



MANONMANIAM SUNDARANAR UNIVERISTY,
TIRUNELVELI-12

SYLLABUS

UG - COURSES – AFFILIATED COLLEGES

Course Structure for B. Sc. Physical Education

(Choice Based Credit System)

(with effect from the academic year 2024-2025 onwards)



Semester-IV				
Part	Subject Status	Subject Title	Subject Code	Credit
I	LANGUAGE	TAMIL/MALAYALAM/HINDI	F1TL41/ F1MY41/ F1HD41	3
II	ENGLISH	ENGLISH	F2EN41	3
III	CORE	COMPUTER APPLICATION IN PHYSICAL EDUCATION	FCPE41	5
III	CORE	PRINCIPLES OF SPORTS TRAINING	FCPE42	5
III	ELECTIVE	PRACTICAL - APPLIED PRINCIPLES FOR SPORTS TRAINING	FEPEP2	3
IV	SEC 5	PRACTICAL - COMPUTER APPLICATIONS IN PHYSICAL EDUCATION	FSPEP5	1
IV		VALUE BASED EDUCATION	FVBE41	2
IV	NAAN MUDHALVAN	OLYMPIC MOVEMENT *		2



Total Marks: 100 Internal Exam: 25 marks + External Exam: 75 marks

A. Scheme for internal Assessment:

Maximum marks for written test: **20 marks**

3 internal tests, each of **1 hour** duration shall be conducted every semester.

To the average of the **best two** written examinations must be added the marks scored in. The **assignment** for 5 marks.

The break up for internal assessment shall be:

Written test- 20 marks; Assignment -5 marks Total - 25 marks

B. Scheme of External Examination

3 hrs. examination at the end of the semester

A – Part : 1 mark question two - from each unit

B – Part : 5 marks question one - from each unit

C – Part : 8 marks question one - from each unit

➤ **Conversion of Marks into Grade Points and Letter Grades**

S.No	Marks	Letter Grade	Grade point (GP)	Performance
1	90-100	O	10	Outstanding
2	80-89	A+	9	Excellent
3	70-79	A	8	Very Good
4	60-69	B+	7	Good
5	50-59	B	6	Above Average
6	40-49	C	5	Pass
7	0-39	RA	-	Reappear
8	0	AA	-	Absent

➤ **Cumulative Grade Point Average (CGPA)**

$$CGPA = \frac{\Sigma (GP \times C)}{\Sigma C}$$

- **GP** = Grade point, **C** = Credit
- CGPA is calculated only for Part-III courses
- CGPA for a semester is awarded on cumulative basis

➤ **Classification**

- First Class with Distinction : CGPA \geq 7.5*
- First Class : CGPA \geq 6.0
- Second Class : CGPA \geq 5.0 and $<$ 6.0
- Third Class : CGPA $<$ 5.0



Part 1 TAMIL

பொதுத்தமிழ் 4 - தமிழும் அறிவியலும்

அலகு 1: தமிழரின் அறிவியல் சிந்தனைகள்

1. அறிவியலும் மனித வாழ்வும்
2. ஐந்திணைப் பகுப்பும் சூழலியலும்
3. தொழில்நுட்ப மேலாண்மை
4. நேர் நிலம் மேலாண்மை

அலகு 2: பழந்தமிழ் இலக்கியங்களில் அறிவியல் சிந்தனைகள்

1. நிலவியல்
2. உலோகவியல்
3. வானவியல்
4. உயிரியல்
5. உளவியல்

அலகு 3: இடைக்கால இலக்கியங்களில் அறிவியல் சிந்தனைகள்

1. காப்பியங்களில் அறிவியல்
2. சிற்றிலக்கியங்களில் அறிவியல்
3. உரைநூல்களில் அறிவியல்

அலகு 4: இணையத் தமிழ்

1. இணையத் தமிழ் பயன்பாடு - அறிமுகம்
2. இணையத் தமிழ் கல்விக்கழகம்
3. இணைய நூலகம்
4. செயற்கை நுண்ணறிவியல்
5. தமிழ்நாட்டு அறிவியல் ஆளுமைகள்

அலகு 5: கடிதம் எழுதுதலும் கட்டுரை எழுதுதலும்

1. உறவு முறைக் கடிதப் பயிற்சி
2. அலுவலகக் கடிதப் பயிற்சி
3. விண்ணப்பப் படிவம் எழுதும் பயிற்சி
4. தன் விவரப் படிவம் எழுதும் பயிற்சி
5. கருத்து விளக்கக் கட்டுரைகள் எழுதும் பயிற்சி
6. பத்திரிகைகளுக்குக் கட்டுரை எழுதும் பயிற்சி

Text Books;

1. அறிவியல் தமிழ் இன்றைய நிலை - இராதா செல்லப்பன், உலகத் தமிழாராய்ச்சி நிறுவனம், சென்னை
2. மாணவ முஸ்தபா. தமிழில் அறிவியல் படைப்பிலக்கியம், மணவை பூப்பிளிகேஷன், சென்னை.
3. கலைச்சொல்லாக்கம் - மங்கை, ரங்கராசபுரம், சென்னை

Reference Books:

1. தமிழர் மேலாண்மை மரபுகள் - இல). செ. கந்தசாமி
2. சங்க இலக்கியத்தில் வேளாண் சமுதாயம், பொ. மாதையன், நியூ செஞ்சுரி புக் ஹவுஸ்

Websites:

1. <https://www.chennaiLibrary.com/>
2. [முகப்பு - சிறுகதைகள்](#)
3. www.tamilvirtualuniversity.org
4. [Buy tamil books online 10% to 50% discount, Tamil Novels, Tamil Audio Books online – Buy tamil books online – Established 2010](#)
5. www.katuraitamilblogspot.com



Part I MALAYALAM

DESKTOP PUBLISHING AND PRINTING IN MALAYALAM

UNIT I

This unit introduces basics of the printing technology, History of Malayalam printing-publishing-Newspapers-Journals-Social commitment -Propagation of ideas- Social struggle against invasion product of industrialization-printing in new era- - Data entry, DTP, editing, layout and Book publishing, e-publishing -: Significance of ISBN and ISSN..

UNIT II e -Malayalam – Malayalam in cyber space Detailed Study :

1. Malayalam computing-charithravalokanam.Dr.Mahesh Mangalatt ,Cyber Malayalam Sunitha T.V.(Ed)
2. Vayana, Ezhuthu, prasadhanam digital yugathil Dr.B.Iqbal(Grandhalokam- June 2013)

UNIT III e-Vayana- Reading in digital era Detailed Study :

1. E.vayana innathe Vayana– E-malayalam.Sunitha T.V State Institute of Languages.Thiruvananthapuram
2. Malayalam wiki media samrambhanga.Shiju Alex Cyber Malayalam .Sunitha T.V (Ed).Current Books.
3. Web magazinukal-Ini Vayana E Vayana.V.K Adarsh D C Books

UNIT IV Modern Media

Tools in Cyber space-editing tools

Unicode- Fonts- Drawing Tools, Painting tools. M S Paint- File Types (jpg ,IMG, XMP, Gif, PNG)

Resolution-Layers-Palattes, Greyscale, image, image recognition, Colour space, image transformation- image preview.

Detailed Study:

Unicode – Ini vayana e vayana – V.K Adarsh - D C Books

UNIT V

Proof reading techniques and cataloguing, cover designing, blurb writing

Detailed study:

Proof thiruthal.Vaniyaparamaya kathidapadukal.G.R.Pilla,
State Institute of Languages.Thiruvananthapuram

Reading List (Print and Online)

1. <https://www.amazon.com/Desktop-publishing-Bittukumar/dp/9350570130>
2. Computer parichayavum prayogavum.Dr.Achytsankar S Nair State Institute of languages.Thiruvananthapuram
3. Malayalam computing parimithikalum sadhyathakalum (Combled.) Dr.Smitha K Nair
4. Sankethika patham-kerala University Publications
5. Computer Gurukulam-DTP ,Kairali Publications Thiruvananthapuram
6. Pusthaka nirmaanam - The state Institute of languages, Thiruvananthapuram
7. Proof reading - The state Institute of languages
8. Printing A to Z - K.J. Sam kutti
9. Ini vayana e vayana- V.K. Adarsh, D.C. books.
10. IPrinting Technology and Compositing- The State institute of Language s . T Thiruvananthapuram
11. Navamadhyamangal Bhaasha sahiyam samskaram- Jose K Manuel, N B S
12. Cyber aadhunikata @ Malayalam – Jose K Manuel ,Athma Books
13. Bookstalgia- P.K. Rajasekharan- Mathrubhumi books
14. Pusthakam Untakunnathu- V.K. Haridas, Poorna publications, Kozhikode
15. An Introduction to Book Publishing D,Raghavan
16. Copy Editing- Judith Butcher
17. E Malayalam –Sunitha T.V- The State Institute of Language s



PART I HINDI

Hindi Bhasha aur Computer

Course Objectives

The Main Objectives of this course are to:

- Knowing about computer in Hindi
- Understanding Technical Hindi
- E-Learning and its aspects
- Hindi application with the Technical tools

Unit I

Computer aur Hindi

- Computer ka Parchay aur Vikas
- Computer mein Hindi ke Vividh Prayog

Unit II

Proudyogiki aur Hindi

- Unicode
- Dewanagari Lipi
- Hindi ki Vibhinna Website – Ek Parichay

Unit III

Computer ke madhyam se Hindi shikshan

- Vibhinna Shikshan Takkini ki
- Sarkari aur gair sarkari sansthaon mein prayukt Hindi Bhasha

Unit IV

Vividh Paksh

- Internet par Hindi Bhasha
- Hindi SMS
- Hindi Tanka
- Hindi ke Vibhinna Prayukthi

Unit V

Pratiyogi priksa par aadharit Computer sambandhit prashikshan Karya

- Hindi mein Powerpoint banana
- Hindi mein Google Document taiyar karna
- Hindi mein Google form taiyar karna
- Vibhinna pratiyogi parikshao ke bare mein suchna pradan karna

Reference Books

1. Social Networking: Naye Samay ka Samvad – Ed. Sanjay Dwivedi
2. Jansanchar aur Maas Culture – Jagdeeshwar
3. Media: Bhumandalikaran aur Samaj – Ed. Sanjay Dwivedi
4. Naye Jamane ki Patrakarita – Sourabh Shukla
5. Patrakarita se Media tak – Manoj Kumar

Related Online Contents (MOOCs, SWAYAM, NPTEL, YouTube, Websites, etc.)

1. <https://techshindi.com/%E0%A4%AB%E0%A4%BC%E0%A5%89%E0%A4%A8%E0%A5%8D%E0%A4%9F%E0%A4%95%E0%A5%8D%E0%A4%AF%E0%A4%BE-%E0%A4%B9%E0%A5%88%E0%A4%82-%E0%A4%94%E0%A4%B0-%E0%A4%AF%E0%A5%87-%E0%A4%95%E0%A4%BF%E0%A4%A4%E0%A4%A8/>
2. <https://www.techyukti.com/2020/12/computer-font-kya-hai.html>
3. <https://chti.rajbhasha.gov.in/pdf/Chap4HindiShabadSansadhan2ndEditionPart2.pdf>



Part II ENGLISH

UNIT I GOAL SETTING (UNICEF)

Life Story

- 1.1 From Chinese Cinderella – Adeline Yen Mah
- 1.2 Why I Write - George Orwell

Short Essay

- 1.3 On Personal Mastery – Robin Sharma
- 1.4 On the Love of Life – William Hazlitt

UNIT II INTEGRITY

Short Story

- 2.1 The Taxi Driver – K.S. Duggal
- 2.2 Kabuliwala - Rabindranath Tagore
- 2.3 A Retrieved Reformation – O Henry

Extract from a play

- 2.4 The Quality of Mercy (Trial Scene from the Merchant of Venice - Shakespeare)

UNIT III COPING WITH EMOTIONS

Poem

- 3.1 Pride – Dahlia Ravikovitch
- 3.2 Phenomenal Woman – Maya Angelou

Reader's Theatre

- 3.3 The Giant's Wife A Tall Tale of Ireland –William Carleton
- 3.4 The Princess and the God : A Tale of Ancient India

UNIT IV Language Competency Sentences

- 4.1 Simple Sentences
- 4.2 Compound Sentences
- 4.3 Complex Sentences

Direct and Indirect Speech

UNIT V Report Writing

- 5.1 Narrative Report
- 5.2 Newspaper Report

Drafting Speeches

- 5.3 Welcome Address
- 5.4 Vote of Thanks

Text Books (Latest Editions)

1. Oxford Practice Grammar , John Eastwood, Oxford University Press
2. Cambridge Grammar of English , Ronald Carter and Michael McCarthy
3. George Orwell Essays, Penguin Classics

Web Resources

1. <http://www.gradesaver.com/George-orwell-essays/study/summary>
2. O' Henry. A Retrieved Reformation.
https://americanenglish.state.gov/files/ae/resource_files/a-retrieved-reformation.pdf
3. Maya Angelou. Phenomenal Woman.
<https://www.poetryfoundation.org/poems/48985/phenomenal-woman>
4. The Quality of Mercy, <https://poemanalysis.com>
5. https://www.oxfordsecondary.com/editions.co.in/display/10.1093/actrade/9780199235742.book.1/acrade-9780199235742-div1-106-William_Hazlitt



COMPUTER APPLICATION IN PHYSICAL EDUCATION

Unit-I

- i. Meaning, need and importance of information and communication technology (ICT).
- ii. Components of computer: input and output device

Unit-II

- i. Introduction to MS Word
- ii. Creating, saving and opening a document
- iii. Formatting, page setup, paragraph alignment, spelling and grammar check, printing option, inserting: page number, graph, footnote and notes.
- iv. Drawing table, inserting row and column, deleting row and column

Unit-III

- i. Introduction to MS Excel
- ii. Inserting data in to excel sheet
- iii. Creating, saving and opening worksheet
- iv. Preparing bar Diagrams
- v. Format and editing features adjusting columns width and row height understanding charts.

Unit-IV

- i. Introduction to MS Power Point
- ii. Creating, saving and opening a ppt. file
- iii. Format and editing features: design, inserting slide number, picture, graph and table.
- iv. Stating slide show, Animations in the slides show
- v. Preparation of Power point presentations

Unit-V

Computer Applications in Physical Education – Office Management Teaching, learning and coaching modules. Application software used in Physical Education and sport

Book for References:

1. Cassel. P and Hart. M Windows98, Techmedia, NewDelhi, 1998
2. Norton.P, Complete Guide to Windows, BPB Publication, NewDelhi, 1998 Teach Yourself Excel97 for Windows, BPB Publication, NewDelhi, 1998 Mastering Power Point for Windows, BPB Publication NewDelhi, 1996 Computer Basics, BPBP Publications, NewDelhi.
3. Computer Concepts and Facts, BPB Publication, NewDelhi. Handbook for Windows, Power Point and Excel.
4. National Institute for Computer Education, Chennai



PRINCIPLES OF SPORTS TRAINING

Learning outcomes:

- The learners will be able to identify the fundamental concepts, theories and principles of human body training related to sports performance.
- The learners will be able to demonstrate the skills to train different fitness components and related planning.
- The learners will be able to understand the organization to achieve high performance in sports.

Unit-I

Introduction – Meaning and Definition of Sports Training–Principles of Sports Training.

Unit-II

Training Load and Recovery–Factors of Load–Load intensity, Load Volume – Judgement of Load–Relationship between Load and Adaptation Over Load.

Unit-III

Training of Motor qualities: Strength: Forms–Means and Methods to improve strength
Speed: Forms–Means and Methods to improve Speed
Endurance: Forms–Means and Methods to improve Endurance
Flexibility: Forms–Means and Methods to improve flexibility.
Coordination: Forms–Means and Methods to Improve Coordination.

Unit-IV

Training plan – Periodisation – stages of periodisation – Types of Periodisation – Preparatory period–Competition period–Transitional period–long term and short term plans–Cyclic process of training.

Unit-V

Techniques preparation – Aims to techniques in sports – Fundamentals and methods for development of techniques in sports – stages of techniques development. Aims of Tactics – Methods of tactical development.

Books for References:

1. Hardayal Singh(1991)Science of sports Training, NewDelhi: DVS Publications.
2. John Bunn, Scientific Principles of Coaching.
3. Miler, Fundamental of Track and Field Coaching.
4. Dr M.Elango, M.Kandasamy, P.Sivagnanam Fundamentals of Sports Training
5. Dr.S.Arumugam (2018), Sports Training and System of Coaching, Shanlax Publications, Madurai
6. Dr.J.Karthikeyan, Dr.C.Esakkiappan (2014) Training Methods. Krishna Publications, Tirunelveli.



APPLIED SCIENTIFIC SPORTS TRAINING

Unit-I

Basic Sports Training Strategies: Static Stretching Upper Body & Lower Body, Dynamic Stretching, Warm up & Warm Down exercise. Safety Handling Methods & Specimen Identification: Dumbbells, Barbells, Iron plates, Space Marker, Cone, Yoga Mat, Medicine ball, wands, Hoops, Iron barbells.

Unit-II

Formulation and fixation Method of 1RM for Strength – Biceps: Biceps Curl, Triceps: Triceps extension, Hamstrings & Quadriceps: Full Squat, Pectoralis Major: Bench Press, Grip Strength: Hand Grip – Dynamometer, Back Strength : Dynamometer

Unit-III

Teaching, Training coaching pedagogy and fixation of Load , Intensity , Repetition , Set , Frequency and Rest for bellow Exercise : Push-ups (Normal , Wide, Diamond, Sphinx Push-Up Staggered Hands Push-Up, Power and Clap Push-Ups) , Pull ups, Kneeling Superman, Plank, Abdominal crunches, Full Squat, Half Squat , Skipping.

Unit-IV

Circuit Training – Training method to developing Maximum Strength, Explosive Strength & Strength Endurance Stair/ Step Training - Training method to developing Strength Endurance, Hamstrings & Quadriceps workout, Strengthening for Knee & Angle Workout Plyometric Training - Training method to developing Explosive Strength for Lower Body & Upper Body

Unit -V

Pressure Training for Specific Game Skills:

Badminton - Back hand Short Serve, Long Serve. Smash. Net Drop.

Ball Badminton - Long serve, Net Drop, Smash.

Kabaddi- Cant, Bonus point, Angle Catch , Knee Catch.

Handball – Dribbling , Shooting , Chest Pass, handball Gripping/ Holding skills

Volleyball – Forearm Serve or underarm serve, Smash ,Single man block

Hockey – Scoping , Dribbling , penalty shoot

Football- Dribbling , Inside Foot pass,

Books for References:

1. <https://www.topendsports.com/health/tests/stress.htm>
2. Hardayal Singh(1991) Science of sports Training, New Delhi: DVS Publications. John Bunn, Scientific Principles of Coaching.
3. Miler, Fundamental of Track and Field Coaching.



4. MORGAN, R.E. AND ADAMSON, G.T. (1961). Circuit Training (2nd ed.). Bell and Sons Ltd.: London.
5. SCHOLICH, M. (1990). Circuit Training for All Sports: Methodology of Effective Fitness Training. Sport Books Publisher: Toronto.
6. SELYE, H. (1956). The Stress of Life. McGraw-Hill: New York.
7. WILLIAMS, M. (1993). Lifetime Fitness and Wellness (3rd ed.). Brown and Benchmark: Iona.
8. Chmielewski TL, Myer GD, Kauffman D, Tillman SM (2006) Plyometric exercise in the rehabilitation of athletes: physiological responses and clinical application. J Orthop Sports Phys Ther 36(5):308–319

COMPUTER APPLICATION IN PHYSICAL EDUCATION

Learning outcomes:

- obtain the knowledge of computer application in physical education.
- understand the basic knowledge of computer
- learn the MS word, MS excel & MS power point.

Unit-I

Typing sports correspondence letters using MS WORD Table formation using MS WORD

Unit-II

Preparing fixtures using MS WORD Creating charts using EXCEL

Unit-III

Statistical and mathematical functions using MS EXCEL Mail Merge

Unit-IV

Internet operations Preparing Sports Invitations using Word Art

Unit-V

Preparing Score Sheets for various games and Track and Field Power Point presentation

Book for References:

1. Cassel. P and Hart. M Windows98, Techmedia, NewDelhi, 1998
2. Norton.P, Complete Guide to Windows, BPB Publication, NewDelhi, 1998
Teach Yourself Excel97 for Windows, BPB Publication, NewDelhi, 1998
Mastering Power Point for Windows, BPB Publication NewDelhi, 1996
Computer Basics, BPBP Publications, NewDelhi.
3. Computer Concepts and Facts, BPB Publication, NewDelhi. Handbook for Windows, Power Point and Excel.
4. National Institute for Computer Education, Chennai



VALUE BASED EDUCATION

Unit-I Introduction to Value based Education

- a. Value: meaning and Classification
- b. Value based Education: Meaning, Characteristics, Components and Contents
- c. Value Erosion and Inculcation: Value crises in social life, economic life, and political life - Value inculcation: need and importance - Role of Parents and Teachers in inculcating values

Unit-II Harmony in Being and Living

- a. Harmony of the self (I) with the body: Nurturing of the body- Understanding myself as co-existence of the self and the body- Understanding needs of self and needs of the body- Understanding the activities in the self and activities in the body.
- b. Harmony in the Family, Society and Nature: Family as a basic unit of human interaction and values in relationships - Affection, care, guidance, reverence, Glory, gratitude, and love – Harmony in society: Justice preservation, Production Work, Exchange Storage Harmony in nature: four orders in nature- The holistic perception of harmony in existence.

Unit III: Social Issues, Social Justice and Human Rights

Social issues – causes and magnitude - alcoholism, drug addiction, poverty, unemployment

Social Justice: Definition and need – factors responsible for social injustice: caste and gender – contributions of social reformers.

Human Rights: Concept and Principles of human rights – human rights and Indian constitution – Rights of Women and children – violence against women

Unit IV: Values and Mass Media

Mass media: Meaning, functions and characteristics – Effects and Influence on youth and children – **Media Power** – socio, cultural and political consequences of mass mediated culture - consumerist culture – Globalization – new media- prospects and challenges – Role of media in value building

Unit V: Ethics

Ethics: Meaning and importance

Social ethics: tolerance, equity, justice for all, sensitivity towards mankind, love for nature and creatures, nationalism-love for nation, pride for nation, Honour to the law, Indian culture and traditions – Civic Sense: Being a good civilian

Professional Ethics: Dedication to work and duty – Commitment to the Profession



References:

1. Allport, G.W., Vernon, P.E., and Lindzey, G. (1970) study of values, Boston: Houghton Mifflin.
2. Central Board of Secondary Education (1997), Value Education: A Handbook for Teachers, Delhi: Central Board of Secondary Education.
3. Delors, J. (1996), Learning: The Treasure within- Report of the International Commission on Education for the Twenty-First Century, Paris: UNESCO.
4. Morris, Charles W. (1956). Varieties of Human Values. Chicago: University of Chicago Press.
5. Shukla, R.P. (2005). Value Education and Human Rights. Sarup & Sons, New Delhi
6. Satchidananda. M.K. (1991), "Ethics, Education, Indian Unity and Culture" – Delhi, Ajantha Publications
7. Saraswathi. T.S. (Ed) 1999. "Culture", Socialisation and Human Development: Theory, Research and Application In India" – New Delhi Sage Publications.
8. Venkataiah. N (Ed) 1998, "Value Education" New Delhi Ph. Publishing Corporation.
9. Chakraborti, Mohit (1997) "Value Education: Changing Perspectives" New Delhi: Kanishka Publications.

Web Resources

1. <https://testbook.com/ugc-net-paper-1/value-education>

NAAN MUDHALVAN COURSE / OLYMPIC MOVEMENT

Learning outcomes:

- Understand the origin and modern Olympic movement.
- Study about the Olympic rings and flag.
- Describe the Different Olympic Games analyse the Committees of Olympic Games.

Unit-I

Origin of Olympic movement
Origin of Olympic Movement - Philosophy of Olympic movement - The early history of the Olympic movement - The significant stages in the development of the modern Olympic movement - Educational and cultural values of Olympic movement

Unit-II

Modern Olympic Games
Modern Olympic Games - Significance of Olympic Ideals, Olympic Rings, Olympic Flag



Unit-III

Olympic Protocol for member countries - Olympic Code of Ethics - Olympics in action - Sports for All

Unit-IV

Different Olympic Games Different Olympic Games - Para Olympic Games - Summer Olympics - Winter Olympics - Youth Olympic Games

Unit-V

Committees of Olympic Games Committees of Olympic Games - International Olympic Committee - Structure and Functions National Olympic committees and their role in Olympic movement - Olympic commission and their functions - Olympic medal winners of India

Book for References:

1. Osborne, M. P. (2004). Magictree house fact tracker: ancient greece and the olympics: a nonfiction companion to magic tree house: hour of the Olympics. New York: Random House Books for Young Readers.
2. Burbank, J. M., Andranovich, G. D. & Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner
3. Dr.I.Karikalan. 2017 "Olympic Movement", SShree Publications, Tuticorin

