

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)
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**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 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