

**MANONMANIAM SUNDARANAR UNIVERSITY
TIRUNELVELI**

UG COURSES – AFFILIATED COLLEGES

B.Sc. Physical Education

(Choice Based Credit System)

(with effect from the academic year 2016-2017 onwards)

(44th SCAA meeting held on 30.05.2016)

Sem.	Pt. I/II/ III/ IV/V	Sub No.	Subject status	Subject Title	Hrs./ week	Cre- dits	Marks				
							Maximum			Passing minimum	
							Int.	Ext.	Tot.	Ext.	Tot.
III	I	17	Language	Tamil/Other Language	6	3	25	75	100	30	40
	II	18	Language	English	6	3	25	75	100	30	40
	III	19	Core - 5	PSYCHOLOGY AND SOCIOLOGY IN PHYSICAL EDUCATION	4	4	25	75	100	30	40
		20	Major Practical- III	INTENSIVE TEACHING PRACTICE PRACTICAL (1 COURSE) (CARRY OVER PRACTICAL)	2	-	50	50	100	20	40
		21	Allied -III	COMPUTER APPLICATIONS IN PHYSICAL EDUCATION	4	4	25	75	100	30	40
		22	Allied Practical- III	COMPUTER APPLICATIONS IN PHYSICAL EDUCATION (CARRY OVER PRACTICAL)	2	-	50	50	100	20	40
	IV	23	Skilled Based subject-I	SPORTS MEDICINE	4	4	25	75	100	30	40
	IV	24	Non-Major Elective-I	THEORIES OF YOGA	2	2	25	75	100	30	40
Subtotal					30	20					

Sem.	Pt. I/II/ III/ IV/V	Sub. No.	Subject status	Subject Title	Hrs./ week	Cre- dits	Marks				
							Maximum			Passing minimum	
							Int.	Ext.	Tot.	Ext.	Tot.
IV	I	25	Language	Tamil/Other Language	6	3	25	75	100	30	40
	II	26	Language	English	6	3	25	75	100	30	40
	III	27	Core - 6	ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION	4	4	25	75	100	30	40
		28	Major Practical- IV	INTENSIVE TEACHING PRACTICE	2	2	50	50	100	20	40
		29	Allied -IV	APPLIED KINESIOLOGY	4	4	25	75	100	30	40
		30	Allied Practical- IV	COMPUTER APPLICATIONS IN PHYSICAL EDUCATION	2	2	50	50	100	20	40
	IV	31	Skill Based Subject -II	BIO – MECHANICS IN PHYSICAL EDUCATION	4	4	25	75	100	30	40
	IV	32	Non-Major Elective-II	PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION AND SPORTS (other course for Physical Education)	2	2	25	75	100	30	40
	V		Extension Activity	NCC,NSS, YRC, YWF		1					
Subtotal					30	25					

**MSU/2016-17/UG-Colleges/Part-III (B.Sc. Physical Education)/
Semester-III/Ppr.no.19/core-5**

PSYCHOLOGY AND SOCIOLOGY IN PHYSICAL EDUCATION

- Unit I** Meaning Scope and nature of psychology and sociology of physical education and sports
Facts of psychology, Motor learning - factors that effect motor learning, stages of
learning theories, role of perception in physical education and sports.
- Unit II** Growth and development age and behavior characterizes personality- nature of
personality various traits of personality and its relation to performance in physical
education and sports. Motivation- meaning and is role in physical education and sports.
- Unit III** Main tasks in psychological preparation. Psychological aspects of short term and long
term training. Psychological Qualities Psycho-regulative procedures:
- a. Autogenic training
 - b. Relaxation with music
 - c. Relaxation with yogic practices
 - d.
- Unit IV** Meaning Scope and nature of sociology of physical education and sports. Physical
education and sports as a social phenomenon product of culture and its relationship with
other elements of culture Sports as regulation institution of society -State and religion
Relationship of physical education and sports with other socializing institutions (family
and educational system) .
- Unit V** Social significance of sports. Relationship of physical education and sports with other
socializing institutions (family and educational system) Sports and social problems
Behavior of sportsmen and spectators. Leadership through physical education and sports.

References:-

1. Alderman. A.B "Psychology Behavior in Sports", W.B Saunders Company, Saunder 1974.
2. Cratty B.J "Psychology and Physical Activity", London Prentice Hall Inc., 1961.
3. Cratty, B.J Psychology in Contemporary Sports," Prentice Hall Inc. Englewood Cliff. 1973.
4. Cratty B.J Social Dimension of Physical Activity "New Jerchy, Printice Hall inc.
5. cratty B.J Social Psychology in Athletics," New Jersey, prentice, Hall Inc. , 1981.
6. Frots and Renbon," Psychological Concepts Applied to "Physical Education and Coaching"
Massechusetts. 1971.
7. Rane, J.E "Psychological Aspects of Physical Education and Sports" London Routleage and
Keganpau. 1972.
8. Jawther, J.D Psychology and Coaching new jersey, prentice Hall inc. 1951.
9. Motens social psychology and phyical activity new york harper and row publishers 1975.

MSU/2016-17/UG-Colleges/Part-III (B.Sc. Physical Education)
Semester-III/Ppr.no.20/Major Practical -III

INTENSIVE TEACHING PRACTICE

General lesson Plan and Particular Lesson Plan.

Unit I Assembly and roll call

- a) Class handling
- b) Assembly and disposal
- c) March past

Unit II Callisthenic Exercises (Free arm Exercises)

- a) Sitting exercises
- b) Standing exercises
- c) Bending exercises
- d) Stepping exercises
- e) Moving exercises
- f) Lunging exercises
- g) Clapping exercises

Unit III Exercise with Equipments

- a) Dumbbells
- b) Indian clups
- c) Vands
- d) Scoop
- e) Ploe drill

Unit IV Exercise without Equipments

- a) Baithaks
 - b) Dhands
- Minot games

Unit V

- a) Teaching skills on major games and athletic events
 - i) Demonstration
 - ii) Teaching
 - iii) Correcting the mistakes
 - iv) Lead up activities

**MSU/2016-17/UG-Colleges/Part-III (B.Sc. Physical Education)
Semester-III/Ppr.no.21/Allied -III**

COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

- Unit I** Computer – Meaning, History, – Components of Computer – Input Devices (Punch Card, Paper tape, Light pen, Screen touch, Keyboard, joystick, Track ball, Mouse, Plotter) Output device (Printer, Dot Matrix, Laser Printer, inkjet Printer, Visual Display unit) External Storage Devices – Floppy Disks & Hard Disk – Memory CD Rom – CPU – ALU
- Unit II** Software and Hardware – Languages (Machine, Assembly, High level) – Local Area Network (LAN – Internet – Multimedia)
- Unit III** Introduction to MS Word – Creating Word documents – Editing document text – Selecting – copying – deleting and moving text – Aligning and formatting text – setting line space – using table – finding and replacing text – Spelling Grammar – Aligning text vertically – setting Margin – printing option – using mail merge.
- Unit IV** Introduction to MS Excel - Entering and Editing cell entries – Working with numbers – creating formulas – Adjusting Column width and row height, inserting and deleting rows and cells- copying contents – Naming work sheet – copying and moving worksheet – Entry and deleting worksheet – Aligning text – Borders – Understanding charts – Pie chart.
- Unit V** Computer Applications in Physical Education – Office Management Teaching, learning and coaching modules- Power point Presentation.

References:-

1. *Vikas Gupta, Rapidex, Computer Course, Putak Mahal, Delhi, 1995.*
2. *French, C.S. Data Processing, Galgotia Book Source, New Delhi, 1986.*
3. *Damielh, Slotnick and others, Computer Applications.*
4. *Haggery, T., The administrative use of computers in professional Sport Organization, Inc., NewYork*

**MSU/2016-17/UG-Colleges/Part-III (B.Sc. Physical Education)
Semester-III/Ppr.no.22/Allied Practical -III**

COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

1. Typing sports correspondence letters using MS WORD
2. Table formation using MS WORD
3. Preparing fixtures using MS WORD
4. Creating charts using EXCEL
5. Statistical and mathematical functions using MS EXCEL
6. Mail Merge
7. Internet operations
8. Preparing Sports Invitations using Word Art
9. Preparing Score Sheets for various games and Track and Field
10. Power Point presentation

**MSU/2016-17/UG-Colleges/Part-III (B.Sc. Physical Education)/
Semester-III/Ppr.no.23/Skilled Based-I**

SPORTS MEDICINE

- Unit I** Definition, Need, Nature and Scope of Sports Medicine. Importance of Sports Medicine in Physical Education and Sports
- Unit II** Different sports Rate in promoting Physical Fitness - Walking, Jogging, Swimming, Cycling, Dancing, And Skipping.
- Unit III** Women in Sports: - Performance and Sexual differences, Drugs and Doping.
- Unit IV** Injuries: Blisters, - contusions Flaematornas, Cramps and Muscle Strain, Joint Sprain, Dislocation, Fracture.
- Unit V** Sports Physiotherapy - Methods, Effect, Indication and Contra indication.
- Exercise - Classification and Therapeutic uses.
- Bandage - Types, Application.
- Strapping for major joint & body parts.

References:-

1. Starkey, Chad / Therapeutic Modalities of Athletic trainers, F.A. Davis Company, Philadelphia, 1990.
2. Prentice Williams, E., Therapeutic Modalities Sports Medicine : ST. Louis, 1990.
3. Sundararajan / Sports Medical Lectures: Rosan Publication, Chennai.
4. Edward Donald, Physiotherapy Occupations Theraphy and gymnastics, London.
5. St.John Ambulance, etc., First Aid Manual : St. John Ambulance, London, 1997.
6. Pande P.K. and L.C, Gupta, outline of Sports Medicine : Jaypee Brothers, New Delhi, 1987.

**MSU/2016-17/UG-Colleges/Part-III (B.Sc. Physical Education)
Semester-III/Ppr.no.24/Non Major Elective-I**

(For other than Physical Education Courses)

THEORIES OF YOGA

- Unit I** Meaning of yoga - Aim and objectives of Yoga - concept of yoga, History of yoga.
- Unit II** Systems of Yoga - Eight limbs of yoga - Asanas - Classification of Asanas - Differences between Physical exercises and yogic exercises - guidelines for practicing Asanas.
- Unit III** Procedure of doing Asanas. Asanas in Long sitting Position - Prone Position - Supine Position - Standing Position - Kneeling Position.
- Unit IV** Pranayana - Types & Concepts of Prnayama - Closing the nostrils - Controlling the breath - Bhandhas - Practice regulation - Importance of suspension (Kumbhaka) - Kriyas and its types.
- Unit V** Meditation and its Types.

References :-

1. B.K.S., Iyengar Light on Yoga, London : Unwin Paperbacks, 1989.
2. P. Mariayyah - "Pranayamas" Sports Publication, Coimbatore.
3. K. Chandrasekaran, "Sound health through yoga" Prem Kalyan Publication, Sedapatti, 1999.
4. Yogeshwar, "Text Book of Yoga", Madras yoga Centre.
5. Kumaresan P, yogasanam, Tirunelveli : Abinaya Publications, 2002.

MSU/2016-17/UG-Colleges/Part-III (B.Sc. Physical Education)

Semester-IV/Ppr.no.27/Core-6

ORGANIZATION AND ADMINISTRATION PHYSICAL EDUCATION

- Unit I** Meaning and importance of organization and Administration Scheme of Physical Education in Schools, Colleges, Universities, District State and National level.
- Unit II** Facilities and Standards-Layout of play fields for major Games, Basket Ball, cricket, Hockey, Foot ball, Volleyball, Kho-Kho, Kabaddi, Hand Ball Badminton, Badminton, Tennis. Finance-Budgeting-Equipments-care and maintenance-maintaining Records and Registers
- Unit III** Methods in Physical Education-Meaning, Factors influencing method-Presentation Techniques- Personal and Technical-Teaching Aids-Class Management -Methods of Teaching Physical activities.
- Unit IV** Lesson Plan-preparing lesson plan (General and Specific) Teaching Activities-Major and Minor Games-Track and Field Teaching activities of minor games, Major games track and Field, Yogic Practice, Suryanamaskar, Gymnastics, Swimming, Calisthenics, Light apparatus, Rhythmic activities, Indigenous activities – Commands, Marching.
- Unit V** Intramural and Extramural competitions- Incentives and awards Tournaments-Knock out, league, Combination and Challenge Tournaments-Methods of drawing fixtures

References

1. Voltmer & Esslinger/organization and administration of physical education : Apleton, Country crofts.
2. Kamlesh, M.L., Management concepts physical education and sport Metropolitan Book Co., Pvt., Ltd., Nethaji Subhash Marg, New Delhi.
3. Thirunarayanan, C.and S.Harihara Sharma, Methods in Physical Education Karaikudi, C.J. and S.H. 1989.
4. Kamlesh, M.L., Scientific Art of Teaching Physical Education, New Delhi: Metroplitan, 1995.
5. Joseph, P., Organization and administration of Physical Education, Gwalior, Kayman, Cassdiy & Jackson : Methods in Physical Education, B.Saudees Co.,
6. Bucher, Chales and Krotee, Mar L, Management of physical Education and Sport, Mospay, London, 1997.
7. Sharma, Sita Ram, Organisation and administration of games and sports : Book Enclave, Jaipur, 1997.

**MSU/2016-17/UG-Colleges/Part-III (B.Sc. Physical Education)
Semester-III/Ppr.no.28/Major Practical -IV**

INTENSIVE TEACHING PRACTICE

General lesson Plan and Particular Lesson Plan.

Unit I Assembly and roll call

- d) Class handling
- e) Assembly and disposal
- f) March past

Unit II Callisthenic Exercises (Free arm Exercises)

- h) Sitting exercises
- i) Standing exercises
- j) Bending exercises
- k) Stepping exercises
- l) Moving exercises
- m) Lunging exercises
- n) Clapping exercises

Unit III Exercise with Equipments

- f) Dumbbells
- g) Indian clups
- h) Vands
- i) Scoop
- j) Ploe drill

Unit IV Exercise without Equipments

- c) Baithaks
- d) Dhands

Minot games

Unit V

- b) Teaching skills on major games and athletic events
 - i) Demonstration
 - ii) Teaching
 - iii) Correcting the mistakes
 - iv) Lead up activities

**MSU/2016-17/UG-Colleges/Part-III (B.Sc. Physical Education)
Semester-IV/Ppr.no.29/Allied - IV**

APPLIED KINESIOLOGY

- Unit I** Meaning and Definition, Brief History of Kinesiology, Aim and Objectives. Importance of Kinesiology in Physical Education and Sports
- Unit II** Classification of Muscles – Centre of gravity - Different body planes- criteria for good posture, causes for poor posture-Postural deformities- correction for lordosis, kyphosis, scoliosis- Application of kinesiology to motor skills and daily living.
- Unit III** **Upper Body Muscles**

Location, Origin, insertion, and action of muscles-

Pectoralis Major, Deltoids, Trapezius, Latissimus Dorsi, Rectus, Triceps and Biceps
- Unit IV** **Lower Body Muscles**

Location, Origin, insertion, and action of muscles

Rectus Femoris, Hamstring group of muscles Semi membranous, Gastrocnemius, sartorius, gastrocnemius,
- Unit V** Muscular Analysis of Fundamental movements: Walking, Running, Jumping, And Throwing.

References:

1. Luttgens, Kathryn and others / Kinesiology Scientific Basis of human motion; Dubuque, IA, WMC, Brown Communication, Inc., 1992.
2. Thimson, Clern, W and R.T. Floyol / Manual of Structure Kinesiology : St. Louis Marby, 1994.
3. David I. Kelly / Kinesiology and fundamentals of motion description, prentice hall.
4. Copper and Glasgow, Kinesiology, Joint Louis C.S. Mosby Company, 1976.
5. Jenson, R. Claynes, Gordon W. Schultz and Blauer, L., Bangertar, Applied Kinesiology and Biomechanics, McGraw – Hill Book Company, New York, 1984.

**MSU/2016-17/UG-Colleges/Part-III (B.Sc. Physical Education)
Semester-III/Ppr.no.30/Allied Practical -IV**

COMPUTER APPLICATIONS IN PHYSICAL EDUCATION

1. Typing sports correspondence letters using MS WORD
2. Table formation using MS WORD
3. Preparing fixtures using MS WORD
4. Creating charts using EXCEL
5. Statistical and mathematical functions using MS EXCEL
6. Mail Merge
7. Internet operations
8. Preparing Sports Invitations using Word Art
9. Preparing Score Sheets for various games and Track and Field
10. Power Point presentation

**MSU/2016-17/UG-Colleges/Part-IV (B.Sc. Physical Education)
Semester-IV/Ppr.no.31/Skilled Based -II**

BIO – MECHANICS IN PHYSICAL EDUCATION

- Unit I** Meaning, Aim and Objectives, Importance of biomechanics in sports

Types of motion Linear, Angular, curvilinear and circular motion
- Unit II** Linear Kinematics: Speed, Velocity, Acceleration, Motion, Projectile motion. -
Application of Linear Kinematics in the Field of Physical Education and Sports
- Unit III** Angular Kinematics : Angular Speed, Angular velocity, Angular acceleration,
Relationship between Linear and Angular Motion- Application of angular
Kinematics in the Field of Physical Education and Sports
- Unit IV** Linear Kinetics: Mass, Weight, Force, Pressure, Work, Power, Energy, Impulse,
Momentum, Impact, Friction, Newton's Law of motion. Law of Inertia and types
of inertia
- Unit V** Angular Kinetics: Levers, Equilibrium, and Centre of Gravity- Friction and its
types, centrifugal and centripetal force Bio mechanical principles involved in
designing sports equipments

References:-

1. Miller and Nelman, "Biomechanics of Sports, Philadelphia Lee and Fibier, 1972.
2. Hay, James G. Biomechanics of Sports Techniques, Prentice Hall Inc., USA, 1993.
3. Hall Susan, Basic Biomechanics: Msoby St, Louis, 1991.

MSU/2016-17/UG-Colleges/Part-IV (B.Sc. Physical Education)
Semester-IV/Ppr.no.32/Non Major Elective-2
(For other than Physical Education Courses)

PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION AND SPORTS

- Unit I** Meaning, Need, Nature and Scope of Physical Education, Aim and objectives of Physical Education Physical Training and Physical Culture, Philosophy and Physical Education, Recreation and its types.
- Unit II** Physical Education in Ancient Greece (Athens and Sparta) Physical Education in India, YMCA and its contributions for sports in India, Recent Developments on sports in India, SAI, NSNIS, LNIPE, SDATN, Sports Academics,
- Unit III** National and International Trophies – (Santhosh trophy- Ranji trophy – Federation cup- Rengasamy cup, Sivanthi gold cup) ATP- Chennai Open Thomas cup- upper Cup Davis cup- Wimbledon- Grandslam- Euro cup.World Cup Competitions- Cricket World Cup, FIFA World Cup
- Unit IV** Sports competitions – (Asian games –Commonwealth games- SAF,Games RDS and BDS).Olympic Games (Ancient and Modern), Olympic flag, Olympic Torch.The Marathon race
- Unit V** National Awards and Honors in Sports, Arjuna Award, Rajiv Gnadhi Khel Ratna award, Dhronacharya award, Maulana Abulkalam Azad award. Sports Scholarships for excellent sports persons in state and central government. National Sports day.

References:-

1. Wellman and Cowell, Philosophy and Principles of Physical Education, Amarvati Suyog Prakashan.
2. Thirunarayanan, C. and Hariharan, S., Analytical History of Physical Education, Karaikudi, C.T. & S.H. PUB., 1990.
3. sharma, O.P., History of Physical Education, New Delhi : Khel Shitya Kendra, 1998.
4. Jackson Sharman/Modern Principles of Physical Education : A.A. Barnes & Co., New York.