

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
I SEMESTER				
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	-	-
			30	21
II SEMESTER				
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
			30	25

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	-	-
			30	21
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
			30	26
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
	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	-
			30	23
VI SEMESTER				
III	22UPEC96	Core – IX : Kinesiology and Biomechanics in Physical Education	05	04
	22UPED06	Core – X: Sports Management	05	04
	22UPED16	Core - XI : Games of Specialization	03	03
	22UPEP76	Practical: Games of Specialization	03	03
	22UPED26	Core – XII : Yoga for Fitness	03	03
	22UPEP86	Practical: Yoga for Fitness	03	03
	22UPED36	Core – XIII : Project	03	03
	22UPEE26	Core Elective–2 A : Sports Medicine & First Aid	03	03
	Core Elective–2 B : Sports Psychology & Sociology			
IV	22USSI16	Soft Skills	02	02
			30	28

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

Part – I **16 Credits**

Part – II **16 Credits**

Part – III

Core 72 Credits

Allied 16 Credits

Core Elective 06 Credits

Total 94 Credits

Part –IV

Non –Major Elective 04 Credits

Skill Based Elective 04 Credits

Foundation Course 04 Credits

Total 12 Credits

Part – V Extension 02 Credits

Others

Bridge Course	01 Credit
Soft Skill	02 Credits
Communicative Skill	01 Credit
ARISE	01 Credit
Internship	01 Credit
Total	06 Credits
Grant Total	144 Credits

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
	Marks	50

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
	Marks	50

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

Books for Reference	<ol style="list-style-type: none"> 1. Bhari, B., "Layout of Play Field", Sports Publications, New Delhi, 2010. 2. BudheAmitarjun., "Officiating and Coaching", Sports Publications New Delhi, 2013. 3. Ashok c, "Sports Web Encyclopedia", Kalpak publication, Delhi, 2005. 4. http://www.fivb.com 5. http://www.Indiankabaddi.org
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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
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	0.01 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			2.23
Observation	COs of Theories of Game –I 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)

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

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
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	0.01 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			2.23
Observation	COs of Theories of Game –I strongly related with PSOs and POs		

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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 (Allied – 1)		Foundation of Physical Education	Course Code	22UPEA11
Class		I B.Sc (Physical Education)	Hours	75
Semester		I	Credit	04
Course Educational Objectives(CEO)		<ul style="list-style-type: none"> • Realize the definitions, meaning, importance, need & scope and aim & objectives of physical education. • Narrate the history of physical education. • Responsive with the allied sciences in physical education. • Know about the Olympic Games. • Aware the concepts of sports centre and awards. 		
Unit	Content			No. of Hours
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
Books for Study	<ol style="list-style-type: none"> 1. Bevinson. S.Sathiah. J, and Nageshwaran. A, 2002. History of Physical Education, VINCI Publication, Karaikudi. 2. Kamalesh, M.L., 1997, Foundation of Physical Education, metropolitan Book Pvt. Ltd., New Delhi. 			

Books for Reference	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
Grand Total of COs with PSOs and POs														87
Mean Value of COs with PSO and POs = 87/34														2.56

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			2.56
Observation	COs of Fundamentals of Physical Education 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 (Core – 2)	Theories of Games - II (Basketball & Volleyball)	Course Code	22UPEC22
Class	I B.Sc (Physical Education)	Hours	75
Semester	II	Credit	04
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • Familiarize the history, their development, organizations and tournaments of Basketball and Volleyball. • Aware the skills of Basketball and Volleyball. • Understand the relationship between fitness components and performance variables. • Know the marking and rules of Basketball and Volleyball. • Realize the concepts in officiating Basketball and Volleyball tournaments. 		
Unit	Content	No. of Hours	
I	Basketball : History and Development – Important matches and tournaments - General and Specific Training – Warming up & Warming Down – Essential Fitness components.	15	
II	Basketball : Ground Marking: Men & Women - Measurements – Equipments - Fundamental skills - Advanced skills - Rules and Interpretation.	15	
III	Volleyball : History and Development – Federations – Important matches and tournaments - General and Specific Training – Warming up & Warming Down – Essential Fitness components	15	
IV	Volleyball : 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	
Books for Study	1. <i>Thakur, J.K., "Measurement of Playing Field", Sports Publications, New Delhi, 2013.</i>		

Books for Reference	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
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	0.01 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			2.23
Observation	COs of Theories of Game –I 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)

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

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
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	0.01 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			2.23
Observation	COs of Theories of Games –II strongly related with PSOs and POs		

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

Books for Study	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)
Books for Reference	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
Grand Total of COs with PSOs and POs														101
Mean Value of COs with PSO and POs = 101/38														2.65

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			2.65
Observation	COs of Human Anatomy & Physiology strongly related with PSOs and POs		

PRACTICAL EVALUATION

Internal Examination- 50 Marks

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

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
	Marks	50

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)	Theories of Games -III (Kho- Kho & Football)	Course Code	22UPEC33
Class	II B.Sc (Physical Education)	Hours	75
Semester	III	Credit	03
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • Familiarize the history, their development, organizations and tournaments of Kho- Kho and Football. • Aware the skills of Kho- Kho and Football. • Understand the relationship between fitness components and performance variables. • Know the marking and rules of Kho- Kho and Football. • Realize the concepts in officiating Kho- Kho and Football tournaments. 		
Unit	Content	No. of Hours	
I	Kho-Kho: History and Development –Major Competition -Tournaments - General and Specific Training – Warming up & Warming Down – Essential Fitness components.	15	
II	Kho-Kho: Ground Marking: - Measurements – Equipment’s - Fundamental skills - Advanced skills - Rules and Interpretation.	15	
III	Football: History and Development – Federations – Important major competition and tournaments Awards - General and Specific Training – Warming up & Warming Down – Essential Fitness components	15	
IV	Football: 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	
Books for Study	1. Thakur, J.K., “Measurement of Playing Field”, Sports Publications, New Delhi, 2013.		
Books for Reference	1. Bhari, B., “Layout of Play Field”, Sports Publications, New Delhi, 2010. 2. Monika, A., “Kho Kho”, First Edition, Sports Publications, New Delhi, 2005. 3. 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	II B.Sc.,(Physical Education)	Hours	60
Semester	III	Credit	03
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • Aware the skills of Kho – Kho and Football. • Understand the relationship between fitness components and performance variables. • Know the marking and rules of Kho- Kho and Football. • To realize the concepts in officiating Kho – Kho and Football tournaments. 		
Content			
<ol style="list-style-type: none"> 1. Demonstrate the Fundamental and Advanced skills of the games 2. Skill tests, scoring and arrangement of the skill tests. 3. Rules of the games with their interpretations. 4. Mechanism of officiating - Duties of officials - Officials signals - Scoring system. 5. Coaching- Fundamental and Advanced skills – Lead Up Activities. 			
Books for Reference	<ol style="list-style-type: none"> 1. Coaches corner.(Kho-Kho competitions): An article from: Coach and Athletic Director by Gale Reference Team (Oct31,2006) 2. Coaching Football Technical & Tactical Skills (Technical and Tactical Skills Series) by American Sport Education Program (May 18, 2011) 3. Football Coach's Survival Guide:Practical Techniques and Materials for Building an Effective Program and a Winning Team by Sue Gozansky (Nov2001) 4. Gupta, K.; Gupta, Amita, eds. (2006), <i>Concise Encyclopaedia of India</i>, 3, New Delhi: Atlantic, p.986,ISBN 81-269-0639-1, 		

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
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 Games –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 (Allied- III)	Track and Combined Events	Course Code	22UPEA33
Class	II B.Sc.(Physical Education)	Hours	45
Semester	III	Credit	02
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To disseminate the track and combined events • To understand the Marking procedures of Track events • To know the techniques of start and finish in track events • To develop the coordination skills to participate Relay events. • To distinguish the combined events 		
Unit	Content	No. of Hours	
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	
Books for Study	1.Uppal.A.K., “ A to Z Athletics ”, Friends Publication, 2013.		
Books for Reference	1. Peter Matthew, Historical Dictionary of Track and Field , The Scarecrow Press, Inc.2012. 2. Website:www.worldathletics.org 3. Website: www.HumanKinetics.com		

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
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	24
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														135
Mean Value of COs with PSO and POs = 135/51														2.64

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			2.64
Observation	COs of Track and Combined Events 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(Allied-3)	Practical: Track & Combined Events	Course Code	22UPEQ13
Class	II B.Sc (Physical Education)	Hours	30
Semester	III	Credit	02
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To Recall the rules and regulations of combined and Track Events • To Aware the skills of starting and Finishing • To Understand Officiating Methods • To Know the marking rules of Track and Combined Events • To Coach the fundamental Skill of Track and Combined Events 		
Content			
<ol style="list-style-type: none"> 1. Test of Fundamental and Advanced Techniques of track events. 2. Rules and Interpretation of track and combined events. 3. Mechanism of officiating –Method of Officiating-Duties of officials. 4. Marking of Track and combined events. 5. Coaching Aspects-Fundamentals skills-Advanced skills-Lead up Activities. 			
Books for Study	<ol style="list-style-type: none"> 1. Getting Started in Track and Field Athletics: Advice & ideas for children, parents, and teachers by Gary Barber(Jan 17, 2006) 2. USA Track and Field 2002-03 Directory and Resource Guide (USA Track and Field Directory and Resource Guide, 20022003)by Sherry Quack (Jun2002). 3. Rigbyon Deck Reading Libraries: Leveled Reader Track by Jack Otten (Jul 2001). 4. Athletics 2011: The International Track and Field Annual. Edited by Peter Matthews by Peter Matthews (May 2011). 5. website:www.worldathletics.org 		

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
Grand Total of COs with PSOs and POs														132
Mean Value of COs with PSO and POs =1 32/53														2.49

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			2.49
Observation	COs of Practical: Track & Combined Events 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 (Non Major Elective-I)	Fitness and Wellness	Course Code	22UPEN13
Class	To other major	Hours	45
SEMESTER	III	Credit	02
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To know the basics of Physical fitness and its components • To overcome fitness barriers and involve in physical activity • To understand the basic method of conditioning • Know the procedure to assess the fitness • To acquire knowledge about the wellness 		
Unit	Content	No. of Hours	
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	
Books for Study	<ol style="list-style-type: none"> 1. Hoeger, Werner, W.K., & Hoeger, Sharon, A. (1990). 2. Fitness and Wellness. Englewood: Morton publishing Company. 3. Hazedine, (1985). Fitness for Sports. Ramsburg: The Crowood Ress Ltd. 		
Books for Reference	<ol style="list-style-type: none"> 1. James & Hart, L., (1983). 100% Fitness, New Delhi: Goodwill Publishing House. 2. Anspaugh, D.J., Hamrick, M.H., & Rosato, F.D. (1991). Wellness: Concepts and applications. New York: Mc Graw - Hill. 3. Arumugam, S., & Sivagnanam, P. (2019). Fitness and Wellness. Madurai: Shanlax Publications. 		

Teaching and learning methods

- Class Lecture, ICT, Video observation, Assignments.

Course Outcome (CO)

On successful completion of the course, the students able to

CO 1: Summarize the concepts of physical Fitness and Mental fitness. **(K1)**

CO 2: Recognize the importance of Health related physical Fitness. **(K3)**

CO 3: Evaluate the Speed, Strength, and Flexibility in the performance of stakeholders. **(K3)**

CO 4: Assess the health related fitness components. **(K3)**

CO 5: Explain the concept of wellness. **(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
Grand Total of COs with PSOs and POs														107
Mean Value of COs with PSO and POs = 101/40														2.67

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			2.67
Observation	COs of Fitness and Wellness 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 :Self Learning	Modern Trends in Physical Education	Course Code	22UPESL3
Semester	III	Credit	03
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To adequate the knowledge in physical education programme in India • To explain about the career option in physical education. • To discuss about the modern sports facilities. • To know the modern trends in sports infrastructure. • To develop the individual talent identification in sports. 		
Unit			
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.

Course Outcome (CO)**On successful completion of the course, the student able to****CO 1:** Define the meaning of physical education. **(K-1)****CO 2:** Know the scope and opportunity in the field of Physical Education. **(K-2)****CO 3:** Classify the surface of the play fields. **(K-2)****CO 4:** Know the duties of coach and trainers. **(K-3)****CO 5:** Identify the talented sports players. **(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
Grand Total of COs with PSOs and POs														87
Mean Value of COs with PSO and POs = 87/34														2.56

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			2.56
Observation	COs of Modern Trends in Physical Education 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(Core-4)	Theories of Games-IV (Hockey & Handball)	Course Code	22UPEC44
Class	II B.Sc (Physical Education)	Hours	75
Semester	IV	Credit	05
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To familiarize the history, their development, organizations and tournaments of Hockey and Handball. • To aware the skills of Hockey and Handball. • To comprehend the relationship between fitness components and performance variables. • To know the marking and rules of Hockey and Handball. • To realize the concepts in officiating Hockey and Handball tournaments. 		
Unit	Content	No. of Hours	
I	Hockey: History and Development –Major Competition - Tournaments - General and Specific Training – Warming up & Warming Down – Essential Fitness components.	15	
II	Hockey: Ground Marking: - Measurements – Equipment’s - Fundamental skills - Advanced skills - Rules and Interpretation.	15	
III	Handball: History and Development – Federations – Important major competition and tournaments Awards - General and Specific Training – Warming up & Warming Down – Essential Fitness components	15	
IV	Handball: 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	
Books for Study	<ol style="list-style-type: none"> 1. BobSwope., 2011, “Youth Filed Hockey Drills, Strategies, Plays & Games Handbook”, St.Louis. 2. <u>Maurice W.Deshong</u> 2011, “Handball and How to PlayIt, North America. 		

Books for Reference	1. Elizabeth Anders with Sue Myers, 2008 <i>“Field Hockey steps to Success”</i> 2 nd 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. http://www.fih.ch
	5. http://www.ihf.info

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

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

Books for Study	<ol style="list-style-type: none"> Getting Started in Track and Field Athletics: Advice & ideas for children, parents, and teachers by Gary Barber (Jan17, 2006). Athletics 2011:The International Track and Field Annual. Edited by Peter Matthews by Peter Matthews (May 2011).
Books for Reference	<ol style="list-style-type: none"> 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). website:www.worldathletics.org

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
CO1	3		1			3	3	3		3				16
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
Grand Total of COs with PSOs and POs														129
Mean Value of COs with PSO and POs =129/52														2.48

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			2.48
Observation	COs of Field Events 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	Practical: Field Events	Course Code	22UPEQ24
Class	II B.Sc (Physical Education)	Hours	30
Semester	IV	Credit	02
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To disseminate the Field events • To know the Marking procedures of Field events • To identify the techniques of Field events • To develop the coordination skills to participate Field events • To understand the rules of throw events 		
Content			
<ol style="list-style-type: none"> 1. Test of Fundamental and Advanced Techniques of field events. 2. Rules and Interpretation of field events. 3. Mechanism of officiating –Method of Officiating-Duties of officials. 4. Marking of field events. 5. Coaching-Fundamentals skills-Advanced skills-Lead up Activities. 			
Books for Study	<ol style="list-style-type: none"> 1. Getting Started in Track and Field Athletics: Advice & ideas for children, parents, and teachers by Gary Barber (Jan 17, 2006) 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). 3. Rigbyon Deck Reading Libraries: Leveled Reader Track by Jack Otten (Jul 2001). 4. Athletics 2011:The International Track and Field Annual. Edited by Peter Matthews by Peter Matthews (May 2011). 5. website:www.worldathletics.org 		

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
Grand Total of COs with PSOs and POs														132
Mean Value of COs with PSO and POs = 132/53														2.49

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			2.49
Observation	COs of Practical: Field Events 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 (Non Major Elective-II)	Fundamentals of yoga	Course Code	22UPEN24
Class	II (B.Sc Physical Education)	Hours	45
Semester	IV	Credit	02
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To understand the concept of Yoga • To list the sitting and Standing Asana • To state the importance of Vajrasana • To aware the benefits of Head Posture • To know the techniques of Prone Posture 		
Unit	Content	No.of Hours	
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	
Books for Study	1.Chandrasekaran K, " Sound Health Through Yoga ", Premkalyan Publication, Sedapatti, 2010.		
Books for Reference	1. B.K.S.Iyengar. " Light On Life ", Yellow Kite, an imprint of Hodder & Stoughton, 2016. 2. Dr.P.Tarakanath, " Yoga Education ", Sports Publication, 2016. 3. Dr.Nathial, M.S., " Yoga Education " 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
CO1	2	3		1		3	3			3	1			16
CO2	2	3		3	2	3	3	2		3	2			23
CO3	2	3		3	2	3	3	2		3	2			23
CO4	2	3		2		3	3	1		3	1			18
CO5	2	3		2		3	3	1		3	1			18
Grand Total of COs with PSOs and POs														98
Mean Value of COs with PSO and POs = 98/41														2.39

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			2.39
Observation	COs of Fundamentals of yoga 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 :Self Learning	Health Education	Course Code	22UPESL4
Semester	IV	Credit	03
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To know the health and Diet • To distinguish mental health and physical health • To understand the various kinds of pollution • To aware the principles of safety education • To Know the techniques of First Aid 		
Unit	Content		
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.		
Books for Study	1. Dr. Sathishmalik, “ Health education and Environmental Studies ”, Sports Publications, New Delhi, 2016.		
Books for Reference			

Teaching and learning methods

- Class Lecture, Group discussion, Assignment, Seminars.

Course Outcome (CO)

On successful completion of the course, the student able to

CO 1: Describe about the health education and its organization.(K-2)

CO 2: 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)

CO 4: 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
Grand Total of COs with PSOs and POs														94
Mean Value of COs with PSO and POs = 96/34														2.76

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			2.76
Observation	COs of Health Education 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 (Core – V)	Research Methodology & Statistics in Physical Education	Course Code	22UPEC55
Class	III B.Sc (Physical Education)	Hours	75
Semester	V	Credit	04
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To understand the concept of Research. • To know the various types of research. • To identify various sources of information review for data information /To enable to write the research Proposal • To introduce the statistical tools for research. • To able to correlate the related things 		
Unit	Content	No. of Hours	
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	
Books for Study	1. Dr. Suresh Kutty K., 2015, “Research Methods in Physical Education” Sports Publication, New Delhi.		
Books for Reference	1. Clarke, David H and H. Harrison Clarke, 2005, “Research Process in Physical Education”, Inded 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
Grand Total of COs with PSOs and Pos														106
Mean Value of COs with PSO and POs = 106/40														2.65

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			2.65
Observation	COs of Research Methodology & Statistics in Physical Education strongly related with PSOs and POs		

ARULANANDAR 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 – VI)	Science of Sports Training	Course Code	22UPEC65
Class	III B.Sc (Physical Education)	Hours	75
Semester	V	Credit	04
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To understand the fundamental concepts of sports training. • To know the methods of developing the motor qualities. • To cultivate the concepts of flexibility and speed in training. • To able to design plan for effective training. • To Prepare the sports person for the competition 		
Unit	Content	No. of Hours	
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 -Mean and Methods for developing flexibility Speed: Forms of Speed – Speed Training – Means and Methods for developing Speed	15	
IV	Planning – Meaning and Definition - Principles of planning- Types- Short term plan, Long Term Plans – Periodisation – Single periodisation- Double periodization – Macrocycle, Mesocycle and Microcycle	15	
V	Types of Training – Interval Training, Circuit Training, Plyometric Training, Weight Training, Fartlek Training, Continuous Training, and Resistance Training	15	
Books for Study	1. K.Uppal., “Sports Training” Friends publication, New Delhi, 2005.		
Books for Reference	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,” KheI Sahithya 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	PSO1	PSO2	PSO3	PSO4	PSO5	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	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
Grand Total of COs with PSOs and Pos														107
Mean Value of COs with PSO and POs = 101/40														2.67

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			2.67
Observation	COs of General Theory and Methods of Training strongly related with PSOs and Pos		

ARULANANDAR 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 – VII)	Methods in Physical Education	Course Code	22UPEC75
Class	III B.Sc (Physical Education)	Hours	75
Semester	V	Credit	04
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To familiarize the Subject matter and Scientific Principles of method of physical education • To aware the Aids of Physical education • To Know about the class room management in Physical education • To distinguish between Intramural and Extramural competitions • To apply the games rules and organize Tournaments 		
Unit	Content	No. of Hours	
I	Methods: Meaning – Factors – Subject Matter – Past experience of the Pupils – Situation – Time and Material at the disposal of the teacher – Scientific Principles - Presentation Techniques: Personal and Technical Preparation.	15	
II	Methods of Teaching: Introduction, Different methods of teaching physical activities, Teaching Aids - Meaning, Purpose and criteria for audio visual aids, Types of audio-visual aids.	15	
III	Class management: Introduction, Principles of class management, Factor influencing class management, Steps in class management, Principles of lesson plan, Types of lesson plan, Advantages of lesson plan.	15	
IV	Intramural & Extramural Competition: Intramural - Introduction, Meaning and Objectives - Advantages of intramural activities- Organization of intramurals. Extramural- Introduction, Meaning and Objectives of extramural activities, Principles of inter institutional competition, Types of incentives and awards in physical education	15	
V	Tournaments – Definition - Types of Tournaments – Single knock out – Seeding – Special Seeding – Merits and Demerits of Single knock out Tournament – League Tournaments – Types of League Tournaments – Cyclic– Staircase Method – Merits and Demerits of League Tournaments.	15	
Book for study	1. Dr. M. L. Kamalesh, “ Methods in Physical Education ”, Friends Publications, New Delhi, 2012.		

Books for Reference	<ol style="list-style-type: none"> 1. Rajesh Tripathi, <i>“Methods of Physical Education”</i>, Sports Publication, New Delhi. 2010 2. Saket Raman Tiwari, Chhotelalrathor and Yogesh Kumar Singh, <i>“Teaching Methods in Physical Education”</i> Surjeet Publications, New Delhi. 2012. 3. Shunmuruganath. K. <i>“Methods of Administration and Organisation in Physical Education”</i> Lakshay Publication, New Delhi, 2012. 4. Katherine T. Thomas, Amelia M. Lee and Jerry R. Thomas, <i>“Physical Education Methods for Elementary Teachers”</i> Forth Ed., USA. 2012.
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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

CO 1: Define the meaning and the factors of methods in physical education. (K-1)

CO 2: Illustrate the importance of class management and teaching aids. (K-2)

CO 3: Conduct the intramural and extramural tournaments. (K-3)

CO 4: Create the lesson plan for the physical education students (K-5)

CO 5: Draw the fixtures of various tournaments. (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		3	2			17
CO 2	3					3	3	2		2	1			14
CO 3	3					3	3	3		3	3	3		21
CO 4	3	3			3	3	3	3		3	2			23
CO 5	3	2				3	3	2		2	3	2		20
Grand Total of COs with PSOs and Pos														95
Mean Value of COs with PSO and POs = 95/35														2.71

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			2.71
Observation	COs of Methods in Physical Education 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 (Core – VIII)	Test, Measurement and Evaluation in Physical Education	Course Code	22UPEC85
Class	III B.Sc (Physical Education)	Hours	45
Semester	V	Credit	02
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To understand the concept of test , measurement and Evaluation • To know the criteria of good test. • To gain the profound knowledge of components in physical fitness. • To provide the thorough knowledge on testing for physical fitness. • To able to evaluate the standardized skills in some major games. 		
Unit	Content	No. of Hours	
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 Speed – 40 yards, 60 yards Strength – Hand Grip Strength Test, Push Ups Endurance- Cooper’s 12min Run/walk, Harvard Step test. Agility - T -Test, 4X10 yards shuttle run Flexibility – Sit and Reach Test, Vertical Jump.	9	
IV	FITNESS TEST: AAHPRED Youth Fitness Test Kraus Weber Test Johnson Motor Educability Test BMI (Body Mass Index) SDAT Test	9	
V	SKILL TESTS : 1. Johnson Basketball Test 2. Friedel Field Hockey Test 3. Helman Volleyball Test 4. Cornish Handball Test 5. Sutcliffe Cricket Skill Test	9	

Books for Study	1. Sharma, J.P., "Test and Measurement in Physical Education", Khel Sahitya Kendra, New Delhi, 2011.
Books for Reference	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 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
Grand Total of COs with PSOs and POs														73
Mean Value of COs with PSO and POs = 73/33														2.21

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			2.21
Observation	COs of Test, Measurement and Evaluation in Physical Education and Sports 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 - 20223)

Title	Practical: Test, Measurement and Evaluation in Physical Education	Course Code	22UPEP55
Class	III B.Sc (Physical Education)	Hours	30
Semester	V	Credit	02
Course Educational Objectives (CEO)	<ul style="list-style-type: none"> • To understand the concept of test, measurement and Evaluation • To know the criteria of good test. • To gain the profound knowledge of components in physical fitness. • To provide the thorough knowledge on testing for physical fitness. • To able to evaluate the standardized skills in some major games. 		
Content			
<p>PHYSICAL FITNESS COMPONENTS TEST:</p> <ol style="list-style-type: none"> 1. Speed – 40 yards, 60 yards 2. Strength – Hand Grip Strength Test, Push Ups 3. Endurance- Cooper’s 12min Run/walk, Harvard Step test. 4. Agility - T -Test, 4X10 yards shuttle run 5. Flexibility – Sit and Reach Test, Vertical Jump. <p>FITNESS TEST:</p> <ol style="list-style-type: none"> 1. AAHPRED Youth Fitness Test 2. Kraus Weber Test 3. Johnson Motor Educability Test 4. BMI (Body Mass Index) 5. SDAT Test <p>SKILL TESTS:</p> <ol style="list-style-type: none"> 1. Johnson Basketball Test 2. Friedel Field Hockey Test 3. Helman Volleyball Test 4. Cornish Handball Test 5. Sutcliffe Cricket Skill Test 			
Book for Study	1. Sharma, J.P., “Test and Measurement in Physical Education”, KhelSahitya Kendra, New Delhi, 2011.		

Book for Reference	<ol style="list-style-type: none"> 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.
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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
Grand Total of COs with PSOs and POs														53
Mean Value of COs with PSO and POs = 53/24														2.21

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			2.21
Observation	COs of Practical: Test, Measurement and Evaluation in Physical Education and Sports 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)

Title	Practical: Teaching Practice	Course Code	22UPEP65
Class	III B.Sc (Physical Education)	Hours	75
Semester	V	Credit	03
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To understand the part of general lesson plan. • To know the parts of particular lesson plan • To familiarize the techniques of marching. • To impart the knowledge of indigenous activities. • To elucidate the concepts of Minor games 		
Content			
<p>1. GENERAL LESSON PLAN</p> <ol style="list-style-type: none"> 1. Assembly and roll call 2. Introductory part (Warming-up) 3. Formal part 4. Special part 5. Recreation part 6. Assembly and dismissal <p>2. PARTICULAR LESSON PLAN</p> <ol style="list-style-type: none"> 1. Assembly and roll call 2. Suitable warming-up 3. Teaching of fundamentals 4. Practice of fundamentals 5. Lead-up activities 6. Whole game 7. Assembly and dismissal 			
Books for Study	<ol style="list-style-type: none"> 1. Bevinson Perinbaraj,S., “Methods in Physical Education”, Third Edition, VinsiAgencies, Karaikudi, 2013. 2. Dr. A. Athicha Pillai,“Hand Book on Indigenous Activities”, First Edition, , Karaikudi, 2006. 		
Books for Reference	<ol style="list-style-type: none"> 1. Arya,Sushanth, K., “Methods in Physical Education”, First Edition,Sports Publications, New Delhi, 2013. 2. Gopalakrishnan, R.W., “Teaching Methods of Physical Education”, Sports Publications, New Delhi, 2012. 3. Mojumdar and Mohum, R., “Methods in Physical Education”, Sports Publications, New Delhi, 2009. 4. Verma,H., “Methods and Management of Physical Education”, First Edition, Sports Publications, Chennai, 2012. 		

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		

ARULANANDAR 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 Elective– IA)	Exercise Physiology	Course Code	22UPEE15
Class	III B.Sc (Physical Education)	Hours	45
Semester	V	Credit	03
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To learn about the concept of Exercise Physiology and metabolism. • To know the concept of metabolism. • To understand the various physiological effects on human body during exercise. • To obtain the knowledge of nervous system and its function. • To study the effect of doping and its prevention. 		
Unit	Content	No. of Hours	
I	Meaning and Definitions of Exercise Physiology - Metabolism - Types of Metabolism, Anabolism, Catabolism - Anaerobic Metabolism- Aerobic Metabolism - Electron Transport System - Krebs Cycle - Carbohydrates, Fat and Protein Metabolism - oxygen debt – oxygen deficit.	9	
II	SKELETAL MUSCLE AND FUNCTION: Microscopic Structure of muscle – Muscle Fiber - Slow-twitch muscle fiber - Fast-twitch muscle fiber - Sliding Filament Theory of Muscular Contraction - Effect of Training on muscular system.	9	
III	RESPIRATORY SYSTEM AND EXERCISE: Mechanism of breathing – Pulmonary ventilation / minute ventilation during rest and exercise – control of ventilation – Lung volumes and capacities - Effect of exercise on Respiratory system.	9	
IV	CARDIOVASCULAR SYSTEM AND EXERCISE: Structure of the heart and cardiac cycle, cardiac output - Stroke volume and heart rate. Blood pressure – factors affecting blood pressure and heart rate - Effect of exercise on circulatory system.	9	
V	EXERCISE AND ENVIRONMENT: Exercise and temperature regulations – Hot humid climate – cold climates – Effect of High altitude on Physical performance – Physiological adaptations to altitude – Physiological changes in under water conditions.	9	

Books for Study	1. Sivaramakrishnan, S., "Anatomy and Physiology for Physical Education", First Edition, Friends Publication, Chennai, 2006.
Books for Reference	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.,

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: Explain the concept of metabolism. **(K 1)**

CO 2: Know the effect of exercise on muscular system. **(K 2)**

CO 3: Analyze the effects of exercise on respiratory system. **(K 4)**

CO 4: Describe the effects of exercise on circulatory system. **(K 2)**

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

Mapping of COs with PSOs and POs

Outcomes	PSO1	PSO2	PSO3	PSO4	PSO5	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	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
Grand Total of COs with PSOs and POs														86
Mean Value of COs with PSO and POs = 86/39														2.20

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			2.20
Observation	COs of Exercise Physiology 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 (Core Elective– IB)	Sports Journalism	Course Code	22UPEE15
Class	III B.Sc (Physical Education)	Hours	45
Semester	V	Credit	03
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To shape future Sports journalism for print electronic and web media • To ensure that the students of the department have equal exposure to various sports as well as contemporary trends in various mass mediums. 		
Unit	Content	No. of Hours	
I	Ethics of Journalism and sports Bulletins – Canons of Journalism –New, Information and Ideas – Journalism and Sports Education.	9	
II	Structure of Sports Bulletin – Compiling a bulletin – Types of Bulletin – hourly bulletin and special bulletin – External bulletin.	9	
III	Sports as an integral part of Physical Education – Sports organization and sports journalism – News Writing- General news reporting and sports reporting.	9	
IV	Brief review of Olympic Games, Common Wealth Games and Indian Traditional Games.	9	
V	Mass Media in Journalism – Radio and T.V Commentary – Running Commentary on the radio – Sports experts comments – Sports reviews for the Radio and T.V.	9	
Book for Study	1. Ahiya B.N. (1998). <i>Theory and Practice of journalism: Set to Indian Context</i> , 3 rd ed. Delhi: Subject publications.		
Books for Reference	1. Ahiya, B.N. & Choabra, (1990). <i>S.S.A concise course in Reporting Etc</i> , Delhi: Subject publication Bhaft, S.C. (1991). <i>Broadcast Journalism in India from the Earliest Time to the President day Ilroad</i> , Sterling publication Pvt., Ltd. 2. Parthasarathy, R. (1991). <i>Journalism in India from the Earliest Time to the President day Il road</i> , Sterling Publication Pvt., Ltd. 3. Varma, A.K. (1993.). <i>Advanced Journalism</i> , New Delhi: Har Anand publications.		

Teaching and learning methods

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

Course Outcome (CO)

On successful completion of the course, the students able to

CO1: To student the ability to think Critically, Creatively and independently

CO2: To the ability to competently use technology appropriate to the medium

CO3: To the ability to prepare content for news media outlets.

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
Grand Total of COs with PSOs and POs														86
Mean Value of COs with PSO and POs = 86/39														2.20

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			2.20
Observation	COs of Exercise Physiology strongly related with PSOs and POs		

ARUL ANANDAR COLLEGE (AUTONOMOUS), KARUMATUR -625514

DEPARTMENT OF PHYSICAL EDUCATION

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

INTERNSHIP (22UJINT15)

Objectives:

- To offer a different way of learning experience.
- To gain significant experiences on working in sports Academy and Fitness centres.
- To acquire the employability skills.

Outline:

- The students shall undertake their internship from IV/V Semester holidays and must submit the report and attendance certificate before the external examinations of VI Semester.
- The students must periodically report their progress and status to their respective staff-In-charge/supervisor.
- The students must complete their internship of 25 days by undertaking any one of the following ways.
- The students shall work as intern in any of the related forums of their feasibility such as Sports Academy, Fitness Centers, Gym, etc.

Evaluation :

Internal : 50 marks

Progress Report

EXTERNAL - 50 Marks

Competent person of the laboratory/industry/research centres/institutions.

Total - 100 marks

ARULANANDAR 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)

Title (Self Learning)	Olympic Movement	Course Code	22UPESL5
Semester	V	Credit	03
Course Educational Objectives (CEO)	<ol style="list-style-type: none"> 1. To provide basic knowledge of Olympic movement 2. To analyze the values and significance of Olympics. 3. To study the ancient and modern Olympics games. 4. To explain the different Olympics games. 5. To discuss about the various committees in Olympic Games 		
	Content		
I	Origin of Olympic Movement: Philosophy of Olympic movement - The early history of the Olympic movement - The values and significance in the development of the modern Olympic movement - Olympic Ideals, Olympic Rings, Olympic Flag - Marathon run.		
II	Ancient and Modern Olympic Games: Ancient and modern Olympics - Olympic protocol for member countries - Olympic code of Ethics - Olympics in action - Sports for all.		
III	Different Olympic Games: Origin, hosted nations & cities and list of sports discipline in Para Olympic Games, Summer Olympics, Winter Olympics and Youth Olympic Games - Doping – WADA		
IV	Committees of Olympic Games: International Olympic Committee - Structure and Functions - National Olympic Committees and their role in Olympic movement, Summer Olympic medal winners of India - International Para Olympic committee		
V	List of Sports and Games approved by IOC, AIU and SGFI.		
Book For Study	1. M.L.Kamelsh, Foundation of Physical Education (2005), Friends Publication, New Delhi.		
Books for Reference	<ol style="list-style-type: none"> 1. Singh, Ajmer., et. al. (2005). Essential of Physical Education. New Delhi: Kayani Publication. 2. Burbank, J.M., Andranovich, G.D. & Heying Boulder, C.H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner. 		

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, electric therapeutic modalities to the injured players/ athletes. **(K3)**

CO 3: Provide the appropriate exercise for the injured players/ athletes **(K3)**

CO 4: Relate the importance of rehabilitations and its scope. **(K2)**

CO 5: Apply the meaning of First Aid for open wounds. **(K-3)**

Mapping of COs with PSOs and POs

Outcomes	PSO1	PSO2	PSO3	PSO4	PSO5	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	Sum of COs with PSOs & POs
CO 1	3					2	2			3	2			12
CO 2	2	3				2	2			3	3	2		17
CO 3	2	3				2	2			3	3	3		18
CO 4	2			3		2	2			2	2	2	2	17
CO 5	3	1				2	3			3	3	1		16
Grand Total of COs with PSOs and Pos														93
Mean Value of COs with PSO and POs = 80/34														2.35

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			2.35
Observation	COs of Olympic Movement 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 (Core – IX)	Kinesiology and Biomechanics in Physical Education	Course Code	22UPEC96
Class	III B.Sc (Physical Education)	Hours	75
Semester	VI	Credit	04
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To understand the concept of movement in various stage. • To learn the location and actions of muscles in human body. • To analysis contraction of muscles movement. • To learn the biomechanical principles in sports and games • To Understand the application of the principles of kinesiology and Bio mechanics 		
Unit	Content	No. of Hours	
I	Introduction: History and development of Kinesiology, Role and Importance of kinesiology in physical education. Classification of synovial joints and body movements.	15	
II	Origin, Insertion and Actions of Muscles: Origin, insertion and actions of following muscles - Biceps Triceps, Trapezius, Latissimus dorsi, Pectoralis major and minor, Deltoid – Hamstring – Quadriceps – Soleus - Gastrocnemius, Plantaris.	15	
III	Contraction of muscle: Introduction, Meaning, Muscular designing and kinesiological grouping, Axis and planes, Types of muscle contraction - Isotonic, Isometric and Isokinetic contraction	15	
IV	Biomechanics: Basic of Biomechanics, Biomechanics in sports, Mechanical principles, Laws of motion, Types of motion, Factors influencing motion, Air gravity and water friction, Simple machine levers, Types of levers and examples of body equilibrium.		
V	Applications of Kinesiology and Biomechanical Principles: Gait analysis. Application and analysis of Biomechanical principles in Walking, Running, Throwing, Jumping, Pushing, Pulling, Hitting. Application and analysis of techniques of different Sports and Games	15	
Book for Study	<ol style="list-style-type: none"> 1. Dhanajoy, S., “Pedagogic of Kinesiology”, Sports Publications, Chennai, 2005. 2. Dhanajoy,S, “Mechanical Basics of Biomechanics”, Sports Publications, New Delhi, 2000. 		

Books for Reference	<ol style="list-style-type: none"> Rathore and Vishan Singh, "Sports Biomechanics", Sports Publications, NewDelhi, 2013. Verma and Hemant, "Sports Kinesiology", First Edition, Sports Publications, New Delhi, 2013. Anderson, T.M., "Biomechanics of Human Motion", First Edition, Sports Publications, Chennai, 2003.
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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
Grand Total of COs with PSOs and Pos														90
Mean Value of COs with PSO and POs = 90/39														2.31

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			2.31
Observation	COs of Kinesiology and Biomechanics in Physical Education and Sports strongly related with PSOs and Pos		

ARULANANDAR 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 – X)	Sports Management	Course Code	22UPED06
Class	III B.Sc (Physical Education)	Hours	75
Semester	VI	Credit	04
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To incorporate the knowledge of the sports management. • To impart the knowledge of personal management • To understand the concept of Sports marketing. • To know about the equipments maintenance. • To understand the information about the finance and budget. 		
Unit	Content	No. of Hours	
I	Meaning and Definition of Sports management – Scope of sports management – Basic principles of sports management – Functions of sports management.	15	
II	Personal Management: Objectives – Personal Policies – Personal Recruitment – Role of Personal manager. Programme management: Functions of sports management.	15	
III	Sports marketing: Meaning – Factors involved in the marketing of sports – Market awareness – Developing a target market strategy – Quality and price of sports products.	15	
IV	Supplies of sports equipment: Guidelines for selection and supply of equipments – Equipment room, Equipment and supply manager – Guidelines for checking, storing and issuing – Care and Maintenance of equipments – Stock Register – Maintenance of sports goods.	15	
V	Accounting and Budgeting – Definition and role of accounting in Sport and Fitness enterprise raising of funds – Types of Budget – Budget record maintenance – the accounting system	15	
Books for Study	1. Chakraborty, S., “Sports Management”, Sports Publication”, New Delhi, 2009.		
Books for Reference	1. Dr. Sumna Bala, “Fundamental of Sports Management”, 2020. 2. Krishna Kant Sahu, “Sports Management”, 2017. 3. V. Satyanarayana, “Sports Management” Hydrabed 2019. 4. Aaron C.T. Smith and Bobsrweart, “Introduction to Sports Marketing” 2012. 5. Rob Wilson and MarkPiekarz, “Sports Management the basics” 2015.		

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
Grand Total of COs with PSOs and POs														71
Mean Value of COs with PSO and POs = 71/34														2.09

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			2.09
Observation	COs of Organization and Administration in Physical Education 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 (Core – XI)	Games of Specialization – Theory	Course Code	22UPED16
Class	III B.Sc (Physical Education)	Hours	45
Semester	VI	Credit	03
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To know the history of games of specialization. • To Know the fundamental and advanced skill in the games of specialization • Understand the relationship between fitness components and performance variables. • Know the marking and rules of games of specialization. • To realize the concepts in officiating methods in games of specialization 		
Unit	Content	No. of Hours	
I	History – origin of the game - Development of the Game – Affiliating bodies of the game- Recent developments- Trophies and Tournaments	9	
II	Fundamental skills of the Hockey, Football, Volleyball, Basketball, Badminton, Handball, Cricket, Kabaddi and Kho Kho. Advanced skills of the Hockey, Football, Volleyball, Basketball, Badminton, Handball, Cricket, Kabaddi and Kho Kho.	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	
Books for study	1. Thakur, J.K., “Measurement of Playing Field”, Sports Publications, New Delhi, 2013		

Books for Reference	<ol style="list-style-type: none"> 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.
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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
Grand Total of COs with PSOs and POs														114
Mean Value of COs with PSO and POs = 114/47														2.42

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			2.42
Observation	COs of Games of Specialization strongly related with PSOs and POs		

ARULANANDAR 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 (Practical)	Practical: Games of Specialization	Course Code	22UPEP76
Class	III B.Sc (Physical Education)	Hours	45
Semester	VI	Credit	03
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To Know the fundamental and advanced skill in the games of specialization • To know the court/ field marking rules of games of specialization. • To realize the concepts in officiating methods in games of specialization • To learn the specific drill to improve the performance. • To identify the rules and regulation of specialization game. 		
CONTENT			
GAME OF SPECIALIZATION			
Coaching, officiating and playing ability in:			
<ul style="list-style-type: none"> • Hockey, • Football, • Volleyball, • Basketball, • Badminton • Handball. • Cricket • Kabaddi • Kho- Kho 			
Books for study	1. Thakur, J.K., "Measurement of Playing Field", Sports Publications, New Delhi, 2013.		
Books for Reference	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	PSO1	PSO2	PSO3	PSO4	PSO5	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	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
Grand Total of COs with PSOs and Pos														114
Mean Value of COs with PSO and POs = 114/47														2.42

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			2.42
Observation	COs of Practical: Games of Specialization strongly related with PSOs and Pos		

ARULANANDAR 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 –XII)	Yoga for Fitness	Course Code	22UPED26
Class	III B.Sc (Physical Education)	Hours	45
Semester	VI	Credit	03
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To Know the Concept of yoga. • To comprehend the standing and sitting position of asanas • To understand the Prone and Supine positions of asanas. • To realize the concept of pranayama • To recognize the importance of kriyas and meditation. 		
Unit	Content	No. of Hours	
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	
Books for Study	<ol style="list-style-type: none"> 1. Iyenkar, B.K.S., “Light on Yoga”, Thirty Second Editions, Harper Colling Publications, London, 2005. 2. Chandrasekaran, K., Sound Health through Yoga, Sedapatti, PremKalyan Publications, 1999. 		

Books for Reference	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.
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WEBLIOGRAPHY

1. www.yogaiya.in/
2. 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
Grand Total of COs with PSOs and Pos														98
Mean Value of COs with PSO and POs = 98/41														2.39

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			2.39
Observation	COs of Yoga for Fitness strongly related with PSOs and POs		

ARULANANDAR 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 (Practical)	Practical: Yoga for Fitness	Course Code	22UPEP86
Class	III B.Sc (Physical Education)	Hours	45
Semester	VI	Credit	03
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To Know the Concept of yoga. • To understand the position of asanas. • To realize the concept of pranayama • To recognize the importance of kriyas and meditation. 		
Content			
<ul style="list-style-type: none"> • Surya Namaskar. • Standing Position: Tadasana, Trikonasana, Vriksasana, Utkatasana • Long Sitting Position: Padmasana, Pascimottasana, Vajrasana, Vakarasana. • Prone Position: Bhujangasana, Dhanurasana, Salabhasana, Makarasana . • Supine Position : Chakrasana, Sarvangasana, Halasana, Shavasana • Kneeling Position : Bakasana, Mayurasana, Sirasana, Ustrasana. • Pranayama. 			
Books for Study	<ol style="list-style-type: none"> 1. Iyengar, B.K.S., “Light on Yoga”, Thirty Second Editions, Harper Colling Publications, London, 2005. 2. Chandrasekaran, K., Sound Health through Yoga, Sedapatti, PremKalyan Publications, 1999. 		
Books for Reference	<ol style="list-style-type: none"> 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/
2. 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)

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
Grand Total of COs with PSOs and Pos														98
Mean Value of COs with PSO and POs = 98/41														2.39

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			2.39
Observation	COs of Practical: Yoga for Fitness strongly related with PSOs and POs		

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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 – XIII)	Project	Course Code	22UPED36
Class	III B.Sc (Physical Education)	Hours	45
Semester	VI	Credit	03
Content			
1. Experimental Study 2. Analytical study 3. Comparative Study 4. Case Study 5. Survey Study			
Books for Reference	1. Clarke, David H and H .Harrison Clarke, Research Process in Physical Education 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. 1987. 5. Best W. John and James, V. Khan, "Research in Education"., New Delhi: Prentic – Hall of India Private Ltd, 1996.		

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
Grand Total of COs with PSOs and Pos														80
Mean Value of COs with PSO and POs = 80/28														2.85

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			2.85
Observation	COs of Project strongly related with PSOs and Pos		

ARULANANDAR 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 Elective II A)	Sports Medicine & First Aid.	Course Code	22UPEE26 (A)
Class	III B.Sc (Physical Education)	Hours	45
Semester	VI	Credit	03
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To understand the theory of Sports Medicine. • To know the concept of cold modalities, electric therapeutic modalities. • To do the therapeutic exercises for the injured person. • To gain the knowledge of rehabilitation of sports injury • To understand the concept of First Aid. 		
Unit	Content	No. of Hours	
I	Meaning and Definition of Sports Medicine - Nature and Concept of Sports Medicine, Role of Sports Medicine in Sports and Games- History of Massage - Need and important of Massage, Classifications of Massage	12	
II	Therapeutic Modalities: Cold Modalities – Ice pack – Ice Massage – Ice Immersion. Hot Modalities: Infra-Red lamp –Ultrasound Electrical Modalities: Ultra Violet Rays, Wax bath.	12	
III	Therapeutic Exercise: Classifications – Passive range of Motion – Active Range of Motion – Exercise Program to strengthen the Muscles and Ligament.	12	
IV	Rehabilitations – Meaning and Definitions - Need and important of Rehabilitation - Scope and Methods of Rehabilitation.	12	
V	First aid – Definition – Aim and Scope of first Aid - Open wound: Abrasion - Blisters - Laceration – Incision - Avulsion – Puncture wound. Closed wound: Contusion – Sprain – Strain – Dislocation - Fracture – Types of fracture	12	
Books for Study	1. Mishra, B.K., "Sports Medicine" Sports Publications, New Delhi, 2013.		
Books for Reference	1. Dreeben and Olga, "Introduction to Physical Therapist Assistant", Jones and Burrlet 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, electric therapeutic modalities to the injured players/ athletes. **(K3)**

CO 3: Provide the appropriate exercise for the injured players/ athletes **(K3)**

CO 4: Relate the importance of rehabilitations and its scope. **(K2)**

CO 5: Apply the First Aid for open and closed wounds. **(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					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 & First Aid strongly related with PSOs and Pos		

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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 Elective – II B)	Sports Psychology and Sociology	Course Code	22UPEE26 (B)
Class	III B.Sc (Physical Education)	Hours	45
Semester	VI	Credit	03
Course Educational Objectives(CEO)	<ul style="list-style-type: none"> • To understand the psychological aspects. • To know the concept of motivation. • To influence of society in sports and games. • To know the importance of leadership qualities of sports. • To gain the knowledge of sports personality. 		
Unit	Content	No. of Hours	
I	Definitions of Psychology and Sports Psychology - Need and Importance of Sports Psychology. Learning – Stages of Learning – factors affecting the Learning.	9	
II	Motivation – Definition – Types of Motivation. Reward and Punishment - Emotional Effects – Tension, Anxiety – Types.	9	
III	Personality – Definition –Meaning – Structure of Personality –Measuring Personality. Athletic versus Non- Athletic Personality. Perception – Definition – Theories of Perception-Wrong perception and its types.	9	
IV	Sports Sociology – Nature and scope Leadership – Meaning – Types – Need and importance – Qualities – Character – Leadership in Sports and Sports Ethics of Sociology in Physical Education and Sports – Social Factors influencing in Sports.	9	
V	Leadership – Meaning – Types – Need and importance – Qualities – Character – Leadership in Sports and Sports Ethics	9	
Books for Study	1.Deepak., “Sports Psychology”, Sports Publications, New Delhi, 2013.		
Books for Reference	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
Grand Total of COs with PSOs and POs														133
Mean Value of COs with PSO and POs = 133/57														2.33

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			2.33
Observation	COs of Sports Psychology and Sociology strongly related with PSOs and Pos		

**ARULANANDAR 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)**

Title (Self Learning)	Sports Nutrition	Course Code	22UPESL6
Semester	VI	Credit	03
Course Educational Objectives (CEO)	<ol style="list-style-type: none"> 1. Understand the classification of foods and nutrition 2. To analyze fluid intake required for physical activity 3. To explain about the nutrients: ingestion to energy metabolism 4. To discuss about the balance diet for players 5. To discuss about the diet analysis. 		
Unit	Content		
I	Introduction to Nutrition Food and Nutrition: Classification of foods. Meaning and definition of Sports Nutrition. Basic Nutrition guidelines. Role of nutrition in sports. Factor to consider for developing nutrition plan.		
II	Nutrients: Ingestion to Energy Metabolism Carbohydrates, Protein, Fat-Meaning, classification and its function. Role of carbohydrates, Fat and protein during exercise. Vitamins, Minerals, Water-Meaning, classification and its function. Role of hydration during exercise, water balance, Nutrition-daily caloric requirement and expenditure		
III	Food and Macro-Nutrients: Functions of food - Nutritional, Emotional, Social, and Classification of food. Sources, Functions, Deficiency and excess effects of carbohydrates, protein, fat and water.		
IV	Balance Diet: Definition - Balanced Diet - Principles of preparing the balanced diet. Balanced diet for Indian Players / School children. Malnutrition and Adulteration of food.		
V	Diet Analysis: Pre-Competition, Competition and Post Competition meals. Diet analysis and planning. Fluid intake during exercise. Nutrition for Special Population		
Book For Study	1. Dr. Priti Rishi Lal (2014) Handbook of Sports Nutrition, Friends Publications, New Delhi		
Books for Reference	<ol style="list-style-type: none"> 1. Srilakshmi, B. (2012) Nutrition science. Delhi: New Age International (p) Limited Publishers. 2. Srilakshmi, B. (2015) Human Nutrition (For B.Sc., Nursing students) Delhi: New Age International (p) Limited Publishers. 		

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, electric therapeutic modalities to the injured players/ athletes. **(K3)**

CO 3: Provide the appropriate exercise for the injured players/ athletes **(K3)**

CO 4: Relate the importance of rehabilitations and its scope. **(K2)**

CO 5: Apply the meaning of First Aid for open wounds. **(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					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														2.12

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			2.12
Observation	COs of Sports Nutrition strongly related with PSOs and Pos		