



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-II				
Part	Subject Status	Subject Title	Subject Code	Credit
I	LANGUAGE	TAMIL/MALAYALAM/HINDI	F1TL21/ F1MY21/ F1HD21	3
II	ENGLISH	ENGLISH	F2EN21	3
III	CORE	ORGANIZATION, ADMINISTRATION AND METHODS IN PHYSICAL EDUCATION	FCPE21	5
III	CORE	THEORIES OF MAJOR GAMES-II (BADMINTON, BALL BADMINTON)	FCPE22	5
III	ELECTIVE	A) HEALTH EDUCATION, SAFETY EDUCATION AND FIRST AID B) PRINCIPLES OF MOTOR DEVELOPMENT	FEPE21/ FEPE22	3
IV	SEC 2	MAJOR GAMES-II (BADMINTON, BALL BADMINTON)	FSPEP2	1
IV	SEC 3	FUNDAMENTAL MOVEMENT SKILLS	FSPEP3	1
IV		NAAN MUDHALVAN COURSE / YOGA EDUCATION *		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)**

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

- **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 ≥ 6.0
- Second Class : CGPA ≥ 5.0 and < 6.0
- Third Class : CGPA < 5.0



PART I – TAMIL

பொதுத்தமிழ் 2

தமிழ் இலக்கிய வரலாறு 2

அலகு 1: தமிழ் இலக்கிய, இலக்கண வரலாறு அறிமுகம்.

1. சிற்றிலக்கியம்: குறவஞ்சி, கலம்பம், உலா, பரணி, பள்ளு, பிள்ளைத்தமிழ், தூது, அந்தாதி.
2. தனிப்பாடல் அறிமுகம்
3. இக்கால இலக்கியம்: கவிதை, சிறுகதை, நாடகம், உரைநடை, திராவிட இயக்கம் வளர்த்த தமிழ்

அலகு 2 சிற்றிலக்கியமும், தனிப்பாடலும்

சிற்றிலக்கியம்:

1. கலிங்கத்து பரணி-விருந்தினரும் வரியவரு நெருங்கி யுண்ணரும் - முதல் - கேட்பாரைக் காண்மின் காண்மின் - வரை
2. திருக்குற்றாலக் குறவஞ்சி - வானரங்கள் கனிகொடுத்து
3. முக்கூடற் பள்ளு - ஆற்று வெள்ளம் நாளை வரத்
4. அபிராமி அந்தாதி - கலையாத கல்வியும் குறையாத வயதும் (பதினாறு செல்வங்கள்)
5. திருவரங்கக் கலம்பம் - மறம் - பிள்ளைப் பெருமாள் ஐயங்கார்-பேசவந்த தூத செல்லரித்த ஓலை சொல்லுமோ
6. தமிழ்விடு தூது முதல் பத்து கண்ணிகள்

தனிப்பாடல்

1. வான்குருவி யின்கூடு - ஒளவையார்
2. ஆமணக்குக்கும் யானைக்கும் சிலேடை: முதிருக்கும் கொம்பசைக்கும் மூரித்தண்டே-காளமேகப் புலவர்
3. இம்பார் வான் எல்லை இராமனையே பாடி - வீரராகவர்
4. நாராய் நாராய் முத்தப் புலவர்

அலகு 3 இக்கால இலக்கியம் - 1

1. பாரதியார் பாரத சமுதாயம் வாழ்கவே
2. பாரதிதாசன் - சிறுத்தையே வெளியில் வா
3. நாமக்கல் கவிஞர் - கத்தியின்றி
4. தமிழ் ஒளி - மீன்கள் (அந்தி நிலா பார்க்க வா)
5. ஈரோடு தமிழன்பன் - எட்டாவது சீர் (வணக்கம் வள்ளுவ)

சிறுகதைகள்

1. புதுமைப்பித்தன் - கடிதம்
2. ஜெயகாந்தன் - வாய்ச் சொற்கள் (மாலை மயக்கம் தொகுப்பு)
3. ஆர். சூடாமணி - அந்நியர்கள்

உரைநடை :

1. மு. வ கடிதங்கள் - தம்பிக்கு நூலில் முதல் இரண்டு கடிதங்கள்



அலகு 4 இக்கால இலக்கியம் 2

1. தந்தை பெரியார் - திருக்குறள் (மாநாட்டு) உரை
2. பேரறிஞர் அண்ணா - இரண்டாம் உலகத் தமிழ் மாநாட்டு உரை
3. கலைஞர் மு. கருணாநிதி - தொல்காப்பிய பூங்கா-எழுத்து-முதல் நூற்பா கட்டுரை

நாடகம் /திரைத்தமிழ்:

1. வேலைக்காரி - திரைப்படம்
2. ராஜா ராணி - சாக்ரடீஸ் - ஓரங்க நாடகம்

இதழியல் தமிழ்:

முரசொலி கடிதம்

1. செம்மொழி வரலாற்றில் சில செப்பேடுகள்

அலகு 5 மொழிப் பயிற்சி

சொல் வேறுபாடு / பிழை தவிர்த்தல்

வாசிப்பது - வாசிப்பாளர்

சுவர் - சுவரில்

வயிறு - வயிற்றல்

கோயில் - கோவில்

கரறுப்பு - கருப்பு

இயக்குநர் - இயக்குனர்

சில்லறை - சில்லரை

முறித்தல் - முரித்தல்

மனம் - மனசு - மனது

அருகில் - அருகாமையில்

அக்கரை - அக்கறை

மங்கலம் - மங்களம்

பயிற்சி:

1. பிழையான சொற்களை ஒரு பத்தியில் கொடுத்து அந்தந்தப் பிழையான சொற்களைச் சரியாக எழுதச் செய்தல்
2. சிறிய பத்தி ஒன்றை ஆங்கிலத்தில் கொடுத்து அதனைத் தமிழில் மொழிபெயர்க்க வைத்தல்

Text Books:

1. பிழையான சொற்களைச் சரியாக எழுதச் செய்தல்
2. சிறிய பத்தி ஒன்றை ஆங்கிலத்தில் கொடுத்து அதனைத் தமிழில் மொழிபெயர்க்க வைத்தல்

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
- [முகப்பு - சிறுகதைகள் \(sirukathaigal.com\)](http://முகப்பு - சிறுகதைகள் (sirukathaigal.com))
- 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



MALAYALAM

PAPER- II Office Communication Malayalam

Learning Objectives

- To give compressive view of communication and its scope and importance in official communication and business communication
- To recall the official writing styles
- To understand different kinds of letter drafting
- To Generalize office keeping and data management
- To differentiate the structural and content variations both official and non-official communication
- To compare the different style of letters based on domains
- To Conceptualize the different trends in computer network and social media

UNITS I

This unit introduces basic communication skills in Malayalam. Salutation, Discourse markers, formal and informal communication strategies, principles of communication, reading and analysis are also introduced

Language-oral and written-importance of languages-formal and informal – communication style in written communication-principles of written communication Text-messages-Email-letter drafting- different types of letter drafting personal letters- -Business letters Official letters—letter to the editor memorandums- Bio data-Reports-press conference-business proposal

UNIT II

This unit introduces - word processing and Editing text Auto correct spell check & grammar check, undo & redo Text formatting Changing case, drop caps, coloring & highlighting text, adding special characters, bullets & numbering

Document formation compositional and typographical ways. Advanced page layout in word Borders, box, shading, page fills & back ground Module and Table & columns Creating tables Inserting tables from the menu & tool bar, drawing tables Manipulating tables Selecting tables elements, inserting & deleting columns & rows, adjusting table properties, are introduced . This unit introduces the Printing word documents Using print preview. Practical knowledge in different fonts and Unicode

UNIT III

This Unit Introduces blog writing, technical writing, content editing, Proof reading, news making, advertisement writing (Writing for career)



UNIT IV

Official language- Malayalam

Detailed study-

1. Malayalam nammude mathru bhasha.- Bharana bhasha prasnangal- M.V.Thomas,State Institute of languages.
2. Bharanam janakeeya bhashayil- Bharana bhasha prasnangal M.V.Thomas-State Institute of languages
3. Deseeyodgrathanam pradesika bhashakaliloode -Bharana bhasha prasnangal M.V.Thomas,State Institute of languages
4. Bhasha samraajyam srishtikkum--- Bhashayum bharanabhashayum Dr.Ezhumattoor Raja raja Varmma ,State Institute of languages
5. Swathanthryathinte Kodiyadayalam- Bhashayum bharanabhashayum Dr.Ezhumattoor Raja raja Varmma, State Institute of languages
6. Bharanaghatana vyavasthakal- Bhashayum bharanabhashayum- Dr.Ezhumattoor Rajaraja Varmma, State Institute of languages
7. Malayala dinaghoshavum Bharanabhashavaraghoshavum Bhashayum bharanabhashayum-Dr.Ezhumattoor Rajaraja Varmma, State Institute of languages

UNIT V

This unit introduces Malayalam for Competitive Exams. Reading comprehension, reasoning , inferential comprehension, analogical creations(Competitive Malayalam) Malayalam for language Specific Exams for writing UPSC, PSC exams

Reading List (Print and Online)

1. Bharana bhasha prasnangal- M.V.Thomas-State Institute of languages
2. Business Communication for Success: Publisher: University of Minnesota Libraries Publishing
3. Vanijyaparamaya kathidapadukal,G.R.Pilla .State Institute of languages
4. Bhashayum bharanabhashayum-Dr.Ezhumattoor Rajaraja Varmma,



HINDI

Kahani, Ekanki aur Vyakran

Course Objectives

The Main Objectives of this course are to:

- Introduction to Hindi fiction
- Teaching of social values through stories and skits
- Practical application of grammar

Unit I

Hindi Katha-Sahitya: Parichay

- Kahani ke Tatva
- Hindi ke Pramukh kahanikaro ka Parichay
- Ekanki ke Tattva
- Hindi ke Pramukh Ekankikaro ka Parichay

Unit II

Hindi Kahaniya

- Premchand – Bade Ghar ki Beti
- Malathi Joshi – Vo Tera Ghar Yah Mera Ghar
- Pita - Gyanranjan

Unit III

Hindi Ekanki

- Lakshmi ka Swagat – Upendranath Ashk
- Vibhajan – Vishnu Prabhakar
- Maa Baap – Sri Vishnu

Unit IV

Vyakaran

- Kriya Visheshan
- Sambandh Bodhak
- Samuchay Bodhak
- Vismayadi Bodhak aadi shabdo ka prayog

Unit V

Pratiyogi Pariksha par aadharit Nimnalikhit Vishayo se sambandhit Prashikshan Karya

- Tamil Bhasha: Mahakavi Bharatiyar
- Sanket Vikas dwara Lekhan kala aur Kahani Lekhan ka Vikas
- Gadyansh dekhkar sahi Shirshak chunna
- Pathit Vyakaran par aadharit Vakya rachna
- Vibhinna Pratiyogi parikshao ke bare mein suchna pradan dena

Reference Books

1. Aath Ekanki Natak – Ed. Dr. Ramkumar Verma
2. Das Ekanki

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

1. Lokpriya Kahaniya: <https://www.hindwi.org/sangrahaalay/100-best-storiesin-hindii>
2. Vo Tera Ghar Ye Mera Ghar:
http://gadyakosh.org/gk/%E0%A4%B5%E0%A5%8B_%E0%A4%A4%E0%A5%87%E0%A4%B0%E0%A4%BE_%E0%A4%98%E0%A4%B0,%E0%A4%AF%E0%A5%87_%E0%A4%AE%E0%A5%87%E0%A4%B0%E0%A4%BE_%E0%A4%98%E0%A4%B0/_%E0%A4%AE%E0%A4%BE%E0%A4%B2%E0%A4%A4%E0%A5%80_%E0%A4%9C%E0%A5%8B%E0%A4%B6%E0%A5%80
3. <https://hindistory.net/>



Part II English

GENERAL ENGLISH - II

Learning Objectives

- To make students realize the importance of resilience
- To enable them to become good decision makers
- To enable them to imbibe problem-solving skills
- To enable them to use tenses appropriately
- To help them use English effectively at the work place.

UNIT I

RESILIENCE

Poem

- 1.1 Don't Quit – Edgar A. Guest
- 1.2 Still Here – Langston Hughes

Short Story

- 1.3 Engine Trouble – R.K. Narayan
- 1.4 Rip Van Winkle – Washington Irving

UNIT II

DECISION MAKING

Short Story

- 2.1 The Scribe – Kristin Hunter
- 2.2 The Lady or the Tiger - Frank Stockton

Poem

- 2.3 The Road not Taken – Robert Frost
- 2.4 Snake – D. H Lawrence

UNIT III

PROBLEM SOLVING

Prose life Story

- 3.1 How I taught My Grandmother to Read – Sudha Murthy

Autobiography

- 3.3 How frog Went to Heaven – A Tale of Angolo
- 3.4 Wings of Fire (Chapters 1,2,3) by A.P.J Abdul Kalam

UNIT IV

Tenses

- 4.1 Present
- 4.2 Past
- 4.3 Future
- 4.4 Concord

UNIT V

English in the Workplace

- 5.1 E-mail – Invitation, Enquiry, Seeking Clarification
- 5.2 Circular
- 5.3 Memo
- 5.4 Minutes of the Meeting



Text Books (Latest Editions)**References Books**

1. Martin Hewings. Advanced English Grammar. Cambridge University Press, 2000
2. SP Bakshi, Richa Sharma. Descriptive English. Arihant Publications (India) Ltd., 2019.
3. Sheena Cameron, Louise Dempsey. The Reading Book: A Complete Guide to Teaching Reading. S & L. Publishing, 2019.
4. Barbara Sherman. Skimming and Scanning Techniques, Liberty University Press, 2014.
5. Phil Chambers. Brilliant Speed Reading: Whatever you need to read, however. Pearson, 2013.
6. Communication Skills : Practical Approach Ed. Shaikh Moula Ramendra Kumar. Stories of Resilience, Blue Rose Publications, 2020.

Web Sources

1. Langston Hughes. Still Here
<https://poetryace.com/im-still-here>
2. R. K. Narayan. Engine Trouble
<http://www.sbioaschooltrichy.org/work/Work/images/new/8e.pdf>
3. Washington Irving. Rip Van Winkle
<https://www.gutenberg.org/files/60976/60976-h/60976-h.htm>
4. Frank Stockton. The Lady or the Tiger <https://www.gutenberg.org/ebooks/396>

ORGANIZATION ADMINISTRATION AND METHODS IN PHYSICAL EDUCATION

Learning outcomes:

- Students, after successful completion of the course, will be able to
- Learn the scheme of Physical Education
- To understand the Layout of playfields
- Learn about the management.
- Understand the methods of evaluation.

Unit-I

Meaning and Importance of Organization and administration – Scheme of Physical Education in: Schools, Colleges, Universities, Districts State and National Level.

Unit-II

Facilities – Track, Play Grounds, Gymnasium, Swimming Pool – Layout of Playfields (Basketball, Kabbadi, Hockey, Volleyball, Cricket) Care and Maintenance of Playfields.



Unit-III

Method in Physical Education–meaning–Factors influencing Method Presentation Technique–Teaching Aids–Principles of Class Management. Teaching of activities: Marching, Calisthenics, light apparatus (Wands, Hooks, Poles) Lezium, Folkdance–Minor Games–Leadup activities.

Unit-IV

Teaching activities of minor games, major games track and field, Yogic Practice, Suryanamaskar, Calisthenics, Light apparatus, Rhythmic activities, Commands, Marching.

Unit-V

Tournaments – Types of Tournament, Knock out, League, Combination Tournament, Methods of drawing Fixtures.

Books for References:

1. Kamlesh M.L. Scientific “Art of Teaching Physical Education” NewDelhi Metropolitan 1994.
2. Thiru. Narayanan C and Harishara Sharma “Methods in Physical Education” Karailkudi CJ and S.H.1989
3. Joseph. P.M. “Organization of Physical Education”.

THEORIES OF MAJOR GAMES-II (BADMINTON, BALL BADMINTON)

Learning outcomes:

- The pass out would be oriented with the rules and regulations of the chosen game.
- The pass out would be able to lay-out and mark the dimensions of the court.
- Students would be able to organize the concerned sports event and officiate in it.
- Students would be oriented in the art of coaching the sports team.

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–SelectionofPlayers.

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. Kirubakar, and S. Glad., 2009, "Tennis Skills: A Teacher's Guide", First edition, S.S.Publications, Chennai
4. Thakur, J.K., 2013 "Measurement of Playing Field", Sports Publications, New Delhi
5. Dr.I.Karikalani. 2017 Hand Book on Play Field Manual", SShree Publications, Tuticorin

HEALTH EDUCATION, SAFETY EDUCATION AND FIRST AID

Learning outcomes:

- The student will be able to identify and synthesize the factors that influence health
- The student will be able to recognize the health related challenges in current time and able to apply the preventive measures.
- The student will be able to identify the role of peers, community and median health promotion and protection.
- The student will be able to demonstrate the expertise in above stated domains in a school setup.
- The student will be able to value the knowledge and skills required to preserve community health and well-being.

Unit-I

Meaning, Nature, Need and Scope of health Education. Factors influencing Health. State, National and International health organization. Meaning of wellness and Health—components of Health-Physical and Mental Health. Community health, Environment health, Occupational health. Personal hygiene School health programme.

Unit-II

Communicable diseases—agent, causative organism, Incubation period-Mode of spread, sign and symptoms and preventive measure of typhoid, Cholera, Pulmonary Tuberculosis, Amoebiasis, Malaria, Tetanus, Polio myelitis, Non - Communicable diseases—Symptoms and Prevention of Peptic ulcer, Malignancy, Cancer, Hypertension, Diabetic mellitus.



Unit-III

Definition–Characteristics–Principles of safety Education–Need for Safety Education in Physical Education. Factors affecting safety–Need and Importance of safety for preventing injuries.

Unit-IV

Definition and importance of first aid–first aid for Athletic injuries–sprain, strain–dislocation–cramp–fracture and its types.

Unit-V

Sign, Symptoms and first aid for Poisoning, Drowning, Dog Bit and Burns. Types of Bleeding–Wound and its type–Contusion–Abrasion–Puncher wound–Laceration. Artificial respiration.

Book for References:

1. MangalSK and Chandra,P.C. (1979) Health and Physical Education, Ludhiana Tandon Brothers Publication.
2. Neinhah (1978) School Health Education, NewYork: Harper and Brothers Royappa, Daisy Joseph and Govindarajulu,JK. (1972) Safety Education First Aid to the Injured, NewDelhi: St.John Ambulance Association
3. School Safety Policies, Washington: America Association for Health, Physical Education and Recreation.
4. Florio, A.E and Stafford, G.T., (1969) Safety Education, NewYork: McGraw Hill Book Company.
5. William, Evans,A, (1952) Everyday Safety, Lyons and Carnahan
6. Miller, David.E, (1976) Occupational Safety, Health and Fire Index, NewYork: Marcel Dekker Inc.

PRINCIPLES OF MOTOR DEVELOPMENT

Learning outcomes:

- Understand the basic Motor development
- Know about physical growth, maturation and aging
- Understand and study the motor skills and movement concepts
- Understanding the concept of Constraints in Motor Development.

Unit-I

Definition: Motor Development, Motor Learning, Motor Control–Theoretical perspectives of Motor Development–Concept of Physical Literacy–Age classification.

Unit-II

Physical growth, maturation and Aging – Types of Motor Skills – Movement milestones in children, Long Term Athlete Development (LTAD).

Unit-III

Basic Movements in Human Body–Axis and Plane–Movements in axis and planes–Movements at various joints



Unit-IV

Classification of Motor Skills: Fundamental (Locomotor, Non-locomotor, Manipulative Skill), Specialized (Manipulative, Rhythmic Movement, Game & Sport Skills).

Unit-V

Movement Concepts: Space Awareness, Effort Concepts, Relationships -Postural control and balance.

Books for References:

1. Kathleen M. Haywood., & Nancy Getchell., (2009). Life Span motor Development (5th Ed.), Champaign, IL: Human Kinetics,
2. Robert M. Malina., Claude Bouchard & David Bar-Or., (2004). Growth, Maturity and Physical Activity (2nd Ed.), Champaign, IL: Human Kinetics.
3. NAPSE., (2005). Physical Education for Life long Fitness (2nd Ed.), Champaign, IL: Human Kinetics.
4. Allen W. Jackson., James R. Morrow., Jr. David W. Hill & Rod K. Dishman., (2004). Physical Activity for Health and Fitness, Champaign, IL: Human Kinetics.
5. Cratty Bryant, J. (1975). Movement Behaviour and Motor Learning. Philadelphia Lea & Febiger.

PRACTICAL - III: MAJOR GAMES-II (BADMINTON, BALL BADMINTON)

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, Ansari Road New Delhi.
2. Dr. P. Mariappan. 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 - VI: FUNDAMENTAL MOVEMENT SKILLS

Unit-I

Non-Locomotor Skills (Twisting, Turning, Balancing, Bending, Curling etc.,)

Unit-II

Locomotor Skills9Walking, Running, Jumping, Sliding, Skipping, Etc.,)

Unit-III

Manipulative Skills (Throwing, Hitting, Catching, Kicking, Dribbling etc.,)

Unit-IV

TotalGrossMotorDevelopment-2–Test

Unit-V

Functional Movement Screening Test (8Test Items)

Books for References:

1. Kathleen M. Haywood., & Nancy Getchell., (2009). Life Spanmotor Development (5th Ed.), Champaign, IL: Human Kinetics,
2. Robert M. Malina., Claude Bouchard & oded Bar-Or.,(2004).Growth, Maturity and Physical Activity (2nd Ed.), Champaign, IL: Human Kinetics.
3. NAPSE., (2005). Physical Education for Lifelong Fitness (2nd Ed.), Champaign, IL: Human Kinetics.

