



**DEPARTMENT OF PHYSICAL EDUCATION**

**BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S)**

**(THREE YEARS)**

**REGULATIONS AND SYLLABUS**

**WITH EFFECT FROM THE ACADEMIC YEAR 2018-2019**

**DEPARTMENT OF PHYSICAL EDUCATION  
ANNAMALAI UNIVERSITY - 608 002  
BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S)  
(THREE YEARS)**

**REGULATIONS**

**1. Eligibility for Admission to the Course**

- a. Applicants should have passed the +2 examination in 10 + 2 pattern of the Government of Tamil Nadu or any other equivalent examination recognized by the Government of Tamil Nadu.
- b. The candidates should not have completed 25 years of age as on 1<sup>st</sup> July. However, relaxation for SC/ST candidates shall be given as per Government of Tamilnadu norms.
- c. He / she must be medically fit and free from any deformities, students will undergo medical examination at the time of admission..
- e. Admission shall be made on the basis of ranking for a total of 150 marks as detailed below.

1. Qualifying Examination	40 marks
2. Participation in Games & Sports	15 marks
3. Games Skill test	15 marks
4. Track and Field Skill test	30 marks
a) 100 m – 10 Marks	
b) Shot-put – 10 Marks	
c) Long Jump – 10 Marks	
Total	100 Marks

**Note:** Marks obtained in Qualifying Examination shall be converted to a maximum of 40 marks. For example if a candidate secured 800 marks out of 1200. His / Her marks for qualifying examinations is  $[800 / 1200] \times 40 = \mathbf{26.66 \text{ marks}}$ .

The married women should not be in family way during the course of study. If it is violated, they will not be permitted to continue the course

## 2. Duration of the Course

The course for the degree of Bachelor of Physical Education and Sports shall extend over a period of three academic years for six semesters: The total working days for a semester shall not be less than 90 working days excluding examination days. The curriculum and syllabi for the course shall be as prescribed from time to time.

## 3. Attendance

- 1) A Student must have 80% attendance in theory and practical classes to appear for university examination.
- 2) A maximum of 10 % of relaxation shall be permitted for the medical reasons. He / she must produce a reliable Medical Certificate with prior permission and following the due procedures.
- 3) In other cases, if a student attained less than 80% of attendance he/she should **REDO** the semester.

## 4. Continuous Assessment for Part I , II & III – Theory Papers.

### a. Written Examination - 20 Marks:

- I. Continuous assessment shall be graded by the concerned subject teachers. Two tests will be conducted for each paper. Each test carries a maximum of 10 marks and the average of two tests shall be considered for continuous assessment.
- II. Pre-Semester shall be held at the end of each semester before the final semester examination covering all the portions. Each paper carries 75 marks and this will be converted into 10 marks.

The average of marks obtained in the two continuous assessment tests along with converted marks obtained in Pre-semester Examination will constitute 20 marks out of 25 for internal assessment.

### Method of Calculation :

	Test Marks	Average Marks	Total Marks
First Test	10		
Second Test	10	10	
Pre-Semester		10	20

- III. However, in the case of students who miss the tests for any valid reasons with prior permission from the Professor and Director, Department of Physical Education and Sports Sciences (Viz. Participating in Sports and Games competitions), he/she may be granted special permission to write the tests before the commencement of semester examination.

**b. Assignment / Seminar - 3 Marks:**

The teachers shall give assignments to the students and 3 marks are allotted for assignments. This may be of any accepted method such as Seminar, Project, Written materials, Record etc.

**c. Attendance - 2 Marks:**

Regularity in attending theory and Practical classes shall be graded as per the percentage of attendance.

Percentage of Attendance	Marks
95 – 100	2
90 – 94	1.5
85 – 89	1
80 – 84	0.5

**Method of Calculation for Overall Internal Assessment (Max 25 marks) :**

	Test Marks	Average Marks	Total Marks
First Test	10		
Second Test	10	10	
Pre-Semester		10	20
Assignment			03
Attendance			02
Maximum Marks			25

**5. Requirement for Passing**

No candidate shall be eligible for the award of the B.P.E.S. degree unless he / she has passed the examinations in Part I, II, III and IV.

A student who fails in any one or more papers in the semester examination will be permitted to rewrite the paper or papers in the subsequent semester examination.

To qualify for the degree, supplementary candidates are required to pass all the papers prescribed for the course within a period of three years after he/she complete the course. Beyond this period, the candidate shall follow the current syllabi for the examination if applicable. Examination fee will be collected normally according to the rules and regulations of the university. A Separate examination fee will be collected in this case.

Students who fail in a paper/papers are permitted to apply for recounting or revaluation in examination section of the University within the prescribed period with specified fee.

Appeal against the results of the semester examination shall be made to the controller of examinations by the student concerned through the Professor and Director of Physical Education and Sports Sciences within 15 days of the publication of results by paying re-totalling / revaluation fee.

#### **a. Grading System**

To pass in an examination a student has to score a minimum of 40% marks in each paper – Theory and Practical.

Minimum Passing	: 40% Marks.
40 to 49%	: Third Class.
50 to 59%	: Second Class.
60% and above	: First Class.

A Candidate shall be declared to have passed with distinction if he/she obtains 75% or more of the aggregate marks at his/her first appearance.

## SYLLABUS

- Part I** – Language: Tamil  
**Part II** – English  
**Part III** – Core and Allied (Theory and Practical)  
**Part IV** – Non-Major Elective

### Theory Course

<b>Semester I</b>			
	<b>Course Type</b>	<b>Course Code</b>	<b>Course Title</b>
Part - I		BPET-101	Tamil – I / Other Language
Part - II		BPEE-102	English – I
Part - III	Core	BPES-103	General Knowledge and History of Physical Education
	Elective	BPEL-104	Fitness and wellness
	Allied	BPEA-105	General Science
<b>Semester II</b>			
Part - I		BPET-201	Tamil – II / Other Language
Part - II		BPEE-202	English – II
Part - III	Core	BPES-203	Organization and Administration
	Elective	BPEL-204	Science of yoga
	Allied	BPEA-205	Anatomy and Physiology
<b>Semester III</b>			
Part - I		BPET-301	Tamil – III / Other Language
Part - II		BPEE-302	English – III
Part - III	Core	BPES-303	Methods in Physical Education
	Core	BPES-304	Scientific Principles of Sports Training
	Allied	BPEA-305	Health and Safety Education

<b>Semester IV</b>			
<b>Course Type</b>		<b>Course Code</b>	<b>Course Title</b>
Part - I		BPET-401	Tamil – IV / Other Language
Part - II		BPEE-402	English – IV
Part - III	Core	BPES-403	Exercise Physiology and Nutrition
	Core	BPES-404	Rules of Games and Sports – I (Track and Field and Cross Country)
	Allied	BPEA-405	Elementary Statistics
<b>Semester V</b>			
Part - III	Core	BPES-501	Test Measurement and Evaluation
	Core	BPES-502	Kinesiology and Biomechanics
	Core	BPES-503	Rules of Games and Sports – II (Football, Ball Badminton, Tennis & Tennikoit)
	Core	BPES-504	Rules of Games and Sports – III (Basketball, Badminton, Kabaddi & Softball)
Part - IV	Non-Major Elective	BPNE-505	Environmental Studies
<b>Semester VI</b>			
Part - III	Core	BPES-601	Care and Prevention of Sports Trauma
	Core	BPES-602	Fundamentals of Sports Psychology and Sociology
	Core	BPES-603	Rules of Games and Sports – IV (Hockey, Handball, Cricket & Netball)
	Core	BPES-604	Rules of Games and Sports – V (Volleyball, Kho-Kho, Table Tennis & Throwball)
Part - IV	Non-Major Elective	BPNE-605	Computing Skills

## Practical Course

Semester I
1. Calisthenics & Minor Games
2. Drill & Marching
3. Basketball
4. Badminton & Kabaddi
Semester II
1. Dands & Baiteks
2. Light Apparatus
3. Handball & Kho-Kho
4. Volleyball
Semester III
<b>Track and Field Activity</b>
1. Short, Middle, Long Distance Running & Relay Races
2. Long Jump
3. Triple Jump
4. Shot put & Hammer
5. Discus
6. Javelin
7. High Jump & Pole Vault
8. Hurdles

<b>Semester IV</b>
1. Marking (Track & Field) [Marking manual for Track & Field events must be submitted to the concerned staff]
2. Yoga, Gymnastics, Pyramid, Malkhamb
3. Ball Badminton, Tennis, Tennikoit
4. Football
<b>Semester V</b>
1. Marking (Ground) [Marking manual for Sports & Games must be submitted to the concern staff]
2. Project Sports Athletics
3. Hockey
4. Netball, Throw ball & Table Tennis
<b>Semester VI</b>
1. Bharathiam & Aerobics
2. Test and Measurement
3. Project Sports Major Games
4. Cricket & Softball

**SCHEME OF EXAMINATION**

**Theory**

<b>Semester I</b>							
<b>Course Type</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Credit</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>	
Part - I	BPET-101	Tamil – I / Other Language	3	25	75	100	
Part - II	BPEE-102	English – I	3	25	75	100	
Part - III	Core	BPES-103	General Knowledge and History of Physical Education	3	25	75	100
	Elective	BPEL-104	Fitness and Wellness	3	25	75	100
	Allied	BPEA-105	General Science	3	25	75	100

<b>Semester II</b>							
<b>Course Type</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Credit</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>	
Part - I	BPET-201	Tamil – II / Other Language	3	25	75	100	
Part - II	BPEE-202	English – II	3	25	75	100	
Part - III	Core	BPES-203	Organization and Administration	3	25	75	100
	Elective	BPEL-204	Science of Yoga	3	25	75	100
	Allied	BPEA-205	Anatomy and Physiology	3	25	75	100

<b>Semester III</b>						
<b>Course Type</b>	<b>Course Code</b>	<b>Course Title</b>	<b>Credit</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
Part - I	BPET-301	Tamil – III / Other Language	3	25	75	100

Bachelor of Physical Education and Sports – B.P.E.S. (Three Years)

Part - II		BPEE-302	English – III	3	25	75	100
Part - III	Core	BPES-303	Methods in Physical Education	3	25	75	100
	Core	BPES-304	Scientific Principles of Sports Training	3	25	75	100
	Allied	BPEA-305	Health and Safety Education	3	25	75	100

Semester IV							
Part - I		BPET-401	Tamil – IV / Other Language	3	25	75	100
Part - II		BPEE-402	English – IV	3	25	75	100
Part - III	Core	BPES-403	Exercise Physiology and Nutrition	3	25	75	100
	Core	BPES-404	Rules of Games and Sports – I (Track and Field and Cross Country)	3	25	75	100
	Allied	BPEA-405	Elementary Statistics	3	25	75	100

Semester V							
Course Type		Course Code	Course Title	Credit	Internal	External	Total
Part - III	Core	BPES-501	Test Measurement and Evaluation	3	25	75	100
	Core	BPES-502	Kinesiology and Biomechanics	3	25	75	100
	Core	BPES-503	Rules of Games and Sports – II (Football, Ball Badminton, Tennis & Tennikoit,)	3	25	75	100

	Core	BPES-504	Rules of Games and Sports – III (Basketball, Badminton, Kabaddi & Softball)	3	25	75	100
Part - IV	Non-Major Elective	BPNE-505	Environmental Studies	3	25	75	100
<b>Semester VI</b>							
Part - III	Core	BPES-601	Care and Prevention of Sports Trauma	3	25	75	100
	Core	BPES-602	Fundamentals of Sports Psychology and Sociology	3	25	75	100
	Core	BPES-603	Rules of Games and Sports – IV (Hockey, Handball, Cricket & Netball)	3	25	75	100
	Core	BPES-604	Rules of Games and Sports – V (Volleyball, Kho-Kho, Table Tennis & Throwball)	3	25	75	100
Part - IV	Non-Major Elective	BPNE-605	Computing Skills	3	25	75	100
<b>Total Credits and Marks for Theory</b>				<b>90</b>	<b>750</b>	<b>2250</b>	<b>3000</b>

### SCHEME OF EXAMINATION

#### Practical

Semester I					
Course Code	Course Title	Credit	Internal	External	Total
BPEP-106	1. Calisthenics & Minor Games	10	50	-	50
	2. Drill & Marching		50	-	50
	3. Basketball		50	-	50
	4. Badminton & Kabaddi		50	-	50

<b>Semester II</b>					
BPEP-206	1. Dands & Baiteks	10	50	-	50
	2. Light Apparatus		50	-	50
	3. Handball & Kho-Kho		50	-	50
	4. Volleyball		50	-	50
<b>Semester III</b>					
BPEP-306	<b>Track and Field Activity</b>				
	1. Short, Middle, Long Distance Running & Relay Races	10	25	-	25
	2. Long Jump		25	-	25
	3. Triple Jump		25	-	25
	4. Shot put & Hammer		25	-	25
	5. Discus		25	-	25
	6. Javelin		25	-	25
	7. High Jump & Pole Vault		25	-	25
	8. Hurdles		25	-	25

<b>Semester IV</b>					
<b>Course Code</b>	<b>Course Title</b>	<b>Credit</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
BPEP-406	1. Marking (Track & Field) [Marking manual for Track & Field events must be submitted to the concerned staff]	10	50	-	50
	2. Yoga, Gymnastics, Pyramid, Malkhamb		50	-	50
	3. Ball Badminton, Tennis, Tennikoit		50	-	50
	4. Football		50	-	50
<b>Semester V</b>					

BPEP-506	1. Marking (Ground) [Marking manual for Sports & Games must be submitted to the concern staff]	10	50	-	50
	2. Project Meet Athletics		50	-	50
	3. Hockey		50	-	50
	4. Netball, Throw ball & Table Tennis		50	-	50
<b>Semester VI</b>					
BPEP-606	1. Bharathiam & Aerobics	10	50	-	50
	2. Test and Measurement		50	-	50
	3. Project Meet Major Games		50	-	50
	4. Cricket & Softball		50	-	50
<b>Total Credits and Marks for Practical</b>		<b>60</b>	<b>1200</b>	<b>-</b>	<b>1200</b>

**SCHEME OF EXAMINATION**

**Semester I**

Course Code	Course Title	Hours	Credit	Internal	External	Total
<b>Theory</b>						
BPET-101	Tamil – I / Other Language	3	3	25	75	100
BPEE-102	English – I	3	3	25	75	100
BPES-103	General Knowledge and History of Physical Education	3	3	25	75	100
BPEL-104	Fitness and Wellness	3	3	25	75	100
BPEA-105	General Science	3	3	25	75	100
<b>Practical</b>						
BPEP-106	1. Calisthenics & Minor Games	20	10	50	-	50
	2. Drill & Marching			50	-	50
	3. Basketball			50	-	50
	4. Badminton & Kabaddi			50	-	50
<b>Total</b>		<b>35</b>	<b>25</b>	<b>325</b>	<b>375</b>	<b>700</b>

**Semester II**

<b>Course Code</b>	<b>Course Title</b>	<b>Hours</b>	<b>Credit</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
<b>Theory</b>						
BPET-201	Tamil – II / Other Language	3	3	25	75	100
BPEE-202	English – II	3	3	25	75	100
BPES-203	Organization and Administration	3	3	25	75	100
BPEL-204	Science of yoga	3	3	25	75	100
BPEA-205	Anatomy and Physiology	3	3	25	75	100
<b>Practical</b>						
BPEP-206	1. Dands & Baiteks	20	10	50	-	50
	2. Light Apparatus			50	-	50
	3. Handball & Kho-Kho			50	-	50
	4. Volleyball			50	-	50
<b>Total</b>		<b>35</b>	<b>25</b>	<b>325</b>	<b>375</b>	<b>700</b>

**Semester III**

<b>Course Code</b>	<b>Course Title</b>	<b>Hours</b>	<b>Credit</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
<b>Theory</b>						
BPET-301	Tamil – III / Other Language	3	3	25	75	100
BPEE-302	English – III	3	3	25	75	100
BPES-303	Methods in Physical Education	3	3	25	75	100
BPES-304	Scientific Principles of Sports Training	3	3	25	75	100
BPEA-305	Health and Safety Education	3	3	25	75	100
<b>Practical</b>						
BPEP-306	1. Short, Middle, Long Distance Running & Relay Races	20	10	25	-	25
	2. Long Jump			25	-	25
	3. Triple Jump			25	-	25
	4. Shot put & Hammer			25	-	25
	5. Discus			25	-	25
	6. Javelin			25	-	25
	7. High Jump & Pole Vault			25	-	25
	8. Hurdles			25	-	25
<b>Total</b>		<b>35</b>	<b>25</b>	<b>325</b>	<b>375</b>	<b>700</b>

**Semester IV**

Course Code	Course Title	Hours	Credit	Internal	External	Total
<b>Theory</b>						
BPET-401	Tamil – IV / Other Language	3	3	25	75	100
BPEE-402	English – IV	3	3	25	75	100
BPES-403	Exercise Physiology and Nutrition	3	3	25	75	100
BPES - 404	Rules of Games and Sports – I (Track and Field and Cross Country)	3	3	25	75	100
BPEA-405	Elementary Statistics	3	3	25	75	100
<b>Practical</b>						
BPEP-406	1. Marking (Track & Field) [Marking manual for Track & Field events must be submitted to the concerned staff]	20	10	50	-	50
	2. Yoga, Gymnastics, Pyramid, Malkhamb			50	-	50
	3. Ball Badminton, Tennis, Tennikoit			50	-	50
	4. Football			50	-	50
<b>Total</b>		<b>35</b>	<b>25</b>	<b>325</b>	<b>375</b>	<b>700</b>

**Semester V**

Course Code	Course Title	Hours	Credit	Internal	External	Total
<b>Theory</b>						
BPES-501	Test Measurement and Evaluation	3	3	25	75	100
BPES-502	Kinesiology and Biomechanics	3	3	25	75	100
BPES-503	Rules of Games and Sports – II (Football, Ball Badminton, Tennis & Tennikoit,)	3	3	25	75	100
BPES-504	Rules of Games and Sports – III (Basketball, Badminton, Kabaddi & Softball)	3	3	25	75	100
BPNE-505	Environmental Studies	3	3	25	75	100
<b>Practical</b>						
BPEP-506	1. Marking (Ground) [Marking manual for Sports & Games must be submitted to the concern staff]	20	10	50	-	50
	2. Project meet Athletics			50	-	50
	3. Hockey			50	-	50
	4. Netball, Throw ball & Table Tennis			50	-	50
<b>Total</b>		<b>35</b>	<b>25</b>	<b>325</b>	<b>375</b>	<b>700</b>

**Semester VI**

<b>Course Code</b>	<b>Course Title</b>	<b>Hours</b>	<b>Credit</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
<b>Theory</b>						
BPES-601	Care and Prevention of Sports Trauma	3	3	25	75	100
BPES-602	Fundamentals of Sports Psychology and Sociology	3	3	25	75	100
BPES-603	Rules of Games and Sports – IV (Hockey, Handball, Cricket & Netball)	3	3	25	75	100
BPES-604	Rules of Games and Sports – V (Volleyball, Kho-Kho, Table Tennis & Throwball)	3	3	25	75	100
BPNE-605	Computing Skills	3	3	25	75	100
<b>Practical</b>						
BPEP-606	1. Bharathiam & Aerobics	20	10	50	-	50
	2. Test and Measurement			50	-	50
	3. Project Meet Major Games			50	-	50
	4. Cricket & Softball			50	-	50
<b>Total</b>		<b>35</b>	<b>25</b>	<b>325</b>	<b>375</b>	<b>700</b>

## Summary of Scheme of Examination

### Semester-wise

Part	Section			Credits	Marks
Theory	Semester	Credit	Marks	90	3000
	I	15	500		
	II	15	500		
	III	15	500		
	IV	15	500		
	V	15	500		
	VI	15	500		
Practical	Semester	Credit	Marks	60	1200
	I	10	200		
	II	10	200		
	III	10	200		
	IV	10	200		
	V	10	200		
	VI	10	200		
<b>TOTAL</b>				<b>150</b>	<b>4200</b>

### Course Type-wise

Part	Course	Assessment	No. of Papers	Marks	Total
I	Tamil / Other Language	Internal	4 Papers × 25	100	400
		External	4 Papers × 75	300	
II	English	Internal	4 Papers × 25	100	400
		External	4 Papers × 75	300	
III	Core, Allied and Elective	Internal	20 Papers × 25	500	2000
		External	20 Papers × 75	1500	
	Core: Practical	Internal	6 Semester × 200	1200	1200
IV	Non-Major Elective	Internal	2 Papers × 25	50	200
		External	2 Papers × 75	150	
<b>Grand Total</b>					<b>4200</b>

# Semester - I

**PAPER:- BPET 101**

**TAMIL – I**

**PART – I TAMIL**

**Kjyhz;L Kjy; gUtk;**

**myF - 1**

- (1) ghujpahh; :  
fhzp epyk; Ntz;Lk;  
ey;yNjhh; tPiz
- (2) Rujh:  
rpf;fdk;

**myF - 2**

**GJikg;gpj;jd; rpWfijfs;**

1. flTSk; fe;jrhkpg; gps;isAk;
2. rhg tpNkhrdk;
3. nghd;dfuk;

**myF - 3 (ciueil)**

**tpisahL;Lf;fspd; Njhw;wKk; tsh;r;rpAk;**

tpisahL;L tiuaw - tpisahL;bd; Njhw;wk; - jkpoh; tho;tpy; tpisahL;L - tpisahL;L tif  
njhif - tpisahL;Lf; nfhs;iffs;.

**myF - 4 nkhopg; gapw;rp**

1. nghUe;jpa nrhy; jUjy;
2. kuGj; njhlh;fs;
3. fiyr; nrhw;fs;

**myF - 5 jkpo; ,yf;fpa tuyhW**

1. ehl;Lg;Gw ,yf;fpa tuyhW> ehl;Lg;Gwg; ghly;fs;> ehl;Lg;Gwf; fijfs;> ehl;Lg;Gf;  
fijg; ghly;fs;> gonkhops;> tpLfijfs;.
2. ciueil ,yf;fpa tuyhW> rpWfijfs;> Gjpdq;fs; Njhw;wKk; tsh;r;rpAk;.
3. ftpij ,yf;fpa tuyhW kuGf; ftpijfs;> GJf; ftpijfs; Njhw;wKk; tsh;r;rpAk;.
4. ehlf ,yf;fpaj;jpd; Njhw;wKk; tsh;r;rpAk;.

**Jiz E}w;gl;bay;**

1. Nguh. vk;khu; milf;fyrhkp> (2000) jkpo; ,yf;fpa tuyhW> uhrp gjpg;gfk;> nrd;id -  
73.
2. e. kiyaarp> (2013)> jkpo; ,yf;fpaq;fs;py; tpisahL;Lf; \$Wfs; - ghit gjpg;gfk;> kJiu-  
1.
3. nrh. gukrptk;> (2000)> ew;wkpo; ,yf;fzk;> gl;Lg; gjpg;gfk;> nrd;id-40.
4. rq;f ,yf;fpa E}y;fs; - fof ntspaPL.

**PAPER:- BPEE 102**

**ENGLISH - I**

**SEMESTER - I**

**ENGLISH – I BASIC LANGUAGE SKILLS**

**LISTENING & SPEAKING:**

**UNIT – I**

- a) Greeting people & responding to greetings.
- b) Introduction oneself & other people.
- c) Asking for & giving personal details (name, occupation... etc.)

**UNIT – II**

- a) Using the telephone – exchanging information & taking messages
- b) Describing a visual clipping.

**WRITING :**

**UNIT –III**

- a) Completing forms with personal details – bio-data & curriculum vitae.
- b) Paragraph writing – converting note making to paragraph.
- c) Interpreting advertisements.

**UNIT - IV**

- a) Grammar in usage
- b) Descriptive writing – describing a scene / a person / a situation
- c) Translation – 50 words.

**UNIT – V**

- a) Cabuliwallah – Rabindranath Tagore
- b) The Least Leaf – H. Henry
- c) Upper Division Love -Manohar Malgonkar.

**Reference:**

1. The last leaf & other stories by Anand Kumar (Balackle Books).

**PAPER:- BPES 103**

**GENERAL KNOWLEDGE AND HISTORY OF PHYSICAL EDUCATION**

**GENERAL KNOWLEDGE**

**UNIT I: Abbreviations & Terminologies**

- a. Abbreviations (in sports) : AIU, AAFI, IAAF, IAF, AFC, AICS, AILTA, AIWHA, BAI, BCCI, FISU, IHF, IOA, IOC, ICC, FIBA, FIFA, FIVB, NCC, NSO, NSC
- b. Sports Terminology: Archery, Billiards, Bowling, Equestrian, Fencing, Golf, Polo, Rugby, Skiing, Snooker, Yachting.

**UNIT II: Awards, Trophies and Schemes**

Honours and Awards. Outstanding National & International Personalities in various Sports & Games. Cups and Trophies - India and International . Functions and Schemes of Sports Authority of India , Sports Development Authority of Tamilnadu, Tamil Nadu Physical Education and Sports University.

**HISTORY OF PHYSICAL EDUCATION**

**UNIT III: Physical Education in Ancient India**

History of Physical Education in Vedic period, Epic period, Buddhist period. Development of Indigenous activities - Yogic system of physical exercise.

**UNIT IV: Physical Education in Other Countries and Development of Physical Education**

Physical Education in Ancient Greece, Rome and European countries. Contributions to the growth of Physical Education by leaders and movements: Germany: Johann Bernhard Basedow, Johann Christoph Friedrich GutsMuths, Adolph Spiess, Role of Philanthropinum and Turnverein Movement. Sweden: Per Henrik Ling and Swedish medical gymnastics. Denmark: Franz Nachtegall , Niels Bukh.

**UNIT V: Physical Education Teacher Training and Sports Promotion**

YMCA and its contribution: Contribution of H.C.Buck and Contribution of Mary Crowe Buck. Teacher Training Institutions in Physical Education. Indian Olympic Association, National Sports Federations and Associations. Youth Welfare Programmes: N.C.C., N.F.C., N.D.S., N.S.O., Scouting and Guiding, Youth hostels, Youth festivals, Camping Mountaineering. National Physical Fitness Programme

**References:**

1. Competitions Success Review Year Book. (2014) New Delhi : Competition Review Pvt. Ltd.
2. General Knowledge Digest (2014), New Delhi: Wheelers Publishing.
3. Bucher, A.C. (1984). Foundations of physical Education, St.Louis. The L.V.Mosby Co.
4. Chelliah, S.N. (1989) Udarkalvi Enral Enna? Chennai: RajmohanPathippagam.
5. Khan, E.A. (2000) History of Physical Education, Patma, Scientific Books Co.
6. Knapp, C. & Hagman E.P. (1949) Teaching Methods-for Physical Education, New York: McGraw Hill Book Co. Inc.
7. Rajagopalan, K.A. (1969) Brief History of Physical Education in India. Delhi: Army Publishers
8. Thirunarayanan, C. & Hariharan S. (1969) Methods in Physical Education, Karaikudi.
9. Thomas, J.P. (1980) Physical Education Lesson: Chennai: Gnanodaya Press.
10. Thirunarayana. C (1967). Analytical History of Physical Education. Karaikudi.

**PAPER:- BPEL 104**  
**FITNESS AND WELLNESS**

**UNIT – I:**

Physical Fitness, Health, and Wellness, Components of Physical Fitness, Cardiorespiratory Endurance, Muscular Strength and Endurance, Muscular Flexibility, Body Composition, Diversity Issues: Paralympics, Health and Wellness, Health Objectives for the Nation, The Benefits of Physical Activity, Self-Esteem and Physical Activity.

**UNIT – II**

Assessing Your Present, Level of Fitness, The Medical Evaluation, The Need for a Medical Evaluation, Components of the Ideal Medical Evaluation, The Fitness Appraisal, Cardiorespiratory Assessment: The 1.5-Mile Test, The Harvard Step Test. Muscular Strength Assessment: 1-RM (Repetitions Maximum) Testing, Diversity Issues: Exercise for Everyone, Muscular Endurance Assessment, Abdominal Endurance Testing, Arm and Shoulder Muscular Endurance, Flexibility Assessment, Shoulder Reach, Trunk Flexion, Trunk Extension Nutritional Assessment, Body Composition Assessment.

**UNIT – III**

Preventing Heart Disease and Cancer, Coronary Heart Disease, role of fat and Cholesterol, Low-Density and High-Density Lipoproteins, Other Risk Factors for Heart Disease, hypertension, Obesity or Overweight Stress, Sedentary Lifestyle, Smoking Tobacco, Family History. How to Prevent Coronary Heart Disease, The Role of Physical Activity. Cancer: Causes of Cancer, Cancer Prevention, Physical Activity and Cancer Prevention, Early Detection and Diagnosis of Cancer, Other Diseases and Conditions, Diabetes, Obesity, Hypertension.

**UNIT - IV**

Women and Physical Fitness: Physiological Differences between Women and Men Related to Athletic Performance and Physical Fitness, Anaerobic Power, Maximal Aerobic Power, Body Composition, Muscular Strength, Special Considerations for Women: Osteoporosis, Type I Osteoporosis, Type II Osteoporosis, Developing Peak Bone Mass, Risk Factors, Age, Sex and Hormones, Racial and Ethnic, Heritage Underweight and Physical Activity, Cigarette Smoking, Alcohol Consumption, Osteoporosis Risk, Prevention of Osteoporosis, Exercise, Calcium Nutrition, Iron- Deficiency Anemia, Function of iron in the Body, Causes for iron Deficiency Anemia, Who is at risk of Developing Iron Deficiency, Stages of depletion. Menstruation and Exercise: Exercises and Menstrual Disorders, Possible Causes of Menstrual Disorders among female Athletes, Performance and Competition during Menstruation. Pregnancy, Lactation, and Exercise: Exercise during Pregnancy, Benefits of Exercise on Weight Reduction after Pregnancy.

**UNIT - V**

Designing a Program Unique for You: A Lifetime of Fitness, Fitness Goals, Health Promotion and Disease Prevention, Fitness Activities: Walking, Jogging and Running, Rope Jumping, Swimming, Tennis, Racketball, Handball, and Squash. Aerobic Dance, Low-Impact Aerobics, Bicycling, Selecting an Exercise Club, Purchasing Exercise Equipment, Athletic Shoes, Orthotics Bicycles, Home, Exercise Equipment, Diversity Issues: Health Club Discrimination. Exercise for the Elderly, Benefits of Exercise for Elders.

**REFERENCES**

- *Greenberg, J.S., Dintiman, G.B., Myers Oakes, B. (1999) Physical fitness and Wellness. Allyn and Bacon Publications, Singapore.*

**PAPER:- BPEA 105**

**GENERAL SCIENCE**

**UNIT - I**

Importance of Science – Various basic sciences, Value of knowledge required for physical education. Physics

Mechanics – General Properties of Matter Motion, Velocity, Projectile, Laws of motion, Force, Centrifugal force, Centripetal force, Gravity, Force of gravity, Center of Gravity, Equilibrium, Work, Power and Energy, Transformation of Energy, Friction, Levers Barometer – Boyle's Law, Osmosis, Diffusion, Density, Specific gravity.

**UNIT – II**

Heat: Effect of heat, Thermometer, specific heat and latent heat, (Their importance in daily life), transfer of heat, (Conduction, Convection, Radiation).

Light: Nature of light, Reflection of light, at plane and curved surfaces, Lenses (Camera, Human eye, Astronomical Telescope and Compound Microscope)

**UNIT – III**

Sound: Characteristics of sound, elementary idea of production and transmission of sound, loudness, pitch, hearing process.

**UNIT – IV Chemistry**

Indestructibility of matter, Atom, Molecule, Element compound and Mixture. Oxygen, Oxidation and Reduction, Acids, Bases, Salts, Solubility, Crystallization, Hydrogen, water, Hard and soft water, Carbon, Carbon dioxide, Nitrogen, Ammonia, use of nitrates, chlorine.

Introduction to organic chemistry, Carbohydrates, Proteins, Amino acids, fats.

**UNIT - V Biology**

Living organism, cell, protoplasm, cell division, Cellular structure of plants and Animals, Reproduction in plants and Animals, An elementary study, Bacteria and virus, Inter dependence of plants and Animals, Evolution and Heredity.

**Reference Books:**

1. Physics by W.L. Whitely Published by University Tutorial Press Ltd., Clifton House, Eouch Road, London, N.W.I. 1959 Sh.1961.
2. Chemistry for Matriculation By G.H. Baily and H.W. Bonsor, University Tutorial press, London 1956.
3. Biology made Simple by E.P. Hanssure, Publishers Dudly and Co. Inc.Garden City, New York, 1956.

# Semester - II

**PAPER:- BPET 201**

**TAMIL – II**

**Kjyhz;L ,uz;lhk; gUtk;**

**myF - 1**

1. ee;jpf; fyk;gfk;
2. jkpo; tpl J}J

**myF - 2**

1. jpUf;Fw;whyf; FwtQ;rp (Fwj;jp kiytsk; \$Wjy;)
2. Kf;\$ly; gs;S (ehl;L tsk;)

**myF - 3.** jkpohpd; tPu tpisahL;Lfs;

VW jOTjy;> kw;NghH> tpw;NghH> Ntl;il> rpyk;gk;> fshp

**myF - 4** nkhopg; gapw;rp

1. gpio ePf;fk;
2. tpsk;gu thrfq;fis cUthf;Fjy;
3. NeHfhzy;

**myF - 5** jkpo; ,yf;fpa tuyhW

1. rpw;wpyf;fpa tuyhW
2. fpUj;Jt ,yf;fpa tuyhW
3. ,Ryhkpa ,yf;fpa tuyhW
4. fhg;gpa ,yf;fpa tuyhW

**Jiz E}w;gl;bay;**

1. Nguh.vk;khH milf;fyrhkp (2000) jkpo; ,yf;fpa tuyhW> uhrp gjpg;gfk;> nrd;id - 73.
2. j.kiyaurp> (2013), jkpo; ,yf;fpaq;fspd; tpisahL;L; \$Wfs; - ghit gjpg;gfk;> kJiu-1.
3. nrh.gukrptk; (2000)> ew;wkpo; ,yf;fzk;> gl;Lg; gjpg;gfk;> nrd;id.40.
4. rq;f ,yf;fpa E}y;fs;-fof ntspaPL.

**PAPER:- BPEE 202**

**ENGLISH- II**

**SEMESTER -II**

**ENGLISH – II DEVELOPING THE LANGUAGE SKILLS**

**LISTENING & SPEAKING:**

**UNIT – I**

- a) Asking for & giving permission
- b) inviting a person-accepting/declining

**WRITING:**

**UNIT –II**

- a) Grammar in usage.
- b) Translation-idioms & phrases.
- c) Filling up forms – Bank chalans/pay in slips/Demands Draft, Railway Reservation/Cancellation.

**UNIT - III**

- a) Welcoming a foreign visitor & describing region & country
- b) Letter writing
- c) Descriptive writing-describing on event.

**UNIT – IV**

- a) Ode to the best wind- P.B.Shelley
- b) The Gift of India- Sarojini Naidu

**UNIT –V**

- a) The Man Who Could Work Miracles – H.G.Wells
- b) The Verger – Somer Set Maugham.

**Reference:**

1. The last leaf & other stories by Anand Kumar (Balackle Books).
2. The Silent Song- K.M.Tharakan (Macmillan)



**PAPER:- BPES 203**

**ORGANISATION AND ADMINISTRATION**

**UNIT – I**

Meaning – Nature and scope of organization and administration, principles of organization and administration. Scheme of organization.

**UNIT – II**

Facilities:

- a. Play field location, standard, preparation, layout and Maintenance.
- b. Gymnasium – construction, factors, care and maintenance and allied facilities.
- c. Swimming pool – construction, dimension, filtration and supervision of swimming pool.

Equipments in Physical Education:

Need and importance, lists of equipments, suggested type of equipments, criteria for selection procedure of purchase, care and maintenance, store- keeping routine care repairs, disposal etc.

**UNIT – III**

Staff and Leadership:

Importance of qualified teacher, qualifications of good teacher, values, staff co-operation, student leadership, values of student of leadership.

Selection and training of student leaders, role of student leaders, recognition of student leaders.

Time – Table:

Physical Education classes, factors affecting time-table, required periods, instruction period, practice period, games period, participation periods.

**UNIT – IV**

Programme of Activities:

- a. Intramurals - Importance of organizing Intramurals, Units of competition, activities, points systems role, awards and incentives for participation.
- b. Extra murals: Educational emphasis, Civil practices, extent of participation, Selection conditioning of teams, Training team and management, sports tours.

Office Managements:

Setting up and management of office correspondence records and reports filing, relationship with superior officer and assistants, parents, pupils.

Financial Budget:

Physical Education Budget – budget making income and expenditure, accounting petty cash, fund imp rest.

## **UNIT – V**

Public Relation:

Definition – Need of Public relations in physical education. Principles of public relations in physical education. Techniques and Media of Relation with the public, parents, pupils and other agencies.

Evaluation:

Need and importance – Method of evaluation in terms of objectives. Detection of deficiencies, examination in physical education - follow up action for improvement.

### **Reference Books:**

1. Voltmer and Essliger – Organization and Administration, Times of India Press, Bombay 1964.
2. P.M. Joseph, Organization of Physical Education O.S: A.T.I.P.E. Kaudivali (Bombay), 1956.
3. Hughes and French – Administration of Physical Education. Ronald Press Co., New York, 1954.
4. Forsyth and Duncan, Administration of Physical Education, Prentice Hall, New York 1951.
5. Bucher, Administration of School Health and Physical Education Programmes, C.V. Mosby Co., St. Louis. 1967.
6. J.P. Thomas, Organization of Physical Education.
7. Bennett, Bruce L. Mapwell L. Howell and Vriel Simri Comparative Physical Education and Sports Lea and Fabiger Pub, Philadelphia, 1983

**PAPER:- BPEL 204**

**SCIENCE OF YOGA**

**UNIT I: Introduction to Yoga**

Meaning, Definition, Aim, Concept, Scope of Yoga. Schools of Yoga Hastangayoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana and Samadhi.

**UNIT II: Yoga and Physical Education**

Meaning and Definition of Physical Education – Relationship between Yoga and Physical Education. Comparison of Yoga Practices and Physical Exercises.

**UNIT III: Asana**

Asana: Meaning, Definition, Types of asanas. Benefits of Asana: Physiological, Psychological and Therapeutical values.

**UNIT IV: Pranayama and Meditation**

Pranayama meaning., Definition, Aim, Concept of Pranayama - Types of pranayama - Physiological, psychological and Therapeutical values. Meaning, Definition, Aim, Concept of Meditation

**UNIT V: Bandhas, Shatkriyas and Mudras**

Bandhas and Mudras - Meaning. Definition, values. Shat kriyas Neti (Jala, Sutra) Dhauti (Varmana, Vastra) Bhasti, Nauli, Trataka, Kapalabhati. Surya Namaskar.

**REFERENCES :**

Gharote M.L. (1982) Guidelines for Yogic Practice; Lonawala: Medha Publications.

Iyengar B.K.S(1985) The Art of Yoga; Indus: Harpic Collins P.Ltd.

Thirumalai Kumar. S and Indira S, (2011) Yoga in Your Life: Chennai: The Parkar Publication.

**PAPER:- BPEA 205**  
**ANATOMY AND PHYSIOLOGY**

**UNIT I: Introduction**

Need and importance of anatomy and physiology for the students of physical education. Define Cell Tissue. Microscopic structure of the cell. Classification, Structure and functions of various types of tissues.

**UNIT II: Musculo Skeletal System**

Skeletal systems: Names of the bones of upper and lower extremities - Classification of joints. Names of the major muscles and their actions.

**UNIT III: Cardio Respiratory System**

Blood: Functions of blood, Composition of blood, lymph and its functions. Cardiovascular system: Structure of the heart, Systematic, pulmonary, Coronary circulation. Definition of respiration, Structure and functions of the respiratory system, Mechanism for respiration, Lung volumes.

**UNIT IV: Nervous System**

Structure and functions of Brain, Spinal cord reflex arc. Hormones and their roles.

**UNIT V: Digestive System**

Structure and functions of alimentary canal - Accessory organs - liver, Pancreas, Gall bladder.

**REFERENCES:**

1. Chelliah, N. (1989) Dhekathai Therindu Kolvom, Chennai: Rajmohan Pathippagam.
2. Muruges, N. (1990) Anatomy physiology and Health Education, Madurai: Sathiya Publishers,
3. Pearce, E.B. (1962) Anatomy and Physiology for Nurses, London: Faber and Faber Ltd.
4. Pearce, J. W. (1959) Anatomy for students and Teacher of Physical Education, London: Edward Arnold and Co.

# Semester - III

**PAPER:- BPET 301**

**TAMIL – III**

**,uz;lhk; Mz;L %d;whk; gUtk;**

**myF - 1**

1. jpUthrfk; - khzpf;f thrfH  
(jpUfg;ghit Kjy; 5 nra;As;fs;
2. ehyhapuj; jpt;a gpuge;jk; - Mz;lhs;  
thuzk; Mapuk; njhlq;fp 5 nra;As;fs;

**myF - 2**

**fk;guhkhazk;**

(Re;ju fhz;lk; - Ch; NjL glyk; Kjy; 74 nra;As;fs;)

**myF - 3. rKjha Nehf;fpy; jkpoh; tpisah;Lf;fs; -1**

tho;f;iff;F gad;gLk; tpisah;L - tpisah;L newpKiwfs;. tpisahLtw;F Vw;w  
trjpf; . tpisah;L nghJ - tpisah;by; Mz; ngz; ghFghL - tpisah;Lk; ngz;fSk;.

**myF -4 nkhopg; ngaw;rp**

1. Ntiy tha;g;G Ntz;b tpz;zg;gk; vOJjy;
2. fbjk; vOJjy;
3. Neh;f;fhzy;

**myF - 5 jkpo; ,yf;fpa tuyhW**

1. gy;yth; fhy gf;jp ,yf;fpa tuyhW
2. gpw;fhyr; Nrroh; fhy ,yf;fpa tuyhW

**Jiz E}w;gl;bay;**

1. Nguh. vk;kh; milf;fyrhkp> (2000) jkpo; ,yf;fpa tuyhW> uhrp gjpg;gfk;> nrd;id-73.
2. j.kiyaurp> (2013)> jkpo; ,yf;fpaq;fspy; tpisah;Lf; \$Wfs;-ghit gjpg;gfk;> kJiu-1.
3. nrh. gukrptk;> (2000)> ew;wkpo; ,yf;fzk;> gl;Lg; gjpg;gfk;> nrd;id-40.
4. rq;f ,yf;fpa E}y;fs; - fof ntspaPL.

**PAPER:- BPEE 302**

**ENGLISH – III PROGRESSIVE LANGUAGE SKILLS**

**LISTENING & SPEAKING**

**UNIT-I**

- a) Discussing interests & leisure activities.
- b) Checking in & out of a hotel.
- c) Complaint & apology.

**WRITING**

**UNIT – II**

- a) Comprehension.
- b) Developing hints.

**UNIT – III**

- a) Descriptive Writing – Comparing & Contrasting.
- b) Translation – Sentences – English to Tamil.

**UNIT - IV**

- a) Where The Cross is Made – O Eugene O'Neil
- b) Pip & The Convict – Guy R. Williams

**UNIT – V**

- a) The Dream of The Message – A.P.J. Abdul Kalam
- b) Women of the Public Sphere – Dona.S.Sanzone.

**REFERENCE:**

1. A.K. Rama Bushanam “Human Values through English Prose” – (Blackle)
2. Short Plays of Yesterday & Today – V. Sachidanandam.

**PAPER:- BPES 303**

**METHODS IN PHYSICAL EDUCATION**

**UNIT I: Method**

Meaning – Factors influencing method, Presentation techniques: Planning - Presentation – Steps in the way of presentation. Teaching aids – Class management – General – Specific – Principles to be adopted for good class management.

**UNIT II: Lesson Plan**

Values – Types: General and Particular lesson plan. Command: Response Command – Rhythmic Command. Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods.

**UNIT III: Tournaments**

Meaning-Types. Method of drawing fixtures for knock out/elimination - league/Round Robin. Combination Tournament : Knock out – cum – knock out, knock out – cum – league, league – cum – league, league – cum – knock out . Challenge Tournament. Intramural – Extramural.

**Unit IV: Methods of Teaching**

Methods of teaching with special reference to different kinds of physical activities: Calisthenics - Gymnastics- Minor games- Major games- Rhythmic activities. Organisation and conduct of competition in sports and games : Individual sports- Group competition.

**Unit V: Supervision**

Supervision – Meaning and Need for supervision – Guiding principles of supervision: Qualities and qualification of a supervisor – supervisors relationship with the administrator and the physical education teacher. Techniques of Supervision: Visitation – Periodical – Surprise – Request- Social, Visitation.

**REFERENCES:**

- Cosmin. H.Rosalind, C.& Jackson, C. (1960) Methods in Physical Education, London: W.B. Saunders Co.
- Dheer, S., & Radhika Kamal (1991) Organization and Administration of Physical Education, New Delhi :Friends Publication.
- Greyson Daughtrey. (1969). Methods in Physical Education and Health for Secondary Schools. London: W. B. Saunders Company.
- Michael W. Metzler. (2000). Instructional Models for Physical Education. London: Allyn and Bacon.
- Sachdeva, M.S (1983) Modern Approach to School Organization and Administration, Ludhina: Parkash Brothers Educational Publisher.
- Sharad Chandra Mishra. (2009). Methods of Physical Education. New Delhi: Sports Publication.
- Thirunarayanan, C. & Hariharan, S (1969) Methods in Physical Education Karaikudi: South India press.
- Voltmer, Edward (1979) The Organization and Administration of Physical Education, New Jersey.: Prentice Hall, Inc.

**PAPER:- BPES 304**

**SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

**UNIT I: Sports Training**

Sports Training: Definition, Aims, Characteristics, Principles of sports training. Physical Fitness: components of physical fitness - importance of physical fitness – Training Load.

**UNIT II: Strength, Speed and Endurance**

Definition of strength -types of strength-importance of strength - factors determining strength – training method for strength improvement - loading procedure for strength training. Definition of speed - forms of speed - factors determining various speed performance - training - methods of increasing speed.

**UNIT III: Endurance**

Definition of endurance - types of endurance - importance of endurance- factors determining endurance training methods for improving endurance.

**UNIT IV: Flexibility and Coordinative Abilities**

Definition of flexibility - types of flexibility - factors determining flexibility - methods improving flexibility. Coordinative abilities – types – Characteristics - training methods for improving coordinative abilities.

**UNIT V: Various Method of Training**

Circuit Training Fartlek Training - Interval method - Weight training – Resistance training, Plyometric ,Core training - Functional training, Swiss ball training, Medicine Ball Training.

**REFERENCES:**

1. Jenson, G. and Fisher, A.G (1972) Scientific Basis of Athletic Conditioning, 2nd ed., Philadelphia: Lea and Fibiger.
2. Jones, B.J. (1982) Guide to Effective Coaching Principles and Practices. Allyn and Bacon, Inc.
3. Singh, H. (1984) Sports Training, General Theory and Physical Fitness NIS, Patiala.
4. Thomas, J.P (1964) Let us Coach Soccer, New Delhi:YMCA Publishing House.
5. Thomas, J.P (1971) Scientific Weight Training for Games and Sports, Chennai: Gnanodaya Press.

**PAPER:- BPEA 305**

**HEALTH AND SAFETY EDUCATION**

**UNIT I: Introduction**

Health - Meaning, Definition and concepts - Factors influencing health - Health determinants, Heredity and environment. Health problems of India - Population and health - Environment pollution. Personal hygiene.

**UNIT II: School Health**

Problems - Growth Stress of school planning Health instruction, Health appraisal follow up, Health service and supervision. Role of Physical Education Teacher in School Health Programmes.

**UNIT III: Infections**

Causes of diseases - Mode of infection, Spread of infection - Public health measure to combat infection - Public health administration - Sanitation - Water supply. Immunity - Prophylactic immunisation - Programmes – AIDS Communicable diseases, Malaria, Typhoid, Cholera, Dysentery, Leprosy, Tuberculosis, STD, Polio, Tetanus Drug abuse - Alcohol, Smoking Family welfare - Sex education

**UNIT IV: Safety At Home**

Environment and structure, Electrical connections, Bathrooms and Lavatory, Storing articles,. Kitchen and Fire place, Storing medicines, Principles of movements in daily living.

**UNIT V: Safety at School and Physical Education**

Safety at school structure and environment: Area, Surface, Building, Furniture and fixtures. School procedures and policies precautionary and emergency equipment. Collection of information: address of parents, hospitals and doctors, police, fire station, ambulance service. Safety in physical education and Sports: During Training and Competition, Dress and Safety equipments. Principles of safety: in organising Physical Education Classes, Demonstration and Competitions.

**REFERENCES :**

- Mangal, S.K. & Chandra, P.C. (1979) Health and Physical Education Ludhiana. R.D. Tandon Broth.,  
Neiniah, (1997) School Health Education, New Delhi: Harper & Bros.:  
Park, J.E. (2001)Text Book of Preventive and Social Medicine.: Chennai

# Semester - IV

**PAPER:- BPET 401**

**TAMIL - IV**

**,uz;lhk; Mz;L ehd;fhk;; gUtk;**

**myF - 1**

jpUf;Fws; : mwj;Jg;ghy;: tho;f;ifj; Jizeyk;> kf;fs; NgW> nghUl;ghy;: fy;tp> Nfs;tp.  
fhkj;Jghy;: Fwpg;G mwpjy;> Gzh;r;rp kfpo;jy;.

**myF - 2**

gj;Jg;ghl;L  
neLey;thil

**myF - 3**

rKjha Nehf;fpy; jkpoh; tpisahl;Lf;fs; - 2  
\$l;Lzh;T tpiahl;Lf;fs;: rhh;G tpisahl;Lf;fs; - rkak; rhh;e;j tpisahl;Lf;fs;> tpisahl;by;  
ek;gpf;ifAk; gof;ftof;fq;fSk; - ,aw;ifNahL ,iajy; - tpisahl;by; mw czh;T - mwptpaYk; tpisahl;Lk; -  
tpisahl;Lk; tuyhw;W epfo;Tk; - tpisahl;by; Fw;wKk; jz;lidAk;.

**myF -4**

**nkhopg;ngaw;rp**

1. Mq;fpy;jpy; ,Ue;J jkpOf;F nkhop ngah;j;jy;
2. jkpopy; ,Ue;J Mq;fpy;Jf;F nkhop ngah;j;jy;

**myF - 5**

**jkpo; ,yf;fpa tuyhW**

1. rq;f ,yf;fpa tuyhW
2. mw ,yf;fpa tuyhW

**Jiz E}w;gl;bay;**

1. Nguh.vk;khu; milf;fyrhkp> jkpo; ,yf;fpa tuyhW> uhrp gjpg;gfk;> nrd;id-73.
2. Kidtu; j.kiyaurp> (2013)> jkpo; ,yf;fpaq;fspy; tpisahl;Lf; \$Wfs;- ghit gjpg;gfk;> kJiu-1.
3. Kidtu;.nrh. gukrptk;> (2000)> ew;wkpo; ,yf;fzk;> gl;Lg; gjpg;gfk;> nrd;id-40.
4. rq;f ,yf;fpa E}y;fs; - fof ntspaPL.

**PAPER:- BPEE 402**

**ENGLISH – IV- CAREER LISTENING AND SPEAKING**

**UNIT – 1**

- a) Group discussion – predicting and describing future possibility.
  - 1. Globalization
  - 2. Consumerism
  - 3. Current event.
- b) Interview – focus on personality development and body language.

**WRITING**

**UNIT - II**

- a) Report Writing
- b) Note Making

**UNIT - III**

- a) How to write an e-mail
- b) Descriptive writing – writing with a purpose.

**UNIT - IV**

- a) How soon hath time – John Milton.
- b) Leave this chanting – Robindranath Tagore.

**UNIT – V**

- a) Dharma in Tirukural – C. Subramanian
- b) Love all serve all – Derek Williams.

**REFERENCE:**

- 1. A.K. Rama Bhushanam “Human values through English prose” (Blackle)
- 2. Shankuntala Bharvani “The best Words” Nissian Ezekial.

**PAPER:- BPES 403**  
**EXERCISE PHYSIOLOGY AND NUTRITION**

**UNIT I: Muscular Contraction and Exercise**

Properties and composition of voluntary muscles. Minute structure of voluntary muscle. Sliding Filament Theory of Muscular Contraction- Conditions affecting muscular contraction.

**UNIT II: Effect of Exercise on Human Body System**

Effect of exercise on: Muscular system, Circulatory system – Respiratory system.

**UNIT III: Effect of Exercise on Human Body System**

Effect of exercise on: Nervous system- Digestive system - Endocrine system.

**UNIT IV: Basic Food Group**

Carbohydrates, Fats and Protein as a source of fuels. vitamins - Fat soluble and Water soluble- Minerals. Balanced diet. Importance of water in an athletic diet.

**UNIT V: Sports Nutrition**

Diet for sports competition- supplement to the daily diet. Vitamins, Minerals, Fluids. Electrolyte replacement, Carbohydrate loading, Protein loading, Calcium and iron supplement. Pre-event meal. Time for pre-event meal, Alternate eating pattern, Foods to avoid. Exercise and weight control, Crash dieting, Weight Control.

**REFERENCE:**

1. Amrit Kumar (1995) Introduction to Exercise Physiology, Chennai: Poompugar Pathipagam.
2. Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc.,
3. David, L Costill. (2004). Physiology of Sports and Exercise. New Jersey: Human Kinetics.
4. Fox, E.L.,& Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
5. Gayton A.C (1984). Functions of the Human Body. London :W.B. Saunders & Co.
6. Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
7. Karpovich & Sinnings(1955) Physiology of Muscular activity. London: W.B. Saunders Cp.,
8. Morehouse and Miller (1974) Physiology of Exercise. St.Louis : C.V. Mosby Co.
9. Reily T (1981) Sports Fitness and Sports Injuries , London :Faber and Faber.
10. Sandhya Tiwaji. (1999). Exercise Physiology. New Delhi :Sports Publishers.
11. Scott, N. Nisonson B. & Nicholos, J (1985) Principles of sports Medicine, London: William & Walkin,.
12. Vincent, T. Murche. (2007). Elementary Physiology. New Delhi ;Sports Publication.
13. William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams Company.
14. Williams, S. & Rod, W. (2001) Nutrition and Diet, Therapy 2<sup>nd</sup> Edition, London: W.B. Saunder College Publishing.

**PAPER:- BPES 404**

**RULES OF GAMES AND SPORTS – I**  
**(TRACK AND FIELD AND CROSS COUNTRY)**

**UNIT I: Methods of Marking Non Standard Track**

Method of marking Non Standard Track: 200m, 400m track, Calculation of Stagger, Diagonal Excess, Compensated Arc Start, Relay Exchange Zones.

**UNIT II: Methods of Marking Standard Track**

Method of marking Standard Track: 400m track, Calculation of Stagger, Diagonal Excess, Compensated Arc Start, Relay Exchange Zones, Marking for Hurdles event.

**UNIT III: Methods of Marking Field Events**

Method of marking Shot-put Circle and Sector, Hammer Throw Circle and Sector, Discus Throw Circle and Sector, Long Jump, Triple Jump, High Jump and Pole Vault.

**UNIT IV: General Competition Rules and Their Interpretations**

Track event: Start, Race, Finish, Timing, Seeding and Draws, Tie Breaking, Hurdle Races, Relay races. Field Events: Vertical Jumps Horizontal Jumps Throwing Events  
General Competition Rules of Cross country races: Course, Distances, Start, drinking / sponging and refreshment stations, race.

**UNIT V: Officials in Track and Field & Cross Country**

Authorities and Duties of Officials in Track and Field Meet and Cross country races: International Officials, Competition Officials Additional Officials.

**REFERENCES:**

1. Authors Guide (2014) IAAF Competition Rules 2014-2015, Monaco Cedex: IAAF Publishing .
2. Viswanath, M.J.(2002) Track and Field Marking & Athletics Officiating Manual, Chennai: Silver Star Publication.
3. Wright Gary, A (1990) Step by Step guide-Track & Field, New Jersey: Associates Mahan.

**PAPER:- BPEA 405**  
**ELEMENTARY STATISTICS**

**UNIT I:**

Statistics – meaning and definition, Functions of Statistics, Scope and Limitations,  
Population and Sample – Methods of Sampling – Sampling error and Non-sampling error,  
Probability and Non-probability sampling,  
Normal curve,

**UNIT II:**

Descriptive and Inferential Statistics,  
Variables - Quantitative and Qualitative variables  
Levels of measurement Nominal / Ordinal / Interval and Ratio measurement.  
Frequency distribution of data – Simple and Cumulative distributions.

**UNIT III:**

Measures of Central Tendency including arithmetic mean, geometric mean and harmonic mean: properties and applications; mode and median. Partition values - quartiles, deciles, and percentiles.  
Measures of Variation: absolute and relative. Range, quartile deviation and mean deviation; Variance and Standard deviation: calculation and properties.

**UNIT IV:**

Simple Linear Correlation Analysis: Meaning, and measurement. Karl Pearson's co-efficient and Spearman's rank correlation  
Simple Linear Regression Analysis: Regression equations and estimation. Relationship between correlation and regression coefficients

**REFERENCE BOOKS:**

1. S.C. Gupta, Fundamentals of Statistics, Himalaya Publishing House.
2. S.P. Gupta and Archana Gupta, Elementary Statistics, Sultan Chand and Sons, New Delhi.
3. Harrison H Clarke. "Application of Measurement to Health and Physical Education", New Jersey : Prentice Hall Inc. 1987.
4. Donald K Mathews, " Measurement in Physical Education". London: W. B. Saunders Company. 1978.
5. David H Clarke and H. Harrison Clarke. "Research Processes in Physical Education, Recreation and Health". Englewood Cliffs, New Jersey: Prentice Hall Inc. 1970.

# Semester - V

**PAPER:- BPES 501**  
**TEST, MEASUREMENT AND EVALUATION**

**UNIT I: Introduction to Test, Measurement and Evaluation**

Meaning and Definition of test, measurement and Evaluation. Need and importance of test and measurement in physical education.

**UNIT II: Criteria and Administration of Test**

Criteria of test, Scientific authenticity (reliability, objectivity - validity - availability of norms). Administrative feasibility and educational application. Administration of test: advance preparation - Duties during testing - Duties after testing.

**UNIT III: Fitness Test**

Physical fitness test: AAHPERD Health-Related Fitness Battery ( revised in 1984) - Roger's physical fitness Index. Cardio vascular test : Harvard step test, 12 minutes run test, Multi-stage fitness test (Beep test). Motor Fitness: Indiana. Motor Fitness Test (For elementary and high school boys, girls, and College Men), JCR test. SDAT World Beaters Battery Test (For VI, VII & VIII Standard School Boys and Girls)

**UNIT IV: Sports Skill Test**

Badminton - Miller wall volley test – French short service test. Basketball - Johnson Basket ball test – Leilich Basketball test. Cricket : Sutcliff Cricket test. Hockey - Friedal field Hockey test.

**UNIT V: Sports Skill Test**

Sports Skill Test: Football - Johnson soccer test – McDonald soccer test. Tennis - Dyer Tennis test. Volleyball - Brady volley ball test – Russell Lange Volleyball test.

**REFERENCES:**

1. Barrow, H.M. and McGee, R.A. (1964) Practical Approach to Measurement in Physical Education, Philadelphia : Lea and Febiger.
2. Bovard, J.F., Cozens, F., W. & Hagman, P.E. (1949) Test and Measurements in Physical Education, Philadelphia: W.B. Saunders Company.
3. Campbell, W.R. & Tucker, N.M. (1967) An Introduction in Physical Education, London: G.Bell and Sons Ltd.
4. Getchell B. Physical Fitness (1979): A Way of Life, 2nd ed. New York: John Wiley and Sons, Inc.
5. Cureton, T.K. (1947) Physical Fitness Appraisal and Guidance, St.Louis: The Mosby Company.
6. Hunsicker, P.A. & Montoye, H.J. (1953) Applied Test and Measurements in Physical Education, New York: Prentice Hall Inc
7. Luc Leger (1983), Testing Physical Fitness, Eurofit Experimental Battery Provisional Handbook, : UK : Strasbourg
8. Meyers, C.R. & Belsh, E.T. (1962) Measurement in physical Education, New York: The Ronald press Company.
9. Wilgoose, C.E (1967) Evaluation in Health Education and physical Education, New York :McGraw Hill Book Company, Inc.

**PAPER:- BPES 502**  
**KINESIOLOGY AND BIOMECHANICS**

**UNIT I: Introduction of Kinesiology**

Introduction: History and Development. Role of Kinesiology in physical education.

**UNIT II: Muscles and Joints**

Joints, Classification of Joints, Construction of synovial joints of the body movement. Origin, Insertion and action of muscles: Pectoralis major, Biceps, Triceps (Anterior and Posterior), Trapezius, Sartorius Rectus Femoris, Quadriceps, Hamstring. Types of muscles contraction: isotonic, isometric, Isokinetic.

**UNIT III: Basics of Biomechanics**

Biomechanics in Sports - Mechanical principles, laws of motion, types of Motion, Factors influencing motion, air, gravity and water friction, simple machines - Levers - Types of levers and examples in from the human body . Equilibrium: Meaning, Definition and types.

**UNIT IV: Motion**

Mechanics of movements: force production - application - follow pre-requisite of efficient motion, psychomotor - Mental and emotional. Preliminary motion considerations - Whole motion - Body segment motion.

**UNIT V: Biomechanical Analysis in Sports**

Application of Biomechanics to skill learning

1. Track and Field: Sprint, Shot-put and High Jump.
2. Games:
  - a. Basketball
  - b. Cricket
  - c. Badminton
  - d. Kabaddi
  - e. Hockey

**REFERENCES:**

- Broor, (2000) Efficiency of Human Movements, London: Saunders & Co.,  
Kelly, D. L. (1999) Kinesiology and Fundamentals of Motion Description, Prentice Hall.  
McClusg, A. (1989) Human Kinetics and Analysis of Body Movements, London:William Heinmann,  
Sunderarajan, G. S. (1979) Bio-mechanics of Sports and Games, Chennai: Roshan Publication.  
Neil D.E. (1992) Kinesiology and Anatomy and Motion, London: Mosby and Co.

**PAPER:- BPES 503**

**RULES OF GAMES SPORTS - PART – II**

**(Football, Ball Badminton, Tennis & Tennikoit)**

**UNIT I: Prerequisites of an Official**

Qualification and Qualities of officials, Philosophy of Officiating in the above listed four games.

**UNIT II: History and Organizational Setup**

History and Development, International, national level organisational setup, Major Tournaments and Trophies in the above listed four games.

**UNIT III: Principles and Mechanism of Officiating**

General principles of officiating - Duties and powers of officials - Mechanism of officiating in the above listed four games.

**UNIT IV: Dimensions of Play Field**

Measurements of play fields of the above listed four games.

**UNIT V: Rules and Their Interpretations**

Rules and interpretation of the above listed four games.

**REFERENCES :**

- Anand, R.L. (1987) Play Field Manual Patiala: NIS Publication.  
Bonder, J.B. (1984)How to be a Successful Coach. New York: Prentice Hall.  
Bunn, J. W. (1951) The Art of Officiating Sports, Prentice Hall: Englewood Cliff.  
Chelliah, S.N. (1984), Vilayattu Vithi Muraihal, Chennai: Raj Mohan Pathipagam.  
Buck .H.C (2000)Rules of Games and sports, New Delhi: YMCA Publishing House, Masse Hall.

**PAPER:- BPES 504**

**RULES OF GAMES AND SPORTS – III**

**(BASKETBALL, BADMINTON, KABADDI & SOFTBALL)**

**UNIT I: Prerequisites of an Official**

Qualification and Qualities of officials, Philosophy of Officiating in the above listed four games.

**UNIT II: History and Organizational Setup**

History and Development, International, national level organisational setup, Major Tournaments and Trophies in the above listed four games.

**UNIT III: Principles and Mechanism of Officiating**

General principles of officiating - Duties and powers of officials - Mechanism of officiating in the above listed four games.

**UNIT IV: Dimensions of Play Field**

Measurements of play fields of the above listed four games.

**UNIT V: Rules and Their Interpretations**

Rules and interpretation of the above listed four games.

**REFERENCES :**

1. Anand, R.L. (1987) Play Field Manual Patiala : NISPublication.
  2. Authors Guide (2014) FIBA Official Basket Rules, Munich, Germany.
  3. Bonder, J.B. (1984) How to be a Successful Coach. New York, Prentice Hall Inc.
  4. Buck .H.C (2000)Rules of Games and sports, New Delhi: YMCA Publishing House, Masse Hall,
  5. Bunn, J.W. (1951)The Basketball Coaches' Guide to Success, Prentice Hall,
  6. Bunn, J. W. (1951) The Art of officiating Sports, Prentice Hall, Englewood Cliff.
- Chelliah, S.N. (1984), Vilayattu Vithi Muraihal, Chennai : Raj Mohan Pathipagam

**PAPER:- BPNE 505**  
**ENVIRONMENTAL STUDIES**

**UNIT 1 : Introduction to Environmental Studies**

- Multidisciplinary nature of environmental studies;
- Scope and importance; Concept of sustainability and sustainable development.

**UNIT 2 : Ecosystems**

What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs and ecological succession. Case studies of the following ecosystems:

- a) Forest ecosystem
- b) Grassland ecosystem
- c) Desert ecosystem
- d) Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

**UNIT 3 : Natural Resources: Renewable and Non-renewable Resources**

- Land resources and land use change; Land degradation, soil erosion and desertification.
- Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations.
- Water: Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state).
- Energy resources: Renewable and non renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

**UNIT 4: Biodiversity and Conservation**

- Levels of biological diversity: genetic, species and ecosystem diversity; Biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots
- India as a mega-biodiversity nation; Endangered and endemic species of India
- Threats to biodiversity: Habitat loss, poaching of wildlife, man-wildlife conflicts, biological invasions; Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity.
- Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.

**UNIT 5: Environmental Pollution**

- Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution
- Nuclear hazards and human health risks
- Solid waste management: Control measures of urban and industrial waste.
- Pollution case studies.
- Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture.
- Human population growth: Impacts on environment, human health and welfare.

**Suggested Readings:**

1. Carson, R. 2002. Silent Spring. Houghton Mifflin Harcourt.
2. Gadgil, M., & Guha, R. 1993. This Fissured Land: An Ecological History of India. Univ. of California Press.

3. Gleeson, B. and Low, N. (eds.) 1999. *Global Ethics and Environment*, London, Routledge.
4. Gleick, P. H. 1993. *Water in Crisis*. Pacific Institute for Studies in Dev., Environment & Security. Stockholm Env. Institute, Oxford Univ. Press.
5. Groom, Martha J., Gary K. Meffe, and Carl Ronald Carroll. *Principles of Conservation Biology*. Sunderland: Sinauer Associates, 2006.
6. Grumbine, R. Edward, and Pandit, M.K. 2013. Threats from India's Himalaya dams. *Science*, 339: 36---37.
7. McCully, P. 1996. *Rivers no more: the environmental effects of dams* (pp. 29-64). Zed Books.
8. McNeill, John R. 2000. *Something New Under the Sun: An Environmental History of the Twentieth Century*.
9. Odum, E.P., Odum, H.T. & Andrews, J. 1971. *Fundamentals of Ecology*. Philadelphia: Saunders.
10. Pepper, I.L., Gerba, C.P. & Brusseau, M.L. 2011. *Environmental and Pollution Science*. Academic Press.
11. Rao, M.N. & Datta, A.K. 1987. *Waste Water Treatment*. Oxford and IBH Publishing Co. Pvt. Ltd.
12. Raven, P.H., Hassenzahl, D.M. & Berg, L.R. 2012. *Environment*. 8th edition. John Wiley & Sons.
13. Rosencranz, A., Divan, S., & Noble, M. L. 2001. *Environmental law and policy in India*. Tripathi 1992.
14. Sengupta, R. 2003. *Ecology and economics: An approach to sustainable development*. OUP.
15. Singh, J.S., Singh, S.P. and Gupta, S.R. 2014. *Ecology, Environmental Science and Conservation*. S. Chand Publishing, New Delhi.
16. Sodhi, N.S., Gibson, L. & Raven, P.H. (eds). 2013. *Conservation Biology: Voices from the Tropics*. John Wiley & Sons.
17. Thapar, V. 1998. *Land of the Tiger: A Natural History of the Indian Subcontinent*.
18. Warren, C. E. 1971. *Biology and Water Pollution Control*. WB Saunders.
19. Wilson, E. O. 2006. *The Creation: An appeal to save life on earth*. New York: Norton.
20. World Commission on Environment and Development. 1987. *Our Common Future*. Oxford University Press.

# Semester - VI

**PAPER:- BPES 601**

**CARE AND PREVENTION OF SPORTS TRAUMA**

**UNIT I: Corrective Physical Education**

Definition and objectives of Corrective Physical Education . Posture and body mechanics . Standards of standing posture . Values of good posture. Drawbacks and causes of bad posture . Postural tests-Examination of the spine.

**UNIT II: Posture**

Normal curve of the spine and its utility. Kyphosis, Lordosis, Deviations in posture: Kypholordosis, Flat back, Scoliosis, Round shoulders, Knock knee, Bow leg, Flat foot. Causes for these deviations and treatment including exercises.

**UNIT III: Movements**

Passive, Active, Assisted, Resisted exercise for Rehabilitation.

**UNIT IV: Massage**

Brief history of massage - Massage as an aid for relaxation - Points to be considered in giving massage - Physiological, Chemical, Psychological effects of massage - Indication/contra indication of massage - Classification of the manipulations used in massage and their specific uses on the human body - Stroking manipulation: Effleurage - Pressure manipulation : Petrissage Kneading (finger Kneading, circular) Ironing Skin Rolling - Percussion manipulation : Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

**UNIT V: Sports Injuries Care and Treatment and Supports**

Principles pertaining to the prevention of Sports injuries - Care and treatment of Exposed and unexposed injuries in sports - Principles of apply cold and heat, Infra red rays-Ultrasonic. Therapy-Short wave diatherapy. Principles and techniques of Strapping and Bandages.

**Note** : Each student shall submit Physiotherapy record.

**REFERENCE:**

- Doherty .J. Meno.wetb, Moder D (2000)Track & Field, EngleWood Cliffs, Prentice Hal Inc.  
Lace, M.V.(1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd. .  
Mc Ooyand Young(1954) Test and Measurement, New York: Appleton century.  
Naro, C.L.(1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.  
Rathbome, J.I. (1965)Corrective Physical Education, London: W.B. Saunders &Co.  
Staffordand Kelly,(1968) Preventive and Corrective Physica1 Education, New York. The Ronald Press Co.

**PAPER:- BPES 602**

**FUNDAMENTALS OF SPORTS PSYCHOLOGY AND SOCIOLOGY**

**Sports Psychology**

**UNIT – I**

Meaning and importance of psychology. Nature, relationship of sports with psychology, scope of sports psychology.

**UNIT – II**

Brief account of the development of self-influence of heredity and environment. Motivation extrinsic and intrinsic, motivations motive incentive, stimuli, motivation for learning and performance.

**UNIT – III**

Problems of achievement and adjustment among individuals in learning – influence of intelligence.

**Sports Sociology**

**UNIT – IV**

Nature and scope of sociology, relationship of sociology with other social sciences. Foundations of physical education – sociological aspect. Culture civilization and culture relationship and socialization.

**UNIT – V**

Socialization, socialization institutions, sports and socialization. Social stratification, Sports and social stratification.

**Reference Books:**

1. M.C. Iyer R.M. Society, London, Macmillan and company.
2. Jay J. Coakley, Sports in society issues and controversies St.. Louis, Mosby College Publishing Co., 1986.
3. Edwards, Sociology of Sports – III Iliinois Dorsey Press, 1986.
4. N.I. Ponomoryou, Sports and Society – Moscow: Progress Publisher, 1981.
5. John D. Lauther, Sports Psychology – Prentice Hall Inc., Englewood Cliffs,
6. Bryant J. Gatty, “Psychology – in contemporary sports” , Englewood Cliffs, New Jersey.1973.
7. Robert N. Singer, “Coaching Athletics and Psychology”, McGraw Hill Book Co, New York.
8. H.T.A. Whiting K. Korman, L.B. Henry and M.G. Jones, “Personality and Performance in Physical Education and Sports”, - Henry Kimton Publishers, London 1973.

**PAPER:- BPES 603**

**RULES OF GAMES AND SPORTS - PART IV**

**(HOCKEY, HANDBALL, CRICKET, NETBALL)**

**UNIT I: Prerequisites of an Official**

Qualification and Qualities of officials, Philosophy of Officiating in the above listed four games.

**UNIT II: History and Organizational Setup**

History and Development, International, national level organisational setup, Major Tournaments and Trophies in the above listed four games.

**UNIT III: Principles and Mechanism of Officiating**

General principles of officiating - Duties and powers of officials - Mechanism of officiating in the above listed four games.

**UNIT IV: Dimensions of Play Field**

Measurements of play fields of the above listed four games.

**UNIT V: Rules and Their Interpretations**

Rules and interpretations of the above listed four games.

**REFERENCES:**

1. Ashok Kumar, (2004)Hand Ball, New Delhi: DPH Publishers.
2. Ashwin Shaw(2001) Cricket manual, New Delhi: Luther worth Publishers.
3. Claime Michal, Taverna (2009) Field Hockey – Techniques, Tactics, London: Human Kinetics.
4. Elizabet Ander (2009) Field Hockey – Steps to Success, London: Human Kinetics.
5. Jain (2005) Play and learn Hand ball, Bangalore :KSK Publishers.
6. Tan Poin (2009) coaching youth cricket, London: Human Kinetics.

**PAPER:- BPES 604**

**RULES OF GAMES AND SPORTS - V**

**(VOLLEYBALL, KHO-KHO, TABLE TENNIS & THROWBALL)**

**UNIT I: Prerequisites of an Official**

Qualification and Qualities of officials, Philosophy of Officiating in the above listed four games.

**UNIT II: History and Organizational Setup**

History and Development, International, national level organisational setup, Major Tournaments and Trophies in the above listed four games.

**UNIT III: Principles and Mechanism of Officiating**

General principles of officiating - Duties and powers of officials - Mechanism of officiating in the above listed four games.

**UNIT IV: Dimensions of Play Field**

Measurements of play fields of the above listed four games.

**UNIT V: Rules and Their Interpretations**

Rules and interpretation of the above listed four games.

**REFERENCES:**

1. Buck H.C. (2001) Rules of Games and sports, New Delhi: Y.M.C.A Publishing House
2. Then Lokesh (1995), Skills & Tactics-swimming, New Delhi: Sports Publication.
3. Sagar S.K.(1994) Play better Volleyball, New Delhi: Kay Kay Printers.
4. Jain Deepak (2001) Teaching and Coaching Table Tennis, New Delhi: Khel Sathiya Kendra.

**PAPER:- BPNE 605**  
**COMPUTING SKILLS**

**UNIT-I**

Introduction to computer, Definition, Types of Computer, basic parts, Hardware, Software Input and Output devices, Arithmetic & Logic Unit, Control Unit, CPU, Comparison of human being and computer.

**UNIT-II**

Microsoft Word: Title Bar, Menu bar, Standard tool bar, Formatting tool bar, Ruler, Status bar, task bar. Creating documents, formatting, editing, deleting, copying, saving.

**UNIT - III**

Microsoft excel Title Bar, Menu bar, Standard tool bar, Formatting tool bar, Formula bar, Rules, Status bar, task bar. Creating documents, formatting, editing, deleting, copying, saving, charts and mathematical operations.

**Unit IV**

Microsoft Power point Preparing a slide, Animation, Clipart, pictures from file background designing, Computers and Communications, Copying, saving, Presentation, working with slides, adding slides, printing, running a slide show presentations.

**Unit – V**

Internet: Introduction, History, Uses, Connection, Worldwide Web, Usage of internet explorer, Search box, E-mail, Outlook express, Inbox, Outbox, Sent items, Drafts, Sending Messages, save, print, reply, forward, previous message and text, chatting, Role of computer in coaching techniques in Sports Sciences, research & data analysis, literature collection through internet,

**Practical**

**MS-WORD**

1. Create advertisements in MS WORD.
2. To illustrate the concept of mail merging in word.
3. Document creation with scientific notation
4. Text manipulation with scientific notation
5. Table creation, table formatting and conversion
6. Mail Merger and Letter preparation
7. Drawing and flow chart.
8. Show the different effect for the given text in the document
9. Create a table of employee and calculate the net salary.
10. Design a table with merge cells and split cells technique.

**EXCEL SHEET**

1. To create a spreadsheet to analyze the marks of the students in a class and to create appropriate charts.
2. Charts in spread sheets.
3. Formula and formula editor.
4. Conclusion of objects, pictures and graphics protecting the document and sheet.
5. Sorting and import! Export features.

6. Create suitable chart to show the census data in India for the year 2000 to 2004.
7. Create a suitable chart to show the students average in the class.
8. Create an electronic spreadsheet of student marks and find the total, average and respective class secured by each student.
9. Show the error tracing lines if an error occurred in a calculation
10. Generate the numbers vertically starting from 10 to 100 with step value 5.

#### POWER POINT

1. To create the presentation for the department using the power point.
2. Animation in power point presentation
3. Designing the power point presentation
4. Timing for the slides in power point presentation
5. Back ground designing in power point presentation

#### REFERENCE

Venugopal ,Fundamentals of Computers, Prentice All India.

Sudharsan.C & John Manojkumar Computer Fundamentals, RBA publication, Chennai

Dromwey, How to solve it by computer, Tata Mcgraw,Gill.

Jayashree., Computer for beginners, Vikas Publishing House , New Delhi.