



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-I				
Part	Subject Status	Subject Title	Subject Code	Credit
I	LANGUAGE	TAMIL/MALAYALAM/HINDI	F1TL11/ F1MY11/ F1HD11	3
II	ENGLISH	ENGLISH	F2EN11	3
III	CORE	FOUNDATION OF PHYSICAL EDUCATION AND SPORTS	FCPE11	5
III	CORE	THEORIES OF MAJOR GAMES-I (KABADDI, KHO-KHO)	FCPE12	5
III	ELECTIVE	ANATOMY AND PHYSIOLOGY	FEPE11	3
IV	SEC 1	PRACTICAL - MAJOR GAMES-I (KABADDI, KHO-KHO)	FSPEP1	2
IV	FC	PRACTICAL - KIN ANTHROPOMETRY	FFPEP1	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



## பொதுத்தமிழ் 1

### தமிழ் இலக்கிய வரலாறு 1

அலகு 1: தமிழ் இலக்கிய, இலக்கண வரலாறு அறிமுகம்.

#### 1. இலக்கணம்:

அ. தொல்காப்பியம், இறையனார், களவியல் உரை, நம்பியகப் பொருள், புறப்பொருள் வெண்பா மாலை, நன்னூல் தண்டியலங்காரம், யாப்பருக்கலக்காரிகை- நூல்கள்

#### ஆ. மொழிப் பயிற்சி - ஒற்றுப்பிழை தவிர்த்தல்

- வல்லினம் மிகும் இடங்கள்
- வல்லினம் மிகா இடங்கள்
- ஈரொற்று வரும் இடங்கள்
- ஒரு, ஓர் வரும் இடங்கள்
- அது, அஃது வரும் இடங்கள்
- தான், தாம் வரும் இடங்கள்

பயிற்சி: வல்லினம் மிகும் இடங்கள், மிகா இடங்கள் தவறாக வரும்வகையில் ஒரு பத்தி கொடுத்து ஒற்றுப் பிழை திருத்தி எழுதச் செய்தல்.

2. சங்க இலக்கியம்-எட்டுத்தொகை, பாத்துப்பாட்டு
3. அற இலக்கியம்-பதினெண்கீழ்கணக்கு நூல்கள்
4. காப்பிய இலக்கியம் - ஐம்பெருங் காப்பியங்கள், ஐஞ்சிறு காப்பியங்கள், சமயக் காப்பியங்கள்
5. பக்தி இலக்கியமும் (பன்னிரு திருமுறைகள், நாலாயிர திவ்வியப் பிரபந்தம் - பகுத்தறிவு இலக்கியமும் (சித்தர் இலக்கியங்கள், புலவர் குழந்தையின் இராவண காவியம்)

அலகு 2: சங்க இலக்கியம்

எட்டுத்தொகை

1. நற்றிணை-முதல் பாடல் - நின்ற சொல்லர்
2. குறுந்தொகை 3 ஆம் பாடல் - நிலத்தினும் பெரிதே
3. ஐங்குறுநூறு-நெல் பல பொலிக! பொன் பெரிது சிறக்க! (முதல் பாடல்)-வேட்கைப் பத்து
4. கலித்தொகை -51 - சுடர்தொடிக் கேளாய் - குறிஞ்சிக் கலி
5. புறநானூறு-189 தெண்கடல் வளாகம் பொதுமையின்றி, நாடா கொன்றோ - 187

பத்துப்பாட்டு:

1. முல்லைப்பாட்டு (முழுவதும்)

அலகு 3: அற இலக்கியம்

1. திருக்குறள் - அறன் வலியுறுத்தல் அதிகாரம்
2. நாலடியார் -பாடல் 131 (கஞ்சியாழகும்)
3. நான்மணிக்கடிகை - நிலத்துக்கு அணியென்ப
4. பழமொழி நானூறு-தம் நடை நோக்கார்
5. இனியவை நாற்பது-37 இளமையை மூப்பு என்று

அலகு 4: காப்பிய இலக்கியம்

1. சிலப்பதிகாரம் - வழக்குரைகாதை



2. மணிமேகலை - பாத்திரம் பெற்ற காதை
3. பெரியபுராணம்- பூசலார் நாயனார்புராணம்
4. கம்பராமாயணம்-குகப் படலம்
5. சீறாப்புராணம் - மாணுக்குப் பிணை நின்ற படலம்
6. இயேசு காவியம்-ஊதாரிப்பிள்ளை

**அலகு 5: பக்தி இலக்கியமும், பகுத்தறிவு இலக்கியமும்**

**பக்தி இலக்கியம்:**

1. திருநாவுக்கரசர் தேவாரம்-நாமார்க்கும் குடியல்லோம் எனத் தொடங்கும் பாடல் மட்டும்
2. மாணிக்கவாசகர் திருவாசகம் - நமச்சிவாய வா ஆழ்க நாதன்தான் வாழ்க முதல் சிரம்குவிவார் ஓங்குவிக்கும் சீரோன் கழல் வெல்க வரை
3. பொய்கையாழ்வார்-வையந் தகனியா வர்கடலே
4. பூதத்தாழ்வார் - அன்பே தகனியா
5. பேயாழ்வார் - திருக்கண்டேன் பொன்மேனி கண்டேன்
6. ஆண்டாள் - திருப்பாவை மார்களித் திங்கள் (முதல் பாடல் )

**பகுத்தறிவு இலக்கியம்;**

1. திருமூலர் - திருமந்திரம் (270,271,274,275 285)
2. பட்டினத்தார் - திருவிடை மருதூர் (காடே திரிந்து - எனத் தொடங்கும் பாடல் பா. எண்; 279,280)
3. கடுவெளி சித்தர் - பாபஞ்செய் எதிரி மனமே (பாடல் முழுவதும்)
4. இராவண காவியம் - தாய்மொழிப் படலம் 18 ஏடுகை இல்ல ரில்லை முதல் - 22 செந்தமிழ் வளர்த்தார் வரை

**Reference Books:**

- மு. வரதராசன், தமிழ் இலக்கிய வரலாறு, சாகித்ய அக்காதமி, புதுடெல்லி
- மது. ச. விமலானந்தன், தமிழ் இலக்கிய வரலாறு, மீனாட்சி புத்தக நிலையம், மதுரை.
- தமிழண்ணல், புதிய நோக்கில் தமிழ் இலக்கிய வரலாறு, மீனாட்சி புத்தக நிலையம், மதுரை;.
- தமிழ் இளகிய வரலாறு - முனைவர் சிற்பி பாலசுப்ரமணியன், முனைவர்.சொ. சேதுபதி
- புதி யதமிழ் இலக்கிய வரலாறு - முனைவர் சிற்பி பாலசுப்ரமணியன், நீல. பத்மநாபன்

**Web Sources:**

- [இணைய தமிழ் நூலகம் - சென்னை நூலகம் - Online Tamil Library - ChennaiLibrary.com](http://இணைய_தமிழ்_நூலகம்_-_சென்னை_நூலகம்_-_Online_Tamil_Library_-_ChennaiLibrary.com)
- [முகப்பு - சிறுகதைகள் \(sirukathaigal.com\)](http://முகப்பு_-_சிறுகதைகள்_(sirukathaigal.com))
- [www.tamilvirtualuniversity.org](http://www.tamilvirtualuniversity.org)
- [Buy tamil books online 10% to 50% discount, Tamil Novels, Tamil Audio Books online - Buy tamil books online - Established 2010 \(noolulagam.com\)](http://Buy_tamil_books_online_10%_to_50%_discount,_Tamil_Novels,_Tamil_Audio_Books_online_-_Buy_tamil_books_online_-_Established_2010_(noolulagam.com))
- [www.katuraitamilblogspot.com](http://www.katuraitamilblogspot.com)



# MALAYALAM

## PAPER I- PROSE, COMPOSITION AND TRANSLATION

### Unit 1

This unit focus on the importance of Malayalam fiction, -the origin and development of Malayalam Short story –renaissance in short story—Thakazhi-Basheer-Karoor- - Navothana katha:

For detailed study:

1. Marappavakal- Karoor Neelakantappilla.
2. Uthuppante kinar.-Karoor Neelakantappilla.
3. Ezhunnallathuduty-Karoor Neelakantappilla.

### Unit II

Kathayum adhunikathayum- To familiarize – Romanticism -Modernism, Plot and narration in modern short stories

For detailed study:

1. Neippayasam –Madhavikutty
2. Kadaltheerathu-.O.V.Vijayan
3. Radha radhamathram-M.Mukundan

### Unit III

Samakala katha– Post modernism- Globalization-Women –Dalit- Cyber – Environmental issues in short stories-

The theme, structure and narrative style of the authors -comparison-

For detailed study:

1. Viyarppadayalanganl-Sara Joseph
2. Jwala - Priya .A.S
3. Vartha sareeram –Santhosh Echikkanam
4. Otta vaikkol viplavam –V.J.James

### Unit IV

This unit briefs the history of Malayalm Novel- major works, romantic period- of M T Vasudevan Nair , narrative style of Nalukettu- craft and characterization in Nalukettu

### Unit V

This unit focus on Translation, Word level and syntactic level and also discuss the writing style of Essay- introduce proverbs and paraphrasing in Malayalam

### Recommended Texts

1. Marappavakalum mattu kathakalum – Karoor Neelakantapilla. (only 3 stories (a.)Marappavakal (b)Uthuppante kinar (c) Ezhunnallathuduty))
2. Nalukettu- .Novel -M.T.Vasudevan Nair

### Reading list (print and online)

1. Adhunika Malayala Sahithya Charithram Prasthanangalilude – Dr. K.M.George ( Ed.)
2. Cherukadha Innale Innu - M.Achuthan
3. Kadha Thedunna Kadha - N.Prabhakaran
4. M.T. Vakkinte Vismayam – V.R.Sudheesh
5. Kadhayum Kalavum –K.S.Ravikumar
6. Malayala Novalilee Desakaalanganl- E. Ramkrishnan
7. Maranunna Malayala Noval- K.P. Appan
8. Andhanaya Daivam- P.K.Rajasekharan
9. Shyalee shilppam- Dr.K.M. Prabhakra Warier
10. Bhasha gadhyam- C.V. Vasudeva Bhattathiri
11. Karur Kadha patanam- M.M.Basheer



# **HINDI - Hindi ka Samanya Gyan, Vyakaran aur Nibandh**

## **Unit I**

### **Buniyadi Hindi**

- Swar
- Vyanjan
- Barah Khadi
- Shabd aur
- Vakya Rachna

## **Unit II**

### **Hindi Shabdavali**

- Rishto ke Naam
- Gharelu padartho ke Naam

## **Unit III**

### **Vyakaran**

- Sadharan Vakya aur Sangya
- Sarvanam
- Visheshan
- Kriya aadi shabdo ka prayog

## **Unit IV**

### **Chote Gadyansh ka Pathan**

- Bacho ki Kahaniya (1 to 5)
- Patra-Patrikao mein prakashit Gadyansho ka Pathan

## **Unit V**

### **Nibandh**

- Sant Tiruvalluvar
- E.V.R Thandai Periyar
- Naari Sashaktikaran
- Paryavaran Sanrakshan
- Vibhinna pratiyogi parikshao ke bare mein jaankari dena

Pratiyogi priksa par adharit nibandho dwara bhasha ki kshamta badhane vale prashikshan kary.

### **Reference Books**

1. Hindi ke Avyay Vakyansh – Chaturbhuji Sahay
2. Subodh Hindi Vyakaran – Phoolchand Jain
3. Sankshipt Hindi Vyakaran – Kamta Prasad
4. Vyavaharik Hindi – Nagappa
5. Abhinav Hindi Vyakaran – Nagappa
6. Saral Hindi Vyakaran – Shyamchandra Kapur
7. Vyakaran Pradeep – Ramdev
8. Laghu Bal Kathaye – Ramashankar



## 9. Manoranjak Kahaniya – Premchand

## 10. CONCISE GRAMMAR OF THE HINDI LANGUAGE - H.C Scholberg

## 11. Hindi Grammar – Edwin Greaves

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

1. [1. fr#oYyqoj%https://bharatdiscovery.org/india/%E0%A4%A4%E0%A4%BF%E0%A4%B0%E0%A5%81%E0%A4%B5%E0%A4%B2%E0%A5%8D%E0%A4%B2%E0%5%81%E0%A4%B5%E0%A4%B0#:~:text=%E0%A4%A4%E0%A4%BF%E0%A4%B%E0%A5%81%E0%A4%B5%E0%A4%B2%E0%A5%8D%E0%A4%B2%E0%A5%81%E0%A4%B5%E0%A4%B0%20\(%E0%A4%85%E0%A4%82%E0%A4%97%E0%5%8D%E0%A4%B0%E0%A5%87%E0%A4%9C%E0%A4%BC%E0%A5%80%3A%20Thiruvallur\)%20%E0%A4%A6%E0%A4%95%E0%A5%8D%E0%A4%B7%E0%A4%BF%E0%A4%A3,%E0%A4%AA%E0%A4%BF%E0%A4%A4%E0%A4%BE%20%E0%A4%AE%E0%A5%87%E0%A4%82%20%E0%A4%B5%E0%A4%BF%E0%A4%B6%E0%A5%8D%E0%A4%B5%E0%A4%BE%E0%A4%B8%20%E0%A4%B0%E0%A4%96%E0%A4%A4%E0%A5%87%20%E0%A4%A5%E0%A5%87%E0%A5%A4](https://bharatdiscovery.org/india/%E0%A4%A4%E0%A4%BF%E0%A4%B0%E0%A5%81%E0%A4%B5%E0%A4%B2%E0%A5%8D%E0%A4%B2%E0%5%81%E0%A4%B5%E0%A4%B0#:~:text=%E0%A4%A4%E0%A4%BF%E0%A4%B%E0%A5%81%E0%A4%B5%E0%A4%B2%E0%A5%8D%E0%A4%B2%E0%A5%81%E0%A4%B5%E0%A4%B0%20(%E0%A4%85%E0%A4%82%E0%A4%97%E0%5%8D%E0%A4%B0%E0%A5%87%E0%A4%9C%E0%A4%BC%E0%A5%80%3A%20Thiruvallur)%20%E0%A4%A6%E0%A4%95%E0%A5%8D%E0%A4%B7%E0%A4%BF%E0%A4%A3,%E0%A4%AA%E0%A4%BF%E0%A4%A4%E0%A4%BE%20%E0%A4%AE%E0%A5%87%E0%A4%82%20%E0%A4%B5%E0%A4%BF%E0%A4%B6%E0%A5%8D%E0%A4%B5%E0%A4%BE%E0%A4%B8%20%E0%A4%B0%E0%A4%96%E0%A4%A4%E0%A5%87%20%E0%A4%A5%E0%A5%87%E0%A5%A4)

2. [2. bZ-os-jkelkeh  
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3. [3. ukjh l'kfDrdj.k%  
<https://www.hindikiduniya.com/essay/women-empowerment-essayinhindi/#:~:text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8D%E0%A4%AF%E0%A4%BE%20%E0%A4%B9%E0%A5%88%20%3F&text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8B%20%E0%A4%AC%E0%A5%87%E0%A4%B9%E0%A4%A6%20%E0%A4%86%E0%A4%B8%E0%A4%BE%E0%A4%A8,%E0%A4%B8%E0%A4%95%E0%A5%8D%E0%A4%B7%E0%A4%AE%20%E0%A4%AC%E0%A4%A8%E0%A4%BE%E0%A4%A8%E0%A4%BE%20%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%B9%E0%A5%88%E0%A5%A4>](https://www.hindikiduniya.com/essay/women-empowerment-essayinhindi/#:~:text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8D%E0%A4%AF%E0%A4%BE%20%E0%A4%B9%E0%A5%88%20%3F&text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8B%20%E0%A4%AC%E0%A5%87%E0%A4%B9%E0%A4%A6%20%E0%A4%86%E0%A4%B8%E0%A4%BE%E0%A4%A8,%E0%A4%B8%E0%A4%95%E0%A5%8D%E0%A4%B7%E0%A4%AE%20%E0%A4%AC%E0%A4%A8%E0%A4%BE%E0%A4%A8%E0%A4%BE%20%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%B9%E0%A5%88%E0%A5%A4)

4. [4. i;kZoj.k laj{k.k%  
<https://www.hindikiduniya.com/essay/women-empowerment-essayinhindi/#:~:text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8D%E0%A4%AF%E0%A4%BE%20%E0%A4%B9%E0%A5%88%20%3F&text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8B%20%E0%A4%AC%E0%A5%87%E0%A4%B9%E0%A4%A6%20%E0%A4%86%E0%A4%B8%E0%A4%BE%E0%A4%A8,%E0%A4%B8%E0%A4%95%E0%A5%8D%E0%A4%B7%E0%A4%AE%20%E0%A4%AC%E0%A4%A8%E0%A4%BE%E0%A4%A8%E0%A4%BE%20%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%B9%E0%A5%88%E0%A5%A4>](https://www.hindikiduniya.com/essay/women-empowerment-essayinhindi/#:~:text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8D%E0%A4%AF%E0%A4%BE%20%E0%A4%B9%E0%A5%88%20%3F&text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8B%20%E0%A4%AC%E0%A5%87%E0%A4%B9%E0%A4%A6%20%E0%A4%86%E0%A4%B8%E0%A4%BE%E0%A4%A8,%E0%A4%B8%E0%A4%95%E0%A5%8D%E0%A4%B7%E0%A4%AE%20%E0%A4%AC%E0%A4%A8%E0%A4%BE%E0%A4%A8%E0%A4%BE%20%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%B9%E0%A5%88%E0%A5%A4)

5. [5. i;kZoj.k laj{k.k%  
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6. [6. i;kZoj.k laj{k.k%  
<https://www.hindikiduniya.com/essay/women-empowerment-essayinhindi/#:~:text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8D%E0%A4%AF%E0%A4%BE%20%E0%A4%B9%E0%A5%88%20%3F&text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8B%20%E0%A4%AC%E0%A5%87%E0%A4%B9%E0%A4%A6%20%E0%A4%86%E0%A4%B8%E0%A4%BE%E0%A4%A8,%E0%A4%B8%E0%A4%95%E0%A5%8D%E0%A4%B7%E0%A4%AE%20%E0%A4%AC%E0%A4%A8%E0%A4%BE%E0%A4%A8%E0%A4%BE%20%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%B9%E0%A5%88%E0%A5%A4>](https://www.hindikiduniya.com/essay/women-empowerment-essayinhindi/#:~:text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8D%E0%A4%AF%E0%A4%BE%20%E0%A4%B9%E0%A5%88%20%3F&text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8B%20%E0%A4%AC%E0%A5%87%E0%A4%B9%E0%A4%A6%20%E0%A4%86%E0%A4%B8%E0%A4%BE%E0%A4%A8,%E0%A4%B8%E0%A4%95%E0%A5%8D%E0%A4%B7%E0%A4%AE%20%E0%A4%AC%E0%A4%A8%E0%A4%BE%E0%A4%A8%E0%A4%BE%20%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%B9%E0%A5%88%E0%A5%A4)

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<https://www.hindikiduniya.com/essay/women-empowerment-essayinhindi/#:~:text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8D%E0%A4%AF%E0%A4%BE%20%E0%A4%B9%E0%A5%88%20%3F&text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8B%20%E0%A4%AC%E0%A5%87%E0%A4%B9%E0%A4%A6%20%E0%A4%86%E0%A4%B8%E0%A4%BE%E0%A4%A8,%E0%A4%B8%E0%A4%95%E0%A5%8D%E0%A4%B7%E0%A4%AE%20%E0%A4%AC%E0%A4%A8%E0%A4%BE%E0%A4%A8%E0%A4%BE%20%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%B9%E0%A5%88%E0%A5%A4>](https://www.hindikiduniya.com/essay/women-empowerment-essayinhindi/#:~:text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8D%E0%A4%AF%E0%A4%BE%20%E0%A4%B9%E0%A5%88%20%3F&text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8B%20%E0%A4%AC%E0%A5%87%E0%A4%B9%E0%A4%A6%20%E0%A4%86%E0%A4%B8%E0%A4%BE%E0%A4%A8,%E0%A4%B8%E0%A4%95%E0%A5%8D%E0%A4%B7%E0%A4%AE%20%E0%A4%AC%E0%A4%A8%E0%A4%BE%E0%A4%A8%E0%A4%BE%20%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%B9%E0%A5%88%E0%A5%A4)

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<https://www.hindikiduniya.com/essay/women-empowerment-essayinhindi/#:~:text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8D%E0%A4%AF%E0%A4%BE%20%E0%A4%B9%E0%A5%88%20%3F&text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8B%20%E0%A4%AC%E0%A5%87%E0%A4%B9%E0%A4%A6%20%E0%A4%86%E0%A4%B8%E0%A4%BE%E0%A4%A8,%E0%A4%B8%E0%A4%95%E0%A5%8D%E0%A4%B7%E0%A4%AE%20%E0%A4%AC%E0%A4%A8%E0%A4%BE%E0%A4%A8%E0%A4%BE%20%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%B9%E0%A5%88%E0%A5%A4>](https://www.hindikiduniya.com/essay/women-empowerment-essayinhindi/#:~:text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8D%E0%A4%AF%E0%A4%BE%20%E0%A4%B9%E0%A5%88%20%3F&text=%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%95%E0%A5%8B%20%E0%A4%AC%E0%A5%87%E0%A4%B9%E0%A4%A6%20%E0%A4%86%E0%A4%B8%E0%A4%BE%E0%A4%A8,%E0%A4%B8%E0%A4%95%E0%A5%8D%E0%A4%B7%E0%A4%AE%20%E0%A4%AC%E0%A4%A8%E0%A4%BE%E0%A4%A8%E0%A4%BE%20%E0%A4%AE%E0%A4%B9%E0%A4%BF%E0%A4%B2%E0%A4%BE%20%E0%A4%B8%E0%A4%B6%E0%A4%95%E0%A5%8D%E0%A4%A4%E0%A4%BF%E0%A4%95%E0%A4%B0%E0%A4%A3%20%E0%A4%B9%E0%A5%88%E0%A5%A4)

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## **PAPER II –GENERAL ENGLISH - I**

### **Learning Objectives**

- To enable learners to acquire self awareness and positive thinking required in various life situations.
- To help them acquire the attribute of empathy
- To assist them in acquiring creative and critical thinking abilities
- To enable them to learn the basic grammar
- To assist them in developing LSRW skills

### **Unit I**

#### **SELF-AWARENESS (WHO)&POSITIVE THINKING (UNICEF)**

##### **Life Story**

- 1.1 Chapter 1 from Malala Yousafzai, I am Malala
- 1.2 An Autobiography or The Story of My Experiments with Truth (Chapters 1, 2 & 3) M.K.Gandhi

##### **Poem**

- 1.3 Where the Mind is Without Fear – Gitanjali 35 – Rabindranath Tagore
- 1.4 Love Cycle – Chinua Achebe

### **Unit II**

#### **EMPATHY**

##### **Poem**

- 2.1 Nine Gold Medals – David Roth
- 2.2 Alice Fell or poverty – William Wordsworth

##### **Short Story**

- 2.3 The School for Sympathy – E.V. Lucas
- 2.4 Barn Burning – William Faulkner

### **Unit III**

#### **CRITICAL & CREATIVE THINKING**

##### **Poem**

- 3.1 The Things That Haven't Been Done Before – Edgar Guest
- 3.2 Stopping by the Woods on a Snowy Evening – Robert Frost

##### **Readers Theatre**

- 3.3 The Magic Brocade – A Tale of China
- 3.4 Stories on Stage – Aaron Shepard (Three Sideway Stories from Wayside School" by Louis Sachar)

### **Unit IV**

#### **Part of Speech**

- 4.1 Articles
- 4.2 Noun
- 4.3 Pronoun
- 4.4 Verb
- 4.5 Adverb
- 4.6 Adjective
- 4.7 Preposition





**Unit V****Paragraph and Essay Writing**

- 5.1 Descriptive
- 5.2 Expository
- 5.3 Persuasive
- 5.4 Narrative

**Text books (Latest Editions)**

1. MalalaYousafzai. I am Malala, Little, Brown and Company, 2013.
2. M.K. Gandhi. An Autobiography or The Story of My Experiments with Truth (Chapter – I), Rupa Publications, 2011.
3. Rabindranath Tagore. "Gitanjali 35" from Gitanjali (Song Offerings): A Collection of Prose Translations Made by the Author from the Original Bengali. MacMillan, 1913.
4. N.Krishnasamy. Modern English: A Book of Grammar, Usage and Composition Macmillan, 1975.
5. Aaron Shepard. Stories on Stage, ShepardPublications, 2017.
6. J.C. Nesfield. English Grammar Composition and Usage, Macmillan, 2019.

**Web Resources**

1. MalalaYousafzai. I am Malala (Chapter 1) <https://archive.org/details/i-am-malala>
2. M.K Gandhi. An Autobiography or The Story of My Experiments with Truth(Chapter-1)- Rupa Publication, 2011 <https://www.indiastudychannel.com/resources/146521-Book-Review-An-Autobiography-or-The-story-of-my-experiments-with-Truth.aspx>
3. Rabindranath Tagore. "Gitanjali 35" from Gitanjali (Song Offerings)<https://www.poetryfoundation.org/poems/45668/gitanjali-35>
4. Aaron Shepard.Stories on Stage, Shepard Publications, 2017 <https://amzn.eu/d/9rVzINv>
5. JC Nesfield. Manual of English Grammar and Composition. <https://archive.org/details/in.ernet.dli.2015.44179>

## FOUNDATION OF PHYSICAL EDUCATION AND SPORTS

**Learning outcomes:**

- To compare the relationship between general education and physical education
- To know recent developments and academic foundation of Physical Education.
- To able to identify and relate with the History of Physical Education.
- To able to identify the History of sports.

**Unit-I**

Meaning and Definition of Education and Physical Education–Need, Nature and Scope of Physical Education – Physical Training and Physical Culture.



**Unit-II**

Aim and Objectives of Physical Education–Development of Physical, Cognitive, Neuro-muscular, Affective, Social, Emotional, Spiritual and Recreational–Theories of Learning–Laws of Learning.

**Unit-III**

Scientific basis of Physical Education – Contribution of Allied Sciences–Anatomy, Physiology, Biomechanics, Kinesiology, Sports Medicine, Psychology, Sociology and Computer Science.

**Unit-IV**

History of Physical Education in Sparta and Athens – Olympic Games: Ancient, Modern – Origin – Organisation and conduct of the game – Olympic Flag, Torch, Oath, Emblem and Motto.

**Unit-V**

Recent development in India: SAI, NSNIS, SNIPES, LNIPE, Sports Academics – Award and Scholarships: Arjuna Award, Dhronochariya Award, Khela Ratna Award – International and National Competitions: Asian Games, SAF, SGF, RDS and BDS.

**Books for References:**

1. Bucher Charles A., Foundations of Physical Education, St.Louisthe C.V.Mos by Company, 1983.
2. Kamlesh M.L., Physical Education: Facts and Foundation, NewDelhi, P.B.Publications, 1988.
3. Thirunarayanan,C. and Hariharan,S., Analytical History of Physical Education, Karaikudi,C.T. & S.H.,Publications, 1990.
4. Sharma,O.P., History of Physical Education, NewDelhi, Khel Shitya Kendra, 1998.
5. WakharkarD.G., Manual of Physical Education in India, Pearl Publicatons Pvt.Ltd., Bombay, 1967.
6. Wuest, Deborah, A. and Charles A. Bucher, Foundations of Physical Education and Sport, NewDelhi, BL.Publication Pvt., Ltd.
7. Wellman and Cowell, Philosophy and Principles of Physical Education, Amarvati: Suyog Prakasan. Jackson Sharman/ Modern Principles of Physical Education, NewYork: A.A. Barnes & Co.
8. Khan, Eraj Ahmed, History of Physical Education, Patna Scientific Book Co.



# THEORIES OF MAJOR GAMES-I (KABADDI, KHO KHO)

## Learning outcomes:

- Trace the history of sports and games in India learn the strategy and tactics in sports
- learn various skills in kabaddi and Kho Kho.
- To be familiar with rules and regulations
- learn the method of officiating for all kabaddi and kho - kho.

## Unit-I

Origin, History and Development of the Game–International, National and State Level Organization

## Unit-II

Fundamental Skills–Lead–Up Games, Various Symptoms of Play–Selection of Players.

## Unit-III

Training: Technical Training–Tactical Training–Coaching Programme

## Unit-IV

Training: Warm-up, Warming down, Essential fitness components, conditioning load

## Unit-V

Rules of the Game a) Rules and their Interpretations b) Method of officiating and Scoring c) Layout and Maintenance of play fields

## Books for References:

1. Dr. Anil Sharma O.P. Sharma. Rules of games, sports publication, An sari Road New Delhi.
2. Dr. P. Mariayyah. Sports & Games, Sports Publication Raja Street, Coimbatore.
3. Rao C.V. (1971). Kabaddi. Patiala NIS Publication.
4. Monika, A., 2005, “Kabaddi”, Sports Publications, First edition, New Delhi
5. Thakur, J.K., 2013 “Measurement of Playing Field”, Sports Publications, New Delhi



# ANATOMY AND PHYSIOLOGY

## Learning outcomes:

- Understand the basic concept of Anatomy and Physiology
- Know about structure and function of muscles and bones
- Learn the structure and functions of heart and lungs
- Know about the structure of brain and glands
- Acquire knowledge about digestive and excretory systems

## Unit-I

Meaning of Anatomy and Physiology – Need and Scope of Anatomy and Physiology in Physical Education–Cell–Structure and Functions–Tissues –Types and Function–Muscular System–Types of Muscles: Skeletal Muscle, Cardiac Muscle, and smooth muscle.

## Unit-II

Skeleton: Meaning and Functions – Bones: Classification and Functions –General Features of Various Bones: Vertebral Column, Pelvic Bone, Radius and Ulna, Sacrum, Femur and Bones of Skull–Joints: Definition and Classification of Joints

## Unit-III

Nervous System: Neuron–Central Nervous System (CNS): Brain and Spinal Cord – Peripheral Nervous System (PNS): cranial Nerves and Spinal Nerves–Digestive System: Structure & Functions–Digestive Process–Liver, Pancreas–Functions

## Unit-IV

Respiratory System–Respiration– Respiratory Track–Alveoli–Lungs: Structure & Functions–Gas Exchange–Vital Capacity. Circulatory System–Heart: Structure & Functions–Cardiac Cycle, Cardiac Output, Stroke Volume.

## Unit-V

Endocrine Glands–Functions of Endocrine Glands: Pituitary, Thyroid, Para-Thyroid, Thymus, Pancreas, Adrenal & Sex–their role, in growth, Development and regulations of body functions.

## Books for References:

1. Guyton A.C., 1969, Functions of the Human Body, London, W.B. Saunders Company
2. Dr.V.Selvam “Anatomy and Physiology” Bodinayakanur.
3. Dr.N.M.MUTHAYYA “Physiology” J.J.Publications, Madurai. SEELEY et. Al., Anatomy and Physiology Mc Graw Hill.
4. Srivastava et. al., 1976, Text Book of Practical Physiology, Calcutta Scientific Book Agency,



## **PRACTICAL - I: MAJOR GAMES-I (Kabaddi, Kho-Kho)**

### **Learning outcomes:**

- Trace the history of sports and games in India
- learn the strategy and tactics in sports
- learn various skills in kabaddi, Kho-Kho.
- Be familiar with rules and regulations
- learn the method of officiating for all kabaddi, Kho-Kho.

### **Unit-I**

General and Specific Conditioning Exercises

### **Unit-II**

Fundamental Skills (Offensive Skills, Defensive Skills)

### **Unit-III**

Techniques and Tactics

### **Unit-IV**

Lead up games and System of Play

### **Unit-V**

Method of Officiating Play field, Equipment specifications and Scoring

### **Books for References:**

1. Dr.Anil Sharma O.P.Sharma. Rules of games, sports publication, An sari Road New Delhi.
2. Dr.P.Mariayyah. Sports & Games, Sports Publication Raja Street, Coimbatore.
3. Rao C.V. (1971). Kabaddi. Patiala NIS Publication.
4. Monika, A., 2005, "Kabaddi", Sports Publications, First edition, New Delhi
5. Thakur, J.K., 2013 "Measurement of Playing Field", Sports Publications, New Delhi

## **PRACTICAL - II: KIN ANTHROPOMETRY**

### **Unit-I**

Stadiometer, weighing scales, anthropometric tape, skinfold caliper

### **Unit-II**

anthropometer, large sliding caliper, bone calipers,

### **Unit-III**

Segmometer, wide-spread caliper, small sliding caliper,



#### **Unit-IV**

footplate, anthropometric rod anthropometric box

#### **Unit-V**

1. Length measurements – Height, Arm length, Leg length, Hand length, Palm length;
2. Breadth measurements –Forearm girth, Chest girth, waist girth, Hip girth, Thigh girth and Calf girth. Other measurement: BMI & waist circumference

#### **Books for References:**

1. Curton, A.C." Function of the Human Body", London W.B. Saunders Company 1986.
2. Srivastava, etc. "Text book of practical Physiology", Calcutta, Scientific Book Agency, 1976.
3. Morehouse and Miller, "Physiology of Exercise", St. Louis the C.V. Mosby Company, Latest (ed.).
4. Kapovich and Sinnser, "Physiology of Muscular Activity", London W.B. Saunders company 1965.
5. Anderson T.Mc. CLurg, "Human Kinetics and Analysing Body Measurements, London. William Heinmann Medical Books Ltd., 1961.
6. Davis, D.V. "Gray's Anatomy", London Longman Green and Company Ltd., 1967.
7. Dyal, Ellen Neil Kinesiology. The Anatomy of motion.
8. Pearse Evelyn, B., "Anatomy and Physiology for Nurses" London, Faber and Faber Ltd., 1967.
9. Pearce J.W., "Anatomy for Students and Teachers of Physical Education, London, Edward Arnold and Company, 1959.
10. Marfell-Jones, Michael., Olds, Tim., Stewart, Arthur., Carter, Lidsay., (2006). International Standards for Anthropometric Assessment. Potchefstroom: The International Society for the Advancement of Kinanthropometry
11. The International Society for the Advancement of Kinanthropometry (2010) Retrieved January 20, 2011

