



ALAGAPPA UNIVERSITY

(A State University Established in 1985)

Karaikudi - 630003. Tamil Nadu, India



FACULTY OF EDUCATION ALAGAPPA UNIVERSITY COLLEGE OF PHYSICAL EDUCATION



D.P.Ed.,

REGULATIONS AND SYLLABUS

(For the candidates admitted from the
Academic Year 2022 - 2023)

ALAGAPPA UNIVERSITY COLLEGE OF PHYSICAL EDUCATION
CURRICULUM FRAME WORK FOR DPED PROGRAMME

**REGULATION SYLLABI STRUCTURE FOR THE DIPLOME IN PHYSICAL
EDUCATION PROGRAMME (D.P.Ed -2yrs)**

[For the candidates admitted from the Academic Year 2022 – 2023 onwards]









ALAGAPPA UNIVERSITY

(A State University Accredited with “A+” grade by NAAC (CGPA: 3.64) in
the Third Cycle and Graded as Category-I University by MHRD-UGC)

Karaikudi -630003, Tamil Nadu

THE PANEL OF MEMBERS - BROAD BASED BOARD OF STUDIES

<p>Chairperson: Name Dr.D. Rajalakshmi Designation Principal i/c AUCPE , Alagappa university, Teaching Experience: 20 years , Research Experience: 27 years , Area of Research: <u>Physical Education Exercises Physiology, Training Methods, Adapted Physical Education and Sports Psychology</u></p>	
<p>Foreign Expert: Name Larion Alin, Designation Professor Department of Physical Education and sports, University of Ovidius Constanta, Romania, Teaching Experience: 26 years , Research Experience: 26 years, Area of Research: Physical Education and Sports Management</p>	
<p>Indian Expert: Name Dr. Rajesh Kumar, Designation Professor Department of Physical Education and sports sciences ,Osmania University, Teaching Experience: 25 years , Research Experience: 25 years , Area of Research: <u>Physical Education and Training Methods</u></p>	
<p>Indian Expert: Name Dr. P.V. Shelvam , Designation Professor Department Physical Education and Sports Sciences , Annamalai University Teaching Experience: 29 yers, Research Experience: 29 years , Area of Research: <u>Physical Education Exercises Physiology and Training Methods</u></p>	
<p>Industry Expert: Name Rajasekaran Ravichandran, Designation Proprietor name and address <u>Akkash Sports Nets Company</u>, Kumbakonam, Tamil Nadu, India. Experience: <u>10 years</u> ,Area: <u>Sports Industry</u></p>	
<p>Members (All Department faculty) Name Dr. P. Sivakumar , Designation Director Department CDC, Alagappa university Teaching Experience: 24 Years, Research Experience: 17 Years, Area of Research: <u>International Logistics and Marketing Management</u></p>	
<p>Name Dr. K.Muralirajan, Designation Professor Department AIES , Alagappa university, Teaching Experience: 23 years , Research Experience: 13 years , Area of Research: <u>Physical education and Bio - mechanics</u></p>	
<p>Name Dr. S. Nagarajan , Designation Professor Department AIES , Alagappa university, Teaching Experience: 21 years , Research Experience: 19 years , Area of Research: <u>Physical education and Sports management</u></p>	
<p>Name Dr. P. Kaleeswaran , Designation Asso Professor AUCPE , Alagappa University, Teaching Experience: 20 years , Research Experience: 16 years, Area of Research: <u>Physical education and Bio – mechanics</u></p>	

Name Dr.S.Saroja , Designation Asso Professor AUCPE , Alagappa University, Teaching Experience: 18 years , Research Experience: 18 years , Area of Research: Physical education and yoga	
Name Dr.S. Dhanaraj , Designation Asst Professor AUCPE , Alagappa University, Teaching Experience: 17 years , Research Experience: 13 years , Area of Research: Physical Education and Sports Psychology	
Name Dr.Aanandhi , Designation Asst Professor cum medical officer AUCPE , Alagappa University, Teaching Experience: 11 years , Research Experience: 6 years , Area of Research: Sports medicine	
Name Dr.K. Divya , Designation Asst Professor AUCPE , Alagappa University, Teaching Experience: 9 years , Research Experience: 12 years , Area of Research: Physical Education and Exercise physiology	
Name Dr.P.Yoga , Designation Asst Professor AUCPE , Alagappa University, Teaching Experience: 9 years , Research Experience: 12 years , Area of Research: Physical Education and yoga	
Name Dr. C.Vairavasundaram , Designation Asst Professor AUCPE , Alagappa University, Teaching Experience: 6 years , Research Experience: 5 years , Area of Research: Physical Education and Exercise physiology	
Name Dr. K.M.M Jaskar , Designation Asst Professor AUCPE , Alagappa University, Teaching Experience: 6 years , Research Experience: 8 years , Area of Research: Physical Education and Training Methods	
Name Dr. K.Sundar , Designation Asst Professor AUCPE , Alagappa University, Teaching Experience: 6 years , Research Experience: 11 years , Area of Research: Physical Education, Sports Psychology and sports Technology	
Name Dr. T.P.Yogesh , Designation Asst Professor AUCPE , Alagappa University, Teaching Experience: 6 years , Research Experience: 9 years , Area of Research: Yoga and Sports Training	
Alumnus/Alumna: Name Dr. Kalidasan Current position, Professor Type of Profession Physical education , Professional address- Bharathidasan University Tiruchirppalli	

ALAGAPPA UNIVERSITY COLLEGE OF PHYSICAL EDUCATION
CURRICULUM FRAME WORK FOR DPED PROGRAMME

REGULATION SYLLABI STRUCTURE FOR THE DIPLOME IN
PHYSICAL EDUCATION PROGRAMME (D.P.Ed -2yrs)

[For the candidates admitted from the Academic Year 2022 – 2023 onwards]

1. Programme:

Diploma in Physical Education is a 2 year non semester course that explains and demonstrates how scientific methods are used to study physical activity and exercise. Students are taught the importance of physical activity and exercise in maintaining a healthy lifestyle.

- Theory - Core Course- Elective Course
- Practicum- Compulsory Course (Track and Field)- Elective Course

2. Courses:

‘Course’ is a component (a paper) of a programme. Each course offered by the university college of physical education is identified by a unique course code. A course contains lectures / tutorials / laboratory / seminar / practical training / report writing etc or a combination of these, to meet effectively the teaching and learning needs.

Physical Education is an inter disciplinary science involving fields related to education, human behaviors, sports and social sciences. Physical Education is an integral part of the education structure and its programme provides suitable physical activities based on need, age, ability and aptitude of the participants.

3. College committee

The college Committee consists of the faculty of the college. The college Committee shall be responsible for admission to all the programmes offered by the college including the conduct of physical fitness tests, verification of records, admission, and evaluation. The college Committee determines the deliberation of courses and specifies for lectures, tutorials, practicals, seminars etc.

The courses (Core/Discipline Specific Elective) are designed by teachers and approved by the college Committees. Courses approved by the college Committees shall be approved by the Board of Studies/Broad Based Board of Studies. A teacher offering a course will also be responsible for maintaining attendance and performance sheets (CIA -I, CIA-II, assignments and seminar) of all the students registered for the course

Programme General Objectives- (PGO)

PGO-1	To know about the field of physical education, health education and sports by conducting various programmes Emphasizing quality education by providing global standards
PGO-2	To Enhance innovative programmes by conducting training camps, workshops, seminars
PGO-3	To organize district ,divisional, satate, national sports meet
PGO-4	To Centralize and acknowledge that the individual, in his /her search for personal meaning, once Educated in Health and Physical Education, would be able to make positive contributions to the Enhancement of Society
PGO-5	To the standard teaching and learning activities Facilitating students to discover a range of modern-day and ethical issues related to.
PGO-6	Physical education, Health education and Sports

Programme Specific Objectives-(PSO)-

PSO-1	Understand the importance of health and wellness for sports professionals.
PSO-2	Practically apply knowledge with an understanding of sports, health and exercise sciences through scientific principles to analyze techniques.
PSO-3	Emphasis on teaching relevant skills with student centered approach who will in turn will be highly valued in physical education, Health education and sports
PSO-4	Practically apply knowledge with an understanding of officiating, rules and regulations.
PSO-5	Execute well planned work assignments by implementing actual time management.
PSO-6	Get ready for prominent career in physical education and sports by equipping them with relevant facts, concepts and scientific theories related to various disciplines applicable to Physical education, Health education and sports.

Programme Outcome-(PO)

PO-1	Establish knowledge and proficiency in theories, concepts, practice and skills specific to the field of Physical Education, Health Education and Sports.
PO-2	Exhibit capability in applying his/her knowledge in instructional planning, scientific theories related to various disciplines applicable to Physical and Health education
PO-3	Demonstrate a working and specialized knowledge in discipline specific skills, technique and tactics.
PO-4	Determine ability to integrate knowledge and understanding, analytical skills and attributes to appreciate multiple perspectives
PO-5	Develop active listening and speaking skills as well as interpersonal skills
PO-6	Attribute career long learning for engaging in youth sport and participating in National and International events.

Eligibility for admission

- a. A Pass in the Plus Two (+2)
- b. Proficiency in sport

Admission and Intake Procedure

Admission shall be made on the basis of ranking for a total of 100 marks as detailed below

1. Qualifying Examination - 25 marks	Plus two % of marks
2. Participation in Sports and Games - 25 marks	<ul style="list-style-type: none">➤ Representation for the Country/National placing (I, II, III & IV) - 25 marks➤ State Representation (Form II/IV in games/Sports) - 20 marks➤ Inter Division (Participation) BDS / RDS - 15 marks➤ Inter District (participation) / BDS / RDS - 10 marks➤ Inter-School Representation - 05 marks
3. Sports proficiency test - 25 marks	The applicant should choose any one of the indoor or outdoor sports for assessment.
4. Physical fitness test - 25 marks	a. 100mts - 20 marks b. Shot-put - 15 marks c. Long Jump - 15 marks

Medical Certificate

All applicants should submit along with the application a latest Medical Certificate issued by a Government Doctor not below the rank of a Civil Surgeon to the effect that the candidate is fit to undergo strenuous activities.

Medium of Instruction

Medium English, Teachers provide instruction to communicate the students about instructional matters through technology-based instruction, classroom correspondence, face-to-face instruction, virtual /online learning centre-based instruction, etc.

Minimum Duration of the Programme

Two Academic years, (July to April). The Examination conducted at the end of the each year. Each working day consists of 4 hours of practical work and 3hours of theory. Total 180 working days excluding the period of admission, examination etc.,

Plan of work

A course may be designed to comprise lectures/tutorials/laboratory work/field work / outreach activities / vocational training / assignments / presentations / self- study etc., or a combination of some of these.

The Course' applied is to indicate logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "Paper" in the conventional sense. The following are the various categories of courses suggested for the D.P.Ed programme.

❖ CORE COURSE

❖ ELECTIVE COURSE

- ❖ PRACTICAL COURSES
- ❖ INTERNSHIP COURSES

Teaching methods

DPEd is a two-year duration non semester course. Syllabus for DPEd includes theory as well as practical subjects. Among theory subjects, there are some core and elective subjects. Core subjects are mandatory for all, however, candidates have to make a choice among elective subjects available in the curriculum of a university/ college.

Attendance

Students must have earned 75% of attendance in each course for appearing for the examination. Students who have earned 74% to 70% of attendance need to apply for condonation in the prescribed form with the prescribed fee. Students who have earned 69% to 60% of attendance need to apply for condonation in the prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 60% of attendance are not eligible to appear for the Examination. They shall re-do the after completion of the programme.

Examination

The examinations shall be conducted separately for theory and practical's to assess (remembering, understanding, applying, analyzing, evaluating, and creating) the knowledge required during the study. There shall be two systems of examinations viz., internal and external examinations. The internal examinations shall be conducted as Continuous Internal Assessment tests I and II (CIA Test I & II).

Internal Assessment

The internal assessment shall comprise a maximum of 25 marks for each subject. The following procedure shall be followed for awarding internal marks.

Theory -25 marks

Sr.No	Content	Marks
1	Average marks of two CIA test	15
2	Attendance	2
3	Seminar/group discussion/quiz	4
4	Assignment/field trip report/case study report	4
	Total	25

External Examination

- There shall be examinations at the end of each semester, for odd semesters in the month of October / November; for even semesters in April / May.
- A candidate who does not pass the examination in any course(s) may be permitted to appear in such failed course(s) in the subsequent examinations to be held in October / November or April / May. However candidates who have arrears in Practical shall be permitted to take their arrear Practical examination only along with Regular Practical examination in the respective semester.

- A candidate should get registered for the first semester examination. If registration is not possible owing to shortage of attendance beyond condonation limit / regulation prescribed OR belated joining OR on medical grounds, the candidates are permitted to move to the next semester. Such candidates shall re-do the missed semester after completion of the programme.

SCHEME OF EXTERNAL EXAMINATION (QUESTION PAPER PATTERN)

Theory - Maximum 75 Marks

Section	5 questions Either / or type like 1.a (or) b. All questions carry equal marks and each answer should not exceed one page or 250 words.	5 x 15 = 25	5 questions – 1 each from every unit
---------	---	-------------	--------------------------------------

Practical –Maximum marks as follows :

Major games - I & II	350 marks
Practical – I & II	250/ 350 marks
Teaching practice	200 marks

Results

The results of all the examinations will be published through the Department where the student underwent the course as well as through University Website

Passing minimum

- A candidate shall be declared to have passed in each course if he/she secures not less than 40% marks in the End Semester Examinations and 40% marks in the Internal Assessment and not less than 40 % in the aggregate, taking Continuous assessment and Examinations marks together. The passing minimum for CIA shall be 40% out of 25/15* marks (i.e. 10/6* marks) in Theory papers and 40% out of 40/10* marks (i.e. 16/4* marks) in Practical Examinations.
- The candidates not obtained 40% in the Internal Assessment are permitted to improve their Internal Assessment marks in the subsequent semesters (2 chances will be given) by writing the CIA tests and by submitting assignments.
- Candidates, who have secured the pass marks in the End-Semester Examination and in the CIA but failed to secure the aggregate minimum pass mark (E.S.E + C I.A), are permitted to improve their Internal Assessment mark in the following semester and / or in University examinations.
- A candidate shall be declared to have passed in the internship/ Project report if he / she get not less than 40% in each of the Report and Viva-Voce.
- A candidate who gets less than 40% in the Dissertation Internship/ Project Report must resubmit the thesis. Such candidates need take again the Viva-Voce on the resubmitted report / thesis.

DIPLOME IN PHYSICAL EDUCATION PROGRAMME (D.P.Ed -2yrs)

S. No	Paper code	Part	Title of the paper	T/P	Credit	Hours /week	I	E	Total
1st YEAR									
1	771101	CC-I	Principles and History of Physical Education	T	3	3	25	75	100
2	771102	CC-II	Sports Management in Physical Education	T	3	3	25	75	100
3	771103	CC-III	Methods in Physical Education	T	3	3	25	75	100
4	771104	CC-IV	Anatomy and Physiology	T	3	3	25	75	100
5	771105	CC-V	Officiating and Rules of Games and Sports and Coaching – I	T	3	3	25	75	100
6	771106	CP- I	Major games -I (Badminton,Basketball , Cricket ,Fencing, Football, Kabaddi , Kho-kho)	P	3	6	-	350	350
7	771107	CP-II	Practical – I(Mass Demonstration Activities, Combative Sports)	P	3	6	-	250	250
			Library	-				-	-
			Total		21	27	125	975	1100
2nd YEAR									
8	771201	CC-VI	Measurement and evaluation	T	3	3	25	75	100
9	771202	CC-VII	Recreation, Camping and Safety Education	T	3	3	25	75	100
10	771203	CC-VIII	Health Education Nutrition and Sports injury Management	T	3	3	25	75	100
11	771204	CC-IX	Educational Technology in Physical Education	T	3	3	25	75	100
12	771205	CC-X	Officiating and Rules of Games and Sports and Coaching – II	T	3	3	25	75	100
13	771206	CP-III	Major games - (Boxing & weight lifting, Handball, Hockey , Tennis, Volleyball, Yoga)	P	3	6	-	350	350
14	771207	CP-IV	Practical – II(Indigenous Activities, Yoga, Gymnastics)	P	3	6	-	350	350
15	771208	CP-V	Teaching practice	P	3	6	-	200	200
63	Unified Play Day – II			-	-	-			-
			Total		24	33	125	1275	1400
			Grand total		45	60	250	2250	2500

1 st YEAR					
Core	Course code: 771101	PRINCIPLES AND HISTORY OF PHYSICAL EDUCATION	T	Credit 3	Hours 3
Objectives:					
<ul style="list-style-type: none"> ➤ To gain the knowledge of physical education. ➤ To understand the historical perspectives of physical education in India. ➤ To trace the history of physical education, exercise science and sport from earliest times to present. ➤ To identify events that served as catalysts for physical education, exercise science and sports growth. ➤ To equip with the ideas of Fitness Promotion. 					
Unit –I	Meaning of Education, Physical Education, Physical Culture, Physical Training, Aims and Objectives of Education and Physical Education – Relationship of Physical Education to General Education. Meaning of Principles – Sources of Principles of Physical Education, Education Philosophical and scientific.				
Unit-II	Biological foundations – somatic type – Classification according to Sheldon and Kretschmer – Growth and Development – Heredity and Environment – Age characteristics – Difference between Boys and girls during adolescence – effect of exercise – Muscle Tone, Athletic Heart – Reciprocal innovation – vital capacity – Body Mechanics – chronological age, Physiological age – Mental age				
Unit III	Sociological foundations – Gregarious Instinct – Individual and Society – Desire for Recognition – Social Group and their significance - National Integration Leadership – Social Qualities.				
Unit IV	Physical Education in Ancient Greece – Sparta and Athens – Rome – Ancient and Modern Olympic Games – Asian Games – contribution of a Basedow Gutsmuth Luderig John – Adolph Spies – Per Henric Ling – Turnverene Movement.				
Unit V	Physical Education in India – Epic Age Mohammendan Period – Teacher Training Institution – influence of Great Britain and USA – Sports Authority of India Inter University Sports Board – National School Games Federation of India Sports Development Authority of Tamil Nadu.				
Text books:					
<ol style="list-style-type: none"> 1. Rice & Hutchinson, A brief History of Physical Education 2. K. Gopalan, A brief History of Physical Education. 3. Leonard and Afflock, A History of Physical Education in India... 					
Reference book/ website					
<ol style="list-style-type: none"> 4. www.iosrjournals.org/iosr-jspe/papers/vol3-issue2/A03020103.pdf. 5. Jackson Scheima, Modern Principles of Physical Education. 6. M.L. Kamlesh, History and Principles of Physical Education. 					
Outcomes					
<ul style="list-style-type: none"> ➤ Understand the concept of physical education. ➤ Understand the historical development of physical education in India and abroad. ➤ Describe the different Olympic games and its committees. ➤ Classify and identify the Olympic values and apply the same to the society. ➤ Apply the concept of Olympics in organizing various sports activities 					

1 st YEAR					
Core	Course code: 771102	SPORTS MANAGEMENT IN PHYSICAL EDUCATION	T	Credit:3	Hours:3
Objectives: <ul style="list-style-type: none"> ➤ To understand the concept and basic principles of management. ➤ To understand the Office Management, Record, Register & Budget ➤ To understand the care and maintenance of equipments ➤ To Understand the systems of tournaments and organization of sports ➤ To know the problems and considerations involved in the successful management of sport 					
Unit –I	Sports Management- Meaning of Sports Management – importance of Sports Management Principles – Objectives – Scheme of Organization – Schools, Colleges, Universities, Districts and State.				
Unit-II	Facilities and Standards of Play Fields- Gymnasium, swimming pool – Equipment's – Care and Maintenance Staff and leadership – Qualities and Qualification of a Physical Education Teacher				
Unit III	Programme Planning: Types of Programme – Factors Influencing Programme Planning – Preparation of Time Table – Types of Physical Education Periods – Records and Registers- Budget and Finance – Preparation and Administration of a Budget – Sources of Income – Items of Expenditure – Payments –Accounting and Auditing.				
Unit IV	Supervision – Introduction – Meaning and Needs for supervision – Guiding Principles of Supervision – Essential Features of Supervision – The Supervisor – Qualification – His Relationship with the Administrative and the Physical Education Teacher. Functions of the Supervisor – Administrative Duties – Duties Pertaining of Facilities, Instruction and Professional Growth.				
Unit V	Methods in Supervision – Vision – Periodical surprise, Request, Visitation Procedure, Report on the Visit – Meeting – Individual Groups – Demonstration for Individual Teacher or for the Group Teachers – Preparation and Conduct of Demonstration – In Service Training – Short Course – Refresher Course – Clinics – seminar and Conference – Curricular Development – Part Played by Supervisor Observation of Evaluation.				
Text books: <ol style="list-style-type: none"> 1. Volter&Esslinger: Organization and Administration of Physical Education, Appleton Century Crofts. 2. Hughes & French: The Administration of Physical Education Ronald Pressco. 3. Bucher Charles. A. Administration of Physical Education and Athletic programmed (London: the C.V. Mosby Co, 1987) 					
Reference book/ website <ol style="list-style-type: none"> 4. Tirunarayanan, C. & Hariharan, S. (1969). <i>Methods in Physical Education</i>. Karaikudi: South India Press. 5. https://archive.org/details/organization_admiwillrich 					
Outcomes <ul style="list-style-type: none"> ➤ Understand the concept of sports management. ➤ Describe the essential skills of sports management. ➤ Describe the qualities and competencies required for the sports manager. ➤ Explain the basic concept of planning. ➤ Understand the concept of leadership and its forms. 					

1 st YEAR					
Core	Course code: 771103	METHODS IN PHYSICAL EDUCATION	T	Credit:3	Hours:3
Objectives: <ul style="list-style-type: none"> ➤ Direct Teaching, ➤ Indirect Teaching ➤ Movement Exploration ➤ Cooperative Activities ➤ Command, Exploration and Reciprocal Style. 					
Unit –I	Meaning and Importance of Method – Factors Influencing Method – Presentation Techniques – Personal Preparations – Technical Preparations – Steps in Preparations – Orientation, Explanations – Demonstration – Exploration Correction and Repletion – Discussion – Evaluation – Teaching Aids.				
Unit-II	Principles of Class Management – Factors Influencing Class Management – Formations – Types of commands – Various Methods – Command Methods – Demonstration Methods – Limitation Methods – Dramatization Methods – At will methods – Set Drill Methods – Part Method – Whole Method – Whole Part – Whole Methods.				
Unit III	Lesson Plan – Values of Lesson Plan – Principles of Lesson Plan – general Lesson and Specific Lesson – Construction of lesson Plan. Selection and Teaching of Physical Activity – Indigenous Exercises – Gymnastics, Calisthenics, Marching – Asanas- Rhythmic Activities – Aquatics Defensive Arts – Minor Games – Major Games – Track and Field.				
Unit IV	Competition – types of Competition – Merits and Demerits and Knock out and League Tournaments – Drawing of fixtures for various Competitions – Knock out _ League – Combination Tournament – Challenge Tournament – Intra Mural – Organization and Conduct – Merits and Demerits of Intra Mural and Extra Mural				
Unit V	Classification of Pupils – Criteria for Classification Methods of Classification Standard sports Meet and Nonstandard Sport Meet – Games Tour – Play Day Incentives and Awards – Demonstration.				
Text books: C. Thirunarayanan and Hariharan, “Methods of Physical Education”, Karaikudi. Kangman, Cassivity and Jackson, “Methods of Physical Education” Davis and Lawther, “Successful Teaching in Physical Education”					
Reference book/ website <i>Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd.</i> http://www.supportrealteachers.org					
Outcomes <ul style="list-style-type: none"> ➤ A variety of motor skills and abilities related to lifetime leisure activities ➤ Improved understanding of the importance of maintaining a healthy lifestyle ➤ Improved understanding of movement and the human body ➤ Improved knowledge of rules and strategies of particular games and sports ➤ Self-confidence and self-worth as they relate to physical education recreation programs. 					

1 st YEAR					
Core	Course code: 771104	ANATOMY AND PHYSIOLOGY	T	Credit:3	Hours:3
Objectives:					
<ul style="list-style-type: none"> ➤ To understand and gain the knowledge of the human body system. ➤ To understand the support and movement of systems of the body. ➤ To understand the human body and its function. ➤ To understand and analyze the structural aspect of systems of the body. ➤ To understand and analyze the functional aspects of human body. 					
Unit –I	Cell– Structure and Properties – Tissues – Organs – Systems - General arrangement of Body Parts – Skeleton – Construction of Axial and Appendicle of Skeleton – Sex Difference in the Skeleton – arches of the Foot- Functions of the Skeleton – classification of the Joints of the Body with Examples for each type – Muscular Structure differences.				
Unit-II	Blood and Circulation – Constituents of Blood and their Functions – functions of Blood – Blood Clotting – Blood Groups and their Transfusion – structure of the Heart – Cardiac Cycle – Circulation of Blood – Lymphatic Vessels and Lymph – Blood Pressure – Pulse.				
Unit III	Respiratory Passage – Lungs – Structure and Functions- Exchange of Gases – Mechanism of Respiration.				
Unit IV	Brief accout of the Structure and Functions of the Tongue, Teeth, Salivary Glands, Stomach, Small and a Large Intestine – pancreas and Liver. Brief account of the Structure and Functions of the Kidneys, the Skin, the Eye and the Ear.				
Unit V	Location and Functions of the Endocrine Glands – Pituitary Thyroid, Parathyroid, Adrenalin, Pancreas and Sex Glands. Central Nervous system – Brain – Functions of the parts of the Brain Spinal Cord – Reflex action – Nerves – Autonomous – Nervous System.				
Text books:					
Anthony & Kolthoff: “Text Book of Anatomy and Physiology “ C. V. Mosby & Co., PERACE (Evelyn, C (“Anatomy and Physiology for Nurse Courses”, (1993), New Delhi, Jaypee Brothers Medical Publishers.					
Jackson (Sheill, M) Anatomy & Physiology (1992) Indore NR Brothers.					
Reference book/ website					
<i>Sampath, K., Pannirselvam, A. & Santhanam, S. (1981). Introduction to educational technology. New Delhi: Sterling Publishers Pvt. Ltd.</i>					
<i>http://www.supportrealteachers.org</i>					
Outcomes					
<ul style="list-style-type: none"> ➤ Describe organization of the human body and its regulation. ➤ Understand the support and movement of systems of the body. ➤ Describe the integration and control system. ➤ Discuss the human body and its function. ➤ Analyze the structural aspect of systems of the body. 					

1 st YEAR					
Core	Course code: 771105	OFFICIATING, RULES OF GAMES AND SPORTS COACHING -I	T	Credit:3	Hours:3
Objectives:					
<ul style="list-style-type: none"> ➤ Development of healthy spirit of competition. ➤ Helpful in achieving the aims of Physical Education and Sports. ➤ Development of Sportsmanship. ➤ Getting recreation. ➤ Increase in the attitude of players towards games.. 					
Unit –I	Theory and Practice in Officiating and Coaching in the Following Games Athletics (Track events) Football, Basketball, Kabaddi, Softball, Throwball and Handball. History and Development of the game of Sport Ground Dimensions and Markings – Standard Equipment				
Unit-II	Rule and Interpretation of Rules – Dates of Officials – System of Officiating – Position Signals etc.				
Unit III	Teaching of Fundamental skills – Drills for development of skills – Lead up Games. Positional Play – Tactics – Attacking and Defensive Tactics – Individual and Team Tactics.				
Unit IV	Teaching – Training – Coaching – Meaning and Difference – Warming up Types – Conditions Exercise – Print copies of Sport training – training for Motor Components. Strength Endurance, Speed, Flexibility, Coordinative Abilities.				
Unit V	Types of Training – Weight Training- Circuit Training – Fartlek Training – Interval Training.				
Text books:					
<ol style="list-style-type: none"> 1. <i>The Art of Officiating Sports, John W. Bunn.</i> 2. <i>Scientific Principles and Coach, John W. Bunn.</i> 3. <i>Rules of Games and Sports</i> 					
Reference book/ website					
<ol style="list-style-type: none"> 4. <i>Scientific Basics Athletic Training – Morehouse and Basch</i> 5. <i>Modern Principles of Athletic Training – Klafs, C.E. Amlein D.D</i> 					
Outcome					
<ul style="list-style-type: none"> ➤ Burns calories. Any full-body physical activity burns at least a few calories, and officiating certainly counts as physical activity ➤ Reduces stress. ➤ Improves brain health. ➤ Builds camaraderie ➤ Improves cardiovascular health 					

1 st YEAR					
Core	Course code: 771201	MEASUREMENT AND EVALUATION	T	Credit:3	Hours:3
Objectives: <ul style="list-style-type: none"> ➤ To diagnose students strength and weakness ➤ To assign grades ➤ To determine the teachers effectiveness ➤ To monitor the student progress. ➤ Test and Measurement the teachers get aware of the ability and capacities of the students which provides a platform in preparation of fitness programme. 					
Unit –I	Introduction- Meaning of the Terms Evaluation and Measurement – Need and importance of Evaluation and Measurement. Selection of a Test – Criteria for a Good Test – Validity Reliability – Objectivity – Norms				
Unit-II	Test Classification – Individual and Group – standard and Teacher made Tests Objective and Subjective Test. Administration of Tests – Duties before the Tests- During the Test and Post Test Procedures, Scoring – Analyzing – Presenting and Interpreting – Use of Test Results.				
Unit III	Areas of Evaluation – Physical Fitness – Meaning – Definition – components of Physical Fitness Test – AAPERD youth Fitness Test. Motor Fitness Test JCR Test. Motor Ability Test – borrow Motor Ability Test.				
Unit IV	Cardio Vascular Test – Hardward – Step Test – Cooper’s Test 12 minutes run/walk Test. Postural Test: Woodruff Alignment Posture Test. Classification of Pupil: Need and Importance of Classification – Methods of Classification Grading & Evaluation in Physical Education				
Unit V	Test of Specific Sports Skills <ol style="list-style-type: none"> 1. Badminton: French Short Service Test 2. Basket Ball : Johnson Basket Ball Test 3. Hockey: Schmithal – French Field Hockey Test 4. Football: Mc Donald Wall Volley Test 5. Volleyball: Russell Lange Volley Ball Test. 6. Tennis: Dyer Tennis Test 7. SDAT Sports Skill Test 				
Text books: <p>Harold M. Barrow & Rosemary Megee, “A Practical Approach to Measurement in Physical Education</p> <p>Clarke, H.Harrison and David H. Clarke, “Application of Measurement of Physical Education”</p>					
Reference book/ website <p>Barry L. Johnson and Jack K. Nelson, “Practical Measurements for Evaluation I Physical Educatin”</p> <p>Nilgoose, Erle: Evaluating in Health Education and Physical education” New York, McGra – Eill Book Co Inc.,</p> <p>Greton, Thomas K. Physical Fitness Appraisal and Cuidance “St Louis, The Mosby Company, 1947.</p>					

Outcomes:

- To enhance learn about the Importance of Measurement and Evaluation in Physical Education.
- Students learn about validity, reliability, objectivity, and norms and administrative feasibility
- Test and Measurement techniques the physical education teachers gets an accurate idea about the progress made by the students.
- Test and Measurement helps in collection of data which further helps in evaluating the learners ability separately
- Test and Measurement is a scientific tool which helps the teacher to adopt correct methodology upon the sportsman so that desired results may be achieved.



1 st YEAR					
Core	Core code:	RECREATION, CAMPING AND SAFETY EDUCATION	T	Credit:3	Hours:3
Objectives: <ul style="list-style-type: none"> ➤ To give pupils a thorough Outdoor Education experience. ➤ To use the content from the classroom to teach students environmental awareness through hands-on outdoor learning. ➤ To motivate children to acquire problem-solving abilities. ➤ To promote suitable peer connections. ➤ To encourage and enhance teamwork. 					
Unit –I	Recreation – Definition, Scope and Significance – Philosophy and Objectives Relationship of Work – Leisure and Recreation.				
Unit-II	Organization and administration of Recreation – Agencies Offering Recreation – Home Governmental, Voluntary, Private and Commercial Agencies, Rural Urban & Community & Industrial Recreation – Areas, Facilities Equipment & Their Maintenance.				
Unit III	Program Planning in Recreation – General Principles of Program Construction Types of Recreational Activities – Indoor & Outdoor Games – Arts & Crafts, Drama, Music, Hobbies, Aquatics, Dancing, Nature Study, Hiking Evaluation of Program.				
Unit IV	Camping – scope and Significance of Camping – Types of Camps – Selection and Layout of Camp sites – Organization and Administration of Camps – Leadership and Supervision – camp Programme and Activities – Evaluation of Camp Work.				
Unit V	Safety Education – Meaning – Factors Affective Safety at Home – Electrical – Play Grounds – safety at School, gymnasium, Swimming Pool, Protective Equipment's – Role of Physical Education Teacher in Safety.				
Text books: Williams & Bronald: Administration of Physical education MABELLEC: The conduct of Physical Education HUGHUS & FENCH: The Administration of Physical Education Reference book/ website Govindarajalu, L.K: Camping & Education (1965) Popli Brother, Madras. Ganesan, S. First Aid (1996), Dhanalakshmi Printer, Chennai -17 Ambrosia (RDD) & Drez (D) Prevention and Treatment of Running Injuries: new Jersey Slack Inc.					
Outcomes: <ul style="list-style-type: none"> ➤ Skill Know sports management and employ principles of strategic planning, and financial and human resource management. ➤ Assess marketing needs and formulate short term and long term solutions. ➤ Develop critical thinking in analysing sport management issues and in managerial planning and decision making. ➤ Able to organize recreational camp and activities s, tools, and knowledge necessary for successful immersion in nature ➤ Providing opportunities to practice communication, 					

1 st YEAR					
Core	Course code: 771203	HEALTH EDUCATION NUTRITION AND SPORTS INJURY MANAGEMENT	T	Credit:3	Hours:3
Objectives:					
<ul style="list-style-type: none"> ➤ Understand the meaning, definitions, dimensions, and scope of health education, nutrition and sports injury management ➤ Practice mathematics, statistics, information technology in sport technology related problems. ➤ Support a conclusion based upon quantitative prediction, performance and analysis of a sporting team, code, or gaming environment ➤ Restate the role of nutrients and caloric requirements ➤ Sketch the basic classification, functions and utilization of nutrients. 					
Unit –I	Health Services – Supervision – Medical Examinations – Detection and prevention of Diseases – Personal Hygiene – Desirable Health Habits – School health Problems – role of Physical Education Teacher.				
Unit-II	Infection – Immunity – Causes of Diseases – Cholera Malaria – Small Pox, Whooping cough: Dysentery, Diphtheria, Mumps, Typhoid, Mode of infection Spread of infection – Preventive Measures to Combat infection.				
Unit III	Nutrition, Diet, Components of Food Sports and Diet Energy Requirements in Sports – Calorie Calculation Diet Planning – Factor Determining Diet.				
Unit IV	Sports Injuries Management – Abrasion Laceration, Burns, Punctured wounds contusion, Sprain, strain, Fracture, Dislocation, Subluxation..				
Unit V	Physiotherapy Electrotherapy Hydrotherapy was bath class fiction of massage and its effects. Therapeutic Exercises				
Text books:					
Healthful living: McGraw Hill, Delhi, 1977					
Teaching Health Education – Houghton					
Reference book/ website					
Health and Nutrition in India, Gangu,					
Education for Safe Living – Stack, Herbe J. Luke.					
Outcomes:					
<ul style="list-style-type: none"> ➤ Evaluate the factors affects weight management and solutions for obesity. ➤ Design caloric requirements for various sports and age groups. ➤ Perform and report on the exploratory analysis of data collected usingsports technology ➤ Analyze sporting data of various types via astute use of statistical packages. ➤ Point out diet for various competitions and nutrient supplements for performance 					

1 st YEAR					
Core	Course code: 771204	EDUCATIONAL TECHNOLOGY IN PHYSICAL EDUCATION	T	Credit:3	Hours:3
Objectives:					
<ul style="list-style-type: none"> ➤ To provide education in the use of Information and Communication Technology or ICT. ➤ To encourage higher-level thinking and creativity through ICT. ➤ To deliver students with a learning experience in instructional technology. ➤ To promote computer-based educational resources. ➤ To make students aware of Information Technology. 					
Unit –I	Introduction – Definition of Educational Technology – Nature and scope – Role in Education and Physical Education				
Unit-II	Teaching Aids I – Black boards – Types of Black boards –use of black boards – charts – purpose of charts – Types of charts – Diagrams – Maps _ Types of Maps				
Unit III	Teaching Aids II – Epidiastope – Film strip – Globe – Graps – Types of Graphs – Models – Pictures – use of pictures – Overhead projector – Slide projector – puppets – Record Player – Tape recorder – Video cassettes – Three dimensional Aids – Handling Books in library – New Papers.				
Unit IV	Computerized Assisted Instruction – E-learning and its importance – Media and evaluation – Score board – Tele conferencing – Video and Radio conferencing – E-mail – Website –Properties of Internet – Facilities in Educational Institutions.				
Unit V	Tools in ground marking and maintenance – Techniques in ground preparation – Maintenance of Record – Storage of equipment - Duties of ground staff teacher and student counseling.				
Text books:					
<p><i>MadanLal "Essentials of Educational Technology" Anmol Publications (p) Ltd, New Delhi</i> <i>Apter, Michel, "The New Technology of Education" London: Macmillan, 1968.</i></p>					
Reference book/ website					
<p><i>Kulkarnis.s."Teaching Learning Process" A systems Analysis, UNESCO Regional office for Education in Asia, Bangkok 1975.</i> <i>Mohanty J, "Educational Technology" Deekp& Deep Publications, New Delhi 1991</i></p>					
Outcomes:					
<ul style="list-style-type: none"> ➤ Educational technology makes the teaching-learning process more efficient and process-oriented. ➤ Mechanical and electronic gadgets can be readily utilized for educational requirements. ➤ Educational technology has improved the learning process for students with the help of teaching aids and programmed instructional material, etc. ➤ Traditional mediums like television, radio, tape-recorder, V.C.R, and computers can be used to impart distance and correspondence education. ➤ The advancement of the internet has increased education dissemination all over the world with much ease. 					

1 st YEAR					
Core	Course code: 771205	OFFICIATING AND RULES OF GAMES AND SPORTS AND COACHING – II	T	Credit:3	Hours:3
Objectives: <ul style="list-style-type: none"> ➤ Development of healthy spirit of competition. ➤ Helpful in achieving the aims of Physical Education and Sports. ➤ Development of Sportsmanship. ➤ Getting recreation. ➤ Increase in the attitude of players towards games.. 					
Unit –I	Theory and Practice in Officiating and coaching in the Following Games Athletics (Field events) Volleyball – Cricket – Kho –Kho – Badminton – Ball Badminton – Tennikoit – weight lifting , Table Tennis. History and Development of the game of Sport ground Dimensions and Marking – Standard Equipment.				
Unit-II	Role and Interpretation of Rules – Duties of Officials – System of Officiating – Position Signals etc.,				
Unit III	Teaching of Fundamental Skills – Drills for Development of skills – Lead up Games.Positional Play – Tactics – Attacking an Defensive Tactics – Individual and Team Tactics.				
Unit IV	Teaching – Training – Coaching – Meaning and Difference – Warming up Types – Conditions Exercise – Principles of Sports Training – training for Motor Components, Strength Endurance, Speed, Flexibility, Coordinative abilities.				
Unit V	Types of Training – Weight Training – Circuit Training – Fartlek Training – Interval Training.				
Text books: <i>The Art of Officiating Sports, John W. Bunn.</i> <i>Scientific Principles and Coach, John W. Bunn.</i> <i>Rules of games and Sports</i>					
Reference book/ website <i>Scientific Basics Athletic Training – Morehouse and Basch</i> <i>Modern Principles of Athletic Training – Klafs, C.E. Amlein D.D</i>					
Outcomes: <ul style="list-style-type: none"> ➤ Burns calories. Any full-body physical activity burns at least a few calories, and officiating certainly counts as physical activity ➤ Reduces stress. ➤ Improves brain health. ➤ Builds camaraderie ➤ Improves cardiovascular health 					

PRACTICALS

1st YEAR

1	771106 CP- I Major games -I (Badminton Basketball , Cricket , Fencing, Football, Kabaddi , Kho-kho, Beach volleyball)	To teach the basic skills and techniques and the rules and regulation
2	771107 CP-II Practical – I (Mass Demonstration Activities, Combative Sports)	Calisthenics and Marching-General applications- squat exercises increase the strength of quadriceps muscles, sit-ups and crunches strengthen the abdominals, and calf raises improve the calf muscles. Specific callisthenic exercise programs to improve the training and conditioning of participants Light apparatus: Includes number of exercises from 1 to 10 which. includes both sitting and standing exercise. Indian Clubs and Dumbbells: <i>Functional physical training-</i> Rhythmic physical training - Practical application To understand the basic skills and techniques, lay out and the rules of the fundamental skills of any one specialized games.

2nd YEAR



13	771206 CP-III Major games - II (Boxing & weight lifting, Handball, Hockey , Tennis , Volleyball, Yoga)	To teach the basic skills and techniques and the rules and regulation
14	771207 CP-IV Practical – II (Indigenous Activities, Yoga, Gymnastics)	To understand the basic skills and techniques, lay out and the rules of the fundamental skills of any one specialized sports and games.
15	771208 CP-V Teaching practice	knowledge and efficiency in teaching lessons of both practical as well as theoretical classes in game and track and field





EDUCATION CAMPUS