



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 2021-2022 onwards)



Semester-VI				
Part	Subject Status	Subject Title	Subject Code	Credit
III	CORE - 10	Athletic Care, Sports Injuries and Rehabilitation	CMPE61	4
III	CORE – 11	Theory of Games – III (Basketball, Football, Hockey, Cricket, Volleyball)	CMPE62	4
III	CORE – 12	Elementary Statistics in Physical Education	CMPE63	4
III	Core Elective- 2	Sports Nutrition/ Sports Journalism	CEPE51/ CEPE52	4
III	Core Practical- 7	Games of Specialization (Basketball, Football, Hockey, Cricket, Volleyball)	CMPEP7	2
III	Project & Viva	Project & Viva - State/National Level Tournament (Or) Study Tour	CMPE6P	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 ≥ 6.0
- Second Class : CGPA ≥ 5.0 and < 6.0
- Third Class : CGPA < 5.0



Athletic Care, Sports Injuries and Rehabilitation

Learning outcomes:

- Understand the Prevention, Treatment and Rehabilitation of Athletic Injuries

Unit I: Introduction

Definition, Need, Nature and Scope of Sports Medicine- Importance of Sports Medicine in Physical Education and Sports – Concept of injury management.

Unit II: Athletic injuries

Meaning and types of Sprain, Strain, Contusion, Fracture, Dislocation, Abrasion and Puncture.

Unit III: First Aid

Definition - Importance of First Aid – PRICE technique – Massage- First-aid for Shock, Drowning, Bleeding, Fractures, Sprain, Strain and Dislocation.

Unit IV: Injury Management

Principles Pertaining to the Prevention of Sports Injuries- Care and Treatment of Exposed and Unexposed Injuries in Sports - Principles of apply Cold and Heat - Principles and Techniques of Strapping and Bandages.

Unit V: Posture

Definition and Objectives of Corrective Physical Education - Posture and Body Mechanics, Standards of Standing Posture- Value of Good Posture, Drawbacks and Causes of Bad Posture.

Teaching Learning Strategies:

The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

Activities: Lecture/Project Work/ Seminars/Term Papers/Assignments/Study etc.

Assessment Rubrics: Classroom Test, Project Work, Assignments, Presentations

Reference

1. Starkey, Chad/Therapeutic Modalities of Athletic trainers, F.A. Davis Company, Philadelphia, 1990.
2. Prentice Williams, E., (1990). Therapeutic Modalities in Sports Medicine: ST. Louis,
3. St.John Ambulance First Aid Manual: St. John Ambulance, London (1997).
4. Pande P.K. and L.C, Gupta. (1987). Outline of Sports Medicine: Jaypee Brothers, New Delhi.
5. Lace,M.V.(1951). Massage and Medical Gymnastics, London: J & A Churchill Ltd.
6. Naro, C. L. (1967). Manual of Massage and, Movement, London: Febra and Febra Ltd.
7. Rathbome, J. I.,(1965). Corrective Physical education, London: W.B. Saunders & Co.
8. Stafford & Kelly, (1968) Preventive and Corrective Physical Education, New York.



Theory of Games – III (Basketball, Football, Hockey, Cricket, Volleyball)

Learning outcomes:

- To acquire practical knowledge in Basketball, Cricket, Football, Hockey & Volleyball
- To learn skills and tactics in Basketball, Cricket, Football, Hockey & Volleyball
- To practice in advanced skills in Basketball, Cricket, Football, Hockey & Volleyball.
- To understand the strategic in Basketball, Cricket, Football, Hockey & Volleyball.

Unit I - History of the Game

History of the Games: World, India - Organizational Chart (Working Federation): World, Asia, India, State – Major Competitions – Talent identification.

Unit II - Skills of the Game

Fundamental Skills: Types, Drills and Lead-up activities to develop skills – Scientific principles applied in sports and games.

Unit III - Tactics of the Game

Meaning and definition of Tactics and Strategy - Systems of Play – Aspects of coaching, Leadup Games, evaluation – pre and post-match preparation.

Unit IV - Training of the Game

Warm-up, Cool-down, Factors influencing performance, Fitness components, Exercises and training methods to develop fitness.

Unit V - Rules of the Game

Rules and their Interpretations - Method of officiating and Scoring - Layout and Maintenance of play fields.

Teaching Learning Strategies:

The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

Activities: Lecture/Project Work/ Seminars/Term Papers/Assignments/Study etc.

Assessment Rubrics: Classroom Test, Project Work, Assignments, Presentations

References

1. Tyson, F. (1985). The Cricket Coaching Manual. Victorian Cricket Association.
2. Mohinder, A., (1950). Learn to Play Good Cricket. New Delhi: Surjeet publications.
3. Willam, T., (1985). Teaching Soccer. New Delhi, Surjeet publications
4. Dhanraj V. Hubert. (1971). Volleyball: A modern approach. Patiala: SAINSNIS.
5. Cox H. Richard. Teaching Volleyball. New Delhi: Surjeet publications
6. Larche, & Harry, F, (1969). Techniques to Football Coaching. London: A.S. Barnes and company.
7. Horat, W., (1970). The Science of Hockey. London: Pelham Books.
8. Milford, D. S. (1949). Hockey Practice and Tactics, London Mnolds and Company.
9. Colberk, A.L. Modern Basketball - A Fundamental Analysis of Skills and Tactics. London, Nicholes Kayl



Elementary Statistics in Physical Education

Learning outcomes

- Demonstrate knowledge of statistics and the terms like data, population and sample.
- Demonstrate knowledge of descriptive statistical methods and normal curve.
- Demonstrate knowledge of the properties of scales and graphs.
- Demonstrate the ability to perform data analysis.

Unit I - Introduction to Statistics

Meaning and Definition of Statistics, Nature, Need for and Importance of Statistics, Types of Statistics – Data: Quantitative and Qualitative data

Unit II– Measure of Central Tendency

Frequency Distribution – Measure of Central Tendency, Mean, Median and Mode
Definition- Computation of mean, median and mode from the ungrouped data -
Specific characteristics and use of measure of Measure of Central Tendency

Unit III - Measure of Variability

Measure of variability – Range- Quartile deviation- Mean deviation- Standard deviation- Definition- Computation of Quartile deviation, Mean deviation, Standard deviation from the ungrouped data – Specific characteristics and uses of measure of variability.

Unit IV - Scales

Measure of relative position- Meaning of percentiles, deciles and quartiles- computation of percentiles, deciles and quartiles from the ungrouped data- Standard scales - Computation of T scale and Hull scale-

Unit V – Divergence from Normality

Properties and principles of Normal curve - Divergence from normality- Skewness and Kurtosis - Population, Sample, Sampling

Teaching Learning Strategies:

The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

Activities: Lecture/Project Work/ Seminars/Term Papers/Assignments/Study etc.

Assessment Rubrics: Classroom Test, Project Work, Assignments, Presentations

References:-

1. David, C. H., & Clarke, H. H., (1984). Research Processes in Physical Education, Eaglewood Cliffs: Prentice Hall INC.
2. Gupta, (1982). Advanced Practical Statistics, New Delhi : S.S Chand & Co.
3. Wilks, S.S., (1984). Elementary Statical Analysis. Calcutta: Deford& IBH publishing Co., Calcutta.
4. Karikalan, I., (2017). Elementary statistics in Physical Education. Shree Publications, Tuticorin.



Sports Nutrition

Learning outcomes:

- Develop skills to establish daily caloric requirement and to design the diet plan.
- Acquaint student with principles of sports nutrition.
- Orient the student to the role of food on physical performance.
- Understand and prepare weight management plans.

Unit I - Introduction

Meaning and Definition of Sports Nutrition - Basic components of Nutrition Factor to consider for developing nutrition plan – Balance diet and its components, Nutritional deficiencies – Understanding of malnutrition and nutritional supplements.

Unit II - Nutrients: Ingestion to energy metabolism

Basics of Nutrition, Carbohydrates, Fats, Proteins, Vitamins, Minerals, Water, Nutritive value of Food stuffs.

Unit III – Nutrition and Weight Management

Nutrition for Athletes and players - Energy requirements in Sports - Percentage of energy derived from foods - Glycemic Index of food - Nutritive value of food stuffs.

Unit IV – Ergogenic aids

Meaning of ergogenic aids – advantages and disadvantages of ergogenic aids - Types of ergogenic agents – Carbohydrate loading.

Unit V – Steps of Planning of Weight Management

Principles of weight control, Exercise. The Key to successful weight loss management designing weight loss programme. Tips for control body weight.

Teaching Learning Strategies:

The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

Activities: Lecture/Project Work/ Seminars/Term Papers/Assignments/Study etc.

Assessment Rubrics: Classroom Test, Project Work, Assignments, Presentations

References:

1. Bessesen, D.H. (2008). Update on obesity. *J Clin Endocrinol Metab.* 93(6), 2027-2034.
2. Butryn, M.L., Phelan, S., & Hill, J. O. (2007). Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity (Silver Spring)*. 15(12), 3091-3096.
3. Chu, S.Y. & Kim, L. J. (2007). Maternal obesity and risk of stillbirth: a meta analysis. *Am J Obstet Gynecol*, 197(3), 223-228.
4. Bates M. (2008). *Health Fitness Management* (2nd ed.) Champaign, IL: Human Kinetics.
5. Shashikant, G., (1996). *Nutrition for sports*, SAINSNIS, Patiala.



Sports Journalism

Learning outcomes:

- The students will be oriented in basic art of mass communication and reporting of sports events through various mediums.

Unit I – Introduction

Meaning and Definition of Journalism - Ethics of Journalism - Sports Ethics and Sportsmanship - Reporting Sports Events - National and International Sports News Agencies.

Unit II - Sports Bulletin

Concept of Sports Bulletin - Types of bulletin - Journalism and sports education - Structure of sports bulletin – Compiling a bulletin - General news reporting and sports reporting.

Unit III - Mass Media

Mass Media in Journalism: Radio and T.V - Commentary – Running commentary on the radio – Sports expert's comments - Role of Advertisement in Journalism - Sports Photography - Editing and Publishing.

Unit IV - Report Writing on Sports

Brief review of Olympic Games, Asian Games, Common Wealth Games World Cup, National Games and Indian Traditional Games - Preparing report of an Annual Sports Meet for Publication in Newspaper.

Unit V – Press Meet

Organization of Press Meet - Practical assignments to observe the matches and prepare report and news of the same - Visit to News Paper office and TV Centre to know various departments and their working

Teaching Learning Strategies:

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Activities: Lecture/Project Work/ Seminars/Term Papers/Assignments/Study etc.

Assessment Rubrics: Classroom Test, Project Work, Assignments, Presentations

References:

1. Ahiya B.N. (1988). Theory and Practice of Journalism. Delhi: Surjeet Publications
2. Ahiya B.N., & Chobra S.S.A. (1990). Concise Course in Reporting. New Delhi: Surjeet Publication.
3. Bhatt S.C. (1993). Broadcast Journalism Basic Principles. New Delhi. Haranand Publication.
4. Joshi, D., (2010). Value Education in Global Perspective. New Delhi: Lotus Press.
5. Kannan, K., (2009). Soft Skills, Madurai: Madurai: Yadava College Publication
6. Chakrabarti, M., (2008). Value Education: Changing Perspective, New Delhi: Kanishka Publication.
7. Padmanabhan, A., & Perumal, A., (2009). Science and Art of Living. Madurai: Pakavathi Publication
8. Shiv Khera., (2002). You Can Win. New Delhi: Macmillan India Limited.
9. Venkataiah. N., (2009). Value Education. New Delhi: APH Publishing Corporation.



Project & Viva

Project & Viva - State/National Level Tournament (Or) Study Tour

Project Report: 70 marks

Viva-Voce: 30 marks

Students will visit the districts of the state to do survey on availability of sports infrastructure in concerned schools (or) Observe the tournaments conducted at District, State, National and University level and submit an individual project report and will be assessed by a viva voce for 2 credits.

Core Practical VII

Games of Specialization (Basketball, Football, Hockey, Cricket, Volleyball)

Learning outcomes:

- To acquire practical knowledge on games
- To obtain the experience in Skills, strategy, tactics and advance skills.

Unit I - History of the Game

History of the Games: World, India - Organizational Chart (Working Federation): World, Asia, India, State – Major Competitions – Talent identification.

Unit II - Skills of the Game

Fundamental Skills: Types, Drills and Lead-up activities to develop skills – Scientific principles applied in sports and games.

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