

H.H. THE RAJAH'S COLLEGE

(AUTONOMOUS)

(Re-accredited with B+ by NAAC)

Pudukkottai – 622 001

**DEPARTMENT PHYSICAL EDUCATION, HEALTH
EDUCATION AND SPORTS**



BOARD OF STUDIES 2021- 2024

(Course Structure Under CBCS)

H.H. THE RAJAH'S COLLEGE (AUTONOMOUS)
(Re-accredited with B+ by NAAC)
PUDUKKOTTAI – 622 001

**DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION
AND SPORTS**

BOARD OF STUDIES 2021 -2024

The Meeting of the Board of Studies was held on 12.08.2021. The proposed new syllabi were presented before the board.

The presentations of the proposals are enclosed.

- i. Brief
- ii. Distribution of hours and marks and credits for UG (Annexure-1)
- iii. Title of the courses proposed for UG (Annexure-2)
- iv. Question paper pattern UG
- v. Syllabus for UG
- vi. Non Major Elective for other Department

REVISION OF SYLLABUS - UG

BRIEF

- As per the instruction from the Director of Collegiate Education Chennai and from the Registrar, Bharathidasan University, Trichy, it has been decided to have a uniform pattern for all subjects as detailed below.

Program	Total No. of Papers	Total Max. Marks	Total Credits
UG	37	3700	139 Extn. Activities-1 Total:140

- ❖ U. G distributing the available 30 hours / week for various papers as shown in Annexure - 1
- ❖ Title of courses proposed for new syllabi is shown in Annexure – 2 for UG
- ❖ The question paper pattern for UG is shown in Annexure -3
- ❖ The syllabus for the all semester's courses for UG is given in Annexure -4.

Whenever there is an urge for change and up gradation for syllabi, the revisions are made and the proposed new syllabi and copy of the old syllabi are submitted herewith.

Skill based and value based courses are included as per the suggestions by the University and Tamilnadu Government.

**DISTRIBUTION OF HOURS AND MARKS AND CREDITS FOR UG
(ANNEXURE-1)**

B Sc Physical Education, Health Education and Sports

Sem	Part	Paper	Subject code	Title	Ins. Hrs	Credit	Exam. Hours	Marks		Total
								Int.	Ext.	
I	I	LC-I	21ULT1 / 21ULH1	Language Paper - I	6	3	3	25	75	100
	II	ELC-I	21ULE1	English for Communication - I	6	3	3	25	75	100
	III	CC-I	21UPS1	History, Principles and Foundations of Physical Education	6	5	3	25	75	100
		AC-I	21UPSA1	Yoga Education	5	5	3	25	75	100
	IV	SBE-I	21UPSE1	Soft Skill – I	2	-	-	-	-	-
		EVS	21UES	Environmental Science	2	2	3	25	75	100
TOTAL					27	18				500
II	I	LC-II	21ULT2 / 21ULH2	Language Paper - II	6	3	3	25	75	100
	II	ELC-II	21ULE2	English for Communication - II	6	3	3	25	75	100
	III	CP-II	21UPS2P	Major Games Group-I (Practical- I)	6	4	3	40	60	100
		CC-III	21UPS3	Theories of Sports And Games Part -I	3	3	3	25	75	100
		AP-II	21UPSA2P	Yoga Education (Allied –Practical -I)	5	4	3	40	60	100
	IV	VE	21UVE	Value Education	2	2	3	25	75	100
		SBE-I	21USBE1	Soft Skill – I	2	4	3	25	75	100
TOTAL					30	23				700
III	I	LC-III	21ULT3 / 21ULH3	Language Paper - III	6	3	3	25	75	100
	II	ELC-III	21ULE3	Poetry, Fiction & English for Competitive Examination	6	3	3	25	75	100
	III	CC-IV	21UPS4	Anatomy And Physiology	5	4	3	25	75	100
	IV	SBE-II	21USBE2	Soft Skill – II	2	-	-	-	-	-
		NME-I	21UPSNI/21 UHTN1 OR 21UPSNI/21 UHTN1	Non major Elective Paper	4	2	3	25	75	100
TOTAL					23	12				400

IV	I	LC-IV	21ULT4 / 21ULH	Language Paper - IV	6	3	3	25	75	100
	II	ELC-IV	21ULE4	Drama& English for Competitive Examination	6	3	3	25	75	100
	III	CC-V	21UPS5	Sports Injuries and Management	5	4	3	25	75	100
		CP-VI	21UPS6P	Major Games: Group II (Practical-II)	3	3	3	40	60	100
		AC-III	21UPSA3	Test, Measurement And Evaluation in Physical Education	3	5	3	25	75	100
		AP-IV	21UPSA4P	Evaluation Process in Physical Education (Allied Practical-II)	3	5	3	40	60	100
	IV	SBE-II	21USBE2	Soft Skill – II	2	4	3	25	75	100
TOTAL				28	27				700	
V	III	CC-VII	21UPS7	Theories of track and field	6	5	3	25	75	100
		CC-VIII	21UPS8	Methods in physical education	4	4	3	25	75	100
		CP-IX	21UPS9P	Sports injuries and management (major practical-III)	6	5	3	40	60	100
	IV	EC-I	21UPSE1 / 21UPSE1	Statistics for Physical Education and sports	6	5	3	25	75	100
		NME-II	21UPSN2/21	Non major Elective Paper	4	2	3	25	75	100
		SBE-III	21USBE3	Soft Skill – III	4	4	3	25	75	100
TOTAL				30	25				600	
VI	III	CC-X	21UPS10	Science of Sports Training	6	5	3	25	75	100
		CC-XI	21UPS11	Sports Management	4	4	3	25	75	100
		CC-XII	21UPS12	Sports psychology and Sociology	6	5	3	25	75	100
		CP-XIII	21UPS13P	Core Practical -IV- Track and Field	6	5	3	40	60	100
		CP-XIV	21UPS14P	Teaching Practice (Major Practical – V)	6	5	3	40	60	100
	IV	EC-II	21UPSE2 / 21UPSE2	Health Education	6	5	3	25	75	100
		EC-III	21UPSE3/21	Bio-mechanics	6	4	3	25	75	100
		GS	21UGS	General studies	2	1	3	25	75	100
	V	Extension activities (Sports club)			-	1	-	-	-	-
TOTAL				42	35				800	
GRAND TOTAL				180	140				3700	

TITLE OF THE COURSES FOR UG (ANNEXURE-2)
B.Sc PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

CORE COURSE (14)				
S. No	Paper	Subject code	Title of the Paper	CREDITS
1	CC-I	21UPS1	History, Principles and Foundations of Physical Education	5
2	CP-II	21UPS2P	Major Games Group-I (Practical- I)	4
3	CC-III	21UPS3	Theories of Sports And Games Part -I	3
4	CC-IV	21UPS4	Anatomy And Physiology	4
5	CC-V	21UPS5	Sports Injuries and Management	4
6	CP-VI	21UPS6P	Major Games: Group II (Practical-II)	3
7	CC-VII	21UPS7	Theories of track and field	5
8	CC-VIII	21UPS8	Methods in physical education	4
9	CP-IX	21UPS9P	Sports injuries and management (major practical-III)	5
10	CC-X	21UPS10	Science of Sports Training	5
11	CC-XI	21UPS11	Sports Management	4
12	CC-XII	21UPS12	Sports psychology and Sociology	5
13	CP-XIII	21UPS13P	Core Practical -iv- Track and Field	5
14	CP-XIV	21UPS14P	Teaching Practice(Major Practical – V)	5
TOTAL				61
ALLIED COURSES (4)				
1	AC-I	21UPSA1	Yoga Education	5
2	AP-II	21UPSA2P	Yoga Education (Allied –Practical -I)	4
3	AC-III	21UPSA3	Test, Measurement And Evaluation in Physical Education	5
4	AP-IV	21UPSA4P	Evaluation Process in Physical Education (Allied Practical-II)	5
TOTAL				19
ELECTIVE COURSES (3)				
1	EC-I	21UPSE1 / 21UPSE1	Statistics for Physical Education and sports	5
2	EC-II	21UPSE2 /21UPSE2	Health Education	5
3	EC-III	21UPSE3/21UPS E3	Bio-mechanics	4
TOTAL				14

SKILL BASED ELECTIVE COURSES (3)				
1	SBE-I	21UPSE1	Soft Skill – I	4
2	SBE-II	21USBE2	Soft Skill – II	4
3	SBE-III	21USBE1	Soft Skill – III	4
TOTAL				12
NON-MAJOR ELECTIVE COURSES (2)				
1	NME-I	21UPSN1/ 21UHTN1		2
2	NME-II	21UPSN2/ 21UHTN2		2
TOTAL				4
GENERAL PAPER				
1	EVS	21UES	Environmental Studies	2
	VE	21UVE	Value Education	2
	GS	21UGS	Gender Studies	1
TOTAL				5
Part – V (NSS/NCC)				
			Total Credits	115
			Extracurricular Activity	1
			Language	24
			Over All Credits	140

Value Added Courses (Self Study): -

1. Physical Exercises and Wellness
2. Yoga and Stress Management

PROGRAMME SUMMARY

Name of the Programme : **B. Sc**

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

S. No	Paper	Subject code	Title of the Paper	Average % of Changes in each paper
1	CC-I	21UPS1	History, Principles and Foundations of Physical Education	100
2	AC-I	21UPSA1	Yoga Education	70
3	CP-II	21UPS2P	Major Games Group-I (Practical- I)	0
4	CC-III	21UPS3	Theories of Sports And Games Part -I	90
5	AP-II	21UPSA2P	Yoga Education (Allied –Practical -I)	0
6	CC-IV	21UPS4	Anatomy And Physiology	35
7	CC-V	21UPS5	Sports Injuries and Management	50
8	CP-VI	21UPS6P	Major Games: Group II (Practical-II)	0
9	AC-III	21UPSA3	Test, Measurement And Evaluation in Physical Education	0
10	AP-IV	21UPSA4P	Evaluation Process in Physical Education (Allied Practical-II)	5
11	CC-VII	21UPS7	Theories of track and field	0
12	CC-VIII	21UPS8	Methods in physical education	10
13	CP-IX	21UPS9P	Sports injuries and management (Major practical-III)	40
14	EC-I	21UPSE1 / 21UPSE1	Statistics for Physical Education and sports	100
15	CC-X	21UPS10	Science of Sports Training	40
16	CC-XI	21UPS11	Sports Management	5
17	CC-XII	21UPS12	Sports psychology and Sociology	0
21	CP-XIII	21UPS13P	Core Practical -iv- Track and Field	0
19	CP-XIV	21UPS14P	Teaching Practice (Major Practical – V)	30
20	EC-II	21UPSE2 /21UPSE2	Health Education	100
21	EC-III	21UPSE3/21UPSE3	Bio-mechanics	0
			Total	675
			Average	32.14%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **CC-1 – 21UPS1**History, Principles and Foundations of Physical Education

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			20	
Unit – II			20	
Unit – III			20	
Unit – IV			20	
Unit – V			20	
Average			100	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **AC-1 –21UPSA1**Yoga Education

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			20	
Unit – II			20	
Unit – III			20	
Unit – IV			10	
Unit – V			0	
Average			70	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **CP-II - CORE PRACTICAL – I – 21UPS2P-Major Games Group-I (Practical- I)**

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			0	
Unit – II			0	
Unit – III			0	
Unit – IV			0	
Unit – V			0	
Average			0	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **CC-III – 21UPS3- Theories of Sports And Games Part -I**
(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			20	
Unit – II			20	
Unit – III			10	
Unit – IV			20	
Unit – V			20	
Average			90	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **AP-II – 21UPSA2PALLIED PRACTICAL – I - Yoga Education (Allied – Practical -I)**

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			0	
Unit – II			0	
Unit – III			0	
Unit – IV			0	
Unit – V			0	
Average			0	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **CC-IV –21UPS4HUMAN PHYSIOLOGY**

(Tick the appropriate box)

Core Allied Elective NME **SB**

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			10	
Unit – II			10	
Unit – III			5	
Unit – IV			0	
Unit – V			10	
Average			35	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **CC-V – 21UPS5**Sports Injuries and Management

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			20	
Unit – II			20	
Unit – III			0	
Unit – IV			0	
Unit – V			10	
Average			50	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **CP-VI – 21UPS6PCORE PRACTICAL – II – MAJOR GAMES GROUP -II**

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			0	
Unit – II			0	
Unit – III			0	
Unit – IV			0	
Unit – V			0	
Average			0	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **AC-III - 21UPSA3TEST, MEASUREMENT AND EVALUATION IN PHY.EDU.**

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			0	
Unit – II			0	
Unit – III			0	
Unit – IV			0	
Unit – V			0	
Average			0	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **AP-IV – 21UPSA4P ALLIED PRACTICAL – II – EVALUATION PROCESS IN PHY.EDU.**
(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			5	
Unit – II			0	
Unit – III			0	
Unit – IV			0	
Unit – V			0	
Average			5	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **CC-VII – 21UPS7 THEORIES OF TRACK AND FIELD**

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			0	
Unit – II			0	
Unit – III			0	
Unit – IV			0	
Unit – V			0	
Average			0	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **CC-VIII –21UPS8METHODS IN PHYSICAL EDUCATION**

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			0	
Unit – II			5	
Unit – III			5	
Unit – IV			0	
Unit – V			0	
Average			10	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **CP-IX – 21UPS9PCORE PRACTICAL – III Sports injuries and management**
(Tick the appropriate box)

Core Allied Elective **ME** SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			0	
Unit – II			0	
Unit – III			0	
Unit – IV			20	
Unit – V			20	
Average			40	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **EC-I - 21UPSE1** Statistics for Physical Education and sports
(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			20	
Unit – II			20	
Unit – III			20	
Unit – IV			20	
Unit – V			20	
Average			100	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **CC-X – 21UPS10 SCIENCE OF SPORTS TRAINING**

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			0	
Unit – II			0	
Unit – III			0	
Unit – IV			20	
Unit – V			20	
Average			40	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **CC-XI – 21UPS11 SPORTS MANAGEMENT**

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			0	
Unit – II			0	
Unit – III			5	
Unit – IV			0	
Unit – V			0	
Average			5	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **CC-XII – 21UPS12 Sports psychology and Sociology**
(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			0	
Unit – II			0	
Unit – III			0	
Unit – IV			0	
Unit – V			0	
Average			0	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **CP-XIII – 21UPS13P CORE PRACTICAL -IV- TRACK AND FEILD**

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			0	
Unit – II			0	
Unit – III			0	
Unit – IV			0	
Unit – V			0	
Average			0	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **CP-XIV – 21UPS14P CORE PRACTICAL -IV- TEACHING PRACTICE**

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			10	
Unit – II			10	
Unit – III			0	
Unit – IV			10	
Unit – V			0	
Average			30	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **EC-II – 21UPSE2 Health Education**

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			20	
Unit – II			20	
Unit – III			20	
Unit – IV			20	
Unit – V			20	
Average			100	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

COURSE SUMMARY

(For the purpose of minutes writing in the BOS)

Name of the Programme : B.Sc.

Name of the Course : **PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS**

Title of the Paper : **EC-III – 21UPSE3 BIO-MECHANICS**

(Tick the appropriate box)

Core Allied Elective NME SBE

Unit (1)	Deduction (%) (2)	Addition (%) (3)	Modification (%) (4)	Revision (%) (2 + 3 + 4)
Unit – I			0	
Unit – II			0	
Unit – III			0	
Unit – IV			0	
Unit – V			0	
Average			0	

Note: Percentage to be assigned for modification

- Complete Unit Change - 20%
- Partially Unit Change - 10%
- Minimum Modification - 5%
- No deletion - 0%

QUESTION PAPER PATTERN

B Sc (Physical Education, Health Education and Sports)

CREDIT CUM SEMESTER PATTERN

(EFFECTIVE FROM THE ACADEMIC YEAR 2021-2022 ONWARDS)

UG External Pattern

Maximum Marks: 100

Internal Marks : 25

External Marks : 75

Passing Minimum Marks: **U.G** CIA – 10 UE – 30

Part – A	Part – B	Part – C
Answer all the Questions 10 x 2 = 20 Marks	Internal Choice Type 5x5 = 25 Marks	Answer any 3 Questions 3x10 = 30 Marks
Question	Question	Question
1.2 – I Unit	11a (or) 11b – I Unit	16 – I Unit
3.4 – II Unit	12a (or) 12b – II Unit	17 – II Unit
5.6 – III Unit	13a (or) 13b – III Unit	18 – III Unit
7.8 – IV Unit	14a (or) 14b – IV Unit	19 – IV Unit
9.10 – V Unit	15a (or) 15b – V Unit	20- V Unit

NME I Paper Objective type Questions (25 Marks CIA & 75 Marks End Semester)

For NME II Paper, EVS, VE & GS

Answer any 5 Questions out of 8

5x15 = 75 Marks

CIA Component

UG

Mid Term Test - 50 Marks

Assignment – 1 & 2 (15+10) - 25 Marks

Model Examination - 75 Marks

Total Marks - 150 Marks

Internal Assessment Reduced to 25 Marks for U.G

Overall Total Based on UG Courses

-

Sl. No	Part	No. of Courses	Instruction Hours	Maximum Marks	Credits
1	Part – 1 (Language)	4	24	400	12
2	Part – II (Language)	4	24	400	12
3	Part – III (Core, Allied & Elective)				
	Core Courses	14	70	1400	60
	Allied Courses	4	22	400	20
	Elective Courses	3	17	300	14
4	Part – IV				
	Non Major Elective Courses	2	6	200	4
	Skill Based Courses	3	12	300	12
	Environmental Studies Courses	1	2	100	2
	Values Based Courses	1	2	100	2
5	Part – V				
	Gender Studies	1	1	100	1
	Extension Activities				1
	Total	37	180	3700	140

DEPARTMENT OF PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

Board of studies Department of Physical Education, Health Education and Sports is held
on 12.08.2021 AM in the Department at 10.00AM. The following members are present

SL.NO	NAME & DESIGNATION	SIGNATURE
1.	Dr. K. Johnbosco, Assistant Professor & Head, Department of Physical Education, Health Education and Sports, H.H. The Rajah's College(Autonomous) Pudukkottai- 622 001	CHAIRMAN
2.	Dr. R. Kalidasan, Professor & Head, Department of Physical Education & Yoga, Bharathidasan University Tiruchirappalli-620 024	UNIVERSITY NOMINEE AND SUBJECT EXPERT
3.	Dr. T. Kaleeswaran, Associate Professor, Alagappa University College of Physical Education, Alagappa University, Karaikudi-630 004.	SUBJECT EXPERT-I
4.	Dr. S. Dhanaraj Assistant Professor, Alagappa University College of Physical Education, Alagappa University, Karaikudi- 630 004.	SUBJECT EXPERT-II
5	Dr. I. John Parthiban, Director of Physical Education, H.H.. The Rajah's college (Autonomous) Pudukkottai.- 622001	INTERNAL EXPERT
6	Mr. A.K. Ramkumar, Physical Training Instructor, H.H.. The Rajah's college (Autonomous) Pudukkottai.- 622 001	ALUMNI MEMBER
7	Mr. S.M. Kumaran, District Sports and Youth Welfare Officer, Pudukkottai- 622 001	INDUSTRIALIST & SPECIAL MEMBER

Resolutions

1. Resolved to approve and adopt the revised syllabus for B.Sc., Mathematics Major and Zoology (for B.Sc. Physical Education, Health Education and Sports students) as part of Learning Outcomes-based Curriculum Framework (LOCF) under CBCS from the academic year 2021-2022.
2. Resolved to approve and adopt the revised syllabus for B.Sc. Physical Education, Health Education and Sports students in line with Learning Outcomes-based Curriculum Framework (LOCF) under CBCS from the academic year 2021-2022.
3. The feedback of students, scholars, alumni, employers, faculty and parents were discussed in length and their views were given due weightage while revising the structure, regulations, curriculum and syllabi of all the programmes offered by the Department.
4. The newly introduced courses from this academic year 2021-2022 are (i) History, Principles and Foundations of Physical Education(Core course) and (ii) Statistics for Physical Education and sports and Health Education (Elective course for UG).
5. Value added courses included in the curriculum are Physical Exercises and wellness and Yoga and Stress Management. Which are ought to be conducted twice in an academic year. Only internal evaluation is recommended.
6. Syllabi of B. Sc course are framed in such a way that it matches more than 32.14 per cent with the syllabus framed and recommended by the State Integrated Board of Studies of Tamil Nadu State Council for Higher Education (TANSICHE).
7. The course and programme summaries attached with the syllabus contain the details on the percentage of modification

8. The main focus of the courses is as follows:

Name of the Programme	Course Code	Name of the Course	Activities/Content with direct bearing on Employability / Entrepreneurship/Skill Development
B.Sc Physical Education, Health Education and Sports	21UPS1	History, Principles and Foundations of Physical Education	Entrepreneurship
	21UPS2P	Major Games Group-I (Practical-I)	Skill Development
	21UPS3	Theories of Sports And Games Part -I	Skill Development
	21UPS4	Anatomy And Physiology	Employability
	21UPS5	Sports Injuries and Management	Employability
	21UPS6P	Major Games: Group II (Practical-II)	Skill Development
	21UPS7	Theories of track and field	Skill Development
	21UPS8	Methods in physical education	Employability
	21UPS9P	Sports injuries and management (Major practical-III)	Employability
	21UPS10	Science of Sports Training	Employability
	21UPS11	Sports Management	Employability
	21UPS12	Sports psychology and Sociology	Employability
	21UPS13P	Core Practical -IV- Track and Field	Skill Development
	21UPS14P	Teaching Practice (Major Practical – V)	Employability

(CHAIRMAN)

Value Added Courses

Physical Exercise and Wellness

Aim of the Course

The course aims at creating consciousness among the students towards health, fitness and wellness and in developing and maintaining a healthy life style.

Unit – I

Concept of Physical Education and Health Definition, Aims and Objectives of Physical Education- Importance and Scope of Physical Education -Modern concept of Health-Physical fitness and Wellness

Unit- II Components of Physical Fitness-Physical fitness components: Speed, Strength, Endurance, Flexibility and Coordinative abilities -Types of Physical Fitness -- Health related Physical Fitness - Fitness Balance

Unit - III

Principles of Exercise Programme - Activities for developing Physical Fitness Components
Principles of First Aid - Nutritional Balance

Yoga and Stress Management

Aim of the Course

The course aims are to control students physical & academic stress. And the technique to adopt to control the stress.

UNIT– I

Yoga: Meaning –objectives. Types of yoga: Karma Yoga – Gnana Yoga – Ashtanga Yoga - Bhakti Yoga - Kundalini Yoga - Hatha Yoga- *concepts and misconcepts about Yoga.

UNIT-II

Procedures and physiological effects of Suryanamasakar.Asanas: Padmasana – Yogamudra – Vajrasana–Vakrasana - Ardha-matsyendrasan– Bhujangasana – Sarvangasana– Dhanurasana – Shirsasana- Matsyasana – Mayurasana - Shalabasana- Vrikshasana - Halasana – Tadasana – Patchimotanasana - Makarasana –Shavasana- Asanas and its effects

UNIT-III

Procedures and physiological effects of purak -kumbhak –rechak- ratio of pranayama –nadisudhi - suryabedhan- chandrabedhan – ujjayi– shitkari - sheetali -*brahmari –bhastrika