

SYLLABUS

MANONMANIAM SUNDARANAR UNIVERSITY, TIRUNELVELI-12

UG - COURSES – AFFILIATED COLLEGES

Course Structure for **B.Sc Physical Education**

(Choice Based Credit System)

(with effect from the academic year 2017- 2018 onwards)

Semester-VI				
Part	Subject Status	Subject Title	Subject Code	Credit
III	Core	Principles of Sports Training	SMPE61	4
	Core	Theories Of Games (Basket Ball, Football, Hockey, Cricket, Volleyball)	SMPE62	4
	Core	Sports Physiotherapy	SEPE6A	4
	Practical	Practical – Field Events	SMPEP7	2
	Core	Practical – Game of Specialization	SMPEP8	2
	Project	Major Project	SMPE6P	7

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 **I 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**

- a) First Class with Distinction : $CGPA \geq 7.5^*$
- b) First Class : $CGPA \geq 6.0$
- c) Second Class : $CGPA \geq 5.0$ and < 6.0
- d) Third Class : $CGPA < 5.0$

Principles of Sports Training

Preamble

Students the meaning aims and characteristics of sports training understand the meaning of sports training load and to analyse the principles of trainings load acquire knowledge of preparing plans for the competition and motor development.

Unit I

Introduction - Meaning and Definition of Sports Training -Aim -characteristics- Principles of Sports Training

Unit II

Training Load – Types of Load –Components of load- Judgment of Load- Adaptation - Relationships between Load and Adaptation. Over load- Causes, Symptoms and Remedies.- Strength - Forms of strength - Means and Methods to improve strength.

Unit III

Speed Forms - Means and Method to improve speed - Endurance -Forms of Endurance - Means and Methods to improve Endurance

Unit IV

Flexibility - Forms of flexibility Means and Methods to improve flexibility - Coordination - Forms of Coordination - Means and Methods to improve coordination

Unit V

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

References :-

1. J. Bunn Scientific Principles of coaching -.
2. Hardayal Singh.Sports Training:
3. Dr M.Elango, M.Kandasamy,P.Sivagnanam Fundamentals of Sports Training

Theories of Games

(Basketball, Cricket, Foot ball, Hockey, & Volleyball)

Preamble

Trace the history of sports and games in India learn the strategy and tactics in sports learn various skills in Basketball, Cricket, Foot ball, Hockey, & Volleyball. be familiar with rules and regulations, and learn the method of officiating for all Basketball, Cricket, Foot ball, Hockey, & Volleyball.

Unit I

- a) History of the Games: World, India.
- b) Organization of Games: (Working Federations): World, India

Unit II

Training Warm-up, Warming- down,. Specific Warming for the Games Essential fitness Components Conditioning, Load.

Unit III

Fundamental Skills and Advanced Skills Types of Skills, Special Applied Mechanics

Unit IV

Tactics and Strategy: Systems in the Games, Lead -up Games, Evaluation

Unit V

Rules of Games

- a) Rules and their interpretations.
- b) Method of officiating and scoring
- c) Layout and maintenance of play fields
- d) Equipments and their specifications.

References:-

1. Tyson frank The Cricket Coaching Manual ,Calcutta, Rupa &Co.,1985.
2. Amarnath Mohinder ,learn to play Good cricket ,Delhi ,surjeet publications.
3. Thomson willam teaching soccer ,Delhi ,surjeet publications
4. Dhanraj V.Hubert ,volley ball ,A modern approach ,patila ,SAINSNIS, 1971
5. Cox H.Richard Teaching Volley ball ,delhi ,surjeet publiucations
6. Larche, Harry, F, Techinques to Football Coaching" London, A.S. Barnes and company 1969.
7. Wein Horat, " The Science of Hockey:" London, Pelham Books, 1970.

8. Milford, D.S Hockey Practice and Tactics, London Mnolds and Company, 1949.
9. Colberk, A.L, "Modern Basketball - A Fundamental Analysis of Skills and Tacties" London, Nicholes Kayl 1

Sports Physiotherapy / Sports Technology

Preamble

Understand the Massage Therapy Rheumatic Conditions, acquire knowledge on Technology in Physical Education And Sports learn about Use of ICT in Physical Education learn about rehabilitation of sports injuries.

To understand nature, scope and importance of IT as a school subject. To understand the objectives of teaching IT To apply various methods of teaching IT effectively. To develop adequate skills in the preparation and use of teaching aids. To use various tools of evaluation. To correlate IT with other school subjects

Unit I

Meaning, Nature, Need and Importance of Physiotherapy

Unit II

Electricity and Conductor, Short wave diathermy, Microwave diathermy, Diapulse Diathermy, Ultra Sound Waves, Infra red rays, Ultra violet rays - Sources - Effect and uses - Techniques for infra red and ultra violet irradiation.

Unit III

Massage Therapy - Brief History of Massage, Points to be considered in giving massage, classification of the Manipulations used in massage. The Technique, the Effect, uses, Indication and contra- Indications of all manipulations.

Unit IV

Rheumatic Conditions - Classification – Rheumatoid Arthritis – Spondylitis - Acute respiratory conditions - Chronic respiratory conditions -Conditions of the Nervous System. Introduction, Sign and Symptoms of neurological disorders like Paraplegia, Hemiplegia, Cerebral Palsy. Various infections of the Nervous System- Meningitis, Poliomyelitis, cerebral palsy.

Unit V

Conditions of the cardio vascular system - Introduction, heart failure, classification myocarditis.-Sign and symptoms and prevention-Chronic vascular disorders, coronary occlusion and Efforts requiring hypertension- Disorders of the blood vessels- Atherosclerosis, cold extremities, various thrombosis - Fracture of the upper extremity and lower extremity - Dislocation

References:

- 1) Joan, N. Laan, "Physiotherapy in Medical Conditions"
- 2) Thorndike, "Athletic Injuries"
- 3) Joan, "Physiotherapy in Surgical conditions"
- 4) Henry, C. Kondal and Florence P. Kondal, Muscle and Functions.
- 5) I.B. Clayton, "Text Book of Electrotherapy" and Actiontherapy
- 6) Branda Savage, "Preliminary electricity for the Physiotherapist"
- 7) Edwin M. Prasnet, "Manual of Massage and Movements"
- 8) R. Foracks, "Exercise Therapy"
- 9) M.V.Locs, "Manual of Massages"
- 10) Adish Luchwald, "Physical Rehabilitation for Daily Living"

Field Event (Practical)

Preamble

Learn the strategy and tactics in sports learn various skills in field be familiar with rules and regulations, and learn the method of officiating for all field.

Unit I

Long Jump

- a.Approach run
- b.Take off
- c.Flying Phase
- d.Landing.

Triple Jump

- a) Approach run
- b) Take off and landing for hop and jump
- c) Flying phase
- d)Landing

Unit II

High Jump

- a.Approach run
- b.Take off
- c.Flying Phase
- d.Landing.

Pole Vault

- a.Pole grip
- b.Carry and run
- c.Pole plant
- d.Take off
- e.Rock back
- f.Pull up
- g.Push up
- h.Bar clearance
- i.Landing

Unit III

Shot-put

- a.Hand hold
- b.Placement of shot
- c.Initial Stance
- d.Glide
- e.Delivery stance

- f.Delivery action
- g.Reverse.

Discus Throw

- a)Hand hold
- b)Initial stance
- c)Preliminary swings
- d)Turn
- e)Delivery stance
- f)Delivery action
- g)Reverse

Unit IV

Javelin Throw

- a.Grip
- b.Carry
- c.Approach run
- d.Last five strides rhythm including impulse stride
- e.Delivery stance
- f.Delivery
- g.Reverse

Hammer Throw

- a.Grip
- b.Initial stance
- c.Preliminary swings
- d.Entry (or) Transition from swings to turn
- e.Turns
- f.Delivery Stance
- g.Delivery action
- h.Reverse

Text Books

- 1.Goel, R.C., 1992. Encyclopaedia of Sports and Games, Trange paper, Delhi.
- 2.Pintu modak., 1996, Gymnastics a scientific approach.
Runthala Publishers & Printers, Near Nehru place 11, Pilani (Raj).

Reference Books

- 1.A.A.F.I., 1994, Competitive Rules Hand Book, Ashok Printers, Kanpur.
- 2.Federation International De Gymnastics, 1993, Code of Points, Switzerland.
- 3.Gambetta, V., 1981, Track and Field Coaching Manual, Leisure Press
Champaign, Illidis.
- 4.Thirunarayan, C., and Hariharan, S., 1970, Track and Field the
South Indian Press, Karaikudi.

Games Part II

(Cricket, Basket Ball, Volley Ball, Hockey, Foot Ball) (Practical)

Preamble

The purpose of this course is to provide learning experiences that will lead to the development of basic skills in team sports. In addition to skill acquisition, the course will focus on how to plan and implement the four stages of skill development in games through the use of extending, refining, and application tasks. An emphasis will be placed on the use of the game stages and movement framework as a guide for designing a variety of sport game experiences for students in grades Students will be expected to achieve an intermediate level of skill in the selected team sports. Practice outside of class time and individual tutoring may be necessary for some students to achieve the expected performance level.

Unit I

- a) History of the Games: World, India.
- b) Organization of Games: (Working Federations): World, India.

Unit II

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Essential fitness Components Conditioning, Load.

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Rules of Games

- a) Rules and their interpretations.
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- c) Layout and maintenance of play fields
- d) Equipments and their specifications

References:-

1. Coleman, Brian and Peter Ray, Basset Hall, East Ardsley, Ep publishing Ltd., 1976.
2. Tyson Frank, The Cricket Coaching Manual, Calcutta, Rupa & Co., 1985.
3. Andrew Keith, Bob Carter and Les Lenham, Cricket, East Ardsley, Ep Publishing Ltd., 1978.
4. Amarnath Mohinder, Learn to play Good cricket, Delhi, Surjeet publications.
5. Thomson William, Teaching soccer, Delhi, Surjeet publications
6. Dhanraj V. Hubert, Volley ball, A modern approach, Patil, SAINSNIS, 1971
7. Cox H. Richard, Teaching Volley ball, Delhi, Surjeet publications
8. James Dane, Volley ball for schools, Delhi, S. Chand & Company Ltd.
9. Saggarr S.K., Skills and Tactics: Volleyball, Delhi Lokesh Thani Sports Publication, 1984.
10. Larche, Harry, F, "Techniques to Football Coaching" London, A.S. Barnes and company 1969.
11. Carting Ganagon, "Play Better Soccer, in All Colour" W.B. Saunders Company, 1972.
12. Wein Horat, "The Science of Hockey:" London, Pelham Books, 1970.
13. Milford, D.S Hockey Practice and Tactics, London Moulds and Company, 1949.
14. Colberk, A.L, "Modern Basketball - A Fundamental Analysis of Skills and Tactics" London, Nicholes Kayl 1966.