

## B.Sc., Physical Education

Semester - I				
23BPEA1	Fitness and Wellness	T/P	Credits	Hours
		T	3	3
<b>Unit-I</b>	Definition and Meaning – Fitness – Wellness – Importance – fitness – Wellness – Aim and objectives – Fitness – Wellness - components of wellness - Relationship between fitness, health and wellness.			
<b>Unit-II</b>	Types of exercises – Aerobic – Anaerobic – Isometric – Stretching - Agility and balancing - Health benefits of Physical Activity - Components of Health related physical fitness and Athletic related physical fitness - Factors influencing fitness.			
<b>Unit-III</b>	Definition and Meaning of wellness - components of wellness - Concept of wellness - Importance of health and wellness - Components of wellness - Physical fitness Components - dimensions of wellness			
<b>Unit-IV</b>	Diet and Nutrition – Meaning – Need - Nature and Importance of Nutrition - Basics of Nutrition – Carbohydrates – Fats - Proteins – Vitamins – Minerals – Water - Balanced diet, Nutritive value and its important - Classification of food - Adulteration of			
<b>Unit-V</b>	Principles of weight control - Exercise and weight loss - weight management - Assessment of Physical Fitness - Test Battery - Body Mass Index and its Evaluation. Muscular Strength – Muscular endurance – Cardio-respiratory Endurance - Cardio Vascular Risk factors.			

### Book for References:

1. Baechle, Thomas. R, & Earle, Roger. W., (2000). Essentials of Strength Training and Conditioning, Champaign: Human Kinetics.
2. Brooks, Douglas. S., (2004). The Complete Book of Personal Training, Champaign: Human Kinetics.
3. James and Leona Hart, (2000). Fitness and Wellness, New Delhi: Goodwill Publishing House.
4. Dick, Frank W. (2006). Sports training Principals Fourth Edition. New Delhi: Friends Publication.
5. Harre, Dietrich, (1982). Principles of Sports training, (ed). Berlin. Sportverlag.
6. Singh, Hardayal. (1995). Science of Sports training .New Delhi: D.V.S. Publications.
7. Uppal, A.K. (2009). Science of Sports Training. New Delhi: Friends Publication.

Semester - I				
23BPEAP1	Fitness and Wellness (Practical)	T/P	Credits	Hours
		P	2	2

Semester - II				
Course Code 23BPEA2	Theories of Major Games - I	T/P	Credits	Hours
		T	3	3
(Major Games: Football, Basket Ball & Volleyball)				
Unit-I	Origin, History and Development of the Game – International, National and State Level Organization.			
Unit-II	Fundamental Skills – Lead – Up Games, Various Symptoms of Play – Selection of Players.			
Unit-III	Training: Warm – up Technical Training – Tactical Training – Coaching Programme			
Unit-IV	Layout of Playfield – Rules and their Interpretations .			
Unit -V	Methods of officiating Duties of Officials – Important Tournaments and Cups.			
<b>Books for References:</b> Conling David, Athletics, London, Robert Hale, 1980 Prabhakar Eric, The way to Athletic Gold, Madras East – West press Pct. Ltd., 1995 Dr.P.Mariayyah, Football, Sports Publications, Raja Street, Coimbatore. Dr. P.Mariayyah, Kabaddi, Sports Publications, Raja Street, Coimbatore. Dr. P.Mariayyah, Volleyball, Sports Publications, Raja Street, Coimbatore. Dr. P.Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore. Thompson Ganagon, Play Better Soccer in all colour, W.B.Saubders Company, 1972. DHanaraj V.Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.				

<b>Course Code</b> <b>23BPEAP2</b>	<b>Core Course – III</b> <b>Theories of Major Games I - Practical</b>	<b>T/P</b>	<b>Credits</b>	<b>Hours</b>
		<b>P</b>	<b>2</b>	<b>2</b>
<b>(Major Games: Football, Basket Ball &amp; Volleyball)</b>				

Semester - III				
Course Code 23BPEA3	THEORIES OF MAJORGAMES – II (Major Games: Cricket, Hockey and Hand Ball) TRACK Events– II –(Sprint, Middle distance, Long distance, Relay, Hurdle)	T/P	Credits	Hours
		T	3	3
Unit-I	History and development of the Track Events: Track events – Sprint, Middle distance, Long distance, Relay, Hurdle and Organizational set up in District, State and National and International level.			
Unit-II	Fundamental Skills – Lead-Up Games, Various Techniques – Selection of Athletes.			
Unit-III	Origin, History and development of the game Cricket, Hockey and Hand Ball – International, National and State Level Organizations. Fundamental Skill – Lead Up Games – Various System of Play – Selection of Players.			
Unit-IV	Training: Warm-Up and Warm down – Technical Training – Tactical Training – Coaching Program. Rules and their Interpretation – Score Sheet – System of Officiating - Methods of Officiating - Duties of Officials.			
Unit -V	Layout of Playfield with all Measurement, Facilities and equipment and its specifications			
<b>Books for References:</b> Dr. Anil Sharma, O.P. Sharma Rules of Sports, Sports Publication, 4264/3 Ansari Road New Delhi – 2. Conling David, Athletics, London Robert Hale 1980 Dr. P. Mariayyah Track & Field, Sports publication, Raja St. Coimbatore Ken O. Bosen, “Track & Field Fundamental Techniques NIS Publications, Patiala. Doherty, J. Mennath, “Modern Track & Field”, Englewood cliffs, Prentice Hall. Inc., New Jersey. Wein Harat “The Science of Hockey” London Pelham Books, 1979 Tyson Frank “The Cricket Coaching Manual”, Calcutta, Rupa & Co, 1985				

Semester - III				
Course Code 23BPEAP3	THEORIES OF MAJOR GAMES – II (Major Games: Cricket, Hockey and Hand Ball) FIELD– II –(Sprint, Middle distance, Long distance, Relay, Hurdle)	T/P	Credits	Hours
		P	2	2
<b>Testing on:</b>  1. Fundamental Skills 2. Technical Play/skill 3. Playing Ability/ skill ability / Performance 4. Officiating Techniques				
<b>Scheme of Assessment:</b> 1. Fundamental Skill / Defensive and Offensive Skill - 35 2. Playing ability/Skill Ability / Performance - 20 3. Officiating Technique - 10 4. Record note - 10 <div>TOTAL - 75</div>				
<b>Books for Reference:</b>  Conling David, Athletics, London, Robert Hale, 1980. Prabhakar Eric, The way to Athletic Gold, Madras East – West press Pvt. Ltd., 1995. Dr. P. Mariayyah, Football, Sports Publications, Raja Street, Coimbatore. Dr. P. Mariayyah, Kabaddi, Sports Publications, Raja Street, Coimbatore. Dr. P. Mariayyah, volleyball, Sports Publication, Raja Street, Coimbatore. Dr. P. Mariayyah, Track and Field, Sports Publications, Raja Street, Coimbatore. Thompson William, Teaching Soccer, Delhi, Surjeet Publications 1996. Carting Ganagon, Play Better Soccer in All Colour, W.B. Saubders Company,1972. Dhanaraj V. Hubert, Volleyball – A Modern Approach, Patiala, Sainsoris, 1991.				

Semester - IV				
Corse Code 23BPEA4	Sports Talent Identification	T/P	Credits	Hours
		T	3	3
Unit-I	<b>Introduction to Talents Identification Meaning:</b> Talents identification – Need, importance and scope – Principles of Talent identification – Role of Physical Education teacher / coach in talent identification.			
Unit-II	<b>Understating Human Body</b> – Genetics and Environment and their role in sports performance. Body types and their relation to sports. Chronological, Anatomical, Mental and Physiological ages in individuals. Basic Anthropometric assessment – Physical Activity (IPAQ)			
Unit-III	<b>Fitness Tests:</b> Fitness test and fitness education – Physical Efficiency and sports aptitude test (PESTA) Khelo India battery test – World B Test (SDAT Test).			
Unit-IV	<b>Skill tests for talent identification</b> skills tests for Ballgames – Basketball, Volleyball, Football – Skill test for Racket gems – Badminton, Tennis skill test for Athletic abilities- Running, Jumping, throwing.			
Unit -V	<b>Psychological and Technology based Fitness Test</b> – Benefits of Technology based fitness app and psychological assessment. Mobile app Fitness assessment – Beep test, Skin fold, BMI – Psychological assessment – Anxiety, Aggression, mental toughness, self – efficiency, Personality Test, Strength Inventory Test.			
<b>Books for References:</b>  cx A. Yobu. Test, Measurement and Evaluation in Physical Education, Friends Publication, 2010.  Mahaboobjan, Test, Measurement and Evaluation in Physical Education, Kalpaz Pub, 2010.  Joseph Baker, Steve, Jorge, Talent Identification and Development in Sport, Routledge Publication, 2010.				

Semester - IV				
Course Code	PRACTICAL - IV	T/P	Credits	Hours
23BPEAP4	Sports Talent Identification	P	2	2
<b>SPORTRS TALENT IDENTIFICATION:</b>  1. Fitness Tests 2. Skill Tests for talent identification. 3. Psychological and Technology based Fitness Test.				
<b>Books for References:</b>  A. Yobu. Test, Measurement and Evaluation in Physical Education, Friends Publication, 2010.  Mahaboobjan, Test, Measurement and Evaluation in Physical Education, Kalpaz Pub, 2010.  Joseph Baker, Steve, Jorge, Talent Identification and Development in Sport, Routledge Publication, 2010.				