosh, “Sports Sociology”, First Edition, Sports Publications, New Delhi, 2013. 5.Kamalesh M.L., Psychology in Physical Education and Sports, New Delhi: Metropolitan, 1988.		



### Teaching and learning methods

- Lecture Method, Group Discussion, seminars, Assignments.

### **Course Outcome (CO)**

**On successful completion of the course, the students are able to**

**CO 1:** Describe the role of sports psychology for athletes and in their performance **(K2)**

**CO 2:** Interpret the concept of motivation. **(K1)**

**CO 3:** Describe the personality and its characteristics. **(K2)**

**CO 4:** Explain the psycho-sociological aspects of human behavior in relation to physical education and sports. **(K2)**

**CO 5:** Summarize the importance of leadership qualities. **(K3)**

### **Mapping of COs with PSOs and POs**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3	2	2	1	3	3	3	2	2	2	2	1	1	27
CO 2	3		2	1	2	3	3	3	2	3		2	1	25
CO 3	3		2	2		3	3	2	2	3		2	2	24
CO 4	3	2		3	3	3	3		2	3	3	1	2	28
CO 5	3	2	2		3	3	3	3	3	3	2	1	1	29
<b>Grand Total of COs with PSOs and POs</b>														<b>133</b>
<b>Mean Value of COs with PSO and POs = 133/57</b>														<b>2.33</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.33</b>
Observation	<b>COs of Sports Psychology and Sociology strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core – XIV)</b>	<b>Games of Specialization – Theory</b>	<b>Course Code</b>	19UPED46
Class	<b>III B.Sc (Physical Education)</b>	Hours	<b>45</b>
Semester	<b>VI</b>	Credit	<b>03</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To know the history of games of specialization.</li> <li>• To Know the fundamental and advanced skill in the games of specialization</li> <li>• Understand the relationship between fitness components and performance variables.</li> <li>• Know the marking and rules of games of specialization.</li> <li>• To realize the concepts in officiating methods in games of specialization</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	History and development of the Game – Trophies and Tournaments.	9	
II	Fundamental skills of the Hockey, Football, Volleyball, Basketball, Badminton and Handball. Advanced skills of the Hockey, Football, Volleyball, Basketball, Badminton and Handball.	9	
III	Training – Warming up – General and specific – Warming Down – Essential Fitness components – Strength, Speed, endurance, Flexibility, Agility related to the game – lead up Activity.	9	
IV	Ground marking and Measurements – Equipments – Rules and Regulations of the game.	9	
V	Mechanism of Officiating – Methods of Officiating – Duties of Officials – Officials signals of – Scoring system of the game.	9	
<b>Books for study</b>	1. Thakur, J.K., “Measurement of Playing Field”, Sports Publications, New Delhi, 2013		
<b>Books for Reference</b>	1. Birumal, “Football Techniques”, NIS Publications, New Delhi, 2006. 2. BudheAmitarjun., “Officiating and Coaching”, Sports Publications New Delhi, 2013. 3. Monika, A, “Hockey Coaching Manual”, Sports Publications, First Edition, New Delhi, 2005. 4. Monika, A., “Basketball”, First Edition, Sports Publications, New Delhi, 2005. 5. Monika, A., “Volleyball”, First Edition, Sports Publications, New Delhi, 2005. 6. 6. Bhari, B., “Layout of Play Field”, Sports Publications, New Delhi, 2010.		

### Teaching and learning methods

- Lecture method, Pictures, Diagram, Animation, Models, Assignment, Video observation.

### Course Outcome (CO)

On successful completion of the course, the students able to

**CO 1:** Describe the history of games of specialization. **(K2)**

**CO 2:** Apply the new skills, using latest equipment, techniques, rules and regulations. **(K3)**

**CO 3:** Analyze the fitness components during practice and in playing situation. **(K4)**

**CO 4:** Marking the measurements of court/fields in the games of specialization. **(K3)**

**CO 5:** Evaluate the method of officiating and scoring system of games of specialization. **(K4)**

### Mapping of COs with PSOs and POs

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3		1			3	3			3				13
CO 2	3	3	3		1	3	3		2	3	1		2	24
CO 3	3	3	2	3	2	3	3			2	1		1	23
CO 4	3	3	1	3	2	3	3		3	3	2		2	28
CO 5	3	3	2	2	1	3	3		1	3	3		2	26
<b>Grand Total of COs with PSOs and POs</b>														<b>114</b>
<b>Mean Value of COs with PSO and POs = 114/47</b>														<b>2.42</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.42</b>
Observation	<b>COs of Games of Specialization strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core – XIV)</b>	<b>Practical: Games of Specialization</b>	<b>Course Code</b>	19UPEP96
Class	<b>III B.Sc (Physical Education)</b>	Hours	<b>30</b>
Semester	<b>VI</b>	Credit	<b>02</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To Know the fundamental and advanced skill in the games of specialization</li> <li>• To know the court/ field marking rules of games of specialization.</li> <li>• To realize the concepts in officiating methods in games of specialization</li> <li>• To learn the specific drill to improve the performance.</li> <li>• To identify the rules and regulation of specialization game.</li> </ul>		
<b>CONTENT</b>			
<b>GAME OF SPECIALIZATION</b>			
Coaching, officiating and playing ability in:			
<ul style="list-style-type: none"> <li>• Hockey,</li> <li>• Football,</li> <li>• Volleyball,</li> <li>• Basketball,</li> <li>• Badminton</li> <li>• Handball.</li> </ul>			
<b>Books for study</b>	1. Thakur, J.K., “Measurement of Playing Field”, Sports Publications, New Delhi, 2013.		
<b>Books for Reference</b>	1. Birumal, “Football Techniques”, NIS Publications, New Delhi, 2006. 2. BudheAmitarjun., “Officiating and Coaching”, Sports Publications New Delhi, 2013. 3. Monika, A, “Hockey Coaching Manual”, Sports Publications, First Edition, New Delhi, 2005. 4. Monika, A., “Basketball”, First Edition, Sports Publications, New Delhi, 2005. 5. Monika, A., “Volleyball”, First Edition, Sports Publications, New Delhi, 2005. 6. Bhari, B., “Layout of Play Field”, Sports Publications, New Delhi, 2010.		

**Teaching and learning methods**

- Demonstration, Pictures, Diagram, Animation, Models, Video observation.

**Course Outcome (CO)**

**On successful completion of the course, the students able to**

**CO 1:** Summarize the knowledge of rules and regulation of specialization games. **(K2)**

**CO 2:** Apply the new skills, using latest equipment, techniques, rules and regulations. **(K3)**

**CO 3:** Demonstrate the skills specialization games perfectly. **(K4)**

**CO 4:** Assess the different types of drills to improve the performance. **(K3)**

**CO 5:** Evaluate the method of officiating and scoring system of games of specialization. **(K4)**

**Mapping of COs with PSOs and POs**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
<b>CO 1</b>	<b>3</b>		<b>1</b>			<b>3</b>		<b>3</b>		<b>3</b>				<b>13</b>
<b>CO 2</b>	<b>3</b>	<b>3</b>	<b>3</b>		<b>1</b>	<b>3</b>		<b>3</b>	<b>2</b>	<b>3</b>	<b>1</b>		<b>2</b>	<b>24</b>
<b>CO 3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>3</b>		<b>3</b>		<b>2</b>	<b>1</b>		<b>1</b>	<b>23</b>
<b>CO 4</b>	<b>3</b>	<b>3</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>3</b>		<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>		<b>2</b>	<b>28</b>
<b>CO 5</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>1</b>	<b>3</b>		<b>3</b>	<b>1</b>	<b>3</b>	<b>3</b>		<b>2</b>	<b>26</b>
<b>Grand Total of COs with PSOs and POs</b>														<b>114</b>
<b>Mean Value of COs with PSO and POs = 114/47</b>														<b>2.42</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.42</b>
Observation	<b>COs of Practical: Games of Specialization strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core –XV)</b>	<b>Yoga for Fitness</b>	<b>Course Code</b>	19UPED56
Class	<b>III B.Sc (Physical Education)</b>	Hours	<b>45</b>
Semester	<b>VI</b>	Credit	<b>02</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To Know the Concept of yoga.</li> <li>• To comprehend the standing and sitting position of asanas</li> <li>• To understand the Prone and Supine positions of asanas.</li> <li>• To realize the concept of pranayama</li> <li>• To recognize the importance of kriyas and meditation.</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
I	Meaning and Definition of Yoga – Aim and Objectives of Yoga – Types of Yoga - History of Yoga – Eight limbs of Yoga– Yama, Niyama, Asana, Pranayama, Prathiyahara, Dharana, Dhyana, Samathi- Differences between Asana and Physical Exercises.	9	
II	Asanas: Meaning - Guidelines for practicing asanas – Surya Namaskar - Standing Position: Tadasana, Trikonasana,Vriksasana,Utkatasana- Long Sitting Position: Padmasana, Pascimottasana, Vajrasana, Vakarasana.	9	
III	Prone Position: Bhujangasana, Dhanurasana, Salabhasana, Makarasana - Supine Position: Chakrasana, Sarvangasana, Halasana,Shavasana - Kneeling Position:Bakasana, Mayurasana, Sirasana,Ustrasana.	9	
IV	Pranayama - Meaning– Phases of Pranayama: Purka, Kumbhaka,Rechaka.-Nadis: Ida Nadi, PingalaNadi, Shushma - Bhandas: JalendraBandha, UddiyanaBandha, MoolaBandha- Nadisuddhi-Nadishodhana.	9	
V	Kriyas – Meaning – Types of Kriyas: Neti, Dhauti, Basti, Nauli, Trataka, Kapalabhati-Meditation - Meaning– Techniques of Meditation.	9	
<b>Books for Study</b>	<ol style="list-style-type: none"> <li>1. Iyengar, B.K.S., “Light on Yoga”, Thirty Second Editions, Harper Colling Publications, London, 2005.</li> <li>2. Chandrasekaran, K., Sound Health through Yoga, Sedapatti, PremKalyan Publications, 1999.</li> </ol>		
<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>1. Brown,Yeats F., “How to use Yoga”, Sports Publications, New Delhi, 2018.</li> <li>2. Gore, C.S., “Yoga and Health”, Sports Publications, New Delhi, 2011.</li> <li>3. Pramanik,T.N., “Yoga for Healthy Body”, Sports Publications, New Delhi, 2013.</li> <li>4. Qureshi, S.S., “Yoga Cures Diabetes” Sports Publications, New Delhi, 2013.</li> <li>5. Srivastava, A.K., “Health and Yoga”, Sports Publications, New Delhi, 2010.</li> </ol>		

## REFERENCE BOOKS

1. Brown, Yeats F., "How to use Yoga", Sports Publications, New Delhi, 2018.
2. Gore, C.S., "Yoga and Health", Sports Publications, New Delhi, 2011.
3. Pramanik, T.N., "Yoga for Healthy Body", Sports Publications, New Delhi, 2013.
4. Qureshi, S.S., "Yoga Cures Diabetes" Sports Publications, New Delhi, 2013.
5. Srivastava, A.K., "Health and Yoga", Sports Publications, New Delhi, 2010.

## WEBLIOGRAPHY

1. [www.yogaiya.in/](http://www.yogaiya.in/)
2. [www.yogafederationofindia.com/](http://www.yogafederationofindia.com/)

## Teaching and learning methods

- Lecture method, Pictures, Diagram, Animation, Models, Video observation

## Course Outcome (CO)

On successful completion of the course, the students able to

**CO 1:** Describe the importance of asana. (K2)

**CO 2:** Demonstrate the standing and long sitting asanas. (K3)

**CO 3:** Exhibit the asanas in prone and supine position. (K3)

**CO 4:** Explain the concept of pranayama. (K2)

**CO 5:** Realize the benefits of kriyas. (K2)

## Mapping of COs with PSOs and POs

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	2	3		1		3	3			3	1			16
CO 2	2	3		3	2	3	3	2		3	2			23
CO 3	2	3		3	2	3	3	2		3	2			23
CO 4	2	3		2		3	3	1		3	1			18
CO 5	2	3		2		3	3	1		3	1			18
<b>Grand Total of COs with PSOs and POs</b>														<b>98</b>
<b>Mean Value of COs with PSO and POs = 98/41</b>														<b>2.39</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.39</b>
Observation	<b>COs of Yoga for Fitness strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**

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**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core –XV)</b>	<b>Practical: Yoga for Fitness</b>	<b>Course Code</b>	19UPEX06
Class	<b>III B.Sc (Physical Education)</b>	Hours	<b>30</b>
Semester	<b>VI</b>	Credit	<b>02</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>To Know the Concept of yoga.</li> <li>To understand the position of asanas.</li> <li>To realize the concept of pranayama</li> <li>To recognize the importance of kriyas and meditation.</li> </ul>		
<b>Content</b>			
<ul style="list-style-type: none"> <li>Surya Namaskar.</li> <li>Standing Position: Tadasana, Trikonasana, Vriksasana, Utkatasana</li> <li>Long Sitting Position: Padmasana, Pascimottasana, Vajrasana, Vakarasana.</li> <li>Prone Position: Bhujangasana, Dhanurasana, Salabhasana, Makarasana .</li> <li>Supine Position : Chakrasana, Sarvangasana, Halasana, Shavasana</li> <li>Kneeling Position : Bakasana, Mayurasana, Sirasana, Ustrasana.</li> <li>Pranayama.</li> </ul>			
<b>Books for Study</b>	<ol style="list-style-type: none"> <li>Iyengar, B.K.S., “Light on Yoga”, Thirty Second Editions, Harper Colling Publications, London, 2005.</li> <li>Chandrasekaran, K., Sound Health through Yoga, Sedapatti, PremKalyan Publications, 1999.</li> </ol>		
<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>Brown, Yeats F., “How to use Yoga”, Sports Publications, New Delhi, 2018.</li> <li>Gore, C.S., “Yoga and Health”, Sports Publications, New Delhi, 2011.</li> <li>Pramanik, T.N., “Yoga for Healthy Body”, Sports Publications, New Delhi, 2013.</li> <li>Qureshi, S.S., “Yoga Cures Diabetes” Sports Publications, New Delhi, 2013.</li> <li>Srivastava, A.K., “Health and Yoga”, Sports Publications, New Delhi, 2010.</li> </ol>		

**WEBLIOGRAPHY**

- www.yogaiya.in/
- www.yogafederationofindia.com/

**Teaching and learning methods**

- Lecture method, Pictures, Diagram, Animation, Models, Video observation

**Course Outcome (CO)**

**On successful completion of the course, the student able to**

**CO 1:** Describe the importance of asana. **(K2)**

**CO 2:** Demonstrate the standing and long sitting asana. **(K3)**

**CO 3:** Establish the prone and supine position asana. **(K3)**

**CO 4:** Explain the concept of pranayama. **(K2)**



### Mapping of COs with PSOs and POs

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	2	3		1		3	3			3	1			16
CO 2	2	3		3	2	3	3	2		3	2			23
CO 3	2	3		3	2	3	3	2		3	2			23
CO 4	2	3		2		3	3	1		3	1			18
CO 5	2	3		2		3	3	1		3	1			18
<b>Grand Total of COs with PSOs and POs</b>														<b>98</b>
<b>Mean Value of COs with PSO and POs = 98/41</b>														<b>2.39</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.39</b>
Observation	<b>COs of Practical: Yoga for Fitness strongly related with PSOs and POs</b>		

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**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core – XVI)</b>	<b>Project</b>	<b>Course Code</b>	19UPED66
Class	<b>III B.Sc (Physical Education)</b>	Hours	<b>75</b>
Semester	<b>VI</b>	Credit	<b>04</b>
<b>Content</b>			
<ol style="list-style-type: none"> <li>1. Experimental Study</li> <li>2. Analytical study</li> <li>3. Comparative Study</li> <li>4. Case Study</li> <li>5. Survey Study</li> </ol>			
<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>1. Clarke, David H and H. Harrison Clarke, Research Process in Physical Education</li> <li>2. Rothstein, Anne, L. "Research Design &amp; Statistics for Physical Education"</li> <li>3. Moses, R. Amritta Kumar. "Thesis Writing Format", Madras, Poompugar Pathipagam, 1995.</li> <li>4. Kothari C.R. "Research Methodology"., New Delhi: Wiley Fasern Ltd. 1987.</li> <li>5. Best W. John and James, V. Khan, "Research in Education"., New Delhi: Prentic – Hall of India Private Ltd, 1996.</li> </ol>		

**Course Outcome (CO)**

**On successful completion of the course, the student able to**

- CO1: Relate the experiments in connection with the projects undertaken. (K1)
- CO2: Plan for literature survey, experimental work and documentation of results. (K1)
- CO3: Analyze the compounds using instruments effectively. (K1)
- CO4: Defend the questions raised in *viva voce* examination. (K1)
- CO5: Develop the experiments independently in the thrust areas of Physical Education, Health Education and Sports. (K1)

**Mapping of COs with PSOs and POs**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3	3				3	3			3	3	3		21
CO 2	3	2				3	3	3		3	3			20
CO 3	3	3	3			3				3	2			17
CO 4		2				3				3				8
CO 5						2	3	3		3		3		14
<b>Grand Total of COs with PSOs and POs</b>														<b>80</b>
<b>Mean Value of COs with PSO and POs = 80/28</b>														<b>2.85</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.85</b>
Observation	<b>COs of Project strongly related with PSOs and POs</b>		

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**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Core Elective – II)</b>	<b>Sports Medicine</b>	<b>Course Code</b>	19UPEE26
Class	<b>III B.Sc (Physical Education)</b>	Hours	<b>60</b>
Semester	<b>VI</b>	Credit	<b>03</b>
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> <li>• To understand the theory of Physiotherapy.</li> <li>• To know the concept of cold modalities.</li> <li>• To identify the factors electric therapeutic modalities.</li> <li>• To do the therapeutic exercises for the injured person.</li> <li>• To gain the knowledge of rehabilitation of sports injury</li> </ul>		
<b>Unit</b>	<b>Content</b>	<b>No. of Hours</b>	
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	12	
II	Therapeutic Modalities: Cold Modalities – Ice pack – Ice Massage – Ice Immersion –Cryostretch - Cryo kinetics.	12	
III	Therapeutic Modalities: Infra-Red lamp – Moist Heat Packs, Paraffin Wax Bath – Shortwave Diathermy – Ultrasound - Whirlpool Bath – Contrast Bath. Electrical Modalities: Ultra Violet Rays.	12	
IV	Therapeutic Exercise: Classifications – Passive range of motion – Active Range of Motion – Exercise Program to strengthen the Muscles and Ligament.	12	
V	Rehabilitations -Meaning and Definitions -Need of Rehabilitation - Scope and Methods of Rehabilitation.	12	
<b>Books for Study</b>	1. Mishra, B.K., “Sports Medicine” Sports Publications, New Delhi, 2013.		
<b>Books for Reference</b>	1. Dreeben and Olga, “Introduction to Physical Therapist Assistant”, Jones and Burrtlet Publishers, New Delhi, 2006. 2. Verma and Hemant, “First Aid”, Sports Publications, New Delhi, 2013. 3. Rajeevkumar, , “Sports Medicine and Exercise Physiology”, Sports Publication, New Delhi, 2015. 4. Gardiner, M. D., “The Principles of Exercise Therapy”, First Edition, CBS Publishers Ltd., New Delhi, 2005.		

**Teaching and learning methods**

- Lecture method, ICT, Demonstration, PPT, Group Discussion, Assignment.

### Course Outcome (CO)

On successful completion of the course, the student able to

CO 1: Describe the concept of physiotherapy in sports medicine. (K1)

CO 2: Apply the therapeutic modalities to the injured players/ athletes. (K3)

CO 3: Explain the uses of electric therapeutic modalities. (K2)

CO 4: Provide the appropriate exercise for the injured players/ athletes. (K3)

CO 5: Relate the importance of rehabilitations and its scope. (K2)

### Mapping of COs with PSOs and POs

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3					3	2			3	2			13
CO 2	2	3				3	2			3	3	3	3	22
CO 3	2	3				3	2			3	3	3	3	22
CO 4	2			3		3	2			2	2	2	3	19
CO 5	3	1				3	3			3	3	1		17
Grand Total of COs with PSOs and POs														93
Mean Value of COs with PSO and POs = 93/36														2.58

Strong – 3, Medium – 2, Low – 1

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			2.58
Observation	COs of Sports Medicine strongly related with PSOs and POs		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR – 625 514**

**DEPARTMENT OF PHYSICAL EDUCATION**

**(Outcome based syllabus under CBCS Structure for the students admitted from the academic year 2019 - 2020)**

<b>Title (Self Learning)</b>	<b>First Aid &amp; Injury Management</b>	<b>Course Code</b>	<b>19UPESL6</b>
<b>Semester</b>	<b>VI</b>	<b>Credit</b>	<b>03</b>
<b>Course Educational Objectives(CEO)</b>	<ul style="list-style-type: none"> <li>• To understand the concept of First Aid.</li> <li>• To impart the knowledge on open wound.</li> <li>• To gain the knowledge of closed wound.</li> <li>• To aware of bandages and dressings in first aid.</li> <li>• To apply the techniques of massage.</li> </ul>		
<b>Unit</b>	<b>Content</b>		
I	First aid – Definition – Aim and Scope of first Aid – Causes for injuries in day to day life and the sports and games.		
II	Open wound: Abrasion - Blisters - Laceration – Incision - Avulsion – Puncture wound.		
III	Closed wound: Contusion – Sprain – Strain – Dislocation - Fracture – Types of fracture		
IV	Bandages – Types of bandages, dressing – Types of dressing, First aid for suffocation - Snake bite - Dog bite– Burns – Poisons.		
V	Massage– Massage techniques – Effleurage – Petrissage – Friction – Effect of massage.		
<b>Books for Reference</b>	<ol style="list-style-type: none"> <li>1. Anonymous, 1990, “First Aid”, St. John Ambulance Association head Quarters, NewDelhi.</li> <li>2. Catwalk and Kawsal 1983 “A Text Book on Health, Physical and sports”, A.P. Publishers., Jalandhar.</li> <li>3. William, Evans.A., 1952, “Everyday Safety”, Lyons and Carnahan</li> <li>4. David. E. 1969, “Manual Safety Education Review”, American Association for Health Physical Education and Recreation, Washington D.C</li> <li>5. Miller, David. E, 1976, “Occupational Safety, Health and Fire Index” New York, Marcel Dekker Inc.</li> </ol>		

**Teaching and learning methods**

- Class Lecture, Group Discussion, Assignments, ICT (Information communication Technology)

**Course Outcome (CO)**

**CO 1:** Define the meaning of First Aid. **(K-1)**

**CO 2:** Apply the first aid for open wounds **(K-3)**

**CO 3:** Explain the closed wounds. **(K-2)**

**CO 4:** Make use of bandages and dressing for injured person. **(K-3)**

**CO 5:** Describe the massage techniques. Classify the types of food safety. **(K-2)**

**Mapping Course outcome with**

Outcomes	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	Sum of COs with PSOs & POs
CO 1	3	2				3	3	2		3			3	19
CO 2	3					3	3			3			3	15
CO 3	3					3	3	3	3	2			3	20
CO 4	3					3	3	2	2	2			2	17
CO 5	3	3				3	3	2	3	3			3	23
<b>Grand Total of COs with PSOs and POs</b>														<b>94</b>
<b>Mean Value of COs with PSO and POs = 96/34</b>														<b>2.76</b>

**Strong – 3, Medium – 2, Low – 1**

Mapping Scale	1	2	3
Relation	0.01 to 1.0	1.01 to 2.0	2.0 to 3.0
Quality	Low	Medium	Strong
Mean value of COs with PSOs and POs			<b>2.76</b>
Observation	<b>COs of First Aid &amp; Injury Management strongly related with PSOs and POs</b>		

**ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATHUR-625514**  
**DEPARTMENT OF PHYSICAL EDUCATION**

**VALUE ADDED COURSES**

**TRAINING METHODS IN PHYSICAL EDUCATION**

**UNIT-I CONDITIONING EXERCISES**

General conditioning exercises- specific conditioning exercises- core exercises-circuit training.

**UNIT-II ENDURANCE TRAINING**

Slow continuous run- fast continuous run-varied pace run- fartlek training –interval training.

**UNIT-III STRENGTH TRAINING**

Physical exercise with own body weight-physical exercise with external resistance devices-weight training –medicine ball exercises-dumbbell exercises.

**UNIT-IV SPEED TRAINING**

Reaction ability training-acceleration ability training-loco motorability training-speed endurance training.

**UNIT- V FLEXIBILITY TRAINING**

Active flexibility exercises-passive flexibility exercises –PNF Stretching.

**List of Practical Test items**

1. 1600m run
2. 50m run
3. Push-ups
4. Standing broad jump
5. Sargent Jump
6. Sit-ups
7. Shuttle run test
8. Sit and reach test

**REFERENCE BOOKS**

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