

# **B.SC., PHYSICAL EDUCATION**

## **SYLLABUS**

**FROM THE ACADEMIC YEAR**

**2023-2024**

**TAMILNADU STATE COUNCIL FOR HIGHER  
EDUCATION, CHENNAI – 600 005**

## **Preamble**

Physical Education is a form of one of the most effective means of education imparted through physical exercises, recreational activities and sports. It is an integral part of education. Which by mere participation in it gives the outcomes. These outcomes are both instant as well as have strong carry over values in the life. The children as well as the adults and the old enjoy physical activities & sports and gets benefit in the form of stronger muscles and bones, increased energy, coordination level and most importantly the decreased risk of developing chronic diseases.

The UNESCO in its General Conference in 1978 was convinced that, everyone should be free to develop and preserve his or her physical, intellectual and moral powers. Physical Education, Health Education and Sports should consequently be assured and guaranteed for all human beings. Physical Education is now a regular feature in the primary and secondary schools as well as it is gaining popularity in the higher education. The course opted for this is elective as well as the core at the college and the university level in India.

The graduate level course in Physical Education, Health Education and Sports contains subjects varying from foundation of Physical Education to Anatomy, Physiology, Kinesiology, Test & Measurement, Nutrition, Rehabilitation, Psychology, Sports Training, Sports Biomechanics, Methods of Teachings etc. which are aimed to give thorough knowledge and skills to the students. Students perusing physical education courses are fit to join the jobs as physical trainers, coaches, game officials, referees, umpires, curators, gym trainers, life guards, personal trainers etc. During their course of education the students also develops the expertise to establish their own business as entrepreneurs in the field of sports, fitness, recreation, adventure sports, camping, event management etc.

## **Learning Outcomes-Based Curriculum Framework**

The learning outcomes-based curriculum framework for a B.Sc degree in Physical Education is intended to provide a broad framework within which Physical Education programme responds to the needs of students and requirements. The framework is expected to assist in the maintenance of standard and uniformity of Physical Education degrees across the country. This will also help in periodic programme review within a broad framework of agreed expected graduate attributes, qualification descriptors, programme learning outcomes and course-level learning outcomes. The framework does seek to bring about uniformity in syllabi for a programme of study in Physical Education, teaching-learning process as well as learning assessment procedures. However, the framework is also intended to allow flexibility and innovation in programme design.

## **Nature and extent of the B.Sc. degree programme**

Physical Education is normally referred to as the science that aims to develop all-inclusive aspects of human personality through physical and sports activities. Physical education is a multidisciplinary subject that cannot be studied in seclusion under the scope of one or two subjects. The scope of Physical Education as a subject is very broad. It caters to the need for developing capability of the students on physical, mental and social aspects. Physical education also aims to develop activity as an alternate and prophylactic medicine. The key areas of study within the Physical Education are *'Exercise Physiology, Sports Psychology, Sports Sociology, Sports Management, Sports Journalism, Kinesiology- Biomechanics, Sports Training, Sports Medicine, Kinanthropometry* etc.

Degree program in Physical Education covers topics that overlap with the areas outlined above and that address the interfaces of Physical Education with other subjects such as Physiology, Bio-Chemistry, Physics, Physiotherapy, Psychology, Management, Sociology

along with training pedagogy employed for enhancing the functional status of individuals with varied needs. As a part of the effort, to enhance the employability of graduates of Physical Education, programs include learning experiences that offer opportunities in various spheres of human existence.

### **Program Specific Outcomes (PSOs)**

This would lead the students to understand historical concept of physical education and relationship between Philosophy, Education and Physical Education. The student would further understand the theoretical implications of philosophies of physical education with modern development and social aspects of Physical Education.

1. To select the inherited talented children for various sports activities.
2. To orient children in schools with the fundamental skills of selected sports as per their inherited potential.
3. To devise training program for athletes engaged in different sports activities
4. To officiate, supervise various sports tournaments and orient them in organizing sports events at all levels.
- A. To be entrepreneur (to start their own fitness centre, gym, spa etc) and device appropriate fitness program for different genders and age groups of people.
5. To devise training program for physically challenged peoples.

### **Eligibility for Admission to the programme B.Sc Physical Education, Health Education and Sports (3 Years)**

- A. Applicants should have passed the +2 examination of the Government of Tamil Nadu or any other equivalent examination recognized by the Government of Tamil Nadu or approved by the concerned University.
- B. School representation in any game or sports is preferred for the applicants. The procedure followed for the selection of B.P.Ed degree should be followed for B.Sc., Physical Education, Health Education and Sports Degree candidates.
- C. The candidates should not have completed 21 years of age as on 1<sup>st</sup> July. However, relaxation of 3 years may be given for SC/ST.

Admission shall be made on the basis of ranking for a total of 150 marks as detailed below

1. Qualifying Examination	25 marks
2. Participation in Sports and Games	25 marks
3. Games skill test	50 marks
4. Track and Field Skill test	50 marks

#### **Games and Sports participation: (Maximum Marks:25)**

1. Representation for the Country/National placing	25 marks
2. State Representation (Form II/IV in games/Sports)	20 marks
3. Inter Division (Participation) BDS/RDS Inter District (Participation)/CBSC CLUSTER	15 marks
4. District (BDS/RDS)	10 marks
5. Inter-School Representation	05 marks

All other quota system and rule of reservation of the Government of Tamil Nadu shall be followed.

### **Course-level learning outcomes**

The undergraduate degree program of Physical education will be of three years with six semesters. The Course-level learning outcomes for each course within B.Sc degree programme in Physical Education are given below with content matter (detail syllabus of five units) to be taught in each unit and semester for three years

## Scheme of Examination 2023-24 (Semester I-II)

Sem.	Part	Course Code	Title of the Paper	T/P	Cr.	Hrs./ Week	Max. Marks		
							Int.	Ext.	Total
I	I	T/OL	Language--- Tamil	T	3	6	25	75	100
	II	E	English	T	3	6	25	75	100
	III V	CC	Theory–I: Foundation of Physical Education and Sports	T	5	5	25	75	100
		CC	Practical I: Major Games and Track & Field-I	P	5	5	25	75	100
		AL-IA	Anatomy and Physiology	T	3	3	25	75	100
		SEC-1	Kinanthropometry	P	2	2	40	60	100
		Foundation Course	Gymnastics	P	2	3	25	75	100
			<b>Total</b>		<b>23</b>	<b>30</b>	<b>205</b>	<b>495</b>	<b>700</b>
II	I	T/OL	Language Tamil	T	3	6	25	75	100
	II	E	English	T	3	6	25	75	100
	III	CC	Theory– II: Organization, Administration and Methods in Physical Education	T	5	5	25	75	100
		CC	Practical-II: Major Games and Track & Field-II	P	5	5	40	60	100
		AL -IB	Health Education, Safety Education and First aid	T	3	3	25	75	100
		SEC-2	Principles of Motor Development	T	2	3	40	60	100
		SEC-3	Fundamental Movement Skills	P	2	2	25	75	100
				<b>Total</b>		<b>23</b>	<b>30</b>	<b>205</b>	<b>495</b>

- Language Tamil and English
- CC-Core course –Core competency, critical thinking, analytical reasoning, research skill & teamwork
- Allied/GEC -Exposure beyond the discipline
- AECC-- Ability Enhancement Compulsory Course (Professional English & Environmental Studies) -Additional academic knowledge, psychology and problem solving etc.,
- SEC-Skill Enhancement Course-Exposure beyond the discipline (Value Education, Entrepreneurship Course, Computer application for Science, etc.,
- NME-Non Major Elective –Exposure beyond the discipline
- DSE–Discipline specific elective –Additional academic knowledge, critical thinking, and analytical reasoning-Student choice-

either Internship or Theory paper or Project + 2 theory paper.

Semester-I						
	CORE COUSE-I			T/P	Credits	Hours
	FOUNDATION OF PHYSICAL EDUCATION AND SPORTS					
				T	5	5
<b>Unit-I</b>	Meaning and Definition of Education and Physical Education – Need, Nature and Scope of Physical Education – Physical Training and Physical Culture.					
<b>Unit-II</b>	Aim and Objectives of Physical Education – Development of Physical, Cognitive, Neuro-muscular, Affective, Social, Emotional, Spiritual and Recreational – Theories of Learning – Laws of Learning.					
<b>Unit-III</b>	Scientific basis of Physical Education – Contribution of Allied Sciences – Anatomy, Physiology, Biomechanics, Kinesiology, Sports Medicine, Psychology, Sociology and Computer Science.					
<b>Unit-IV</b>	History of Physical Education in Sparta and Athens – Olympic Games: Ancient, Modern – Origin – Organisation and conduct of the game – Olympic Flag, Torch, Oath, Emblem and Motto.					
<b>Unit-V</b>	Recent development in India: SAI, NSNIS, SNIPES, LNIPE, Sports Academics – Award and Scholarships: Arjuna Award, Dhronochariya Award, Rajiv Gandhi Khel Ratna Award – International and National Competitions: Asian Games, SAF, SGF, RDS and BDS.					

**Books for References:**

- Bucher Charles A., *Foundations of Physical Education*, St. Louis the C. V. Mosby Company, 1983. Kamlesh M.L., *Physical Education: Facts and Foundation*, New Delhi, P. B. Publications, 1988.
- Thirunarayanan, C. and Hariharan, S., *Analytical History of Physical Education*, Karaikudi, C. T. & S. H., Publications, 1990.
- Sharma, O. P., *History of Physical Education*, New Delhi, Khel Shitya Kendra, 1998.
- Wakharkar D. G., *Manual of Physical Education in India*, Pearl Publications Pvt. Ltd., Bombay, 1967. Wuest, Deborah, A. and Charles A. Bucher, *Foundations of Physical Education and Sport*, New Delhi: BL. Publication Pvt., Ltd.
- Wellman and Cowell, *Philosophy and Principles of Physical Education*, Amarvati: Suyog Prakasan. Jackson Sherman/ *Modern Principles of Physical Education*, New York: A. A. Barnes & Co.
- Khan, Eraj Ahmed, *History of Physical Education*, Patna Scientific Book Co.

<b>Semester-I</b>						
	<b>CORECOURSE-I (Practical)</b>			<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
	<b>Major Games &amp; Track and Field – I (Kabaddi, Kho-Kho, Track Events)</b>					
	<b>P</b>	<b>5</b>	<b>5</b>			
<b>Major Games</b>	General and Specific conditioning exercise, Fundamental Skills Drills for developing the skills Team Tactics and Strategy System of Play Standardized skill test Scouting of Performance Rules and Officiating					
<b>Track Events</b>	General and Specific conditioning Exercises Teaching of Techniques Practicing the Techniques Equipments Scouting of Performance Rules and Officiating techniques					
<b>Books for References:</b>						
Sharma, A., & Sharma, O.P., (2012). Rules of Games. New Delhi: Sports Publication. Mariayyah, P. (2006). Sports and Games. Coimbatore: Sports Publications. Official rules books of concerned federation/association. Mariayyah .P, Kabaddi, Sports Publications, Raja Street, Coimbatore. Joseph L. Rogers, (2000). USA Track & Field coaching Manual. Champaign, IL: Human Kinetics Sandhu, V. (2006). Teaching & Coaching Athletics. New Delhi: Sports Publication. Sharma, N.P., “Fundamentals of Track and Field”, First Edition, Khel Sahitya Kendra, New Delhi, 2005. Vern, Gambetta. (2007). Athletic Development: The Art & Science of Functional Sports Conditioning. Champaign, IL: Human Kinetics. WA Competition Rules 2021-22 published by World Athletics						

<b>Semester-I</b>				
	<b>Allied-I A</b>	<b>T/ P</b>	<b>Credit s</b>	<b>Hours</b>
	<b>ANATOMY AND PHYSIOLOGY</b>	<b>T</b>	<b>3</b>	<b>3</b>
<b>Unit-I</b>	Meaning of Anatomy and Physiology – Need and Scope of Anatomy and Physiology in Physical Education – Cell – Structure and Functions – Tissues – Types and Functions – Muscular System – Types of Muscles: Skeletal Muscle, Cardiac Muscle, and smooth muscle.			
<b>Unit-II</b>	Skeleton : Meaning and Functions – Bones: Classification and Functions – General Features of Various Bones: Vertebral Column, Pelvic Bone, Radius and Ulna, Sacrum, Femur and Bones of Skull – Joints: Definition and Classification of Joints			
<b>Unit-III</b>	Nervous System: Neuron – Central Nervous System (CNS): Brain and Spinal Cord – Peripheral Nervous System (PNS): cranial Nerves and Spinal Nerves – Digestive System: Structure & Functions – Digestive Process – Liver, Pancreas – Functions			
<b>Unit-IV</b>	Respiratory System – Respiration – Respiratory Track – Alveoli – Lungs: Structure & Functions – Gas Exchange – Vital Capacity. Circulatory System – Heart: Structure & Functions – Cardiac Cycle, Cardiac Output, Stroke Volume.			
<b>Unit-V</b>	Endocrine Glands – Functions of Endocrine Glands: Pituitary, Thyroid, Parathyroid, Thymus, Pancreas, Adrenal & Sex – their role, in growth, development and regulation of body functions.			
<b>Books for References:</b>				
Albart. B., (2006). Human Physiology (1st ed.). Chennai: Sports Publications.				
Elaine, N., (2010). Essentials of Human Anatomy and Physiology. New Jersey: Pearson Education.				
Mishra, S. R., (2012). Physiology of Sports and Exercise. New Delhi: Khel Sahitya Kendra.				
Mishra. S. C., (2005). Physiology in Sports (1st ed.). New Delhi: Sports Publication.				
Muruges. N., (2006). Anatomy, Physiology and Health Education (1st ed.). Chennai: Sathya Publishers.				
Sivaramakrishnan. S., (2006). Anatomy and Physiology for Physical Education. Chennai: Friends Publication.				

<b>Semester-I</b>				
	<b>Skill Enhancement Course -1 KINANTHROPOMETRY</b>	<b>T/ P</b>	<b>Credit s</b>	<b>Hours</b>
		<b>P</b>	<b>2</b>	<b>2</b>
<b>Unit-I</b>	1. Stadiometer 2. Weighing scales 3. Anthropometric tape 4. Skinfold caliper			
<b>Unit-II</b>	1. Anthropometer 2. Large sliding caliper 3. Bone calipers			
<b>Unit-III</b>	1. Segmometer 2. Wide-spread caliper 3. Small sliding caliper			
<b>Unit-IV</b>	1. Footplate 2. Anthropometric rod 3. Anthropometric box			
<b>Unit-V</b>	1. Length measurements – Height, Arm length, Leg length, Hand length, Palm length; 2. Breadth measurements –Forearm girth, Chest girth, waist girth, Hip girth, Thigh girth and Calf girth. 3. Other measurement: BMI & waist circumference			
<b>BooksforReferences:</b>				
Curton, A. C., (1986). Function of the Human Body, London W.B. Saunders Company. Srivastava., (1976). Textbook of practical Physiology. Calcutta, Scientific Boo Agency. Kapovich&Sinnser., (1965). Physiology of Muscular Activity. London W.B. Saunders company. Anderson T., &Clurg., (1961). Human Kinetics and Analyzing Body Measurements. London, William Heinmann Medical Books Ltd. Davis, D.V., (1967). Gray's Anatomy. London Longman Green and Company Ltd. Evelyn, P. B., (1967). Anatomy and Physiology for Nurses. London, Faber, and Faber Ltd. Pearce J. W., (1959). Anatomy for Students and Teachers of Physical Education, London, Edward Arnold and Company. Marfell-Jones, M., Stewart, A., & Olds, T. (2006). Kinanthropometry IX: Proceedings of the 9th International Conference of the International Society for the Advancement of Kinanthropometry. Routledge. 9. The International Society for the Advancement of Kinanthropometry (2010) Retrieved January 20, 2011 from <a href="http://www.isakonline.com/">http://www.isakonline.com/</a>				



<b>Semester-I</b>				
<b>Foundation Course</b>		<b>T/ P</b>	<b>Credits</b>	<b>Hours</b>
<b>GYMNASTICS</b>		<b>P</b>	<b>2</b>	<b>3</b>
<b>Unit I - Floor Exercises</b>		<b>(6 Hours)</b>		
1. Forward Roll, 2. Backward Roll, 3. Handstand Forward Roll, 4. Jump Forward to Roll Forward, 5. Head Spring, 6. Hand Spring, 7. Cart Wheel, 8. Round Off				
<b>Unit II - Pommel Horse</b>		<b>(6 Hours)</b>		
1. Supports, (Front , Rear ,Straddle, Split, Feint ) , 2. Single leg Circle Clockwise (Right leg and Left leg ) 3. Single leg Circle Anti Clockwise (Right leg and Left leg ) 4. Double leg Circle, 5. Scissors				
<b>Unit III - Parallel Bar</b>		<b>(6 Hours)</b>		
Perfect Swing , Straddle Seat, L-Support, Forward Roll, Backward Roll, Shoulder Stand, Dismount				
<b>Unit IV - Horizontal Bar</b>		<b>(6 Hours)</b>		
Perfect Swing, Free Hip Circle, Mill Circle Forward Mill circle Backward, Dismount				
<b>Unit V - Roman Rings</b>		<b>(6 Hours)</b>		
Perfect Swing, Invested Hang, Rear Hang, Upstart L-Support, Shoulder Stand, Dismount				
<b>BooksforReferences:</b>				
<b>References:-</b>				
1. Cooper, P., & Trnka, M. (1982). Teaching gymnastic skills to men and women. Surjeet.				
2. Elango, M., Kandasamy, M., & Sivagnanam, P., (2007) Basic Gymnastics. Tirunelveli: Krishna Publications.				
3. Modak., & Pintum., (1996). Gymnastics: A Scientific Approach. Pilani:Runthala Publisher's and Printers.				
4. Peter, A., (1982). Skills and Tactics of Gymnastics. Hong Kong: Marshall Cavendish, Ltd.				

<b>Semester-II</b>				
	<b>CoreCourse-III</b> <b>ORGANIZATIONADMINSTRATIONANDMETH</b> <b>ODSINPHYSICIALEDUCATION</b>	<b>T/ P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>5</b>	<b>5</b>
<b>Unit-I</b>	Meaning and Importance of Organization and administration – Scheme of Physical Education in: Schools, Colleges, Universities, Districts State and National Level.			
<b>Unit-II</b>	Facilities – Track, Play Grounds, Gymnasium, Swimming Pole – Layout of Playfields (Basketball, Kabbadi, Hockey, Volleyball, Cricket) Care and Maintenance of Playfields.			
<b>Unit-III</b>	Method in Physical Education – meaning – Factors influencing Method Presentation Technique – Teaching Aids – Principles of Class Management. Teaching of activities: Marching, Calisthenics, light apparatus (Wands, Hooks, Poles) Lezium, Folk dance – Minor Games – Lead up activities.			
<b>Unit-IV</b>	Teaching activities of minor games, major games track and field, Yogic Practice, Suryanamaskar, Calisthenics, Light apparatus, Rhythmic activities, Commands, Marching.			
<b>Unit-V</b>	Tournaments – Types of Tournament, Knock out, League, Combination Tournament, Methods of drawing Fixtures.			
<b>Books for References:</b>				
Kamlesh M.L. Scientific “Art of Teaching Physical Education” New Delhi Metropolitan 1994. Thiru. Narayanan C and Harishara Sharma “Methods in Physical Education” Karailkudi C J and S.H. 1989				
Joseph. P.M. “Organization of Physical Education”.				

<b>Semester-II</b>				
<b>CORE COURSE-IV</b>		<b>T/ P</b>	<b>Credits</b>	<b>Hours</b>
<b>MAJOR GAMES AND TRACK &amp; FIELD-II</b>		<b>P</b>	<b>5</b>	<b>5</b>
<b>(Major Games: Ball Badminton and Badminton)</b> <b>(Track &amp; Field: Field Events)</b>				
<b>Unit-I</b>	Origin, History and Development of the Game – International, National and State Level Organization.			
<b>Unit-II</b>	Fundamental Skills – Lead – Up Games, Various Symptoms of Play – Selection of Players.			
<b>Unit-III</b>	Training: Warm – up Technical Training – Tactical Training – Coaching Programme			
<b>Unit-IV</b>	Layout of Playfield – Rules and their Interpretations – methods of officiating Duties of Officials – Important Tournaments and Cups.			
<b>Unit-V</b>	Field Events – Jumping and Throwing Events			
<b>Books for References:</b>				
Conling David, Athletics, London, Robert Hale, 1980				
Priyanka, Narang. (2020). Play & Learn Badminton. New Delhi: Khel Sahitya Kendra Publishers.				
Joseph L. Rogers, (2000). USA Track & Field coaching Manual. Champaign, IL: Human Kinetics				
Sandhu, V. (2006). Teaching & Coaching Athletics. New Delhi: Sports Publication.				
Sharma, N.P., “Fundamentals of Track and Field”, First Edition, Khel Sahitya Kendra, New Delhi, 2005.				
Vern, Gambetta. (2007). Athletic Development: The Art & Science of Functional Sports Conditioning. Champaign, IL: Human Kinetics.				
WA Competition Rules 2021-22 published by World Athletics				
Official rules books of concerned federation/association.				

<b>Semester-II</b>				
	<b>Allied-I B HEALTH EDUCATION, SAFETY EDUCATION AND FIRST AID</b>	<b>T/ P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>3</b>	<b>3</b>
<b>Unit-I</b>	<b>Unit I - Health Education and Services (9 Hours)</b> Meaning and definition of Health - Concept, Dimensions, Spectrum and determinant of Health – Principles - Nature and Scope - Health Services in India			
<b>Unit-II</b>	<b>Unit II - Global Health Issues (9 Hours)</b> Communicable, Non-Communicable disease: Causes, Symptoms and its preventions - Malnutrition, - Environmental Pollution- Sanitation, - Physical Activity and Nutrition, Mental Health - Mental Disorders.			
<b>Unit-III</b>	<b>Unit III - Health Education (9 Hours)</b> Need and scope of health education - Preventing alcohol, tobacco and other drugs abuses in schools - Personal Health and Wellness: Healthy eating, and Violence prevention - Physical activity, Safety, First Aid and Emergency procedures.			
<b>Unit-IV</b>	<b>Unit IV - Health Supervision and Evaluation in Schools (9 Hours)</b> Health Instruction and Health Supervision - Assessing personal and peers health risk taking - Analyzing the influence of family, peers, culture and media on health behavior - Consumer Health and Comprehensive Health Education			
<b>Unit-V</b>	<b>Unit V - Safety Education and First Aid (9 Hours)</b> Definition - Characteristics - Principles of Safety Education - Need for safety Education in Physical Education - Principle of safety with respect of play fields - Principles of safety with respect of equipments, dress etc - Class organization and demonstration and safety during matches - Definition and importance of first aid - first aid for injuries sprain, Fracture and its types - Types of Bleeding- Laceration. Artificial respiration			
<b>Books for References:</b>				
1. Agrawal, K.C., (2001). Environmental biology. Bikaner: Nidhi publishers Ltd. 2. Bensley, R.J., & Fisher, J.B., (2009). Community Health Education Methods. Massachusetts: Jones and Bartlett Publishers. 3. Edward, J.T., (2006). Health and Disease. New Delhi: Sports Publication. 4. Anspaugh, D.J., & Ezell, G., (2003). Teaching Today's Health. USA: Allyn & Bacon. 5. McKenzie, J.F., & Smeltzer, J.L., (2001). Planning, Implementing, and Evaluating Health Promotion Programs. A Primer, USA: Allyn & Bacon.				

<b>Semester-II</b>				
	<b>Skill Enhancement Course -2 PRINCIPLES OF MOTOR DEVELOPMENT</b>	<b>T/ P</b>	<b>Credits</b>	<b>Hours</b>
		<b>T</b>	<b>2</b>	<b>3</b>
<b>Unit-I</b>	Definition: Motor Development, Motor Learning, Motor Control - Theoretical perspectives of Motor Development- Concept of Physical Literacy -Age classification.			
<b>Unit-II</b>	Physical growth, maturation and Aging – Types of Motor Skills – Movement milestones in children, Long Term Athlete Development (LTAD).			
<b>Unit-III</b>	Basic Movements in Human Body – Axis and Plane - Movements in axis and planes – Movements at various joints			
<b>Unit-IV</b>	Classification of Motor Skills: Fundamental (Locomotor, Non-locomotor, Manipulative Skill), Specialized (Manipulative, Rhythmic Movement, Game & Sport Skills.			
<b>Unit-V</b>	Movement Concepts: Space Awareness, Effort Concepts, Relationships - Postural control and balance.			
<b>Books for References:</b>				
Kathleen M. Haywood., & Nancy Getchell., (2009). Life Span motor Development (5th Ed.), Champaign, IL: Human Kinetics,				
Robert M. Malina., Claude Bouchard &oded Bar-Or., (2004). Growth, Maturity and Physical Activity (2nd Ed.), Champaign, IL: Human Kinetics.				
NAPSE., (2005). Physical Education for Lifelong Fitness (2nd Ed.), Champaign, IL: Human Kinetics.				
Allen W. Jackson., James R. Morrow., Jr. David W. Hill & Rod K. Dishman., (2004). Physical Activity for Health and Fitness, Champaign, IL: Human Kinetics.				
Cratty Bryant, J. (1975). Movement Behaviour and Motor Learning. Philadelphia Lea &Febiger.				

<b>Semester-II</b>				
	<b>Skill Enhancement Course -3 Fundamental Movement Skills</b>	<b>T/ P</b>	<b>Credits</b>	<b>Hours</b>
		<b>P</b>	<b>2</b>	<b>2</b>
<b>Unit-I</b>	Non-Locomotor Skills (Twisting, Turning, Balancing, Bending, Curling etc.,)			
<b>Unit-II</b>	Locomotor Skills (Walking, Running, Jumping, Sliding, Skipping, Etc.,)			
<b>Unit-III</b>	Manipulative Skills (Throwing, Hitting, Catching, Kicking, Dribbling etc.,)			
<b>Unit-IV</b>	Total Gross Motor Development -2 – Test			
<b>Unit-V</b>	Functional Movement Screening Test (8 Test Items)			
<b>Books for References:</b>				
Kathleen M. Haywood., & Nancy Getchell., (2009). Life Span motor Development (5th Ed.), Champaign, IL: Human Kinetics,				
Robert M. Malina., Claude Bouchard &oded Bar-Or., (2004). Growth, Maturity and Physical Activity (2nd Ed.), Champaign, IL: Human Kinetics.				
NAPSE., (2005). Physical Education for Lifelong Fitness (2nd Ed.), Champaign, IL: Human Kinetics.				