



Dr. M.G.R.
EDUCATIONAL AND RESEARCH INSTITUTE
DEEMED TO BE UNIVERSITY

University with Graded Autonomy Status
(An ISO 21001 : 2018 Certified Institution)
Periyar E.V.R. High Road, Maduravoyal, Chennai-95, Tamilnadu, India.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

FACULTY OF HUMANITIES & SCIENCE

LEARNING OUTCOME BASED CURRICULUM

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
BACHELOR OF PHYSICAL EDUCATION AND SPORTS
(B.P.E.S)

CURRICULLAM & SYLLABUS

2022 Regulations

(For the Students admitted from the Academic Year 2024-25)

4 Year under Graduate (Honors/Research) Programme

With exit criteria at the end of 3rd year.



DECLARATION

I, **Dr. S. Vairamani**, Dean (**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**), hereby declare that this copy of the syllabus (**B.P.E.S – BACHELOR OF PHYSICAL EDUCATION AND SPORTS-2022 Regulation** from page number 1 to 147 is the final version which is being taught in the class and uploaded in our University website. I assure that the Syllabi available in our University website is verified and found correct. The Curriculum and Syllabi have been ratified by our Academic Council and Department External Curriculum Committee Members.

Date :

Signature



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

VISION STATEMENT

Department of Physical Education and Sports will broaden, enhance, and develop its teaching, education, research, and service activities which are now proper and equal to norms and standards of Indian Universities.

MISSION STATEMENT

M1	Total education through the physical intellectual, emotional and social development of people in order to bring up healthier, happier and more successful people to the public
M2	The main functions are education, teaching, research and public service areas.
M3	Create respectful students who value their health and fitness, and practice healthful activities throughout their lives.
M4	Prepare students to make lasting contributions to our profession, communities and society.
M5	Encourage students to take part in sport – whether it is recreational or competitive
M6	Deliver ‘Outstanding’ lessons that inspire and motivate all students regardless of their ability



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (BPES)

PROGRAMME EDUCATIONAL OBJECTIVES

PEO1	A platform shall be provided to understand the nature, purpose and philosophy of physical education and sports
PEO2	Potentialities shall be developed for planning and organizing physical education programmes and activities
PEO3	Capacity shall be developed to organize leisure and recreational activities
PEO4	The basic teaching, organizing & administrating physical education & sports programs effectively through the use of technology shall be provided
PEO5	Physical education students shall be empowered to inspire their students to actively participate in physical and yogic exercises, games and sports
PEO6	Communication skills and competencies shall be developed to organize school and community games and sports
PEO7	The spirit of sportsmanship, self-control, judgments, emotional stability, mental and physical alertness, scientific temper, optimism & respect shall be cultivated

MAPPING PEO AND MISSION STATEMENT

	M1	M2	M3	M4	M5	M6
PEO1	3	3	2	2	3	3
PEO2	2	2	2	2	3	3
PEO3	3	2	3	2	3	3
PEO4	2	3	2	3	3	2
PEO5	3	2	3	2	3	1
PEO6	3	3	2	1	2	2
PEO7	2	3	2	1	1	3

1 - Low, 2 - Moderate, 3 - High



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

PROGRAMME OUTCOMES

PO1	Gain a foundational knowledge of teaching strategies and the appropriate application for physical education, recreation and sports ministry
PO2	Gain foundational knowledge of health, nutrition and fitness and how to manage wellness for self and others
PO3	Develop a cognitive understanding of the human body, movement and performance
PO4	Develop an understanding of the relevance of the discipline of psychology to physical education and evaluate the impact on motivation and physical activity
PO5	Develop the knowledge and capacity to integrate their faith and apply it to leadership and sports-related ministries of teaching and coaching
PO6	Apply their knowledge of health, the human body, motor learning, and leadership skills to real life situations
PO7	Describe and apply physiological and biomechanical concepts related to skillful movement, movement patterns, motor development and motor learning, biomechanics and developmental readiness to learn
PO8	Plan and adapt instruction for diverse student needs including specific accommodations and/or modifications for student exceptionalities and specialized needs
PO9	Demonstrate knowledge of current technology by planning and implementing learning experiences that require students to appropriately use technology to meet lesson objectives
PO10	Use technological applications to facilitate effective assessment and evaluation strategies, and enhance personal productivity and professional practice
PO11	Maintain a health-enhancing level of fitness throughout the program as well as be able to collect and analyze personal fitness data
PO12	Speak proficiently in two or more languages Convey written information related to physical education and sports effectively
PO13	Explore international concepts adopted in education and physical education in a global school education environment to cater physical education as a medium towards overall development
PO14	Read about the latest development in the sports law and ethical constrains in education. Understanding of ethical practices in physical education and sports



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

MAPPING PEO AND PO

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
PEO1	3	2	3	3	2	3	3	2	2	2	3	3	3	2
PEO2	3	3	3	2	3	2	1	3	3	3	2	1	3	1
PEO3	3	3	2	3	2	3	2	3	2	3	3	3	2	1
PEO4	3	2	3	3	2	3	3	2	3	2	3	2	3	2
PEO5	3	2	2	3	2	3	2	3	2	3	3	1	2	1
PEO6	3	2	3	3	2	3	3	2	3	2	3	2	3	2
PEO7	3	3	2	3	2	1	3	3	3	3	2	3	2	1

1- Low, 2 - Moderate, 3 - High

PROGRAMME SPECIFIC OBJECTIVES

PSO1	Graduates will demonstrate effective communication and pedagogical skills, utilize strategies to enhance student engagement and learning, and create appropriate managerial rules and routines in order to create a safe effective learning environment
PSO2	Graduates will demonstrate competence in movement skills, analyze the performance of motor skills (particularly team and individual sports activities and dance/rhythms), as well as prepare and teach written lesson plans which address student learning of motor skills and analysis and assessment of these skills
PSO3	Graduates will select and create learning experiences that are appropriate for curriculum goals, relevant to learners, show evidence of sequential learning, incorporate modifications for variations in learning styles and performance, and are based on the principles of effective instruction.

MAPPING PEO AND PSO

	PSO1	PSO2	PSO3
PEO1	3	3	3
PEO2	3	3	3
PEO3	3	3	3
PEO4	3	3	2
PEO5	3	3	3
PEO6	3	3	2
PEO7	2	2	2

1 - Low, 2 - Moderate, 3 - High



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

SEMESTER: 1

THEORY

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBTA22001/ HBHI22001/ HBFR22001	LANGUAGE-I(TAMIL,HINDI, FRENCH)	3	3	0	0	Ty
HBEN22001	LANGUAGE -I (ENGLISH)	3	3	0	0	Ty
HBCC24ID1	FUNDAMENTALS OF COMPUTERS	3	3	0	0	Ty
HBPE24001	THEORIES OF OFFICIATING AND COACHING - I (Football, Kabaddi, Kho-Kho, Throwball)	4	3	1	0	Ty
HBCC22001	ENVIRONMENTAL STUDIES	3	3	0	0	Ty

Practical

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L01	PRACTICAL – I FOOTBALL, KABADDI, KHO-KHO, THROWBALL	2	0	0	4	Lb
HBCC22L01	COMPUTER SOFTWARE LAB	2	0	0	3	Lb
HBCC22I02	SOFT SKILL I (English Skill)	1	0	0	2	IE

Credits Sub Total:21

SEMESTER: II

THEORY

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBTA22002/ HBHI22002/ HBFR22002	LANGUAGE –II (TAMIL,HINDI, FRENCH)	3	3	0	0	Ty
HBEN22002	LANGUAGE - II (ENGLISH)	3	3	0	0	Ty
MBBA24ID1	SPORTS MANAGEMENT	3	3	0	0	Ty
HBPE24002	THEORIES OF OFFICIATING AND COACHING - II (Badminton, Basketball, Cricket, Volleyball)	4	3	1	0	Ty
HBPE24003	HISTORY OF PHYSICAL EDUCATION AND SPORTS	4	3	1	0	Ty

Practical

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L02	PRACTICAL – II BADMINTON, BASKETBALL, CRICKET, VOLLEYBALL	3	0	0	6	Lb
HBCC22I03	SOFT SKILL II (English Skill)	1	0	0	2	IE

Credits Sub Total:21

C : Credits L : Lecture T : Tutorial S.Lr : Supervised Learning P : Problem / Practical R : Research T/L/ETP/IE : Theory/Lab/Embedded Theory and Practice/Internal evaluation.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

SEMESTER: III

THEORY

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBFS24ID1	INTRODUCTION TO HUMAN NUTRITION	3	3	0	0	Ty
HBPE24004	THEORIES OF OFFICIATING AND COACHING- III (HANDBALL, HOCKEY, TABLE TENNIS, TARGETBALL)	4	3	1	0	Ty
HBPE24005	FOUNDATION OF PHYSICAL EDUCATION AND SPORTS	4	3	1	0	Ty
HBPE24006	ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION	4	3	1	0	Ty
HBPE24007	FUNDAMENTALS OF ANATOMY AND PHYSIOLOGY	4	3	1	0	Ty

Practical

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L03	PRACTICAL – III HANDBALL, HOCKEY, TABLE TENNIS, TARGETBALL	3	0	0	6	Lb
HBCC22I05	QUALITATIVE AND QUANTITATIVE SKILLS - SOFT SKILL III (Mathematical Skill)	1	0	0	2	IE

Credits Sub Total: 23

SEMESTER: IV

THEORY

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPY24ID1	SPORTS PSYCHOLOGY	3	3	0	0	Ty
HBPE24008	METHODS IN PHYSICAL EDUCATION	4	3	1	0	Ty
HBPE24009	TESTS, MEASUREMENTS AND EVALUATION	4	3	1	0	Ty
HBPE24EXX	PROGRAMME ELECTIVE – I	3	3	0	0	Ty
HBXX22OEX	OPEN ELECTIVE –I	3	3	0	0	Ty

Practical

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L04	PRACTICAL – IV RHYTHMIC ACTIVITIES & MASS DRILLS (MARCHING, INDIAN CLUB, DUMBELL, WAND, AEROBIC)	2	0	0	4	Lb
HBPE24L05	PRACTICAL – V INTERNAL TEACHING PRACTICE	3	0	0	6	IE
HBFL22IXX	FOREIGN LANGUAGE	1	0	0	2	IE

Credits Sub Total: 23



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SEMESTER: V

THEORY

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24010	EXERCISE PHYSIOLOGY	4	3	1	0	Ty
HBPE24011	INTRODUCTION TO TRAINING METHODS	4	3	1	0	Ty
HBPE24EXX	PROGRAMME ELECTIVE -II	3	3	0	0	Ty
HBXX22OEX	OPEN ELECTIVE -II	3	3	0	0	Ty
HBCC22002	ENTREPRENURSHIP DEVELOPMENT	3	3	0	0	Ty

Practical

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L06	INTERNSHIP PRACTICAL – VI EXTERNAL TEACHING PRACTICE	4	0	0	8	Lb
HBPE24L07	PRACTICAL – VII YOGA AND SPORTS VENUE MANAGEMENT	1	0	0	2	Lb
HBCC22I07	NCC/NSS/ INTERNSHIP	1	0	0	2	IE

Credits Sub Total: 23

SEMESTER : VI

THEORY

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24012	THEORIES OF OFFICIATING AND COACHING- IV (ALL TRACK AND FIELD EVENTS)	4	3	1	0	Ty
HBPE24EXX	PROGRAMME ELECTIVE - III	3	3	0	0	Ty
HBCC22ET1	UNIVERSAL HUMAN VALUES	3	2	0	2	ETP

Practical

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L08	PRACTICAL – VIII PROJECT WORK SPECIALIZATION GAMES & ALL TRACK AND FIELD EVENTS	9	0	0	18	Lb

Credits Sub Total: 19

Credit Summary

Semester: 1 : 21
Semester: 2 : 21
Semester: 3 : 23
Semester: 4 : 23
Semester: 5 : 23
Semester: 6 : 19

Total Credits : 130



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Regulation 2024 -2025 (For students opting 4 Year Honors/Research Programme)

SEMESTER: VII

THEORY

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBCC22003	RESEARCH METHODOLOGY	3	3	0	0	Ty
HBPE24013	STRESS MANAGEMENT THROUGH YOGA	4	3	1	0	Ty
HBPE24014	SPORTS JOURNALISM AND MASS MEDIA IN PHYSICAL EDUCATION	4	3	1	0	Ty
HBPE24015	PERSONALITY DEVELOPMENT AND SOFT SKILLS	4	3	1	0	Ty

Practical

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24I01	MINI PROJECT ORGANIZATION OF INTRAMURAL AND EXTRAMURAL COMPETITION	3	0	0	6	IE

Total credits: 18

SEMESTER: VIII

THEORY

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBCC22004	STARTUP STRATEGIES	3	3	0	0	Ty
HBCC22005	PRINCIPLES OF DIGITAL MARKETING	3	3	0	0	Ty
HBCC22006	INTELLETUAL PROPERTY RIGHTS AND PATENT	3	3	0	0	Ty

Practical

Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L09	RESEARCH PROJECT	6	0	0	12	Lb
HBPE24I02	RESEARCH PUBLICATION	2	0	0	4	IE

Total credits: 17

Total no. of credits (I to VIII semesters):165



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PROGRAMME ELECTIVES

PROGRAMME ELECTIVE – I (SEMESTER – IV)						
Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24E01	SPORTS MEDICINE	3	3	0	0	Ty
HBPE24E02	FUNDAMENTALS OF HUMAN BIOLOGY AND YOGA	3	3	0	0	Ty

PROGRAMME ELECTIVE – II (SEMESTER – V)						
Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24E03	KINESIOLOGY AND BIOMECHANICS	3	3	0	0	Ty
HBPE24E04	RECREATIONAL AND CAMPING ACTIVITIES	3	3	0	0	Ty

PROGRAMME ELECTIVE – III (SEMESTER – VI)						
Course Code	Course Title	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24E05	STATISTICAL METHODS IN PHYSICAL EDUCATION	3	3	0	0	Ty
HBPE24E06	SPORTS INJURIES AND SAFETY EDUCATION	3	3	0	0	Ty



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

List of OPEN ELECTIVE - 2022 Regulations.

For All H&S, Management Studies and Computer application faculties-UG Programmes.

Offering Department	S.NO	Theory/Lab	Subject Code	Subject Name
Mathematics	1.	Theory	HBMA22OE1	Graph Theory
	2.	Theory	HBMA22OE2	Optimization Techniques
Physics	3.	Theory	HBPH22OE1	Fundamentals of Optics and Sound
	4.	Theory	HBPH22OE2	Every day Physics
	5.	Lab	HBPH22OL1	Basic Physics lab
Computer Science	6.	Theory	HBCS22OE1	Office Automation
	7.	Theory	HBCS22OE2	Fundamentals of Computer and Internet
	8.	Lab	HBCS22OL1	Multimedia lab
Economics	9.	Theory	HBEM22OE1	Indian Economy
	10.	Theory	HBEM22OE2	Gender Economics
Chemistry	11.	Theory	HBCH22OE1	Chemistry in our Daily Life
	12.	Theory	HBCH22OE2	Food Chemistry
	13.	Lab	HBCH22OL1	General Chemistry Lab
English	14.	Theory	HBEN22OE1	English For Media
	15.	Theory	HBEN22OE2	Creative Writing
Geology	16.	Theory	HBGE22OE1	Disaster Mitigation and Management
	17.	Theory	HBGE22OE2	Remote Sensing and GIS
	18.	Lab	HBGE22OL1	Remote sensing and GIS lab
Psychology	19.	Theory	HBPY22OE1	Health & Yoga
	20.	Theory	HBPY22OE2	Organizational Behavior
	21.	Lab	HBPY22OL1	Understanding Self & Others
Fashion Design	22.	Theory	HBFD22OE1	Applications of Textiles
	23.	Theory	HBFD22OE2	Introduction to Fashion
	24.	Lab	HBFD22OL1	Embroidery Practical Lab
Computer Applications	25.	Theory	CBCA22OE1	Web design
	26.	Theory	CBCA22OE2	E-Commerce
	27.	Lab	CBCA22OL1	Web Designing Laboratory
Food Science Nutrition and Dietetics	28.	Theory	HBFS22OE1	Principles of Nutrition
	29.	Theory	HBFS22OE2	Food Safety and Quality Control
	30.	Lab	HBFS22OL1	Community Nutrition Practical
Hotel Management and Catering Technology	31.	Theory	HBHM22OE1	Fundamentals of Food Production and Patisserie
	32.	Theory	HBHM22OE2	Bakery and Confectionery Basics
	33.	Lab	HBHM22OL1	Fundamentals Front office operation practical
Defense and Strategic Studies	34.	Theory	HBDS22OE1	Independent India
	35.	Theory	HBDS22OE2	Human Rights
Financial Planning	36.	Theory	MBFP22OE1	Marketing of Financial Services
	37.	Theory	MBFP22OE2	Business strategy



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	38.	Lab	MBFP22OL1	Interview Techniques
Bio Technology	39.	Theory	HBBT22OE1	Food and Nutrition
	40.	Theory	HBBT22OE2	Human Physiology
	41.	Theory	HBBT22OE3	Basic Bioinformatics
	42.	Lab	HBBT22OL1	Basic Bioinformatics Lab
Physical Education and Sports	43.	Theory	HBPE22OE1	Rule of Games and Sports
	44.	Theory	HBPE22OE2	Health and Fitness
Human Resource	45.	Theory	HBHR22OE1	Workplace Counseling
	46.	Theory	HBHR22OE2	Corporate Social Responsibility
Information Science and Cyber forensics	47.	Theory	HBCF22OE1	Introduction to Data Science
	48.	Theory	HBCF22OE2	Data Mining
	50.	Theory	HBCF22OE3	Introduction to IoT
	51.	Theory	HBCF22OE4	Introduction to Big Data
	52.	Lab	HBCF22OL1	Data Science Lab
	53.	Lab	HBCF22OL2	Data Mining Lab
Management Studies	54.	Theory	MBBA22OE1	Principles of Management and Science
	55.	Theory	MBBA22OE2	Business Ethics

Note: HODs can permit their students to choose open electives from the above list, other than their own department electives.

LIST OF FOREIGN LANGUAGES 2022 REGULATION

S.NO	COURSE CODE	COURSE NAME
1	EBFL22I01 / HBFLI01	FRENCH
2	EBFL22I02 / HBFLI02	GERMAN
3	EBFL22I03 / HBFLI03	JAPANESH
4	EBFL22I04 / HBFLI04	ARABIC
5	EBFL22I05 / HBFLI05	CHINESE
6	EBFL22I06 / HBFLI06	RUSSIAN
7	EBFL22I07 / HBFLI07	SPANISH



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

SEMESTER – I

Subject code: HBTA22001	Subject name:	TAMIL - I	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Knowledge of Tamil		3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab							
OBJECTIVES							
<ul style="list-style-type: none"> ✓ Understand the aims and objectives of teaching Tamil. ✓ Understand the rationale for learning Tamil. ✓ To motivate and stimulate the students to overcome their inferiority complex and improve fluency in the language. ✓ Learn significance of spoken skill. ✓ The relationship between language & culture and the implications for language teaching. 							
COURSE OUTCOMES (Cos) : students completing this course were able to							
CO1	Tamil students are actively engaged in learning Tamil language and culture in a meaningful setting						
CO2	Focus on applying the language in real life situations.						
CO3	Use proficiency descriptors to motivate learners to progress to the next stage of learning.						
CO4	Lessons are customized to arouse students interest and ignite the joy of learning Tamil language.						
CO5	Develop a strong foundation in listening & speaking skills.						
Programme Specific Objectives (PSO) :							
PSO1	Focus on applying the language in real life situations						
PSO2	Use proficiency descriptors to motivate learners to progress to the next stage of learning.						
PSO3	Develop a strong foundation in listening & speaking skills.						

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	-	3	1	3	-	2	1	-	2	3	-	2
CO2	2	2	1	2	-	-	3	3	3	1	-	2	1	3
CO3	3	3	3	3	3	-	2	3	2	3	-	1	3	2
CO4	2	2	2	-	-	1	3	2	2	1	3	2	-	3
CO5	3	3	-	1	2	-	3	2	3	1	3	2	3	-

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	3	3
CO2	2	2	3
CO3	3	3	3
CO4	2	2	3
CO5	3	2	2

3/2/1 – INDICATES STRENGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship / Technical Skills	Soft Skills
			✦							



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

SEMESTER – I

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBTA22001	பொதுத்தமிழ்	3	3	0	0	Ty

இளநிலை மாணாக்கருக்கு (B.A/B.Sc/B.Com/B.B.A/B.C.A/B.PES)

அலகு - 1

11 மணி நேரம்

அ) மரபுக்கவிதை

1. செந்தமிழ் நாடு - மகாகவி பாரதியார், 2. தமிழின் இனிமை, இன்பத்தமிழ், எங்கள் தமிழ், சங்கநாதம் - பாரதிதாசன், 3. தமிழ் வளர்க்க சபதம் - நாமக்கல் கவிஞர் வெ. இராமலிங்கம் பிள்ளை, 4. கோயில் வழிபாடு, வாழ்க்கைத் தத்துவங்கள் - கவிமணி தேசிக விநாயகம் பிள்ளை, 5. கும்மிப்பாடல் - சுத்தானந்த பாரதியார், 6. தமிழ்த்தாய் வாழ்த்து - மனோன்மணியம் பெ. சுந்தரம் பிள்ளை, 7. விடுதலை விளைத்த உரிமை - கவியரசர் கண்ணதாசன், 8. அன்பெனும் பிடியுள்... .. முரசறைத்தல் - வள்ளலார் இராமலிங்க அடிகள்

ஆ) புதுக்கவிதை

1. பாட்டாளிகளின் குரல் - பட்டுக்கோட்டை கலியாணசுந்தரம், 2. மகாத்மா காந்தியடிகள் - கவிஞர் வாலி, 3. காகிதப் பூக்கள் - நா.காமராசு, 4. வள்ளுவர் வழங்கும் விடுதலை - ஈரோடு தமிழன்பன், 5. உலகம் - வைரமுத்து, 6. இன்னமுத மாமழை - பேரா. முனைவர் பொற்கோ, 7. தமிழ்ப்பற்று - மீரா, 8. ஐந்தாம் வகுப்பு அ பிரிவு - நா.முத்துக்குமார்

அலகு - 2

7 மணி நேரம்

நாட்டுப்புற இலக்கியம்

1. பொது அறிமுகம், 2. நாட்டுப்புற இலக்கிய வகைகள், 3. நாட்டுப்புறக்கலைகள்

அலகு - 3

12 மணி நேரம்

அ) சிறுகதைகள்

1. தேங்காய்த் துண்டுகள் (மு.வரதராசனார்), 2. அறம் (மாலன்), 3. நாற்காலியும் நான்கு தலைமுறைகளும் (திலகவதி) 4. அன்னையும் பிதாவும் (இராஜாஜி), 5. விடியுமா? (கு.ப.ராஜகோபாலன்)

ஆ) உரைநடை

1. மு.வ. என்னும் மந்திரம் (இரா.மோகன்), 2. தமிழிசை இயக்கம் (க.வெள்ளைவாரணனார்) 3. மதுரை மாநகரம் (ரா.பி.சேதுப்பிள்ளை)

அலகு - 4

6 மணி நேரம்

1. புதுக்கவிதை - தோற்றமும் வளர்ச்சியும், 2. உரைநடை - தோற்றமும் வளர்ச்சியும், 3. சிறுகதை - தோற்றமும் வளர்ச்சியும்

அலகு - 5

9 மணி நேரம்

அ) இலக்கணம்- 1. வழக்கு, 2. தொகாநிலைத் தொடர், 3. எழுத்துப் போலி, 4. பதவியல்

ஆ) மொழிப்பயிற்சி - 1. தன்வினை - பிறவினை, 2. ஒருமை பன்மை மயக்கம், 3. பிறமொழிச் சொற்களை நீக்குதல்
4. விண்ணப்பம் எழுதுதல்

Total no. of Hrs: 45



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBHI22001	Subject name:	HINDI - I	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Knowledge of Hindi		3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab							
OBJECTIVES							
<ul style="list-style-type: none"> ✓ To Understand the Hindi Literature, culture and the usage of language in the various streams ✓ To build up the Confidence in conversing in Hindi language. ✓ To acquire Knowledge of the usage of Hindi language in the various Government Offices. 							
COURSE OUTCOMES (Cos) : students completing this course were able to							
CO1	Understand the basic concepts and Origin of Hindi						
CO2	Know about the roots of Hindi Literature and its perspective and methods.						
CO3	Elaborate and understand philosophical methods of Hindi Literature.						
CO4	Evaluate the concept of Hindi from past to present and to study the society closely through Literature						
CO5	Understand the importance of Hindi in the contemporary world.						
Programme Specific Objectives (PSO) :							
PSO1	Understand the basic concepts and Origin of Hindi						
PSO2	Elaborate and understand philosophical methods of Hindi Literature.						
PSO3	Understand the importance of Hindi in the contemporary world.						

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	1	2	-	2	1	-	2	3	1	3	-	2
CO2	2	1	3	-	2	1	3	1	2	-	3	2	1	3
CO3	3	3	2	1	3	-	2	1	3	2	-	1	3	2
CO4	2	2	1	2	1	2	-	3	2	1	3	2	3	3
CO5	3	2	1	-	3	-	3	2	1	3	2	-	2	1

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	3	3
CO2	2	2	3
CO3	3	3	3
CO4	2	2	3
CO5	3	2	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
			✦							



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBHI22001	HINDI - I	3	3	0	0	Ty

UNIT – I **9 Hrs**

Prose –Understanding the secret of the culture and how to draft the letters in Government offices, technical terms

1. Sabhyataka Rahasya, 2.Personal Applications, 3.Leave Letters, 4.Government Order, 5.Administrative Terminology Hindi to English(25Words)

UNIT – II **9 Hrs**

Prose-Understanding the human relations and also to know the procedures to open the account in the bank, technical terms

1. Mitrata, 2.Letter to the Editor, 3.Opening an A/C, 4.Demi Official Letter, 5.Administrative Terminology English to Hindi(25Words)

UNIT-III **9 Hrs**

Prose-the contribution of youth in developing India, drafting memo and technical things used in memo

1. YuvavonSe, 2.Application for Withdrawal, 3.Circular, 4.Memo, 5.Administrative Terminology Hindi to English(25Words)

UNIT-IV **9 Hrs**

Prose-The effect of Nuclear energy and usage of technical terms in offices

1. Paramanu Oorjaevam Khadya Padarth Sanrakshan, 2.Transfer of an A/C, 3.Missing of Pass Book/ Cheque Leaf,4.Official Memo, 5.Administrative Terminology English to Hindi(25Words)

UNIT-V **9 Hrs**

Prose-The Obstacles faced by the youth forgetting employment, drafting complaint letters, technical terms

1. Yougyataaur Vyavasayka Chunav, 2.Complaints, 3.Ordering for Books, 4.Notification, 5.Official Noting Hindi to English (25 words)

Total no. of Hrs: 45

REFERENCE:

1. PrayojanMoolakHindi:Dr. Syed Rahamathulla, PoornimaPrakashan4/7,BegumIIISStreet, Royapettah, Chennai– 14
2. Hindi Gadhya Mala Dr. Syed Rahamathulla, PoornimaPrakashan4/7,BegumIIISStreet, Royapettah, Chennai



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBFR22001	Subject name:	FRENCH - I	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Knowledge of French		3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab							
OBJECTIVES							
<ul style="list-style-type: none"> ✓ The students will acquire a different perspective of their own culture in relation to the French culture ✓ The students will discover new attitudes towards familiar practices ✓ The students will acquire a sense of the French language, its music and rhythms and basic usage. ✓ The students will acquire a comprehensive view of the European Union and the member states 							
COURSE OUTCOMES (Cos) : students completing this course were able to							
CO1	The students will acquire a different perspective of their own culture in relation to the French culture						
CO2	The students will discover new attitudes towards familiar practices						
CO3	The students will acquire a sense of the French language, its music and rhythms and basic usage.						
CO4	The students will acquire a comprehensive view of the European Union and the member states						
CO5	Appreciate the culture and uniqueness of France.						
Programme Specific Objectives (PSO) :							
PSO1	Appreciate the culture and uniqueness of France.						
PSO2	Understand how the language works discovering the pronunciation						
PSO3	Start writing short dialogues of greetings						

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	1	3	-	1	2	-	3	1	2	-	2	3	1
CO2	3	2	1	3	-	3	2	1	-	3	1	-	2	1
CO3	3		2	1	3	-	1	2	3	-	3	2	1	-
CO4	2	3	1	1	2	2	3	-	1	1	2	3	1	1
CO5	3	2	3	2	1	2	-	2	1	1	2	1	1	1

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	3	3
CO2	2	2	3
CO3	3	3	3
CO4	2	2	3
CO5	3	2	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
			✦							



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBFR22001	FRENCH - I	3	3	0	0	Ty

UNIT I

9 Hrs

Se saluer, La Graphie- écrire (compréhension orale, expression orale)

Se Présenter- La langue française - La Graphie – écrire L'alphabet, L'abécédaire- Les Accents et les Ponctuations - L'interaction de base.

Clip audios : Exercices orales, compositions orales et épreuves orales. (20 –durée moins de 2 minutes)

Audio clips- For oral expressions, oral assignments and oral test-20 duration less than 2 minutes (10 oral exercises, 6 audio reading compositions& 4 tests).

UNIT II

9 Hrs

S'informer-Interactions aidant des Compétences De base

Des modèles interrogatifs - Les nombres, demander le cout /le prix - Demander l'heure, Les jours, Les mois de l'année.

Clip audios : Exercices orales, compositions orales et épreuves orales. (20 –durée moins de 2 minutes)

Audio clips- For oral expressions, oral assignments and oral test-20 duration less than 2 minutes (10 oral exercises, 6 audio reading compositions& 4 tests).

UNIT III

9 Hrs

Localiser –La France

Quelque symbole de la France. - La carte de l'Europe, La France dans le contexte international, La France et les Fuseaux horaires, La francophonie, L'union Européen - La France physique, industrielle, touristique et administrative - Quelque symbole de Paris.

Clip audios : Exercices orales, compositions orales et épreuves orales. (20 –durée moins de 2 minutes)

Audio clips- For oral expressions, oral assignments and oral test-20 duration less than 2 minutes (10 oral exercises, 6 audio reading compositions& 4 tests).

UNIT IV

9 Hrs

Lire et prononcer Le française

Les son française, les voyelles françaises, les sons nasaux, les consonné, Quelque sons uniques. - Les syllabus français, Les Rythme de la langue française.

Clip audios : Exercices orales, compositions orales et épreuves orales.(20 –durée moins de 2 minutes)

Audio clips- For oral expressions, oral assignments and oral test-20 duration less than 2 minutes (10 oral exercises ,6 audio reading

UNIT V

9 Hrs

Observer et Comprendre

La vie de la France quotidienne, En cas d'urgence. - La grammaire initiale

Clip audios : Exercices orales, compositions orales et épreuves orales. (20 –durée moins de 2 minutes)

Audio clips - For oral expressions, oral assignments and oral test -20 duration less than 2 minutes (10 oral exercises, 6 audio Reading compositions& 4 tests).

Total Hrs: 45

Reference Books :

Parlez-vous français?Partie 1 - Dr.M.Chandrika.V.Unni & Mrs. Meena Mathews 2019 by Universal publisher

CLE INTERNATIONAL Lectures Clé en français facile. (2012) Hachette Paris

Cosmopolite: Livre d'élève A1 by Nathalie Hirsch sprung, Tony Tricot, Claude Le Ninan

Latitudes-1 - Régine Mérieux & Yves l'oiseau, Didier 2017

Alter Ego 1 - Catherine Dolez, Sylvie Pons : (2014) Hachette, Paris



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBEN22001	Subject name:	ENGLISH - I	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Knowledge of Basic English		3	3	0	0	Ty

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ Develop English Language skills (LSRW) to communicate in English without any inhibition.
- ✓ Learn vocabulary and syntax to be fluent in English for social and academic communication
- ✓ Demonstrate content knowledge through appropriate language use for academic success.
- ✓ Develop in them analytical and interpretative skills for research, projects, placement etc.,
- ✓ Engage in academic and business writing with a focus on social and professional ethics.

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Possess Language skills (LSRW) to communicate in English without any inhibition.
CO2	Express with appropriate lexis and syntax in English for social and academic communication
CO3	Demonstrate content knowledge through appropriate language use for academic success.
CO4	Analyse and interpret any genre of literature in English for research, projects, placement etc.,
CO5	Engage themselves in organized academic and business writing with professional ethics.

Programme Specific Objectives (PSO) :

PSO1	Demonstrating mastery of the components of English language and literature.
PSO2	Explaining through literature in English, diverse historical cultural and social ethics
PSO3	Applying literary critical perspectives to generate original analysis of literature in English

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	3	3	3	3	3	3	1	3	3	3	3	3
CO2	3	3	3	3	3	3	3	3	1	3	3	3	3	3
CO3	3	3	3	3	3	3	3	3	1	3	3	3	3	3
CO4	3	3	3	3	3	3	3	3	1	3	3	3	3	3
CO5	3	3	3	3	3	3	3	3	1	3	3	3	3	3

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	3	3
CO2	2	2	3
CO3	3	3	3
CO4	2	2	3
CO5	3	2	2

3/2/1 – INDICATES STERNNGTH OF CORRELATION, H – HIGH, M – MEDIUM, L - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
			✦							



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBEN22001	ENGLISH - I	3	3	0	0	Ty

UNIT I : PROSE **9 Hrs**

1. Beware the loss of Biodiversity
2. The Urban – Rural Divide
3. Grading down plastics
4. The Unsung Hero of Covid – 19 in India
5. From Aircrafts to Drones
6. My Vision for India

UNIT – II : POETRY **9 Hrs**

1. On Killing a Tree, 2. The Road Not taken, 3. Anthem for Doomed Youth

UNIT – III : SHORT STORY **9 Hrs**

1. Portrait of a Lady , 2. The Connoisseur

UNIT – IV : DRAMA **9 Hrs**

1. The Never- Never Nest , 2. Frederick Douglass.

UNIT – V : FUNCTIONAL GRAMMAR – CHARTS & LSRW DEVELOPMENT **9 Hrs**

Functional Grammar : (Grammar exercise spread up in all four units)

Parts of speech- use of articles- prepositions – their use- verb + prepositions – words followed by prepositions – modals – tenses – active – passive – impersonal passive forms – concord – conditional sentences – question tags – common errors – punctuation- vocabulary development – word formation – prefixes – suffixes – synonyms – antonyms – homophones – homonyms – words often confused.

Charts/Diagrams and their interpretation - their use

Tables – flow Chart – Pie Chart – Bar Chart

Letters : Formal and Informal

LSWR Development: Audio, Video and tasks for the content of lessons under each unit

Total Hrs : 45

PRESCRIBED Text :

1. M.Chandrasena Rajeshwaran, R. Pushkala & S. Bhuvaneshwari, Pinnacle : A Skills Integrated Textbook
2. V. Karpagavadivu, S. bhuvaneshwari, J. Valentina Rani,S. Magdelin Percy, English Work Book



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBCS24ID1	Subject name: FUNDAMENTALS OF COMPUTERS	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Computers	3	3	0	0	Ty

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ To understand the need and importance of communication technology (ICT).
- ✓ To gain knowledge of the application of computer in Physical Education.
- ✓ To acquaint the learner with different methods MS Office.
- ✓ To understand Application of software used in Physical education and sports.
- ✓ To correlate the of ICT & Education technology in physical education and sports concepts with the sports and athlete specific situations

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Understand the need and importance of communication technology (ICT).
CO2	Gain knowledge of the application of computer in Physical Education.
CO3	Acquaint the learner with different methods MS Office.
CO4	Understand Application of software used in Physical education and sports.
CO5	Correlate the of ICT & Education technology in physical education and sports concepts with the sports and athlete specific situations

Programme Specific Objectives (PSO) :

PSO1	Know the basics of computer and Understand the MS word operations.
PSO2	Understand the MS Excel and PowerPoint operations.
PSO3	Learn about internet for effective networking and communication.

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	2	2	3	3	3	1	3	3	3	2	2	1	3
CO2	2	2	3	3	1	3	3	2	2	2	2	1	3	3
CO3	3	3	3	3	1	3	3	2	2	1	1	2	2	2
CO4	3	3	3	2	2	3	1	2	2	1	3	3	2	1
CO5	3	3	3	2	1	2	3	2	1	2	3	3	2	1

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	2	3
CO2	2	3	3
CO3	2	3	3
CO4	2	3	3
CO5	3	3	2

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
							✦			



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBCS24ID1	FUNDAMENTALS OF COMPUTERS	3	3	0	0	Ty

Unit – I Introduction to Computer

9 Hrs

History, Meaning and definition of Computer - Types of Computers ,Super Computer, Mainframe computer, Personal Computer (PC),Server Computer, Tablets and Smartphone, iPads, smart phones, smart watches - Components of computer: input and output devices - Concept of Memory , Primary and secondary, RAM and ROM – Units of Memory, Secondary Memory , Magnetic tapes , Magnetic disks , Optical disks, CD ROMs and DVDs

Unit – II MS Word

9 Hrs

Introduction to MS Word - Creating, saving and opening a document - Formatting, page setup, paragraph alignment, spelling and grammar check, printing option, inserting: page number, graph, footnote and notes- Drawing table, inserting row and column, deleting row and column- Uses of MS Word - in Education - In Workplace - Creating & Updating Resume - For Authors:

Unit – III MS Excel

9 Hrs

Introduction to MS Excel - Inserting data in to excel sheet - Creating, saving and opening worksheet-Preparing bar Diagrams - Format and editing features adjusting columns width and row height understanding charts.

Unit – IV MS Power Point.

9 Hrs

Introduction to MS Power Point -Creating, saving and opening a ppt. file -Format and editing features: design, inserting slide number, picture, graph and table - Stating slide show, Animations in the slides show - Preparation of Power point presentations

Unit – V Hardware and Software used in Physical Education and Sports

9Hrs

Meaning and Definition Multimedia – Application of internet and multimedia in Physical Education and sports - Software , Mobile Apps used for tracking physical activities -Measurements , Cricket, athletics, Jumps, throws - Internet, Email, Link to QR Code conversion, Multimedia approach to education- Google , Search, Forms, Meet, Classroom, Forms to excel, Digital payments

Total Hrs : 45

References:

1. Irtegov, D. (2004). Operating system fundamentals. Firewall Media.
2. Marilyn, M.& Roberta, B.(n.d.).Computers in your future. 2nd edition, India: Prentice Hall.
3. Milke, M.(2007). Absolute beginner’s guide to computer basics. Pearson Education Asia.
4. Sinha, P. K. & Sinha, P. (n.d.).Computer fundamentals. 4th edition, BPB Publication



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24001	Subject name: THEORIES OF OFFICIATING AND COACHING –I (FOOTBALL,KABADDI,KHO-KHO,THROWBALL)	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Particular Games	4	3	1	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Understand the basics of the specified activities ✓ To Gain knowledge on the specified activities with rules involved ✓ To Attain knowledge on the concepts of Playing the specific Games and the event ✓ To Acquire the knowledge of Rules involved in the specified activities ✓ To Understand the basic of officiating and coaching 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Understand the basics of the specified activities					
CO2	Gain knowledge on the specified activities with rules involved					
CO3	Attain knowledge on the concepts of Playing the specific Games and the event					
CO4	Acquire the knowledge of Rules involved in the specified activities					
CO5	Understand the basic of officiating and coaching					
Programme Specific Objectives (PSO) :						
PSO1	Learn the fundamental skills drills and rules of the game.					
PSO2	Acquire Knowledge of strategy, lead up games, officiating and coaching skills.					
PSO3	Develop conceptualizing, Coaching and Physical education and Sports content creation skills					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	2	3	3	1	1	3	3	2	3	3
CO2	3	3	3	3	3	3	3	3	3	3	1	2	2	1
CO3	3	3	3	2	2	2	3	3	1	2	3	3	1	3
CO4	2	2	2	3	3	3	1	1	3	2	3	2	3	1
CO5	3	2	3	3	2	2	3	1	2	2	1	2	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	3
CO2	3	3	2
CO3	3	3	2
CO4	3	3	3
CO5	2	3	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24001	THEORIES OF OFFICIATING AND COACHING –I (FOOTBALL,KABADDI, KHO-KHO, THROWBALL)	4	3	1	0	Ty

Unit-I : HISTORY

10 Hrs

Origin, History and development of the game Football, Kabaddi and Kho-Kho & Throwball - International, National and State Level Organizations game Football, Kabaddi and Kho-Kho & Throwball. International, National and State Level Trophies for game Football, Kabaddi and Kho-Kho & Throwball.

Unit-II : PLAY FIELD & RULES

13 Hrs

Layout of Playfield with all Measurements for Football, Kabaddi and Kho-Kho & Throwball. Facilities and equipment and its specifications for Football, Kabaddi and Kho-Kho & Throwball. Rules and their Interpretations in Football, Kabaddi and Kho-Kho & Throwball.

Unit-III : FUNDAMENTAL SKILLS

13 Hrs

Fundamental Skill of game Football, Kabaddi and Kho-Kho & Throwball - Lead Up Games for Football, Kabaddi and Kho-Kho & Throwball - Various System of Play in game Football, Kabaddi and Kho-Kho & Throwball - Selection of Players for game Football, Kabaddi and Kho-Kho & Throwball.

Unit-IV : COACHING

12 Hrs

Meaning, Concept and importance of coaching. Principles of Coaching. Coaching Program. Warm-up and Warm down. Philosophy of coaching. Duties of coach in general, pre, during and post-game. Responsibilities of a coach on and off the field. Ethics of coaching. Qualifications and qualities of Coach.

Unit-V : OFFICIATING

12 Hrs

Meaning, concept and importance of officiating. Principles of officiating. Duties of official in general, pre, during and post-game. Philosophy of officiating. Ethics of officiating. Methods of officiating- position, singles and movement during officiating. Qualifications and qualities of officials.

Total Hrs : 60

Books for Reference

1. Max B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. Buck's Rules Book.
3. Wein Harat "The Science of Basketball" London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Thiyalfin Frank "The Table Tennis Coaching Manual", Calcutta, Rupa & Co, 1985.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBCC22001	Subject name:	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	ENVIRONMENTAL STUDIES					
	Prerequisite : Basic Knowledge of Particular Games	3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To acquire knowledge of the Environment and Ecosystem ✓ To acquire knowledge of the Environment and Biodiversity ✓ To acquire knowledge of the different types of Environmental pollution ✓ To know more about Natural Resources and social issues and the Environment ✓ To attain familiarity of human population and Environment 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Acquire knowledge of the Environment and Ecosystem					
CO2	Acquire knowledge of the Environment and Biodiversity					
CO3	Acquire knowledge of the different types of Environmental pollution					
CO4	Know more about Natural Resources and social issues and the Environment					
CO5	Attain familiarity of human population and Environment					
Programme Specific Objectives (PSO) :						
PSO1	Acquire knowledge of the Environment and Ecosystem & Biodiversity					
PSO2	Acquire knowledge of the different types of Environmental pollution					
PSO3	Attain familiarity of human population and Environment					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	1	1	1	2	1	1	2	2	1	2	1	2	2
CO2	2	1	1	1	2	1	2	2	2	2	2	2	1	1
CO3	2	1	1	1	2	1	1	2	2	1	1	1	2	1
CO4	2	1	1	2	1	1	2	2	1	1	2	1	1	2
CO5	1	2	2	1	2	1	1	1	2	1	1	2	1	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	1	2	1
CO2	2	2	2
CO3	1	1	1
CO4	2	1	1
CO5	2	2	1

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
	✦									



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBCC22001	ENVIRONMENTAL STUDIES	3	3	0	0	Ty

UNIT - I - ENVIRONMENT AND ECOSYSTEMS

9 Hrs

Definition, scope and importance of environment – need for public awareness – concept, structure and function of an ecosystem – producers, consumers and decomposers – energy flow in the ecosystem. Biodiversity at National and local levels – India

UNIT - II - ENVIRONMENTAL POLLUTION

9 Hrs

Definition – causes, effects and control measures of: (a) Air pollution (b) Water pollution (c) Soil pollution (d) Marine pollution (e) Noise pollution (f) Nuclear hazards (g) E-Wastes and causes, effects and control measures

UNIT- III - NATURAL RESOURCES

9 Hrs

Forest resources: Use and over-exploitation, deforestation. Water resources: Use and over-utilization of surface and ground water, floods, drought, conflicts over water, dams-benefits and problems. Food resources: World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer-pesticide problems.

UNIT – IV- SOCIAL ISSUES AND THE ENVIRONMENT

9 Hrs

From unsustainable to sustainable development – urban problems related to energy – water conservation, rain water harvesting, watershed management – resettlement and rehabilitation of people; its problems and concerns climate change, global warming, acid rain, ozone layer depletion, nuclear accidents ,central and state pollution control boards- Public awareness.

UNIT- V - HUMAN POPULATION AND THE ENVIRONMENT

9 Hrs

Population growth, variation among nations – population explosion, environment and human health – human rights – value education – HIV / AIDS – women and child welfare – role of information technology in environment and human health

Total no. of Hrs: 45

TEXT BOOKS:

1. Gilbert M.Masters, ‘Introduction to Environmental Engineering and Science’, 2nd edition, Pearson Education (2004).
2. Benny Joseph, ‘Environmental Science and Engineering’, Tata McGrawHill,NewDelhi, (2006).



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24L01	Subject name:	PRACTICAL – I FOOTBALL, KABADDI, KHO-KHO, THROWBALL	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Particular Games		2	0	0	4	Lb

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ To Understand the basics of the specified activities
- ✓ To Gain knowledge on the specified activities with rules involved
- ✓ To Attain knowledge on the concepts of Playing the specific Games and the event
- ✓ To Acquire the knowledge of Rules involved in the specified activities
- ✓ To Understand the basic of officiating and coaching

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Understand the basics of the specified activities
CO2	Gain knowledge on the specified activities with rules involved
CO3	Attain knowledge on the concepts of Playing the specific Games and the event
CO4	Acquire the knowledge of Rules involved in the specified activities
CO5	Understand the basic of officiating and coaching

Programme Specific Objectives (PSO) :

PSO1	Learn the fundamental skills drills and rules of the game.
PSO2	Acquire Knowledge of strategy, lead up games, officiating and coaching skills.
PSO3	Develop conceptualizing, Coaching and Physical education and Sports content creation skills

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	2	3	3	1	1	3	3	2	3	3
CO2	3	3	3	3	3	3	3	3	3	3	1	2	2	1
CO3	3	3	3	2	2	2	3	3	1	2	3	3	1	3
CO4	2	2	2	3	3	3	1	1	3	2	3	2	3	1
CO5	3	2	3	3	2	2	3	1	2	2	1	2	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	3
CO2	3	3	2
CO3	3	3	2
CO4	3	3	3
CO5	2	3	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
								✦		



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L01	PRACTICAL – I FOOTBALL, KABADDI,KHO-KHO & THROW BALL	2	0	0	4	Lb

1. History and Development of the game at International and National level.
2. Dimensions and marking of playing area.
3. Basic requirements of the playing area.
4. Fundamental skills of the game.
5. Skill tests, scoring and arrangement of the skill tests.
6. National and international organizations / federations of the game.
7. Rules of the game with their interpretations.
8. Team selection and coaching in that game.
9. Officiating & Referee / Umpire /scorer /curatorship for self-employment.
10. New Techniques

Total no of Hrs : 60



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code: HBCC22L01	Subject Name : COMPUTER SOFTWARE LAB (WORD, EXCEL, POWERPOINT, PAINT, INTERNET)	C	L	T/S.Lr	P/R	Ty/Lb/ETL
	Prerequisite: NIL	2	0	0/0	3/0	Lb

L : Lecture T : Tutorial S.Lr : Supervised Learning P : Project R : Research C: Credits

Ty/Lb/ETL : Theory/Lab/Embedded Theory and Lab

OBJECTIVES :

- To train students how to use MS Office applications use in office work such as creating professional-quality documents; store, organize and analyze information; arithmetic operations and functions.
- MS Excel to enable the students for creating tables, scatter plots, and completing data analysis.
- Gain knowledge in practical applications of Word, Excel, Powerpoint, Paint and Internet.

COURSE OUTCOMES (COs) : (3- 5)

CO1	Demonstrate the usage of various operations in MS Word
CO2	Perform calculations in Microsoft Excel using both manually inputting formulas and built-in functions.
CO3	Develop dynamic slide presentations with animation, narration, images, and much more, digitally and effectively.
CO4	To create drawings to include clipart, color, shape, size, text, enhance text
CO5	Understanding how to search specific website, sending mails etc

Mapping of Course Outcomes with Program Outcomes (POs)

COs/Pos	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
CO1	3	3	1	2	1	2	3	2	2
CO2	3	2	3	2	2	2	3	2	3
CO3	3	3	1	2	1	2	3	2	2
CO4	3	2	1	1	1	2	2	2	2
CO5	3	3	1	1	1	2	3	2	3

COs / PSOs	PSO1	PSO2	PSO3
CO1	3	2	1
CO2	3	3	2
CO3	2	2	1
CO4	3	1	1
CO5	3	1	1

3/2/1 indicates Strength of Correlation 3- High, 2- Medium, 1-Low

Category	Program Core	Program elective	Humanities and social Science	Open Elective	Skill enhancing elective	Inter Disciplinary/ Allied	Skill Component	Practical /Project/ Internship	Others
								✦	



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code: HBCC22L01	Subject Name : COMPUTER SOFTWARE LAB (WORD, EXCEL, POWERPOINT, PAINT, INTERNET)	C	L	T/S.Lr	P/R	Ty/Lb/ETL
	Prerequisite: NIL	2	0	0/0	3/0	Lb

- UNIT1:** OFFICE APPLICATIONS-I
MS OFFICE: MS-WORD
- UNIT2:** OFFICE APPLICATIONS-II
MS OFFICE:MS-EXCEL
- UNIT3:** OFFICE APPLICATIONS-III
MS OFFICE : MS-POWERPOINT
- UNIT 4:** MICROSOFT PAINT EXERCISES - IV
- UNIT 5:** INTERNET& ITS APPLICATIONS- V

Total No. of Hrs : 45

HBCC22L01 Computer software lab
(MS office-Word, Excel, Powerpoint, Paint and Internet)

SUGGESTED HANDS ON EXERCISES

UNIT 1 :MS OFFICE: MS-WORD

1. Preparing a Govt.Order / Official Letter/ Business Letter/ Circular Letter Covering formatting commands - font size and styles -bold, underline, upper case, lowercase, superscript, subscript, indenting paragraphs, spacing between lines and characters, tab settings etc.
2. Preparing a newsletter:To prepare a newsletter with borders, two columns text header and footer and inserting a graphic image and page layout.
3. Creating and using styles and templates- To create a style and apply that style in a document
To create a template for the styles created and assemble the styles for the template.
4. Creating and editing the table - To create a table using table menu - To create a monthly calendar using cell editing operations like inserting, joining, deleting, splitting and merging cells
To create a simple statement for math calculations viz. Totalling the column.
5. Creating numbered lists and bulleted lists- To create numbered list with different formats (with numbers, alphabets, roman letters)To create a bulleted list with different bullet characters.
6. Printing envelopes and mail merge- To print envelopes with from addresses and to addresses - To use mail merge facility for sending a circular letter to many persons To use mail merge facility for printing mailing labels.
7. Using the special features of word To find and replace the text - To spell check and correct - To generate table of contents for a documentTo prepare index for a document.
8. Create an advertisementPrepare a resume.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

UNIT2: MSOFFICE: MS-EXCEL

1. Using formulas and functions: To prepare a Worksheet showing the monthly sales of a company in different branch offices (Showing Total Sales, Average Sales).Prepare a Statement for preparing Result of 10 students in 5 subjects (using formula to get Distinction, A Grade, B Grade, C Grade and Fail under Result column against each student).
2. Operating on the sheets: Finding, deleting and adding records, formatting columns, row height, merging, splitting columns etc. Connecting the Worksheets and enter the data.
3. Creating a Chart: To create a chart for comparing the monthly sales of a company in different branch offices.
4. Using the data consolidate command: To use the data consolidate command to calculate the total amount budgeted for all departments (wages, travel and entertainment, office supplies and so on) or to calculate the average amount budgeted for – say, department office expenses.
5. Sorting Data, Filtering Data and creation of Pivot tables.

UNIT 3: MS OFFICE: MS-POWER POINT

1. Creating a new Presentation based on a template – using Auto content wizard, design template and Plain blank presentation.
2. Creating a Presentation with Slide Transition – Automatic and Manual with different effects.
3. Creating a Presentation applying Custom Animation effects – Applying multiple effects to the same object and changing to a different effect and removing effects.
4. Creating and Printing handouts.

UNIT 4: MICROSOFT PAINT EXERCISES

1. To show your understanding of Microsoft Paint, label the drawing with the following labels: zoom tool, eraser, line thickness, example clipart, arrow shape, line tool, get more colors, add text, document title, save icon, undo, select, rotate, icon, fill, freehand tool, copy, color 2. You only need to use each label once.
2. Microsoft Paint Exercise - A. Create a logo for a business- B. Examples: for a computer shop, a greengrocer, a garage, an education centre, a restaurant, a sports club, or anything you choose! - C. Get ideas by looking at other business/popular logos - D. You can insert clipart- E. Save your drawing as Logo - F. Print your logo. Use Page Setup to fit your logo to the page.

*Ensure your logo represents the business and contains some text.

UNIT 5: INTERNET & ITS APPLICATIONS

1. Searching for a web site / application / text documents viewing and downloading.
2. Create an E-mail account, Retrieving messages from inbox, replying, attaching files filtering and forwarding
3. Operating on a Tablet / Smart Phone - browsing and practising on some important applications (UcBrowser, Skype) - operating on internet – creating and sending messages / mails using the applications like WhatsApp and WeChat - downloading text and media files and video conferencing using Skype.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

HBCC22I02	SOFT SKILL I (English) (B.A/BBA/B.Com/BSW Programs)	C	L	T/S.Lr	P/R	Ty/Lb/ETL
	Total contact hours – 15	1	0	0/0	2/0	IE
	Prerequisite –Plus 2 English					
	Course designed by – Department of English					

Objectives:

1. Become good listeners to get engaged in interactive communication for effective team building.
2. Develop assertive and adaptive behaviour to be leaders
3. Develop peer interaction for a successful lifelong learning.
4. Learn skills necessary for a cooperative living in academic and professional environments
5. Use soft skills for the purposes of research and follow ethics in society and profession.

Course Outcomes (Cos)

001	Become good listeners to get engaged in interactive communication for effective team building.
002	Develop assertive and adaptive behaviour to be leaders
003	Develop peer interaction for a successful lifelong learning.
004	Learn skills necessary for a cooperative living in academic and professional environments
005	Use soft skills for the purposes of research and follow ethics in society and profession

Program Specific Objectives

PSO1	Understanding of the basic concepts of English language and literature.
PSO2	Learning through literature in English, diverse historical cultural and social ethics
PSO3	Application of literary critical perspectives to generate original analysis of literature in English
PSO4	Promotion of cultural values and real-life skills through English language and literature

Mapping of course outcomes (COs) with Program Outcomes (POs)

(H/M/L indicates the strength of correlation) H= High; M= Medium; L= Low

COs	POs	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
1	3	3	3	1	2	2	1	2	3
2	3	3	3	1	2	2	1	2	3
3	3	3	3	1	2	2	1	2	3
4	3	3	3	3	3	2	1	2	3
5	3	3	3	3	3	2	1	2	3

Mapping of course outcomes (Cos) with program Specific outcomes (PSOs)

COs	PSO1	PSO2	PSO3	PSO4
CO1	3	2	2	2
CO2	2	2	2	2
CO3	3	2	2	2
CO4	3	2	2	2
CO5	3	2	2	2

3/2/1 - Indicates Strength of Correlation : 3- High; 2- Medium; 1- Low

Category	Program Core	Program elective	Humanities and social Science	Open Elective	Skill enhancing elective	Inter Disciplinary/ Allied	Skill Component	Practical /Project/ internship	Others
							✦		



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Sub. Code	Subject Name	C	L	T/S.Lr	P/R	Ty/Lb/ETL
HBCC22I02	SOFT SKILL I (English)	1	0	0/0	2/0	IE

Prefatory Note

This paper aims to equip students with skills essential for work place and global environment to which they will move on from the university, once they complete the course. As such, this paper provides students with a set of ten interlinked soft skills: Listening, team work, emotional intelligence, assertiveness, learning to learn, problem solving, attending interviews, adaptability, non-verbal communication and written communication. Students will get engaged in pair work, group work, role play, discussion, presentation, story telling, writing assignments etc.,

Course Objective

The students will be facilitated to

1. Become good listeners to get engaged in interactive communication for effective team building.
2. Develop assertive and adaptive behaviour to be leaders
3. Develop peer interaction for a successful lifelong learning.
4. Learn to learn skills necessary for a cooperative living in academic and professional environments
5. Use soft skills for the purposes of research and follow ethics in society and profession.

Unit -I

Listening, Speaking, Reading and Writing skills (LSRW)

Unit -II

Team work skills: adaptability, emotional intelligence, learning skills

Unit -III

Leadership Qualities: assertiveness, reasoning, compassion and compatibility

Unit -IV

Problem solving: willingness to learn, creative thinking, developing observation skills

Unit -V

Interview skills: employability skills, resume writing

Total Hrs : 30

Course outcome

On completion of the course the students will

1. Become good listeners to get engaged in interactive communication for effective team building.
2. Develop assertive and adaptive behaviour to be leaders
3. Develop peer interaction for a successful lifelong learning.
4. Learn skills necessary for a cooperative living in academic and professional environments
5. Use soft skills for the purposes of research and follow ethics in society and profession.

Suggested reading S.P. Dhanavel, English and Soft Skills, Vol. 1, Orient Blackswan Pvt. Ltd. 2010



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

SEMESTER- II

Subject code: HBTA22002	Subject name:	TAMIL - II	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Tamil		3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab							
OBJECTIVES							
<ul style="list-style-type: none"> ✓ Communicating with friends from around the world via social networking opportunities. ✓ To develop 21st century learners who love & appreciate Tamil language. ✓ Learn significance of spoken skill. ✓ The relationship between language & culture and the implications for language teaching ✓ Travelling to other countries and learning about other cultures. 							
COURSE OUTCOMES (Cos) : students completing this course were able to							
CO1	Strengthen literacy skills						
CO2	Engage in learning Tamil language and culture in a meaningful setting						
CO3	Engross in independent and life-long learning						
CO4	Develop a strong foundation in listening & speaking skills.						
CO5	Arouse students interest and ignite the joy of learning Tamil language.						
Programme Specific Objectives (PSO) :							
PSO1	Strengthen literacy skills						
PSO2	Engross in independent and life-long learning						
PSO3	Develop a strong foundation in listening & speaking skills.						

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	2	3	2	3	3	3	2	1	1	2	3	2
CO2	2	2	3	2	3	2	2	3	3	2	2	3	1	1
CO3	3	3	2	3	2	3	3	3	2	3	3	2	1	2
CO4	2	2	3	2	2	2	2	3	2	1	1	2	3	1
CO5	3	3	3	3	3	3	2	2	3		3	2	1	1

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	3	3
CO2	2	2	3
CO3	3	3	3
CO4	2	2	3
CO5	3	3	3

3/2/1/ – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
			✦							



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBTA22002	TAMIL - II	3	3	0	0	Ty

முதலாம் ஆண்டு - இரண்டாம் பருவம்

கற்றல் நோக்கம்: 1.தமிழர் பண்பாட்டினை அறியச் செய்தல்

2.கடிதம் எழுதும் திறன் வளர்த்தல்

3.தமிழ் இலக்கிய வரலாற்றினை அறிதல்

அலகு - 1 சங்க இலக்கியம்

9 மணி நேரம்

1. புறநானூறு - பா.எண் - 183,184,192, 2. குறுந்தொகை - பா. எண் 2,40,167, 3. நெடுநல்வாடை - 1 முதல் 44 வரிகள் வரை, 4.கலித்தொகை - பா.எண் 102,133

அலகு - 2 காப்பியம்

9 மணி நேரம்

1. சிலப்பதிகாரம் - வழக்கு உரை காதை முழுவதும்

அலகு - 3 நீதி இலக்கியம்

9 மணி நேரம்

1.திருக்குறள் - 34,72,96,102,103,116,124,136,158,395 (10 குறள்கள்), 2.நாலடியார் - 1,11,29,32,43,51,74,103,116,135 (10 பாடல்கள்), 3.ஆசாரக்கோவை - 20,23,25,76,96 (5 பாடல்கள்), 4.திரிகடுகம் - 7,12,27,31,38,(5 பாடல்கள்)

அலகு - 4 தமிழ் இலக்கிய வரலாறு

9 மணி நேரம்

1. பக்தி இலக்கியம், 2. சிற்றிலக்கியம்

அலகு - 5 இலக்கணம்

9 மணி நேரம்

1.வல்லினம் மிகும் இடங்கள், 2. வல்லினம் மிகா இடங்கள், 3. வினா வகைகள், 4. விடை வகைகள்

மொழிப்பயிற்சி

1. கடிதம் எழுதும் முறை, 2.செய்வினை - செயப்பாட்டு வினை, 3.மயங்கொலிப் பிழையை நீக்குக

Total no. of Hrs: 45



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBHI22002	Subject name:	HINDI - II	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Hindi		3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab							
OBJECTIVES							
<ul style="list-style-type: none"> ✓ To Understand the Ancient Hindi plays and its aspects. ✓ To understand the medieval stories and well known novels ✓ To know the techniques in writing Annotation and Translation ✓ To Make the best use of Hindi language in various streams. ✓ To Helps in their Career acquiring knowledge in a language 							
COURSE OUTCOMES (Cos) : students completing this course were able to							
CO1	Introduce students to the real world situation with the help of Plays and stories written by various poets and writers.						
CO2	Understand the Literature in broader areas than merely confined to the subject						
CO3	Evaluate the concept of Hindi from past to present and to study the society closely through Literature.						
CO4	Make the best use of Hindi language in various streams.						
CO5	Helps in their Career acquiring knowledge in a language						
Programme Specific Objectives (PSO) :							
PSO1	Understand the Ancient Hindi plays and its aspects.						
PSO2	Understand the medieval stories and well known novels						
PSO3	know the techniques in writing Annotation and Translation						

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	2	3	2	3	3	3	3	3	3	3	3	2	3
CO2	3	3	3	3	2	3	3	3	2	3	3	2	3	3
CO3	3	3	2	3	3	3	3	3	2	3	3	2	3	2
CO4	2	3	3	3	3	2	2	3	3	2	3	3	3	3
CO5	3	3	3	3	3	2	2	3	3	2	3	3	3	3

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	3	3
CO2	3	3	2
CO3	3	3	2
CO4	2	3	3
CO5	2	3	3

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
			✦							



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBHI22002	HINDI - II	3	3	0	0	Ty

UNIT – I

One Act Play – novel and translation of hindi language) 9 Hrs

1. Auranzeb ki AakhiriRaat
2. Mukthidhan
3. Practice of Annotation Writing
4. Practice of Summary and Literary evaluation Writing

UNIT – II

One Act Play – novel and translation of hindi language) 9 Hrs

1. Laksmi kaSwagat
2. Mithayeewala
3. Practice of AnnotationWriting
4. Practice of Summary and Literary evaluationWriting

UNIT-III

One Act Play – novel and translation of hindi language) 9 Hrs

1. Basant Ritu kaNatak
2. Seb Aur Dev
3. Practice of AnnotationWriting
4. Practice of Summary and Literary evaluationWriting

UNIT-IV

One Act Play – novel and translation of hindi language) 9 Hrs

1. Bahut BadaSawal
2. Vivah ki TeenKathayen
3. Practice of AnnotationWriting
4. Practice of Summary and Literary evaluationWriting

UNIT-V

(Translation of Hindi Lanaguage to English language-paragraph, technical terms) 9 Hrs

1. Translation Practice. (English to Hindi)

Total Hrs : 45

REFERENCES:

1. Aath Ekanki, Edited by Devendra Raj Ankur, Mahesh AnandVaani prakashan, 4695, 21- A Dariyagunj, New Delhi-110002
2. Swarna Manjari, Edited by Dr.Chitti Annapurna, Rajeshwari Publications 21/3, Mothilal street, (opp.Ranganthan Street) T.Nagar, Chennai-600017
3. Prayojan Mulak Hindi : Dr.Syed Rahmathullah, Poornima Prakashan, 4/7, Begum III street, Royapettah, Chennai-14
4. Anuvad Abhyas Part III Dakshin Hindi Prachar Sabha, T.Nagar ,Chennai -17



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBFR22002	Subject name:	FRENCH - II	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of French		3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab							
OBJECTIVES							
<ul style="list-style-type: none"> ✓ Students will be able to understand the familiar words and expressions when someone talks slowly and distinctly. ✓ The students will be able to reads; he/she will be able to understand the posters, advertisements or catalogues. ✓ The students will be able to communicate and ask and reply to simple questions on familiar subjects ✓ The students will be able to use expressions and write simple sentences without faults to describe their living spaces 							
COURSE OUTCOMES (Cos) : students completing this course were able to							
CO1	Repeating the basics learnt and memorizing new a factors like the conjugations						
CO2	Can write notes and simple and short messages						
CO3	Write like on picture postcard messages of personal vacations and thank you letters.						
CO4	Can read ,understand and act upon on short announcements classified in papers or catalogues ,menu cards, timings and personal shot and messages						
CO5	Understand simple announcements and clear message.						
Programme Specific Objectives (PSO) :							
PSO1	Repeating the basics learnt and memorizing new a factors like the conjugations						
PSO2	Write like on picture postcard messages of personal vacations and thank you letters.						
PSO3	Understanding very frequent expressions and vocabulary concerning immediate surrounding and what concerns the speaker.						

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	2	2	-	1	2	1	-	1	3	2	3	1	2
CO2	2	2	1	-	1	-	2	1	2	-	1	2	3	1
CO3	3	1	3	2	1	2	1	-	2	2	1	1	2	-
CO4	2	1	3	1	-	1	2	1	3	2	1	2	1	3
CO5	2	2	3	1	2	-	2	1	1	-	2	2	1	1

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	1	2
CO2	2	3	2
CO3	3	3	2
CO4	2	2	3
CO5	3	3	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
			✦							



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBF22002	FRENCH - II	3	3	0	0	Ty

UNIT - I

9hrs

Compétences communicatives, phonologiques, linguistiques, grammaticales et culturelles

Se saluer, prendre congé, se présenter quelqu'un/quelque chose, Salutations, présentatifs, détails d'identité, professions, quartiers - Genres, nombres, articles, présentatifs, pluriels des noms, c'est/il est, pronoms toniques - Salutations française, comportement des salutations, les quartiers parisiens, le peintre Monet

Clip audios : Exercices orales, compositions orales et épreuves orales. (20 –durée moins de 2 minutes)

Audio clips- For oral expressions, oral assignments and oral test-20- duration less than 2 minutes (10 oral exercices, 6 audio reading compositions& 4 tests).

UNIT - II

9hrs

Compétences communicatives, phonologiques, linguistiques, grammaticales et culturelles

Dialogue de la vie d'étudiant, des liens familiaux, de l'appartenance, des habitudes ; poème, le son « eu » énonces a répéter, lecture guidée.- S'exprimer de la fréquence, des habitudes, articles, present de l'indicatif, verbes a la terminaison – er, adjectifs possessifs et qualificatifs, locutions avec « avoir »- Demander l'heure, Les jours, Les mois de l'année.

Clip audios : Exercices orales, compositions orales et épreuves orales.(20 –durée moins de 2 minutes)

Audio clips- For oral exercises, oral assignments and oral test-20 duration less than 2 minutes (10 oral exercices ,6 audio reading compositions& 4 tests).

UNIT - III

9hrs

Compétences communicatives, phonologiques, linguistiques, grammaticales et culturelles

Parler des voyages, identifier les vêtements, caractériser de personnes, faire des exclamations, s'informer sur la vie d'étudiant français.- Poème, le « son i », décrire des personnes, prononcer le nom des pays et des nationalités, appréciation/exclamation - Transport et voyages, les pays, nationalités, la mode, la partie du corps ,Adjectifs de nationalités et genres, adjectifs réguliers/irréguliers, prépositions de lieux, verbes aller- venir et verbes a la terminaison – ir - L'aéroport de Roissy, a la douane, les vêtements, a mode a paris, quelques professions, le sport et la sante ; a Joconde, la BD,

Clip audios : Exercices orales, compositions orales et épreuves orales. (20 –durée moins de 2 minutes)

Audio clips- For oral expressions, oral assignments and oral test-20-duration less than 2 minutes (10 oral exercices ,6 audio Reading compositions& 4 tests)

UNIT - IV

9hrs

Compétences communicatives, phonologiques, linguistiques, grammaticales et culturelles

Communication au restaurant, des recettes, le gout et les préférences identifier le type des restaurants.- Poème, le son « o » énonces simples, des sons nasaux, exercices de répétition - Les repas français recette activités et sportives

Clip audios : Exercices orales, compositions orales et épreuves orales.(20 –durée moins de 2 minutes)

Audio clips- For oral expressions, oral assignments and oral test-20 duration less than 2 minutes (10 oral exercices ,6 audio reading

UNIT - V

9hrs

Compétences communicatives, phonologiques, linguistiques, grammaticales et culturelles

Planifier des vacances, parler des concours, du sport, du temps qu'il fait, s'exprimer au comparatif - Poème le son « yu », répétition d'énonces, lire de noms de quelques villes - Activités de vacances, mots de localisation, plan de Paris, le climat et l'écologie, un concours international, les saisons - Adjectifs de couleur, nombres ordinaux, quelques verbes irréguliers, - 3 temps autour du présent « de » et « a » et des verbes. Différentes formes du négatif, « il fait » le comparaient le superlatif absolu - Auberges de jeunesse, vacance, plan de Parise arrondissements quelques monuments parisiens, tourisme fluvial français

Clip audios : Exercices orales, compositions orales et épreuves orales. (20 –durée moins de 2 minutes)

Audio clips- For oral expressions, oral assignments and oral test-20 duration less than 2 minutes (10 oral exercices , 6 audio Reading compositions& 4 tests).

Total Hrs: 45

Reference Books :

1. **Parlez-vous français?Partie 1** - Dr.M.Chandrika.V.Unni &Mrs. Meena Mathews 2019 by Universal publisher
2. **CLE INTERNATIONAL** Lectures Clé en français facile. (2012) Hachette Paris
3. **Cosmopolite**: Livre de eleve A1 by Nathalie Hirsch sprung, Tony Tricot, Claude Le Ninan
4. **Latitudes-1** by Régine Mérieux & Yves l'oiseau, Didier 2017
5. **Alter Ego 1** - Catherine Dolez, Sylvie Pons : (2014) Hachette, Paris



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBEN22002	Subject name:	ENGLISH - II	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of English		3	3	0	0	Ty

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ Develop four language skills appropriate to the level of education.
- ✓ Demonstrate knowledge of vocabulary and sentence construction in appropriate contexts.
- ✓ Express diverse forms of knowledge in different social and cultural contexts.
- ✓ Attain a comprehensive knowledge of communication skills to use ethically.
- ✓ Develop organized academic and business writing for professional careers.

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Develop four language skills appropriate to the level of education.
CO2	Demonstrate knowledge of vocabulary and sentence construction in appropriate contexts.
CO3	Express diverse forms of knowledge in different social and cultural contexts.
CO4	Attain a comprehensive knowledge of communication skills to use ethically.
CO5	Develop organized academic and business writing for professional careers.

Programme Specific Objectives (PSO) :

PSO1	Demonstrating mastery of the components of English language and literature.
PSO2	Explaining through literature in English, diverse historical cultural and social ethics
PSO3	Applying literary critical perspectives to generate original analysis of literature in English

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	3	3	3	3	3	1	3	3	3	3	3	2
CO2	3	3	3	3	3	3	3	1	3	3	3	3	3	3
CO3	3	3	3	3	3	3	3	1	3	3	3	3	3	1
CO4	3	3	3	3	3	3	3	1	3	3	3	3	3	2
CO5	3	3	3	3	3	3	3	1	3	3	3	3	3	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	3	3
CO2	3	3	3
CO3	3	3	3
CO4	3	3	3
CO5	3	3	3

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
			✦							



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBEN22002	ENGLISH - II	3	3	0	0	Ty

Unit I: **9 Hours**

1. All the World's a Stage – William Shakespeare
2. Speech of Barack Obama
3. The Verger- Somerset Maugham

Unit II: **9 Hours**

1. Spider and the Fly - Mary Howitt
2. "They thought that a bullet would silence us, but they failed". - Malala Yousafzai
3. Refund – Fritz Karinthy

Unit III: **9 Hours**

1. Night of the Scorpion-Nissim Ezekiel
2. On Running after one's hat- G.K.Chesterton
3. The Last Leaf – O. Henry

Unit IV: **9 Hours**

1. Polonius Advice to Laertes-William Shakespeare
2. 'We Must Continue to Dream Big': An open letter from Serena Williams
3. The Necklace - Guy de Maupassant

Unit V: **9 Hours**

1. Functional English: Letter Writing (Formal, Informal, Email)
2. Resume
3. Précis
4. Reading Comprehension
Developing the hints

Total Hrs : 45

Prescribed Text:

- 'Greatest Speeches of the Modern World', Rupa Publications India, 2018.
- Woudhuysen H.R. 'The Arden Shakespeare third series', the Arden Shakespeare Publishers, 2020.
- Karinthy. Fritz, 'Refund: A Play in One Act', French. Samuel, 1938.
- Simpson H. C & Wilson E. H, 'A Senior Anthology of Poetry', Macmillan Education, 1952.
- O'Brien. Terry, '50 Greatest Short Stories', Rupa Publications India; First Edition, 2015.
- J. C. Richards with J. Hull & S.Proctor, Interchange, Level 3, Cambridge University Press, 2021.
- Mark Hancock, English Pronunciation in Use, CUP, 2016.
- M. Chandrasena Rajeswaran &R. Pushkala, Communication Lab Work book 2022.
- M. Chandrasena Rajeswaran, R. Pushkala & S. Bhuvanewari Pinnacle: A Skills Integrated Text,2022
- Dutt, K, Rajeevan, G & Prakash, , A Course on Communication Skills, 1st edn,CUP, Chennai,2008

Suggested Links:

- <https://www.poetrybyheart.org.uk/poems/the-spider-and-the-fly/Reference>.
- <https://poets.org/poem/unknown-citizen>



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: MBBA24ID1	Subject name:	SPORTS MANAGEMENT	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Knowledge of Sports Managements		3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab							
OBJECTIVES							
<ul style="list-style-type: none"> ✓ To Understand the Meaning and Importance of Sports Management ✓ To Apply knowledge of Personnel Management ✓ To Learn the Methods of Sports Marketing ✓ To Learn the Supply of Sports Equipments ✓ To Acquire knowledge of Accounting and Budgeting 							
COURSE OUTCOMES (Cos) : students completing this course were able to							
CO1	Understand the Meaning and Importance of Sports Management						
CO2	Apply knowledge of Personnel Management						
CO3	Learn the Methods of Sports Marketing						
CO4	Learn the Supply of Sports Equipments						
CO5	Acquire knowledge of Accounting and Budgeting						
Programme Specific Objectives (PSO) :							
PSO1	Apply Knowledge of Personal Management						
PSO2	Learn The Methods of Sport Marketing and Supply of Sports Equipments						
PSO3	Acquire Knowledge of Accounting And Budgeting						

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	2	3	3	3	3	2	2	2	1	1	3	3
CO2	2	2	1	1	3	3	2	2	3	3	3	3	2	2
CO3	3	3	3	1	1	2	2	2	3	2	2	1	1	3
CO4	3	3	3	3	3	2	2	1	1	2	2	3	3	2
CO5	3	1	2	1	3	2	2	1	3	3	1	1	3	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	3	2
CO2	3	3	2
CO3	3	3	3
CO4	3	2	2
CO5	3	3	2

3/2/1 – INDICATES STERNNGTH OF CORRELATION, H – HIGH, M – MEDIUM, L - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
							+			



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
MBBA24ID1	SPORTS MANAGEMENT	3	3	0	0	Ty

UNIT-I

9 Hrs

Meaning and Definition of Sports management - Scope of Sports management - Basic principles of Sports management - Functions of sports management. Event management. Job opportunities Physical Education. Academic programmes in sports management offered in Indian institution. Leading sports management institutions in India.

UNIT-II

9 Hrs

Personal management: Objectives - Personal policies -Role of Personal manager. Programme management: Importance of Programme development - Factors influencing programme development - Competitive sports programs. Interpersonal Roles in Manpower planning. Meaning of Recruitment.

UNIT-III

9 Hrs

Sports marketing: Meaning - Factors involved in marketing sports - Market awareness - Developing a target market strategy - Quality and price of sports products- Sports Organizations.

UNIT-IV

9 Hrs

Supplies of sports Equipments: Guidelines for selection and supply of equipments - Equipment room, Equipment and supply manager - Guidelines for checking, storing and issuing - Care and maintenance of equipments.

UNIT-V

9 Hrs

Accounting and Budgeting - Definition and role of accounting in sport and fitness enterprise Raising of funds - Types of Budgets – Annual Budget for Physical education department - Budget record maintenance - The accounting system.

Total Hrs : 45

REFERENCE

1. Bucher A. Charles (1993) Management of physical Education and sports (10th ed.,) St.Louis :Moby Publishing Company.
2. Chelladurai. P (1999) Human Resource Management in sport and Recreation, Human kinetics.
3. Chakraborty, Samiram (1988), Sports Management, Sports publications, New Delhi.
4. Lazer. W and Culley.J Marketing Management.Boston Houghton Miffling Co.
5. Ruben Acosta Hernandez, Managing sport organizations, Human kinetic



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24002	Subject name: THEORIES OF OFFICIATING AND COACHING –II (BADMINTON , BASKETBALL, CRICKET, VOLLEYBALL)	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Particular Games	4	3	1	0	Ty

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ To Understand the basics of the specified activities
- ✓ To Gain knowledge on the specified activities with rules involved
- ✓ To Attain knowledge on the concepts of Playing the specific Games and the event
- ✓ To Acquire the knowledge of Rules involved in the specified activities
- ✓ To Understand the basic of officiating and coaching

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Understand the basics of the specified activities
CO2	Gain knowledge on the specified activities with rules involved
CO3	Attain knowledge on the concepts of Playing the specific Games and the event
CO4	Acquire the knowledge of Rules involved in the specified activities
CO5	Understand the basic of officiating and coaching
Programme Specific Objectives (PSO) :	
PSO1	Develop the knowledge on the specified activities with rules involved
PSO2	Attain the concepts of Playing the specific Games and the event
PSO3	Understand the basic of officiating and coaching

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	2	2	3	3	3	3	1	1	3	2	1	3	2
CO2	3	3	3	3	3	2	2	3	1	2	2	1	2	2
CO3	3	3	2	1	1	3	2	2	1	1	3	3	2	1
CO4	3	1	2	2	3	3	1	1	2	3	3	2	2	1
CO5	3	3	2	1	1	2	2	3	2	1	2	3	2	1

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	2
CO2	3	3	3
CO3	3	3	2
CO4	3	1	2
CO5	3	3	2

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24002	THEORIES OF OFFICIATING AND COACHING –II (BADMINTON, BASKETBALL, CRICKET, VOLLEYBALL)	4	3	1	0	Ty

Unit-I : HISTORY

10 Hrs

Origin, History and development of the game Cricket, Volleyball, Basketball and Badminton - International, National and State Level Organizations Cricket, Volleyball, Basketball and Badminton. International, National and State Level Trophies for Cricket, Volleyball, Basketball and Badminton.

Unit-II : PLAY FIELD & RULES

13 Hrs

Layout of Playfield with all Measurements for Cricket, Volleyball, Basketball and Badminton. Facilities and equipment and its specifications for Cricket, Volleyball, Basketball and Badminton. Rules and their Interpretations in Cricket, Volleyball, Basketball and Badminton.

Unit-III : FUNDAMENTAL SKILLS

13 Hrs

Fundamental Skill of game Cricket, Volleyball, Basketball and Badminton - Lead Up Games for Cricket, Volleyball, Basketball and Badminton - Various System of Play in game Cricket, Volleyball, Basketball and Badminton - Selection of Players for game Cricket, Volleyball, Basketball and Badminton.

Unit-IV : COACHING

12 Hrs

Meaning, Concept and importance of coaching. Principles of Coaching. Coaching Program. Warm-up and Warm down. Philosophy of coaching. Duties of coach in general, pre, during and post-game. Responsibilities of a coach on and off the field. Ethics of coaching. Qualifications and qualities of Coach.

Unit-V : OFFICIATING

12 Hrs

Meaning, concept and importance of officiating. Principles of officiating. Duties of official in general, pre, during and post-game. Philosophy of officiating. Ethics of officiating. Methods of officiating- position, singles and movement during officiating. Qualifications and qualities of officials.

Total Hrs : 60

Books for Reference

1. Max B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. Buck"s Rules Book.
3. Wein Harat "The Science of Basketball" London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Thiyalfin Frank "The Table Tennis Coaching Manual", Calcutta, Rupa& Co, 1985.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24003	Subject name:	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	HISTORY OF PHYSICAL EDUCATION AND SPORTS					
	Prerequisite : Basic Knowledge of Ancient History of Games	4	3	1	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Understand the basics of the relationship between general education and physical education ✓ To Gain knowledge on the identify and relate with the History of Physical Education. ✓ To Attain knowledge on the Olympic Movement and Major International Games ✓ To Acquire the knowledge of Physical Education Teacher Training programme and Sports Promotion ✓ To Understand the Games and Sports as Human's Cultural Heritage 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Understand the basics of the relationship between general education and physical education					
CO2	Gain knowledge on the identify and relate with the History of Physical Education.					
CO3	Attain knowledge on the Olympic Movement and Major International Games					
CO4	Acquire the knowledge of Physical Education Teacher Training programme and Sports Promotion					
CO5	Understand the Games and Sports as Human's Cultural Heritage					
Programme Specific Objectives (PSO) :						
PSO1	Knowing the relationship between general education and physical education					
PSO2	knowledge on the Olympic Movement and Major International Games					
PSO3	Understand the Games and Sports as Human's Cultural Heritage					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	3	2	2	1	2	3	1	3	2	1	3	2
CO2	2	2	3	1	2	2	3	3	1	2	3	3	2	1
CO3	3	3	3	2	2	1	3	2	1	3	2	3	2	1
CO4	2	3	3	2	1	3	2	1	2	3	1	2	2	2
CO5	2	2	3	3	2	1	3	2	1	2	2	3	1	3

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	3	3
CO2	2	2	3
CO3	3	3	3
CO4	2	3	3
CO5	2	2	3

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24003	HISTORY OF PHYSICAL EDUCATION AND SPORTS	4	3	1	0	Ty

UNIT-I : Introduction of Physical Education and Sports 12 Hrs

Meaning, Definition, Nature and Scope of Physical Education and Sports Education-Aim and Objectives of Physical Education and Sports Education-Need and importance of Physical Education and Sports in modern society.-Misconception about physical Education. Relationship of physical education, Sports education and General education

UNIT-II : History of Physical Education and Sports Education 12 Hrs

Ancient Physical Education in India – Harappa civilization, Vedic age, Epic age, etc-Science of Exercise and Sports: Ancient Indian Origin- Medieval age, British period till 1947, Physical Education and Sports after Independence-Ancient Physical Education in Greece, Rome, Germany, UK, and USA etc

UNIT-III : Olympic Movement and Major International Games, IOC 12 Hrs

Ancient Olympic Games – historical background, significance of ancient games- Modern Olympic Games – revival organization and conduct of games and ceremonies (opening and closing ceremonies), objectives and functions of- International Olympic Committee (IOC)-World Cups and World Championships-Commonwealth games, Asian games, SAF games

UNIT – IV : Physical Education Teacher Training and Sports Promotion 12 Hrs

Physical Education Teacher Training and Sports Promotion YMCA and its contribution: Contribution of H.C.Buck and Contribution of Mary Crowe Buck- Teacher Training Institutions in Physical Education-Indian Olympic Association- National Sports Federations and Associations-Youth Welfare Programmes N.C.C., N.F.C., N.D.S., N.S.O., Scouting and Guiding, Youth hostels, Youth festivals, Camping Mountaineering.-TNPESU- National Physical Fitness Programme

UNIT – V : Games and Sports as Human’s Cultural Heritage 12 Hrs

Games and Sports as Human’s Cultural Heritage-Greece, Rome The Dark Ages, Middle Ages, Renaissance,- Germany, Sweden, Denmark, England, United States of America, India-Role of Games and Sports in National and International Integration

Total Hrs : 60

SUGGESTED READINGS:

1. Barrow, H.M. (1983). Man and Movement: Principles and Physical Education. Phi: Lea and Febiger
2. Bucher & Wuest (1987). Foundations of Phy.Edu & Sports. Missouri: C.V.Mosby co.
3. Bucher, C.A., (2010). Foundation of Physical education (16ed.). New Delhi: Tata McGraw-Hill.
4. Burbank, J. M., Andranovich, G. D. &Heying Boulder, C. H. (2001). Olympic dreams: the impact of mega-events on local politics: Lynne Rienner
5. Frank, A.M. (2003). Sports & education. CA: ABC-CLIO.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24L02	Subject name:	PRACTICAL – II BADMINTON, BASKETBALL, CRICKET, VOLLEYBALL	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Particular Games		3	0	0	6	Lb

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ To Understand the basics of the specified activities
- ✓ To Gain knowledge on the specified activities with rules involved
- ✓ To Attain knowledge on the concepts of Playing the specific Games and the event
- ✓ To Acquire the knowledge of Rules involved in the specified activities
- ✓ To Understand the basic of officiating and coaching

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Understand the basics of the specified activities
CO2	Gain knowledge on the specified activities with rules involved
CO3	Attain knowledge on the concepts of Playing the specific Games and the event
CO4	Acquire the knowledge of Rules involved in the specified activities
CO5	Understand the basic of officiating and coaching

Programme Specific Objectives (PSO) :

PSO1	Learn the fundamental skills drills and rules of the game.
PSO2	Acquire Knowledge of strategy, lead up games, officiating and coaching skills.
PSO3	Develop conceptualizing, Coaching and Physical education and Sports content creation skills

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	2	3	3	1	1	3	3	2	3	3
CO2	3	3	3	3	3	3	3	3	3	3	1	2	2	1
CO3	3	3	3	2	2	2	3	3	1	2	3	3	1	3
CO4	2	2	2	3	3	3	1	1	3	2	3	2	3	1
CO5	3	2	3	3	2	2	3	1	2	2	1	2	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	3
CO2	3	3	2
CO3	3	3	2
CO4	3	3	3
CO5	2	3	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
								✦		



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L02	PRACTICAL – II BADMINTON, BASKETBALL, CRICKET, VOLLEYBALL	3	0	0	6	Lb

1. History and Development of the game at International and National level.
2. Dimensions and marking of playing area.
3. Basic requirements of the playing area.
4. Fundamental skills of the game.
5. Skill tests, scoring and arrangement of the skill tests.
6. National and international organizations / federations of the game.
7. Rules of the game with their interpretations.
8. Team selection and coaching in that game.
9. Officiating & Referee / Umpire /scorer /curatorship for self-employment.
10. New Techniques.

Total no of Hrs : 90



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code: HBCC22I03	Subject Name: SOFT SKILL - II				C	L	T / S.Lr	P/R	T/L/ ETL
	Prerequisite : Plus 2 English				1	0	0/0	2/0	IE
L : Lecture T : Tutorial SLr : Supervised Learning P: Project R : Research C: Credits T/L/ETL : Theory / Lab / Embedded Theory and Lab									
OBJECTIVES									
<ol style="list-style-type: none"> 1. Cultivate employability skills that they get employed even before they leave the university. 2. Build self-esteem and a sense of self-worth to be good team members 3. Cultivate empathy to think from others' point of view to be good team leaders. 4. Evolve as good global citizens with insights into social and professional ethics. 5. Develop lifelong learning skills to adapt in the multicultural context of workplaces. 									
COURSE OUTCOMES (Cos) Students completing this course were able to									
CO1	Cultivate employability skills that they get employed even before they leave the university								
CO2	Build self-esteem and a sense of self-worth to be good team members								
CO3	Cultivate empathy to think from others' point of view to be good team leaders.								
CO4	Evolve as good global citizens with insights into social and professional ethics								
CO5	Develop lifelong learning skills to adapt in the multicultural context of workplaces.								
Mapping of Course Outcome with Program Outcome (POs)									
PSO1	Understanding of the basic concepts of English language and literature.								
PSO2	Learning through literature in English, diverse historical cultural and social ethics								
PSO3	Application of literary critical perspectives to generate original analysis of literature in English								
PSO4	Promotion of cultural values and real-life skills through English language and literature								
Cos/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
CO1	3	3	3	1	2	2	1	2	3
CO2	3	3	3	1	2	2	1	2	3
CO3	3	3	3	1	2	2	1	2	3
CO4	3	3	3	3	3	2	1	2	3
CO5	3	3	3	3	3	2	1	2	3
Cos/PSOs	PS01		PS02		PS03		PS04		
CO1	3		2		2		2		
CO2	2		2		2		2		
CO3	3		2		2		2		
CO4	3		2		2		2		
CO5	3		2		2		2		
3/2/1 Indicates Strength Of Correlation, 3 – High, 2- Medium, 1- Low									
Category	Program Core	Program elective	Humanities and social Science	Open Elective	Skill enhancing elective	Inter Disciplinary /Allied	Skill Component	Practical /Project/internship	Others
							✦		



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code:	Subject Name: SOFT SKILL - II	C	L	T / S.Lr	P/R	T/L/ ETL
HBCC22I03	Prerequisite : Plus 2 English	1	0	0/0	2/0	IE

Prefatory Note

This paper aims to equip the advanced learners with skills essential for work place and global environment to which they will move on from the university, once they complete the course. As such, it covers a range of indispensable soft skills and values such as, self-esteem, empathy, public relations, positivity, reliability, professionalism, leadership and intercultural communication, interview skills, etc.. Together with the effective English communication in global contexts, these skills, if cultivated and strengthened, can immensely help the students become employable in the multinational companies as good global citizens abiding the social and professional ethics in cross-cultural diversity.

Course Objective

The students will be facilitated to

1. Cultivate employability skills that they get employed even before they leave the university.
2. Build self-esteem and a sense of self-worth to be good team members
3. Cultivate empathy to think from others' point of view to be good team leaders.
4. Evolve as good global citizens with insights into social and professional ethics.
5. Develop lifelong learning skills to adapt in the multicultural context of workplaces.

Unit -I

Conversational skills, Self-esteem skills, empathy, public relations

Unit -II

Positivity, reliability, professionalism

Unit -III

Leadership

Problem solving

Unit -IV

Intercultural communication skills

Global Manthra: Go local, Cultural sensitivity, Group behaviour

Cultural intelligence : Low and High context, e mail and inter cultural communication

Unit -V

Group discussion & Interview skills

Total Hrs: 30

Suggested reading

1. S.P. Dhanavel, English and Soft Skills, Vol.2 Orient Blackswan Pvt. Ltd. 2010
2. P.D. Chaturvedi and M. Chaturvedi, Communication Skills , Pearson, 2012



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

SEMESTER - III

Subject code: HBFS24ID1	Subject name: INTRODUCTION TO HUMAN NUTRITION	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite: Basic Knowledge about Nutrition.	3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Sketch the basic classification, functions and utilization of nutrients. ✓ To Gain basic knowledge of the different nutrients and their role in maintaining health of the community ✓ To Understand nutritional requirements during various life stages ✓ To Micronutrients and their primary functions ✓ To Macronutrients and their primary functions 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Gain basic knowledge of the different nutrients and their role in maintaining health of the community					
CO2	Sketch the basic classification, functions and utilization of nutrients					
CO3	Understand nutritional requirements during various life stages					
CO4	Micronutrients and their primary functions					
CO5	Macronutrients and their primary functions					
Programme Specific Objectives (PSO) :						
PSO1	Knowing the Different nutrients and their role					
PSO2	Understand nutritional requirements during various life stages					
PSO3	Knowledge about the macro and micro nutrients primary function.					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	2	1	3	3	3	2	2	1	1	2	3	3
CO2	3	2	3	1	2	2	2	3	3	1	3	3	3	2
CO3	3	2	2	2	2	3	2	1	2	3	1	3	3	2
CO4	2	3	3	1	2	2	3	2	3	2	1	2	3	3
CO5	3	3	2	2	2	2	1	1	1	2	1	3	2	3

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	3	2
CO2	3	2	3
CO3	3	2	2
CO4	2	3	3
CO5	3	3	2

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
							✦			



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBFS24ID1	INTRODUCTION TO HUMAN NUTRITION	3	3	0	0	Ty

UNIT- I

9 Hrs

Meaning and definition of Nutrition – Importance of Nutrition – types of Nutrition – Role of Nutrition for Healing – balance Diet – BMI (Body Mass Index) – BMR(Basal Metabolic Rate)

UNIT – II : CARBOHYDRATE -AN IDEAL SOURCE OF ENERGY

9 Hrs

Definition of carbohydrate- classification: Simple Carbohydrate – Monosaccharide (glucose, Fructose, Galactose) – Disaccharides (Maltose, Lactose, Sucrose) – Complex Carbohydrate: Oligosaccharides- Polysaccharides (Starch, Glycogen, Cellulose) - Recommended Dietary intake – Food sources - Functions of carbohydrates in the body- Dietary fiber – Definition, soluble and insoluble fibers, sources of fiber, Physiological effects of dietary fiber – prebiotic – probiotic - Role of fiber in human nutrition, sources and requirements.

UNIT - III : FAT (LIPIDS)

9 Hrs

Definition Lipids-Fat Structure and Function- Types of Fat: Simple Lipid- Compound Lipid and Derived Lipids- Classifications of fatty acids: Saturated fatty acids– Omega 3, 6, 9 - Unsaturated fatty acids and Trans-Fatty Acid - storage of fat in the body – Dietary sources -Dietary Requirements.

UNIT- IV : PROTEIN-THE BASIS OF BODY STRUCTURES

9 Hrs

Definition Protein- Protein Structure and Functions – Amino acids: Essential and non-essential Amino acids – Kinds of Protein: complete protein and Incomplete Protein – Recommended protein intake - Protein Sources.

UNIT – V : VITAMINS AND MINERALS (MICRONUTRIENTS)

9 Hrs

Vitamins: Fat soluble Vitamins – Vitamin A, D, E and K: Functions, requirements, sources and effects of deficiency - Water Soluble Vitamins: – Thiamine, riboflavin, niacin, ascorbic acid, folic acid, vitamin B6 and vitamin B12: Functions, requirements, sources and effects of deficiency - Minerals: Types of Minerals: Macro Minerals- Calcium and Phosphorous: Functions, requirements, sources and effects of deficiency-Micro minerals- Iron, Iodine, Copper, Fluorine and Zinc: Functions, sources, requirements and effects of deficiency. Sodium and Potassium: Functions, sources, requirements and effects of imbalances.

Total Hrs : 45

REFERENCE BOOKS:

1. Janice Thompson, Melinda Manore, (2005),”Nutrition: An applied approach”, Pearson.
2. Robert E. C. Wildman, Barry S. Miller, (2004), “Sports and Fitness Nutrition”, Thompson.
3. Heather Hedrick fink, Lisa A. Burgoon, Alan E. Mikesy, (2006), Practical Application in sports Nutrition”, Jones and Barlett.
4. McArdle William D. et.al., (2005) “Exercise Physiology, Nutrition and Human performance”, Philadelphia, lea and Febiger.
5. McArdle , William D., Katch, Frank I and Katch, Victor L (2005) “Exercise Physiology”, Philadelphia, lea and Febiger.
6. Srilakshmi B (2015), ‘Nutrition Science’ Fourth Edition, New Age International Publishers, New Delhi



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24004	Subject name: THEORIES OF OFFICIATING AND COACHING –III (HANDBALL, HOCKEY, TABLETENNIS, TARGETBALL)	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Particular Games	4	3	1	0	Ty

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ To Understand the basics of the specified activities
- ✓ To Gain knowledge on the specified activities with rules involved
- ✓ To Attain knowledge on the concepts of Playing the specific Games and the event
- ✓ To Acquire the knowledge of Rules involved in the specified activities
- ✓ To Understand the basic of officiating and coaching

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Understand the basics of the specified activities
CO2	Gain knowledge on the specified activities with rules involved
CO3	Attain knowledge on the concepts of Playing the specific Games and the event
CO4	Acquire the knowledge of Rules involved in the specified activities
CO5	Understand the basic of officiating and coaching
Programme Specific Objectives (PSO) :	
PSO1	Develop the knowledge on the specified activities with rules involved
PSO2	Attain the concepts of Playing the specific Games and the event
PSO3	Understand the basic of officiating and coaching

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	2	2	1	3	2	3	2	1	2	2
CO2	3	3	3	1	2	2	2	3	2	1	2	3	1	2
CO3	3	2	2	3	3	2	1	1	2	2	3	3	2	1
CO4	3	2	3	2	1	2	3	1	2	2	2	3	3	1
CO5	3	3	2	2	2	1	2	3	3	2	1	1	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	3	3
CO2	3	3	3
CO3	3	2	2
CO4	3	2	3
CO5	3	3	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24004	THEORIES OF OFFICIATING AND COACHING – III (HANDBALL, HOCKEY, TABLE TENNIS, TARGETBALL)	4	3	1	0	Ty

Unit-I : HISTORY

10 Hrs

Origin, History and development of the game Hockey, Handball, Target ball and Table Tennis - International, National and State Level Organizations Hockey, Handball, Target ball and Table Tennis. International, National and State Level Trophies for Hockey, Handball, Target ball and Table Tennis.

Unit-II: PLAY FIELD & RULES

13 Hrs

Layout of Playfield with all Measurements for Hockey, Handball, Target ball and Table Tennis. Facilities and equipment and its specifications for Hockey, Handball, Target ball and Table Tennis. Rules and their Interpretations in Hockey, Handball, Target ball and Table Tennis.

Unit-III: FUNDAMENTAL SKILLS

13 Hrs

Fundamental Skill of game Hockey, Handball, Target ball and Table Tennis - Lead Up Games for Hockey, Handball, Target ball and Table Tennis - Various System of Play in game Hockey, Handball, Target ball and Table Tennis - Selection of Players for game Hockey, Handball, Target ball and Table Tennis.

Unit-IV: COACHING

12 Hrs

Meaning, Concept and importance of coaching. Principles of Coaching. Coaching Program. Warm-up and Warm down. Philosophy of coaching. Duties of coach in general, pre, during and post-game. Responsibilities of a coach on and off the field. Ethics of coaching. Qualifications and qualities of Coach. Career opportunities in Coaching: Government, Clubs, Private Sectors etc.

Unit-V : OFFICIATING

12 Hrs

Meaning, concept and importance of officiating. Principles of officiating. Duties of official in general, pre, during and post-game. Philosophy of officiating. Ethics of officiating. Methods of officiating- position, singles and movement during officiating. Qualifications and qualities of officials.

Total Hrs : 60

Books for Reference

1. Max B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. Buck's Rules Book.
3. Wein Harat "The Science of Basketball" London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Thiyalfin Frank "The Table Tennis Coaching Manual", Calcutta, Rupa& Co, 1985.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24005	Subject name: FOUNDATION OF PHYSICAL EDUCATION AND SPORTS	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Education Foundations	4	3	1	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Students will be on familiar terms with the Educational Foundations ✓ To Students will be trained about Philosophical Foundations ✓ To Students will study about Philosophical Foundations ✓ To Students will gain knowledge about Philosophical Foundations ✓ To Students will become skilled at Philosophical Foundations 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Students will be on familiar terms with the Educational Foundations					
CO2	Students will be trained about Philosophical Foundations					
CO3	Students will study about Philosophical Foundations					
CO4	Students will gain knowledge about Philosophical Foundations					
CO5	Students will become skilled at Philosophical Foundations					
Programme Specific Objectives (PSO) :						
PSO1	Understand the foundation of physical education.					
PSO2	Know the contribution of various agencies, awards and scholarships.					
PSO3	Knowing the Understand the philosophical theories related to physical education.					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	2	1	2	2	3	3	2	2	1	1	2	3
CO2	2	2	3	3	2	3	2	3	1	1	2	2	3	3
CO3	3	3	3	2	1	3	2	3	1	1	2	3	3	1
CO4	2	3	2	2	2	1	2	2	3	2	2	1	2	3
CO5	3	2	2	2	2	1	3	1	3	2	3	2	2	1

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	3	2
CO2	2	2	3
CO3	3	3	3
CO4	2	3	2
CO5	3	2	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24005	FOUNDATION OF PHYSICAL EDUCATION AND SPORTS	4	3	1	0	Ty

UNIT – I : EDUCATIONAL FOUNDATIONS OF PHYSICAL EDUCATION **12 Hrs**

Aims of Education – Education and Physical education – Contribution of Physical Education to Education – Objectives of Self realization - Objectives of Human Relationship – Objectives of economic efficiency – Objectives of Civic relationship - Misconceptions of physical education.

UNIT - II : PHILOSOPHICAL FOUNDATIONS OF PHYSICAL EDUCATION **12 Hrs**

Meaning and Definition of Philosophy – Philosophy and Physical Education interdependence – Need for Philosophy for a Physical Education Teacher – General Philosophies applied to Physical Education – Idealism – Naturalism – Realism – Pragmatism – Humanism – Existentialism.

UNIT – III : BIOLOGICAL FOUNDATIONS OF PHYSICAL EDUCATION **12 Hrs**

Biological perspective – Use, Disuse and overuse – Structure – Function Relationship – Muscle types – Reciprocal Innervations and Reciprocal inhibition – Factors influencing Physical activity – Growth and Development – Exercise, Health and wellbeing – Body types– Kinds of Age – Chronological Age – Anatomical Age – Physiological Age – Mental Age.

UNIT - IV : PSYCHOLOGICAL FOUNDATIONS OF PHYSICAL EDUCATION **12 Hrs**

Psychology in Activity, Exercise and Sports – Body – Mind relationship – Monistic school – Dualistic school – Behaviour Mechanism – Psycho-physical unity and Physical activity – Theories of Play – Surplus Energy Theory – Anticipation Theory – Intrinsic Practice theory – Recreational Theory – Theories of Learning – Conditioned Response Theory – Laws of Learning – Law of readiness – Law of effect – Law of Exercise – Transfer of learning.

UNIT – V : SOCIOLOGICAL FOUNDATIONS OF PHYSICAL EDUCATION **12 Hrs**

Man and Society – Social nature of man and physical Activity – Social values and Physical activity – Social attitude towards physical activity and sports – Sports as mankind’s heritage – Customs and Traditions in Sports - Competition and Cooperation – character development and physical Education.

Total Hrs : 60

Books for References :

- 1.Bucher Charles A., Foundations of Physical Education, St. Louis the C.V. Mosby Company, 1983.
- 2.Barrow, Harold M. Man and Movement: Principles of Physical Education. (4th ed.) Philadelphia: Lea and Febiger, 1983.
- 3.Zeigler, Earl F. Philosophical Foundations for Physical, Health and Recreation Education. Englewood Cliffs; New Jersey; Prentice Hall, Inc., 1964.
- 4.Birch, K., MacLaren, D & George, K. Sport and Exercise Physiology. New York; Bios Scientific Publishers, 2007
- 5.Bandura, Albert. Social Foundations of Thoughts and Action: A Social Cognitive Theory, Englewood Cliffs; New Jersey; Prentice Hall Inc., 1986.
- 6.Kamalesh M.L. Foundations of Physical Education (3rd Ed), New Delhi, Sports Publications, 2013.
- 7.Thirunarayanan, C. and Hariharan, S., Analytical History of Physical Education, Karaikudi, C.T. & S.H., Publications, 1990.
- 8.Sharma, O.P., History of Physical Education, New Delhi, Khel Shitya Kendra, 1998.
- 9.Wakharkar D.G., Manual of Physical Education in India, Pearl Publications Pvt. Ltd., Bombay, 1967.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24006	Subject name: ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Organization & Administration	4	3	1	0	Ty

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ To Understand the basics of Organization
- ✓ To Apply knowledge of Organization
- ✓ To Analyze the concepts of Organization
- ✓ To Evaluate Administration with reference to Physical Education
- ✓ To Remember the interdependence of Organization and Administration

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Understand the basics of Organization
CO2	Apply knowledge of Organization
CO3	Analyze the concepts of Organization
CO4	Evaluate Administration with reference to Physical Education
CO5	Remember the interdependence of Organization and Administration

Programme Specific Objectives (PSO) :

PSO1	Learn the concept of organization and administration
PSO2	Time management along with budget preparation
PSO3	Able to know the methods to organize competitions at various levels

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	2	3	3	3	2	2	1	2	2	3	3	2	1
CO2	3	3	2	2	2	1	3	3	2	2	1	2	2	3
CO3	3	2	3	3	3	2	2	2	1	1	2	3	3	2
CO4	3	2	3	3	2	3	1	2	2	3	2	3	2	2
CO5	2	3	3	2	2	1	2	3	3	2	1	1	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	3
CO2	3	3	2
CO3	3	2	3
CO4	3	2	3
CO5	2	3	3

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24006	ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION	4	3	1	0	Ty

Unit – I : ORGANIZATION AND ADMINISTRATION

10 Hrs

Meaning - Nature and scope of organization and administration, principles of organization and administration.- Scheme of organization. - Relationship of physical education and sports with other socializing institutions (family and educational system). - Sports as regulating institution of society- State and religion. How do they influence each other? - Sports and social problems. Behaviors of Sportsmen and spectators. - Leadership through physical education and sports.

Unit – II : FACILITIES

13 Hrs

Play field location, standard, preparation, layout and maintenance.- Gymnasium - construction, factors, care and maintenance and allied facilities.- Swimming pool - construction, dimensions, filtration and supervision of pool. Equipments in physical education: Need and importance - lists of equipments- suggested type of equipments- criteria for selection procedure of purchase- records-maintenance- care and maintenance of equipments.

Unit – III : STAFF AND LEADERSHIP

13 Hrs

Staff and Leadership: Importance of qualified teacher, qualities & qualifications of good teacher, values, staff cooperation - Selection and training of student leaders, qualities of student leadership, role of student leaders, recognition of student leaders - Time-Table: Physical Education classes, required periods, instruction period, practice period, games period, participation periods, factors affecting time-table.

Unit – IV : PROGRAMME OF ACTIVITIES

13 Hrs

Programme of Activities: Intramurals. Importance of organizing Intramurals. Units and methods of competition, activities, points systems role, awards and incentives for participation – Extramurals : Training and Coaching - Selection - Training and coaching - extent of participation, Sports tours - Educational emphasis, behavior & character - Office Management: Management of office correspondence, records and reports filing, relationship with superior officer and assistants - Budget: Physical Education Budget - budget , income and expenditure, accounting, petty cash & settlement.

Unit – V : PUBLIC RELATION

11 Hrs

Public Relation: Definition - Need of public relations in physical education. Principles of public relations in physical education. Techniques and Media of Relation with the public, parents, pupils and other agencies - Evaluation: Need and importance - Method of evaluation in terms of objectives. Detection of deficiencies, examination in physical education follow up action for improvement.

Total Hrs : 60

Reference Books:

1. Voltmer and Esslinger - Organisation and Administration, Times of India Press, Bombay, 1964.
2. P.M. Joseph, Organisation of Physical Education O.S: A.T.I.P.E.Kaudivali (Bombay), 1956.
3. Hughes and French - Administration of Physical Education. Ronald Press Co., New York, 1954.
4. Irwin Leslie, W and Humyhrey, James H., Principles and Techniques of Supervision in physical education, C.V. Mosby Co., St. Louis, 1960.
5. Bennett, Bruce L. Mapwell L. Howell and Vriel Simri Comparative physical Education and Sports Lea and Fabiger Pub, Philadelphia, 1983.
6. Jay J. Coakley, Sport in society issues and controversics St. Louis, Mosby College Publishing Co., 1986.
7. Edwards, Sociology of Sports - Illinois Dorsey Press, 1986.
8. NI. Ponomorvou, Sports and Society - Moscow: Progress Publisher, 1981.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24007	Subject name:	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	FUNDAMENTALS OF ANATOMY AND PHYSIOLOGY					
	Prerequisite : Basic Knowledge of Human Body	4	3	1	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Understand Need and Importance of Anatomy ✓ To Apply knowledge of Physiology of Skeletal Systems ✓ To Learn the structure and Functions of the Human Heart ✓ To Evaluate the Human Nervous System ✓ To Remember the basic structure and functions of Urinary System 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Understand Need and Importance of Anatomy					
CO2	Apply knowledge of Physiology of Skeletal Systems					
CO3	Learn the structure and Functions of the Human Heart					
CO4	Evaluate the Human Nervous System					
CO5	Remember the basic structure and functions of Urinary System					
Programme Specific Objectives (PSO) :						
PSO1	Knowing the knowledge of Human Body					
PSO2	Acquire knowledge about the Nervous System					
PSO3	The knowledge about human body is very essential to understand the muscular and skeletal involvements of various joints					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	1	3	3	2	2	2	1	2	1	3
CO2	3	3	3	2	2	2	1	1	2	2	3	3	2	3
CO3	3	2	3	2	2	3	3	1	2	2	3	3	1	3
CO4	3	3	3	2	3	2	2	1	3	2	3	3	2	2
CO5	3	3	2	2	2	2	3	3	3	2	1	1	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	3	3
H	3	3	3
CO3	3	2	3
CO4	3	3	3
CO5	3	3	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24007	FUNDAMENTALS OF ANATOMY AND PHYSIOLOGY	4	3	1	0	Ty

Unit – I : INTRODUCTION ANATOMY AND PHYSIOLOGY **10 Hrs**

Introduction - Need and Importance of anatomy and physiology for the students of physical education - Descriptive terms used to describe the human body - Definition of cell, Tissue, Organ and system - Microscopic structure of the Cell - Classification, Structure and functions of various types of tissues.

Unit – II : SKELETAL SYSTEMS **13 Hrs**

Skeletal systems - Names of the human bones, classification of joints, Definitions of the skeletal system - Joints: Definition and classification of joints - Anatomical structure of synovial joints, terminology of movements around a joint.

Unit – III : CARDIOVASCULAR SYSTEM **13 Hrs**

Cardiovascular System - Structure of the heart, Systematic pulmonary, Coronary circulation - Blood- Functions of blood, composition of blood- lymph and its functions - Respiratory system - Definition of respiration, structure and functions of respiratory system, mechanism for respiration lung volumes.

Unit – IV : NERVOUS SYSTEMS **13 Hrs**

Nervous systems - Structure and functions of brain, spinal cord and reflex arc - Digestive system- Structure and functions of alimentary canal, Accessory organs of digestive - liver, pancreas, Gall bladder - Muscular system- Structural and functions classification of muscles, (skeletal, cardiac and smooth) and its significance. General characteristics of muscles. (Elasticity, Contractibility & Irritability).

Unit – V : URINARY SYSTEM **11 Hrs**

Urinary system- Structure and functions of kidney and Urinary tract, formation of Urine. Brief account of Reproductive system - Endocrine system: Pituitary, thyroid, parathyroid, adrenal, pancreas and sex glands - Organs of special senses- Eye, ear, nose, tongue, skin and regulation of body temperature.

Total Hrs : 60

Reference Books:

1. Davis, Dv. Wtay's Anatomy, London Longmans Grenn and Co Ltd. 1967.
2. Pearce, Evelyn B. Anatomy and Physiology for Nurses, London Faber and Faber Ltd., 1962.
3. Pearce, J .W. Anatomy for Students and Teachers of Physical Education, London, Edward Arnold and Co., 1959.
4. Anderson, T.Mc. Ierg Human Kinetics and Aealysing Body Movement. London, William Heinman Medical Books Ltd., 1961.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24L03	Subject name:	PRACTICAL – III HANDBALL, HOCKEY, TABLETENNIS, TARGETBALL	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Particular Games		3	0	0	6	Lb

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ To Understand the basics of the specified activities
- ✓ To Gain knowledge on the specified activities with rules involved
- ✓ To Attain knowledge on the concepts of Playing the specific Games and the event
- ✓ To Acquire the knowledge of Rules involved in the specified activities
- ✓ To Understand the basic of officiating and coaching

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Understand the basics of the specified activities
CO2	Gain knowledge on the specified activities with rules involved
CO3	Attain knowledge on the concepts of Playing the specific Games and the event
CO4	Acquire the knowledge of Rules involved in the specified activities
CO5	Understand the basic of officiating and coaching

Programme Specific Objectives (PSO) :

PSO1	Learn the fundamental skills drills and rules of the game.
PSO2	Acquire Knowledge of strategy, lead up games, officiating and coaching skills.
PSO3	Develop conceptualizing, Coaching and Physical education and Sports content creation skills

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	2	3	3	1	1	3	3	2	3	3
CO2	3	3	3	3	3	3	3	3	3	3	1	2	2	1
CO3	3	3	3	2	2	2	3	3	1	2	3	3	1	3
CO4	2	2	2	3	3	3	1	1	3	2	3	2	3	1
CO5	3	2	3	3	2	2	3	1	2	2	1	2	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	3
CO2	3	3	2
CO3	3	3	2
CO4	3	3	3
CO5	2	3	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
								✦		



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L03	PRACTICAL – III HANDBALL, HOCKEY, TABLETENNIS, TARGETBALL	3	0	0	6	Lb

1. History and Development of the game at International and National level.
2. Dimensions and marking of playing area.
3. Basic requirements of the playing area.
4. Fundamental skills of the game.
5. Skill tests, scoring and arrangement of the skill tests.
6. National and international organizations / federations of the game.
7. Rules of the game with their interpretations.
8. Team selection and coaching in that game.
9. Officiating & Referee / Umpire /scorer /curatorship for self-employment.
10. New Techniques.

Total no of Hrs: 90



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code: HBCC22105	Subject Name: QUALITATIVE AND QUANTITATIVE SKILLS SOFT SKILL - III				C	L	T/ S.Lr	P/R	Ty/ Lb/ ETL
	Prerequisite: Higher Secondary Mathematics				1	0	0/0	2/0	IE
L : Lecture T : Tutorial C: Credits									
OBJECTIVES									
<ul style="list-style-type: none"> To understand the Basic concepts in Logical Reasoning To understand the Basic concepts in Arithmetical Reasoning To understand the Basic concepts in Data Interpretation 									
COURSE OUTCOMES (Cos) Students completing this course were able to									
CO1	Understand the basic concepts of Logical Statements and Arguments								
CO2	Understand the concept of Logical conclusions								
CO3	Understand the Basic concepts in Number system								
CO4	Understand the basic concepts of Permutations and Combinations								
CO5	Learn how to analyze the data using Pictorial representation								
Mapping of Course Outcome with Program Outcome (POs)									
Cos/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
CO1	3	2	3	3	3	2	1	2	3
CO2	2	3	2	3	3	2	1	2	2
CO3	3	2	3	2	3	1	2	1	3
CO4	3	1	2	3	2	3	3	2	2
CO5	3	2	3	2	3	2	1	2	3
COs /PSOs	PSO1			PSO2			PSO3		
CO1	2			-			-		
CO2	2			-			1		
CO3	-			-			1		
CO4	3			1			2		
CO5	2			1			1		
3/2/1 Indicates Strength Of Correlation, 3 – High, 2- Medium, 1- Low									
Category	Basic Sciences	Engg .Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/ Project	Internships/ Skills component	Inter disciplinary
								✦	



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

SUBJECT CODE:	SUBJECT NAME	C	L	T/S.Lr	P/R	Ty/Lb/ETL
HBCC22I05	QUALITATIVE AND QUANTITATIVE SKILLS - SOFT SKILL – III	1	0	0/0	2/0	IE

Common to II yr / III sem (ALL H&S Programmes)

UNIT 1 Logical Reasoning I

Logical Statements – Arguments – Assumptions – Courses of Action.

UNIT 2 Logical Reasoning II

Logical conclusions – Deriving conclusions from passages – Theme detection.

UNIT 3 Arithmetical Reasoning I

Number system – H.C.F & L.C.M – Problem on ages – Percentage – Profit & Loss – Ratio & Proportion – Partnership.

UNIT 4 Arithmetical Reasoning II

Time & Work – Time & Distance – Clocks – Permutations & Combinations – Heights & Distances – Odd man out and Series.

UNIT 5 Data Interpretation

Tabulation – Bar graphs – Pie graphs – Line graphs.

Total Hrs: 30

Reference Book:

1. R.S.Agarwal, A modern approach to Logical Reasoning, S.Chand& Co., (2017).
2. R.S.Agarwal, A modern approach to Verbal and Non verbal Reasoning, S.Chand& Co., (2017).
3. R.S.Agarwal, Quantitative Aptitude for Competitive Examinations, S.Chand& Co., (2017).
4. A.K.Gupta, Logical and Analytical Reasoning, Ramesh Publishing House, (2014).
5. B.S.Sijwali, Indusijwali, A new approach to Reasoning (Verbal and Non verbal), Arihant Publishers, (2014).



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

SEMESTER - IV

Subject code: HBPY24ID1	Subject name: SPORTS PSYCHOLOGY	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of psychological variables on sports person	3	3	0	0	Ty

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ To know the Introduction about Sports Psychology
- ✓ To understand the Motor Learning
- ✓ To Motivation Goal Setting Training Program, Cognitive Process in Sports
- ✓ To know the concept of various positive and negative effects of psychological variables on sports person
- ✓ To Psychological Factors and Performance Excellence

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Introduction about Sports Psychology
CO2	Understand the Motor Learning
CO3	Motivation Goal Setting Training Program, Cognitive Process in Sports
CO4	To know the concept of various positive and negative effects of psychological variables on sports person
CO5	Psychological Factors and Performance Excellence

Programme Specific Objectives (PSO) :

PSO1	Understand the profile of psychological requirements of an applied sports psychology.
PSO2	How to psychologically work with difficult athletes and injuries in sports.
PSO3	Psychological training methods in sport.

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	2	3	3	2	1	1	2	2	3	2	3	3	2
CO2	2	3	3	2	2	3	1	2	2	2	3	2	1	2
CO3	3	2	2	1	3	3	2	3	2	2	2	3	3	1
CO4	3	3	3	2	2	1	1	2	2	1	3	2	2	3
CO5	3	3	2	2	3	2	3	3	3	1	2	3	3	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	3
CO2	2	3	3
CO3	3	2	2
CO4	3	3	3
CO5	3	3	2

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
							✦			



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPY24ID1	SPORTS PSYCHOLOGY	3	3	0	0	Ty

Unit-I

9 Hrs

Meaning and definition of Psychology and sports Psychology – Development of sports Psychology in India – Need and importance of sports Psychology in the of field Physical Education and sports.

Unit - II

9 Hrs

Learning- Meaning, nature and principles of learning. Traditional theories of learning (trial and errors, conditional reflex, learning by insight, learning by imitation). Laws of learning (readiness, effect, exercise). Learning curve and its characteristics.

Unit - III

9 Hrs

Motivation and performance- Meaning of motivation, motives, unlearned (innate) and learned (required) motives. Emotions- meaning and type of emotions, influence of emotions on level of achievements, Role of Sports Psychologist.

Unit – IV

9 Hrs

Definition and meaning of stress and anxiety, Sources of Stress and Anxiety, Coping with stress; Management of Anxiety, Arousal- Performance Relationship in Sports, Implications for Practice, Assessment of personality in Sports , Personality and Performance in Sports.

Unit - V

9 Hrs

Definition, Importance and Concepts of Coach-Athlete Relationship, Parent-created and Peer- Created Motivational Climate, Interpersonal Communication and Conflict, Youth Peer Relationships in Sports, Impact of audience on Sport Performance, Gender differences in sport, Gender and self-perceptions in sport.

Total Hrs : 45

Books for Reference:

1. Alderman A.B. Psychological Behaviour in sports W.B. Saundar company, Saundar 1974.
2. Puni A.T. Sports psychology chanduga NIS.
3. Alderman Psychology Behavior
4. Cratty B.J. Psychology and Physical activity
5. Singer R.N. Coaching, Athletics and psychology.
6. Jarvis, M. (2006). Sport Psychology: A Students handbook. Rutledge,
7. Jowett, S., & Lavelle, D. (2007). Social psychology in sport. Human Kinetics. USA.
8. Kulund, D. (1982). The Injured Athlete, Lippincott Publishers, Volume 1



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24008	Subject name: METHODS IN PHYSICAL EDUCATION	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of teaching methods	4	3	1	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Understand Need and Importance Tests ✓ To Apply knowledge of Measurement and Evaluation ✓ To Learn the Techniques of Evaluation ✓ To Evaluate Tests with Measurements and Evaluation ✓ To Remember the Importance of Measurements and Evaluation of Tests 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Understand Need and Importance Tests					
CO2	Apply knowledge of Measurement and Evaluation					
CO3	Learn the Techniques of Evaluation					
CO4	Evaluate Tests with Measurements and Evaluation					
CO5	Remember the Importance of Measurements and Evaluation of Tests					
Programme Specific Objectives (PSO) :						
PSO1	The scientific inputs will reach the students fully when the teacher uses appropriate teaching methods.					
PSO2	This knowledge will widen the scope of the future teacher's professional career.					
PSO3	All the students learn from this branch of science the system of conducting intramural and extramural competitions.					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	2	3	3	1	3	3	2	2	3	2	3	2	3
CO2	3	3	3	2	2	2	3	3	3	1	3	2	2	2
CO3	3	2	3	3	2	1	3	3	2	2	3	3	2	2
CO4	3	3	3	3	3	2	2	2	2	3	1	2	2	2
CO5	2	3	3	2	2	3	3	1	2	3	2	3	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	3	3
CO2	3	3	2
CO3	3	2	3
CO4	3	2	3
CO5	2	3	3

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24008	METHODS IN PHYSICAL EDUCATION	4	3	1	0	Ty

UNIT – I : METHOD

10 Hrs

Meaning – Factors influencing method, Presentation techniques: Planning - Presentation – Steps in the way of presentation. Teaching aids – Class management – General – Specific – Principles to be adopted for good class management.

UNIT – II : LESSON PLAN

13 Hrs

Values – Types: General and Particular lesson plan. Command: Response Command – Rhythmic Command. Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part Whole methods.

UNIT- III : TOURNAMENTS

13 Hrs

Meaning-Types. Method of drawing fixtures for knock out/elimination - league/Round Robin. Combination Tournament : Knock out – cum – knock out, knock out – cum – league, league – cum – league, league – cum – knock out . Challenge Tournament. Intramural – Extramural.

UNIT – IV : METHODS OF TEACHING

13 Hrs

Methods of teaching with special reference to different kinds of physical activities: Calisthenics - Gymnastics- Minor games- Major games- Rhythmic activities. Organization and conduct of competition in sports and games : Individual sports- Group competition.

UNIT – V : SUPERVISION

11 Hrs

Supervision – Meaning and Need for supervision – Guiding principles of supervision: Qualities and qualification of a supervisor – supervisors relationship with the administrator and the physical education teacher. Techniques of Supervision: Visitation – Periodical – Surprise – Request- Social, Visitation.

Total Hrs : 60

REFERENCES:

1. Cosmin. H.Rosalind, C.& Jackson, C. (1960) Methods in Physical Education, London: W.B. Saunders Co.
2. Dheer, S., & Radhika Kamal (1991) Organization and Administration of Physical Education, New Delhi: Friends Publication.
3. Greyson Daughtrey. (1969). Methods in Physical Education and Health for Secondary Schools. London: W. B. Saunders Company.
4. Michael W. Metzler. (2000). Instructional Models for Physical Education. London: Allyn and Bacon. Sachdeva, M.S (1983)
5. Modern Approach to School Organization and Administration, Ludhina:Parkash Brothers Educational Publisher.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24009	Subject name: TESTS, MEASUREMENTS AND EVALUATION	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of construct a standardized test.	4	3	1	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Understand Need and Importance Tests ✓ To Apply knowledge of Measurement and Evaluation ✓ To Learn the Techniques of Evaluation ✓ To Evaluate Tests with Measurements and Evaluation ✓ To Remember the Importance of Measurements and Evaluation of Tests 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Understand Need and Importance Tests					
CO2	Apply knowledge of Measurement and Evaluation					
CO3	Learn the Techniques of Evaluation					
CO4	Evaluate Tests with Measurements and Evaluation					
CO5	Remember the Importance of Measurements and Evaluation of Tests					
Programme Specific Objectives (PSO) :						
PSO1	Students understand the meaning and importance of this science.					
PSO2	They use this knowledge for anthropometric, physical, physiological, psychological and game specific evaluation of sports persons.					
PSO3	To learn the criteria of test selection, classification of tests, rating scales and test administration					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	3	3	2	2	1	2	2	3	3	3	2
CO2	3	3	2	2	2	3	3	3	3	1	2	3	2	3
CO3	3	2	2	2	3	3	3	3	1	3	3	1	2	2
CO4	3	3	3	3	1	2	2	2	2	3	2	3	2	3
CO5	2	3	3	3	3	3	3	3	3	3	1	2	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	3	3
CO2	3	2	3
CO3	3	3	2
CO4	3	2	3
CO5	2	3	3

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24009	TEST, MEASUREMENTS AND EVALUATION	4	3	1	0	Ty

UNIT – I : INTRODUCTION TO TESTS, MEASUREMENT AND EVALUATION **10 Hrs**

Meaning of Test, Measurement and Evaluation – Need and Importance of Measurement and Evaluation in Physical Education – Principles of tests , measurements - Principles of Evaluation – Criteria for Test Selection.

UNIT – II : CONSTRUCTION AND ADMINISTRATION OF TEST **10 Hrs**

Classification of Test – Standardized and Teacher Made test – Objective and subjective Tests – Construction of Knowledge’s test and skill Test –Administration of Test – Duties during testing – Duties after Testing.

UNIT – III : MEASUREMENTS OF BODY COMPOSITIONS AND SOMATOTYPE ASSESSMENT **13 Hrs**

Concept and method of measurement - Body Mass Index (BMI), Body Fat, Lean Body Mass (LBM) - Concept and method of measurement Anthropometric - Weight, Standing Height, Upper Leg Length, Upper Arm Length, Muscle Girth - William Sheldon & Kretschmer’s Body Types .

UNIT – IV : SKILL AND HEALTH RELATED FITNESS TEST **13 Hrs**

Definition – Health Related fitness – Skill Related Physical fitness – JCR Test – AAPHER youth physical fitness Test – Harvard step test - cooper 12 Minute Run/ Walk Test- Tuttle Pulse Ratio Test.

UNIT – V : SPORTS SKILL TEST **14 Hrs**

Basketball – Johnson Basketball ability Test, Hockey - Friedel Field Hockey Test, Soccer – MC Donald Soccer Test, Volleyball – Russel Lange Volley Ball Test, Badminton – Miller Wall Volley Test, Tennis – Broer Miller Tennis test.

Total Hrs : 60

Book for Reference

1. Safrit Margarat J Measurement in Physical Education and Exercises science, St louis Times Morrormos by college publishing 1986.
2. Bosco James Measurement and Evaluation in Physical Education and sports
3. New Jersey Prentice Hall In 1983.
4. Barry L.Johnson, Jack K.Nelson and Measurements for Evaluation in physical education the surjeet Publications.
5. A.K.Gupta Tests & Measurements in physical Education sports publication New Delhi – 52
6. A Practical applied to measurement in Physical Education – HoroldM.Borro



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24L04	Subject name:	PRACTICAL – IV RHYTHMIC ACTIVITIES & MASS DRILLS (MARCHING, INDIAN CLUB, DUMBELL, WAND,AEROBIC)	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Particular Games		2	0	0	4	Lb

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ To Understand the basics of the specified activities
- ✓ To Gain knowledge on the specified activities with rules involved
- ✓ To Attain knowledge on the concepts of Playing the specific Games and the event
- ✓ To Acquire the knowledge of Rules involved in the specified activities
- ✓ To Understand the basic of officiating and coaching

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Understand the basics of the specified activities
CO2	Gain knowledge on the specified activities with rules involved
CO3	Attain knowledge on the concepts of Playing the specific Games and the event
CO4	Acquire the knowledge of Rules involved in the specified activities
CO5	Understand the basic of officiating and coaching

Programme Specific Objectives (PSO) :

PSO1	Learn the fundamental skills drills and rules of the game.
PSO2	Acquire Knowledge of strategy, lead up games, officiating and coaching skills.
PSO3	Develop conceptualizing, Coaching and Physical education and Sports content creation skills

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	2	3	3	1	1	3	3	2	3	3
CO2	3	3	3	3	3	3	3	3	3	3	1	2	2	1
CO3	3	3	3	2	2	2	3	3	1	2	3	3	1	3
CO4	2	2	2	3	3	3	1	1	3	2	3	2	3	1
CO5	3	2	3	3	2	2	3	1	2	2	1	2	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	3
CO2	3	3	2
CO3	3	3	2
CO4	3	3	3
CO5	2	3	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
								✦		



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L04	PRACTICAL – IV RHYTHMIC ACTIVITIES & MASS DRILLS (MARCHING, INDIAN CLUB, DUMB BELL, WAND, AEROBIC)	2	0	0	4	Lb

RHYTHMIC ACTIVITIES AND MASS EXERCISES

(MARCHING, INDIAN CLUB, DUMB BELL, WAND, AEROBIC, AND RHYTHMIC)

1. Mass Exercises-Two count, four count and eight count exercises with demonstration and explanation
2. Mass exercises (seating position) with whistle and drum bits
3. Exercises with verbal command, drum, whistle and music – Two count, four count, eight count
4. Standing Exercise, Jumping Exercise, Moving Exercise and Combination of all
5. Drill and Marching
6. Indian club exercise: Attention with Indian club, Stand– at – ease with Indian Club
7. Indian Club Exercise with verbal command, drum, whistle and music – Two count, Four count,
8. Eight count, Standing Exercise, Jumping Exercise, Moving Exercise and Combination of above all
9. Dumbbells, Attention with Dumbbells, Stand– at – ease with Dumbbells
10. Dumbbells Exercises with verbal command, drum, whistle and music – Two count, four count, eight count, Standing Exercise, Jumping Exercise, Moving Exercise and Combination of above all
11. Wand exercise, Attention with wand, Stand– at – ease with Wands
12. Exercises with verbal command, drum, whistle and music – Two count, four count, eight count Standing Exercise, Jumping Exercise, Moving Exercise and Combination of all
13. Organization of Mass demonstration exercise
14. Command, demonstration, explanation and rectification parts
15. Aerobics
16. Rhythmic
17. Floor Exercise: Stance Forward Roll, Backward Roll, Sideward Roll, cartwheel

Total no of Hrs: 60



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24L05	Subject name: PRACTICAL – V INTERNAL TEACHING PRACTICE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Particular Games	3	0	0	6	Lb

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ To Understand the basics of the specified activities
- ✓ To Gain knowledge on the specified activities with rules involved
- ✓ To Attain knowledge on the concepts of Playing the specific Games and the event
- ✓ To Acquire the knowledge of Rules involved in the specified activities
- ✓ To Understand the basic of officiating and coaching

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Understand the basics of the specified activities
CO2	Gain knowledge on the specified activities with rules involved
CO3	Attain knowledge on the concepts of Playing the specific Games and the event
CO4	Acquire the knowledge of Rules involved in the specified activities
CO5	Understand the basic of officiating and coaching
Programme Specific Objectives (PSO) :	
PSO1	Learn the fundamental skills drills and rules of the game.
PSO2	Acquire Knowledge of strategy, lead up games, officiating and coaching skills.
PSO3	Develop conceptualizing, Coaching and Physical education and Sports content creation skills

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	2	3	3	1	1	3	3	2	3	3
CO2	3	3	3	3	3	3	3	3	3	3	1	2	2	1
CO3	3	3	3	2	2	2	3	3	1	2	3	3	1	3
CO4	2	2	2	3	3	3	1	1	3	2	3	2	3	1
CO5	3	2	3	3	2	2	3	1	2	2	1	2	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	3
CO2	3	3	2
CO3	3	3	2
CO4	3	3	3
CO5	2	3	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
								+		



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Sub. Code:	Subject Name	C	L	T/S.Lr	P/R	Ty/Lb/ETL
HBPE24L05	INTERNAL TEACHING PRACTICE	3	0	0/0	6	IE

INTERNAL TEACHING PRACTICES

SPORTS SPECIALIZATION: COACHING LESSONS PLANS: Track and field / Gymnastics (One for Sports 5 lessons) (out of 10 lessons 5 internal and 5 external)

GAMES SPECIALIZATION: COACHING LESSONS: Kabaddi, Kho-kho, cricket, Football , Hockey, Volleyball, Handball, Basketball, Badminton, Table Tennis, Tennis, Targetball (One for Sports 5 lessons))(out of 10 lessons 5 internal and 5 external)

Knowledge and understanding

- Demonstrate knowledge about teaching and coaching within various sports practices
- Be acquainted with and demonstrate understanding of factors affecting individual and group performance

Skills and ability

- Apply different leadership/coaching methods depending on various demands on individuals and groups
- Transform theoretical knowledge into practice and use the theoretical content to analyse practice
- Perform and analyze different coaching skills through various leadership experiences

Values and attitudes

- Reflect on their own leadership style in relation to coaching methods in various sport practices
- Reflect on their own leadership style in relation to teaching and learning theories in various sport practices

Total no. of Hrs: 90



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Sub. Code: HBFL22IXX	Subject Name FOREIGN LANGUAGE	C	L	T/S.Lr	P/R	Ty/Lb/ETL
		1	0	0/0	2/0	IE

Foreign language is introduced in the curriculum to make the students globally employable. Students should select and register for any one of the foreign languages from the given list. At the end of the course students should be able to read, write and converse the language in the basic level. At the end of the semester the assessment will be done through internal examination by the examiner duly appointed by the head of the department

S.NO	COURSE CODE	COURSE NAME
1	EBFL22I01/HBFL22I01	FRENCH
2	EBFL22I02/ HBFL22I02	GERMAN
3	EBFL22I03/ HBFL22I03	JAPANESH
4	EBFL22I04/ HBFL22I04	ARABIC
5	EBFL22I05/ HBFL22I05	CHINESE
6	EBFL22I06/HBFL22I06	RUSSIAN
7	EBFL22I07/HBFL22I07	SPANISH



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

SEMESTER - V

Subject code: HBPE24010	Subject name:	EXERCISE PHYSIOLOGY	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Internal Organ Function		4	3	1	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab							
OBJECTIVES							
<ul style="list-style-type: none"> ✓ To Understand basic knowledge of Physiology of Human body ✓ To Implement the knowledge in the field of physical Education ✓ To knowledge of basic scientific facts and principles underlying normal body structure and function ✓ To Analyze the practical knowledge during the practical situation ✓ To Appraise the effects during the training and practical sessions 							
COURSE OUTCOMES (Cos) : students completing this course were able to							
CO1	Know the effect of exercise on skeletal system.						
CO2	Know the effect of exercise on cardiovascular system						
CO3	Know the effect of exercise on Respiratory system.						
CO4	Understand metabolism and energy transfer						
CO5	Understand the climatic conditions, sports performance & ergogenic aids						
Programme Specific Objectives (PSO) :							
PSO1	Implement the knowledge in the field of physical Education						
PSO2	knowledge of basic scientific facts and principles underlying normal body structure and function						
PSO3	Appraise the effects during the training and practical sessions						

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	3	2	3	2	1	2	3	3	2	2	1	3
CO2	2	3	3	2	3	2	2	2	1	2	2	3	2	3
CO3	3	3	3	2	1	3	2	3	2	2	3	1	2	2
CO4	2	3	3	2	2	3	2	1	2	3	1	2	2	2
CO5	3	2	3	3	2	2	3	3	1	2	2	3	3	3

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	2	3
CO2	2	3	3
CO3	3	3	3
CO4	2	2	3
CO5	3	2	3

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24010	EXERCISE PHYSIOLOGY	4	3	1	0	Ty

Unit I

10 Hrs

Meaning And Definition of Exercise – Concepts of Exercise Physiology – Nature and Scope of Exercise Physiology – Need and Importance of Exercise Physiology – Exercise, Body Composition and Weight Control, Means of Fitness Development (Aerobic and Anaerobic Exercises).

Unit II

13 Hrs

Effect of Exercise on the various systems of the body with special emphasis on the – circulatory - respiratory - digestive - muscular - endocrine and nervous system - excretory system. Muscle contraction and exercise - Properties and composition of voluntary muscles. Minute structure of voluntary muscle. Changes in muscle contraction

Unit III

13 Hrs

Nerve control of muscular activity, control of motor and sensory activity by cerebrum and cerebellum, muscle spindle, golgi tendon organs, reflex arc and action. Conditions affecting muscular contraction.

Unit - IV

13 Hrs

Metabolism – Anabolism and catabolism - Source of Energy - Carbohydrates, proteins and fats, Anaerobic - and Aerobic Glycolysis, Metabolism of protein and fat. - Energy requirements for sports - optional utilization of energy for different activities. Aerobic and Anaerobic Metabolism, endocrine system.

Unit- V

11 Hrs

Exercise and temperature regulation in Hot and Cold climate – Exercise and Altitude – Sex differences on exercise – aging and exercise – Physical Conditioning. Factors influencing Sports performance - Warming up - Conditioning - Training - Relation between performance and Exercise

Reference Books:

- 1.Guyton, AC. Functions of the Human Body, London W.B. Saunders Company, Latest Ed.
- 2.Srivastara etc. Text Book of Practical Book of Physiology Calcutta scientific Book Agency.
- 3.More house and Miller. Physiology of exercise, St. Louis, CV. Mosby Company Latest Ed.
- 4.Karporich and sinning. Physiology of muscular Activity, London W.B. Saunders Company 1955.
- 5.Shaver. L. Essentials of Exercise physiology.

Total Hrs : 60



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24011	Subject name: INTRODUCTION TO TRAINING METHODS	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of sports training	4	3	1	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Understand training as performance based science ✓ To Explain different means and methods of various training ✓ To Prepare training schedule for various sports and games ✓ To Appraise types of periodization for performance development ✓ To Create various training facilities and plans for novice to advance performers 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Understand training as performance based science					
CO2	Explain different means and methods of various training					
CO3	Prepare training schedule for various sports and games					
CO4	Appraise types of periodization for performance development					
CO5	Create various training facilities and plans for novice to advance performers					
Programme Specific Objectives (PSO) :						
PSO1	The branch of science namely Sports Training imparts scientific knowledge about training of sports persons.					
PSO2	The general and specific fitness is the outcome of sports training.					
PSO3	Students also find this science to be very useful to prepare short, medium and long term training plans.					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	2	3	3	2	1	2	3	2	2	3
CO2	3	3	3	3	2	2	1	2	3	3	2	1	2	3
CO3	3	2	2	3	2	2	3	3	1	2	3	3	2	2
CO4	2	3	3	3	1	2	2	3	3	3	2	2	3	3
CO5	3	2	3	3	2	2	1	3	3	2	3	2	2	3

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	3	3
CO2	3	3	3
CO3	3	2	2
CO4	2	3	3
CO5	3	2	3

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24011	INTRODUCTION TO TRAINING METHODS	4	3	1	0	Ty

UNIT - I : INTRODUCTION TO SPORTS TRAINING & COACHING 11 Hrs

a) Meaning, definitions, aim and objectives of Sports Training and Coaching. b) Characteristics of Sports Training. c) Principles of Sports Training and Coaching 2. a) Qualities and qualifications of a successful coach. b) Nature and scope of coaching profession

UNIT - II : TRAINING LOAD 11 Hrs

Importance features of training load, (Intensity, density, duration and frequency), principles of Training load, relationship between the load and adaptation, conditions of adaptation.

UNIT - III : DEVELOPMENT OF IMPORTANT MOTOR COMPONENTS 13 Hrs

Strength - forms of strength, characteristics of strength, strength training means and methods - Endurance - forms of endurance, characteristics of endurance, endurance training means and methods - Speed - forms of speed, characteristics of speed, speed training means and methods - Flexibility - Forms of flexibility characteristics of flexibility, basis of flexibility methods of development of flexibility - Agility - forms of agility, characteristics of agility methods of development of agility - Co-ordination - Motor development and its implications in relation to sex and age groups.

UNIT - IV : TECHNICAL AND TACTICAL PREPARATION 12 Hrs

Fundamental and methods for the development of technique in sports - Stages technical development - Causes and correction of faults - Tactical concepts, methods of tactical development.

UNIT - V: TRAINING PLANS 13 Hrs

Long term and short term plans - Periodization (single and multiple) cyclic process of training - Main and build-up competitions, competition frequency, preparation for competition.

Total Hrs : 60

Reference Books:

1. Ballon B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. Buck's Rules Book.
3. WeinHarat "The Science of Hockey" London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Tyson Frank "The Cricket Coaching Manual", Calcutta, Rupa& Co, 1985.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBCC22002	Subject name: ENTREPRENURSHIP DEVELOPMENT	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of entrepreneurial development	3	3	0	0	Ty

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ To enrich the students towards the knowledge of entrepreneurial skills and to make the students understand the approaches to attain the goals of the business.
- ✓ To recognize the value of problem solving, effective business management and entrepreneurial thinking to business development.
- ✓ To identify the key factors and be able to apply the key entrepreneurial process – command and control, calculated risk-taking and opportunity recognition to business development.

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Provide information related to entrepreneurship
CO2	Make students state the importance of entrepreneurial development
CO3	State the importance of business idea generations
CO4	Gain knowledge on various EDP organized by Government Sectors
CO5	Provide them the nature of economic development and entrepreneurial growth.

Programme Specific Objectives (PSO) :

PSO1	Provide information related to entrepreneurship
PSO2	Make students state the importance of entrepreneurial development
PSO3	State the importance of business idea generations

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	3	2	3	3	3	2	-	-	2	2
CO2	3	3	3	3	2	3	3	3	3	3	2	-	-	3
CO3	3	2	2	3	3	3	3	2	3	3	3	2	2	3
CO4	3	3	3	3	2	3	3	2	2	2	2	1	3	3
CO5	3	3	3	3	3	3	2	2	2	3	1	2	2	3

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	3	3
CO2	3	3	3
CO3	3	2	2
CO4	3	3	3
CO5	3	3	3

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
	✦									



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBCC22002	ENTREPRENURSHIP DEVELOPMENT	3	3	0	0	Ty

UNIT - I: CONCEPT OF ENTREPRENEURSHIP

9 Hrs

Entrepreneurship - Meaning - Types - Qualities of an Entrepreneur - Classification of Entrepreneurs – Factors influencing Entrepreneurship-Functions of Entrepreneurs.

UNIT - II: ENTREPRENEURIAL DEVELOPMENT AGENCIES.

9 Hrs

Commercial Banks-District Industries Centre-National Small Industries Corporation Small Industries Development Organisation - Small Industries Service Institute. All India Financial Institutions. SIPCOT and its objectives. MSME Sector and its coverage Objectives of Ministry of MSME. Role and Functions of MICRO Small and Medium Enterprises - Development Organisation (MSME - DO) -Objectives of SIDCO - Functions of Tamil Nadu SIDCO - IRBI and its Role. NABARD and its role in the Rural Development of India-Introduction to Micro Units Development Refinance Agency(MUDRA)

UNIT - III: PROJECT MANAGEMENT

9 Hrs

Business idea generation techniques - Identification of Business opportunities – Feasibility study - Marketing, Finance, Technology & Legal Formalities -Preparation of Project Report-Tools of Appraisal.

UNIT - IV : ENTREPRENEURIAL DEVELOPMENT PROGRAMMES

9 Hrs

Entrepreneurial Development Programmes (EDP) - Role, relevance and achievements – Role of Government in organizing EDPs-Critical evaluation.

UNIT - V : ECONOMIC DEVELOPMENT AND ENTREPRENEURIAL GROWTH

9 Hrs

Role of Entrepreneur in Economic growth - Strategic approaches in the changing Economic scenario for small scale Entrepreneurs - Networking, Niche play, Geographic Concentration, Franchising / Dealership - Development of Women Entrepreneurship. Self-help groups and empowerment of Women in India – Financing SHG and their role in Micro-financing. Financial inclusion and its penetration in India, Challenges and Government role in Financial inclusion – Pradhan Mantri Jan-Dhan Yojana-Six Pillars of Its Mission objectives

Total Hrs : 45

Books for Study :

1. Saravanavel, P. Entrepreneurial Development, Principles, Policies and Programmes, EssPee Kay Publishing House-1997, Chennai.
2. Tulsian, P.C & Vishal Pandey, Business Organization and Management, Pearson Education India, 2002, Delhi.

Books for Reference :

1. Janakiram, B, and Rizwana, M, Entrepreneurship Development, Text and Cases, ExcelBooks India, 2011, Delhi.
2. Arun Mittal & Gupta, S.L - Entrepreneurship Development, International Book House Pvt. Ltd, 2011, Mumbai.
3. Anil Kumar, S, Poornima, S, Abraham, K, Jayashree, K - Entrepreneurship Development, Newage International (P) Ltd, 2012, Delhi
4. Gupta C B and Srinivasan NP, Entrepreneurial Development, Sul



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24L06	Subject name:	PRACTICAL – VI INTERNSHIP EXTERNAL TEACHING PRACTICE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Particular Games		4	0	0	8	Lb

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ To Understand the basics of the specified activities
- ✓ To Gain knowledge on the specified activities with rules involved
- ✓ To Attain knowledge on the concepts of Playing the specific Games and the event
- ✓ To Acquire the knowledge of Rules involved in the specified activities
- ✓ To Understand the basic of officiating and coaching

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Understand the basics of the specified activities
CO2	Gain knowledge on the specified activities with rules involved
CO3	Attain knowledge on the concepts of Playing the specific Games and the event
CO4	Acquire the knowledge of Rules involved in the specified activities
CO5	Understand the basic of officiating and coaching

Programme Specific Objectives (PSO) :

PSO1	Learn the fundamental skills drills and rules of the game.
PSO2	Acquire Knowledge of strategy, lead up games, officiating and coaching skills.
PSO3	Develop conceptualizing, Coaching and Physical education and Sports content creation skills

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	2	3	3	1	1	3	3	2	3	3
CO2	3	3	3	3	3	3	3	3	3	3	1	2	2	1
CO3	3	3	3	2	2	2	3	3	1	2	3	3	1	3
CO4	2	2	2	3	3	3	1	1	3	2	3	2	3	1
CO5	3	2	3	3	2	2	3	1	2	2	1	2	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	3
CO2	3	3	2
CO3	3	3	2
CO4	3	3	3
CO5	2	3	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
								✦		



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L06	PRACTICAL – VI INTERNSHIP EXTERNAL TEACHING PRACTICE	4	0	0	8	Lb

INTERNSHIP AND MINI PROJECT

The Internship of 15 Working days shall be put in by student-teachers in designated schools and involve activities like school visit, classroom observation, individual and group assignments Spreading over the Semester.

Education is a scientific discipline where knowledge is created about the processes through which the human being is formed and about the changes in social, cultural and historical circumstances in which these processes are embedded. The pedagogical field deals with, for example, different aspects of upbringing, education, learning, teaching and other processes. In sport pedagogy these processes are studied within a sport framework. Questions, for example, can be raised regarding how and why certain values, knowledge and skill arise, how and why they are maintained, and how they vary within and between generations, groups and individuals.

During the internship and coaching pedagogy practice programme, the teaching- and coaching process are problematized within sports. Theoretical knowledge about different leadership styles, coaching philosophies and other factors affecting individual and group performances will be taken into practice and analyzed within the sports practice.

After the completion of the Internship Programme the Trainees will be acquainted with:

Knowledge and understanding

- Demonstrate knowledge about teaching and coaching within various sports practices
- Be acquainted with and demonstrate understanding of factors affecting individual and group performance

Skills and ability

- Apply different leadership/coaching methods depending on various demands on individuals and groups
- Transform theoretical knowledge into practice and use the theoretical content to analyse practice
- Perform and analyze different coaching skills through various leadership experiences

Values and attitudes

- Reflect on their own leadership style in relation to coaching methods in various sport practices
- Reflect on their own leadership style in relation to teaching and learning theories in various sport practices

The Internship would be examined through the following ways:

- Individual coaching philosophy assignments given to them and group reflections (In field / web seminar) about coaching philosophy.
- Individual feedback and communication assignment (written assignment, In field work and web seminar).
- Individual applied coaching assignment (written assignment based on practical assignments)



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

ASSESSMENT CRITERIA FOR INTERNSHIP SUPERVISOR:

S.I.NO	PLEASE EVALUATE THIS STUDENT INTERN ON THE FOLLOWING ITEMS
1	Arrived to work on-time (Punctuality, sincerity, dedication and devotion towards work)
2	Behaved in a professional manner
3	Effectively performed Assignments given by PE teacher concerned School.
4	Theory lesson: Observation of their subject knowledge and Communication skill(Physical education and Sports related topic)
5	Teaching lesson Ability of sport skills (5 lesson)
6	Coaching lesson Ability (5 lesson)
7	Fitness and exercise class taken Ability
8	Officiating ability
9	Observation of records and register of the PE department and report writing on records and registers
10	Observation and report writing on Maintenance of Equipment and Play fields
ASSESSMENT CRITERIA FOR INTERNAL EXAMINER:	
11	Internship Report
12	Internship Record book and Viva-Voce

Total no. of Hrs: 120



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24L07	Subject name:	PRACTICAL – VII YOGA AND SPORTS VENUE MANAGEMENT	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Particular Games		1	0	0	2	Lb
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab							
OBJECTIVES							
<ul style="list-style-type: none"> ✓ To Understand the basics of the specified activities ✓ To Gain knowledge on the specified activities with rules involved ✓ To Attain knowledge on the concepts of Playing the specific Games and the event ✓ To Acquire the knowledge of Rules involved in the specified activities ✓ To Understand the basic of officiating and coaching 							
COURSE OUTCOMES (Cos) : students completing this course were able to							
CO1	Understand the basics of the specified activities						
CO2	Gain knowledge on the specified activities with rules involved						
CO3	Attain knowledge on the concepts of Playing the specific Games and the event						
CO4	Acquire the knowledge of Rules involved in the specified activities						
CO5	Understand the basic of officiating and coaching						
Programme Specific Objectives (PSO) :							
PSO1	Learn the fundamental skills drills and rules of the game.						
PSO2	Acquire Knowledge of strategy, lead up games, officiating and coaching skills.						
PSO3	Develop conceptualizing, Coaching and Physical education and Sports content creation skills						

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	2	3	3	1	1	3	3	2	3	3
CO2	3	3	3	3	3	3	3	3	3	3	1	2	2	1
CO3	3	3	3	2	2	2	3	3	1	2	3	3	1	3
CO4	2	2	2	3	3	3	1	1	3	2	3	2	3	1
CO5	3	2	3	3	2	2	3	1	2	2	1	2	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	3
CO2	3	3	2
CO3	3	3	2
CO4	3	3	3
CO5	2	3	2

3/2/1 – INDICATES STRENGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
								✦		



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L07	PRACTICAL – VII YOGA AND SPORTS VENUE MANAGEMENT	1	0	0	2	Lb

YOGA

1. Asanas - Standing, Sitting, Laying
2. Mudras and Bandhs
3. Pranayama and Dhayana
4. Pranayama- Balancing, Heating, Cooling
5. Dhyana for Beginners
6. Dhyana for Intermediate

SPORTS VENUE MANAGEMENT

1. Field visit
2. Observation of various indoor and outdoor stadiums
3. Understand their management system
4. Report writing and Assignment on venue management system
5. Data collection about maintenance budget of stadium
6. Data analysis of budget and maintenance cost
7. Visiting event management company and observe their job responsibility
8. Application of latest sports technologies

Total no of Hrs : 30



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code:	Subject Name	C	L	T/S.Lr	P/R	Ty/Lb/ ETL
HBCC22I07	NCC / NSS / INTERNSHIP	1	0	0/0	2/0	IE

INTERNSHIP

Students are supposed to undergo internship in related **Sports Activities, NCC and NSS** Activities for a minimum period of 15 days cumulatively during the semester. They have to prepare a report on the Internship with a certificate in proof from competent authority in the industry. At the end of the semester Viva-Voce examination will be conducted by the Examiners duly appointed by the Head of the department and the students will be evaluated.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

SEMESTER – VI

Subject code: HBPE24012	Subject name: THEORIES OF OFFICIATING AND COACHING – IV (ALL TRACK AND FIELD EVENTS)	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Track and Fields	4	3	1	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Understand the basics of the specified activities ✓ To Gain knowledge on the specified activities with rules involved ✓ To Attain knowledge on the concepts of Playing the specific Games and the event ✓ To Acquire the knowledge of Rules involved in the specified activities ✓ To Understand the basic of officiating and coaching 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Understand the basics of the specified activities					
CO2	Gain knowledge on the specified activities with rules involved					
CO3	Attain knowledge on the concepts of Playing the specific Games and the event					
CO4	Acquire the knowledge of Rules involved in the specified activities					
CO5	Understand the basic of officiating and coaching					
Programme Specific Objectives (PSO) :						
PSO1	Develop the knowledge on the specified activities with rules involved					
PSO2	Attain the concepts of Playing the specific Games and the event					
PSO3	Understand the basic of officiating and coaching					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	2	2	3	3	3	3	1	2	3	3	2	2	2
CO2	3	3	3	2	2	2	3	2	1	2	3	2	2	3
CO3	3	3	3	2	1	2	3	2	3	1	3	2	3	2
CO4	2	2	2	3	3	2	1	2	3	2	3	2	3	2
CO5	3	3	2	3	3	3	3	2	2	1	2	3	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	2
CO2	3	3	3
CO3	3	3	3
CO4	2	2	2
CO5	3	3	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24012	THEORIES OF OFFICIATING AND COACHING - IV (ALL TRACK & FIELD EVENTS)	4	3	1	0	Ty

UNIT – I : HISTORY

10 Hrs

Origin, History and development of Track Events, Field Events, and Combined Events – International, National and State level Organizations and Trophies for Track and Field Events.

UNIT – II : FUNDAMENTAL SKILLS

15 Hrs

Fundamental skill in Track Events, Field Events, Steeple chase and Combined Events - Lead up games for Track Events, Field Events, Steeple chase and Combined Events - How to Select Athletics for Track Events, Field Events, Steeple chase and Combined Events - Rules and their Interpretation, How to break the tie in Track Events, Field Event, and Combined Events - General Rules of Track Events, Field Events, Steeple chase and Combined Events.

UNIT – III : MARKING OF TRACK AND FIELD EVENTS

15 Hrs

Track events - 400 mts Standard track marking, 200 mts Non standard track marking, 100 mts, 200 mts, 400 mts, 800 mts, 1500 mts, 110 mts Hurdles, 100 mts Hurdles, Relay Zone Exchange, 4X100 mts, 4X400 mts and Steeple chase Marking with all measurements- Facilities and equipment and its specifications.

Field events - Throwing Events- Discus Throw, Javelin, Hemmer throw and shot-put, Field Marking / Sector Marking – Jumping events - High Jump, Long Jump, Triple Jump and Pole vault Ground Marking/Run way – Jumping Events and Throwing Events – Facilities and Equipments and its Specifications.

UNIT – IV : INTRODUCTION OF COACHING & COACH AS A MENTOR

10 Hrs

Concepts of Conditioning and Warming up - Concepts of Officiating and Coaching - Philosophy of Coaching - Relation of Coach with Management - Measures of Improving the Standards of and Coaching - Responsibilities of a Coach On and Off the Field - Psychology of Competition and Coaching- Qualities and Qualification of Coach.

UNIT – V : ROLE AND QUALITIES, QUALIFICATIONS OF OFFICIATING

10 Hrs

Measures of Improving the Standards of Officiating - Importance and Principles of Officiating- Duties of Official in General, Pre, During and Post Game - Philosophy of Officiating - Methods of Officiating – Position, Singles and Movement etc. - Ethics of Officiating - Relation of Official with Management - Qualities and Qualification of Official.

Total Hrs : 60

References:

1. Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice Hall. Bunn,
2. J. W. (1972). Scientific principles of coaching. Englewood cliffs N. J. Prentice Hall. Dyson,
3. G. H. (1963). The mechanics of athletics. London: University of London Press Ltd. Dyson,
4. G. H. (1963). The mechanics of Athletics. London: University of London Press Ltd. Lawther,
5. J.D. (1965). Psychology of coaching. New York: Pre. Hall.
6. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Graw Hill.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBCC22ET1	Subject name:	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	UNIVERSAL HUMAN VALUES					
	Prerequisite : Basic Knowledge of Yoga	3	2	0	2	ETP
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ Describe meaning, purpose, and relevance of universal human values. ✓ Understand the importance of values in individual, social, career, and national life. ✓ Learn from lives of great and successful people who followed and practiced human values and achieved self-actualization. ✓ Understand and practice professional ethics with the goal for the universal wellness 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Become conscious practitioners of values					
CO2	Realize their potential as human beings and conduct themselves properly in the ways of the world.					
CO3	Develop integral life skills with values					
CO4	Inculcate and practice them consciously to be good human beings.					
CO5	Practice professional ethics with the goal for the universal wellness					
Programme Specific Objectives (PSO) :						
PSO1	Become conscious practitioners of values					
PSO2	Inculcate and practice them consciously to be good human beings.					
PSO3	Practice professional ethics with the goal for the universal wellness					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	1	1	1	1	1	1	3	1	1	1	1	1	1
CO2	2	2	1	1	1	1	1	3	1	1	1	1	2	2
CO3	2	2	1	1	1	1	1	3	1	1	1	1	2	2
CO4	2	1	1	1	1	1	1	3	1	1	1	1	1	1
CO5	2	1	1	1	1	1	1	3	1	1	1	1	1	1

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	1	1	1
CO2	1	1	1
CO3	1	1	1
CO4	1	1	1
CO5	1	1	1

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
	✦									



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBCC22ET1	UNIVERSAL HUMAN VALUES	3	2	0	2	Ty

UNIT – I : LOVE AND COMPASSION

9 Hrs

Love and Compassion: Love and its forms: love for self, parents, family, friend, spouse, community, nation, humanity, nature and other beings—living and non-living. Love and compassion and inter-relatedness, Individuals who are remembered in history for love and compassion and what will learners gain if they practice love and compassion Related activities: Sharing learner’s individual and/or group experience(s), community outreach program to manifest love and compassion toward people and nature, Simulated Situations, Case studies

UNIT – II : TRUTH AND RIGHTEOUSNESS

9 Hrs

Truth and Righteousness: Universal truth, truth as value (artha), truth as fact (satya), veracity, sincerity, honesty among others. Understanding righteousness, Righteousness and dharma, righteousness and propriety, Individuals who are remembered in history for practicing truth and righteousness and what will learners gain if they practice Truth and Righteousness Sharing learner’s individual and/or group experience(s), exercises on ease with truth can be recalled consistently, Simulated Situations, Case studies

UNIT – III : NON-VIOLENCE AND PEACE

9 Hrs

Non-Violence and Peace: pre-requisites for non-violence- Love, compassion, empathy, and sympathy, Ahimsa as non-violence and non-killing, the impact of practicing non-violence-Peace, harmony and balance, Individuals and organizations that are known for their commitment to non- violence and peace, and what will learners gain if they practice non-violence and work towards peace
Sharing learner’s individual and/or group experience(s), Simulated Situations, Case studies

UNIT – IV : RENUNCIATION (SACRIFICE) TYAGA

9 Hrs

Renunciation (Sacrifice) Tyaga: Renunciation and sacrifice, developing a balance between enjoyment and sacrifice, Bhoga(enjoyment) with tyagabhava and tyaga (Sacrifice) with bhogabhava is the root of all human and literary values, enjoying life and freedom with responsibility and What will learners learn/gain if they practice renunciation and sacrifice Social outreach programs for sharing and caring experience, expressing gratitude, Sharing learner’s individual and/or group experience(s), Simulated Situations , Case studies

UNIT – V : PROFESSIONAL ETHICS

9 Hrs

Professional Ethics: Understanding Acceptance of human values and Ethical Human Conduct, Basis for Humanistic Education, Humanistic Constitution and Humanistic Universal Order, Developing Competence in professional ethics and practicing it, to utilize the professional competence for augmenting universal human order and create people friendly eco-friendly identify the scope and characteristics of people friendly and eco-friendly systems for the wellness of the universe as a whole. Exercises to propagate people friendly eco-friendly activities both creative and functional, Brain storming, Sharing learner’s individual and/or group experience(s), Simulated Situations, Case studies.

Total Hrs : 45

References and Suggested Readings:

1. Human Values and Professional Ethics by R R Gaur, R Sangal, G P Bagaria, Excel Books,New Delhi, 2010
2. The Story of My Experiments with Truth - by Mohandas Karamchand Gandhi
3. Basham, A.L. 1954. The Wonder That Was India. London: Picador Press.
4. Basu, D.D. 2015. Workbook on the Constitution of India, Paperback Edition. Nagpur: Lexisnexis.
5. Ghosh, Sri Aurobindo. 1998. The Foundations of Indian Culture. Pondicherry: Sri Aurobindo Ashram.
6. Joshi, Kireet. 1997. Education for Character Development. Delhi: Dharam Hinduja Centre of Indic Studies.
7. Milton, Rokeach. 1973. The Nature of Human Values. New York: The Free Press.
8. Mookerji, Radha K. 1989. Ancient Indian Education. Delhi: Motilal Banarasidass
9. Saraswati, Swami Satyananda .2008. Asana Pranayama Mudra Bandha. Munger, India: Bihar School of Yoga.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24L08	Subject name: PRACTICAL – VIII PROJECT WORK SPECIALIZATION GAME AND ALL TRACK AND FIELD EVENTS	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Particular Games	9	0	0	18	Lb

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ To Understand the basics of the specified activities
- ✓ To Gain knowledge on the specified activities with rules involved
- ✓ To Attain knowledge on the concepts of Playing the specific Games and the event
- ✓ To Acquire the knowledge of Rules involved in the specified activities
- ✓ To Understand the basic of officiating and coaching

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Understand the basics of the specified activities
CO2	Gain knowledge on the specified activities with rules involved
CO3	Attain knowledge on the concepts of Playing the specific Games and the event
CO4	Acquire the knowledge of Rules involved in the specified activities
CO5	Understand the basic of officiating and coaching

Programme Specific Objectives (PSO) :

PSO1	Learn the fundamental skills drills and rules of the game.
PSO2	Acquire Knowledge of strategy, lead up games, officiating and coaching skills.
PSO3	Develop conceptualizing, Coaching and Physical education and Sports content creation skills

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	2	3	3	1	1	3	3	2	3	3
CO2	3	3	3	3	3	3	3	3	3	3	1	2	2	1
CO3	3	3	3	2	2	2	3	3	1	2	3	3	1	3
CO4	2	2	2	3	3	3	1	1	3	2	3	2	3	1
CO5	3	2	3	3	2	2	3	1	2	2	1	2	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	3
CO2	3	3	2
CO3	3	3	2
CO4	3	3	3
CO5	2	3	2

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
								✦		



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L08	PRACTICAL – VIII PROJECT WORK SPECIALIZATION GAME AND ALL TRACK AND FIELD EVENTS	9	0	0	18	Lb

- 1) History and Development of the Specialization Game at International and National level.
- 2) Dimensions and marking of Specialization Game .
- 3) Basic requirements of the Specialization Game .
- 4) Fundamental skills of the Specialization Game .
- 5) Skill tests, scoring and arrangement of the skill tests.
- 6) National and international organizations / federations of the Specialization Game .
- 7) Rules of the Specialization Game with their interpretations.
- 8) Team selection and coaching in that Specialization Game .
- 9) Officiating & Referee / Umpire /scorer /curatorship for self-employment.
- 10) New Techniques & Digital Equipments.
- 11) History and Development of the Track and Field Events at International and National level.
- 12) Dimensions and marking of Track and Field Events.
- 13) Basic requirements of the Track and Field Events.
- 14) Fundamental skills of the Track and Field Events.
- 15) Skill tests, scoring and arrangement of the skill tests.
- 16) National and international organizations / federations of the Track and Field Events.
- 17) Rules of the Track and Field Events with their interpretations.
- 18) Team selection and coaching in that Track and Field Events.
- 19) Officiating & Referee / Umpire /scorer /curatorship for self-employment.
- 20) New Techniques & Digital Equipments All Track and Field Events.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

SEMESTER- VII

Subject code: HBCC22003	Subject name:	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	RESEARCH METHODOLOGY					
	Prerequisite : Basic Knowledge of	3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ Design and formulation of research problem. ✓ Analyze research related information and statistical methods in research. ✓ Carry out research problem individually in a perfect scientific method ✓ Understand the filing patent applications processes, Patent search, and various tools of IPR, Copyright, and Trademarks 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Design and Formulation of research problem.					
CO2	Analyze research related information and statistical methods in research.					
CO3	Carry out research problem individually in a perfect scientific method					
CO4	Understand Patent Filing application Process.					
CO5	Patent Search and various tools used.					
Programme Specific Objectives (PSO) :						
PSO1	Learn the meaning of interpretation, techniques of interpretation, precautions is to be taken in interpretation for research process,					
PSO2	Application of statistical methods in research					
PSO3	Learn intellectual property rights and its constituents.					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	3	3	2	2	3	3	3	3	3	2	2	3
CO2	3	2	1	3	3	1	1	1	1	1	1	2	1	1
CO3	3	3	2	1	2	2	3	3	3	1	2	2	2	3
CO4	3	3	2	2	1	2	2	2	2	2	-	2	2	2
CO5	3	3	3	3	3	2	3	3	3	2	1	2	2	3

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	3	3
CO2	3	2	1
CO3	3	3	2
CO4	3	3	2
CO5	3	3	3

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
			✦							



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBCC22003	RESEARCH METHODOLOGY	3	3	0	0	Ty

UNIT - 1

9 Hrs

Introduction to research, Definitions and characteristics of research, Types of Research, Research Process, Problem definition, Objectives of Research, Research Questions, Research design, Quantitative vs. Qualitative Approach, Building and Validating Theoretical Models, Exploratory vs. Confirmatory Research, Experimental vs. Theoretical Research, Importance of reasoning in research.

UNIT - 2

9 Hrs

Problem Formulation, Understanding Modeling & Simulation, Literature Review, Referencing, Information Sources, Information Retrieval, Indexing and abstracting services, Citation indexes, Development of Hypothesis, Measurement Systems Analysis, Error Propagation, Validity of experiments, Statistical Design of Experiments, Data/Variable Types & Classification, Data collection, Numerical and Graphical Data Analysis: Sampling, Observation, Interpretation of Results.

UNIT - 3

9 Hrs

Statistics: Probability & Sampling distribution, Estimation, Measures of central Tendency, Arithmetic mean, Median, Mode, Standard deviation, Co efficient of variation (Discrete series and continuous series), Hypothesis testing & application, Correlation & regression analysis, Orthogonal array, ANOVA, Standard error, Concept of point and interval estimation, Level of significance, Degree of freedom, Analysis of variance, One way and two way classified data, 'F' test.

UNIT - 4

9 Hrs

Preparation of Dissertation and Research Papers, Tables and illustrations, Guidelines for writing the abstract, introduction, methodology, results and discussion, conclusion sections of a manuscript. References, Citation and listing system of documents.

UNIT - 5

9 Hrs

Intellectual property rights (IPR) patents copyrights Trademarks Industrial design geographical indication. Ethics of Research Scientific Misconduct Forms of Scientific Misconduct. Plagiarism, Unscientific practices in thesis work, Ethics in science.

Total Hrs : 45

Text Book:

1. K. S. Bordens, and B. B. Abbott, , "Research Design and Methods – A Process Approach", 8th Edition, McGraw Hill, 2011.
2. C. R. Kothari, "Research Methodology – Methods and Techniques", 2nd Edition, New Age International Publishers



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24013	Subject name: STRESS MANAGEMENT THROUGH YOGA	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Yoga	4	3	1	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Understand the Basic Concepts of Yoga ✓ To Gain knowledge on Ashtanga yoga ✓ To Acquire knowledge of Techniques and Practice of Yogasanas ✓ To Understand stress and the causes ✓ To Attain the knowledge about stress busting through yoga 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Understand the Basic Concepts of Yoga					
CO2	Gain knowledge on Ashtanga yoga					
CO3	Acquire knowledge of Techniques and Practice of Yogasanas					
CO4	Understand stress and the causes					
CO5	Attain the knowledge about stress busting through yoga					
Programme Specific Objectives (PSO) :						
PSO1	Understand the Basic Concepts of Yoga					
PSO2	Acquire knowledge of Techniques and Practice of Yogasanas					
PSO3	Attain the knowledge about stress busting through yoga					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	2	3	3	2	3	3	1	2	3	3	2	2	1
CO2	3	2	2	3	2	1	2	3	2	3	2	3	2	2
CO3	2	2	2	3	3	1	2	2	3	3	2	1	2	3
CO4	3	3	3	2	2	1	2	3	2	1	1	3	2	1
CO5	2	3	3	2	1	2	3	2	1	2	3	3	2	3

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	3
CO2	3	2	2
CO3	2	2	2
CO4	3	3	3
CO5	2	3	3

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24013	STRESS MANAGEMENT THROUGH YOGA	4	3	1	0	Ty

UNIT-I

10 Hrs

What is stress - Symptoms of stress - Why is stress helpful - Why is stress harmful - Stress versus burnout - Main types of stress - Know your stressors - Tips to Manage Stress

UNIT - II

13 Hrs

Strength, Weaknesses, Opportunities and Threats (SWOT) Analysis, Who am I, Attributes, Importance of Self Confidence, Self Esteem. Emotional Intelligence What is Emotional Intelligence, emotional quotient why Emotional Intelligence matters, Emotion Scales. Managing Emotions.

UNIT - III

14 hrs

What is Yoga – Definition and Its Branches - Hatha Yoga – Kundalini Yoga – Tantra Yoga – Kriya Yoga – Introduction To Ashtanga Yoga

UNIT - IV

12 Hrs

Mechanism of Stress related diseases: Psychic, Psychosomatic, Somatic and Organic phase. Role of Meditation & Pranayama on stress – physiological aspect of Meditation. Constant stress & strain, anxiety, conflicts resulting in fatigue among Executive. Contribution of Yoga to solve the stress related problems of Executive.

UNIT - V

11 Hrs

Meaning and definition of Health – various dimensions of health (Physical, Mental, Social and Spiritual) – Yoga and health – Yoga as therapy. Physical fitness. Stress control exercise – Sitting meditation, Walking meditation, Progressive muscular relaxation, Gentle stretches and Massage

Total Hrs : 60

Reference

1. Andrews, Linda Wasmer., (2005). Stress Control for peace of Mind. London: GreenwichEditions
2. Lalvani, Vimla., (1998). Yoga for stress. London: Hamlyn
3. Nagendra, H.R., and Nagarathana, R., (2004). Yoga perspective in stress management. Bangalore: Swami Vivekananda Yoga Prakashana.
4. Nagendra, H.R., and Nagarathana, R., (2004). Yoga practices for anxiety & depression. Bangalore: Swami Sukhabodhanandha Yoga Prakashana.
5. Sukhabodhanandha, Swami., (2002). Stress Management. Bangalore: Prasanna trust.
6. Udupa, K.N., (1996). Stress management by Yoga. NewDelhi: Motilal BanaridassPublishers Private Limited.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24014	Subject name: SPORTS JOURNALISM AND MASS MEDIA IN PHYSICAL EDUCATION	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Journalism and Media	4	3	1	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To impart the skills in the journalism and media. ✓ To provide the education of journalism to enable the learners to become sports journalists ✓ To acquire the knowledge of mass media. ✓ To provide the procedure of report writing in sports. ✓ To enable the methods and procedures to be adopted in the sports field. 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Impart the skills in the journalism and media.					
CO2	Provide the education of journalism to enable the learners to become sports journalists					
CO3	Acquire the knowledge of mass media.					
CO4	Provide the procedure of report writing in sports.					
CO5	Enable the methods and procedures to be adopted in the sports field.					
Programme Specific Objectives (PSO) :						
PSO1	Impart the skills in the journalism and media.					
PSO2	Acquire the knowledge of mass media					
PSO3	Enable the methods and procedures to be adopted in the sports field.					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	2	2	3	3	3	1	3	3	3	2	2	1	3
CO2	2	2	3	3	1	3	3	1	2	2	2	1	3	3
CO3	3	3	3	3	1	2	2	2	1	3	3	3	3	3
CO4	3	3	3	3	3	2	2	2	2	1	1	3	3	2
CO5	3	3	3	2	1	2	3	3	3	2	3	2	1	1

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	2	2
CO2	2	3	3
CO3	3	3	2
CO4	2	3	3
CO5	2	3	3

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2– MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24014	SPORTS JOURNALISM AND MASS MEDIA IN PHYSICAL EDUCATION	4	3	1	0	Ty

UNIT-I **12 Hrs**

Meaning and Definition of Journalism, Ethics of Journalism – Canons of journalism Sports Ethics and Sportsmanship – National and International Sports News Agencies.

UNIT – II **12 Hrs**

Role of Journalism in the Field of Physical Education: Sports as an integral part of Physical Education – Sports organization and sports journalism – General news reporting and sports reporting.

UNIT – III **12 Hrs**

Mass Media in Journalism: Radio and T.V. Commentary –Role of Advertisement in Journalism. Sports Photography: Equipment- Editing –Publishing. Sports Photography- Sports Magazine.

UNIT – IV **12 Hrs**

Reporting Sports Events - Report writing on National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet.

UNIT – V **12 Hrs**

General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach.

Total Hrs : 60

Books for Reference:

- 1.Kathryn, T. Stofer. James, R. Schaffer. Brian, A. Rosenthal. (2010). Sports Journalism - An Introduction to Reporting and Writing. New York: Rowman& Littlefield Publishers,Inc.
- 2.Phil, Andrews. (2005). Sports Journalism - A Practical Guide. London: SAGE Publications.
- 3.Bhatt, S.C. (2011). Broadcast Journalism: Basic Principles Paperback. NewDelhi: HarAnand Publications.
- 4.Charanjit, Ahuja. Bharat, Hiteshi. (2016). Print Journalism: A Complete Bookof Journalism. India: PartridgePublishing.
- 5.Seema, Hasan. (2018). Mass Communication: Principles and Concepts, 2nd Edition



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24015	Subject name: PERSONALITY DEVELOPMENT AND SOFT SKILLS	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Leadership	4	3	1	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Be aware of SWOT analysis ✓ To Comprehend the Leadership Networking And Team Work ✓ To Recognize Attitude And Decision Making ✓ To Understand Intrinsic And Extrinsic Motivation ✓ To Acquire knowledge of SMART Goals And Time Management 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Be aware of SWOT analysis					
CO2	To Comprehend the Leadership Networking And Team Work					
CO3	To Recognize Attitude And Decision Making					
CO4	To Understand Intrinsic And Extrinsic Motivation					
CO5	To Acquire knowledge of SMART Goals And Time Management					
Programme Specific Objectives (PSO) :						
PSO1	Comprehend the Leadership Networking And Team Work					
PSO2	Understand Intrinsic And Extrinsic Motivation					
PSO3	Acquire knowledge of SMART Goals And Time Management					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	1	2	3	2	1	2	2	2	3	1	3	2	1
CO2	2	3	2	3	2	1	2	3	1	2	1	3	2	2
CO3	3	3	1	2	2	2	1	3	1	2	3	1	3	3
CO4	2	3	3	1	1	2	3	1	3	1	2	2	1	2
CO5	3	2	3	2	2	1	2	2	2	2	3	2	3	3

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	2	3
CO2	2	2	3
CO3	3	3	2
CO4	3	3	3
CO5	3	2	3

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
				✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24015	PERSONALITY DEVELOPMENT AND SOFT SKILLS	4	3	1	0	Ty

UNIT - I : SWOT ANALYSIS

12 Hrs

Strength, Weaknesses, Opportunities and Threats (SWOT) Analysis, Who am I, Attributes, Importance of Self Confidence, Self Esteem. Causes of Stress and its impact, how to manage & distress, Circle of control, Stress Busters. Emotional Intelligence What is Emotional Intelligence, emotional quotient why Emotional Intelligence matters, Emotion Scales. Managing Emotions.

UNIT - II : LEADERSHIP NETWORKING AND TEAM WORK

12 Hrs

Gratitude Understanding the relationship between Leadership Networking & Team work. Assessing Interpersonal Skills Situation description of Interpersonal Skill. Team Work: Necessity of Team Work Personally, Socially and Educationally.

UNIT - III : ATTITUDE AND DECISION MAKING

12 Hrs

Factors influencing Attitude, Challenges and lessons from Attitude, Etiquette. Importance and necessity of Decision Making, Process and practical way of Decision Making, Weighing Positives & Negatives.

UNIT - IV : INTRINSIC AND EXTRINSIC MOTIVATION

12 Hrs

Factors of motivation, Self talk, Intrinsic & Extrinsic Motivators. Conflicts in Human Relations – Reasons Case Studies, Approaches to conflict resolution. Skills for a good Leader, Assessment of Leadership Skills.

UNIT - V : SMART GOALS AND TIME MANAGEMENT

12 Hrs

Wish List, (Specific and Measurable, Achievable, Relevant and Time-bound) SMART Goals, Blue print for success, Short Term, Long Term, Life Time Goals. Time Management Value of time, Diagnosing Time Management, Weekly Planner To do list, Prioritizing work.

Total Hrs : 60

REFERENCE

1. Covey Sean, Seven Habits of Highly Effective Teens, New York, Fireside Publishers, 1998.
2. Carnegie Dale, How to win Friends and Influence People, New York: Simon & Schuster, 1998.
3. Thomas A Harris, I am ok, You are ok , New York-Harper and Row, 1972 4. Daniel Coleman, Emotional Intelligence, Bantam Book, 2006



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24I01	Subject name:	MINI PROJECT ORGANIZATION OF INTRAMURAL AND EXTRAMURAL COMPETITION	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Particular Games		3	0	0	6	IE

L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab

OBJECTIVES

- ✓ To Understand the basics of the specified activities
- ✓ To Gain knowledge on the specified activities with rules involved
- ✓ To Attain knowledge on the concepts of Playing the specific Games and the event
- ✓ To Acquire the knowledge of Rules involved in the specified activities
- ✓ To Understand the basic of officiating and coaching

COURSE OUTCOMES (Cos) : students completing this course were able to

CO1	Understand the basics of the specified activities
CO2	Gain knowledge on the specified activities with rules involved
CO3	Attain knowledge on the concepts of Playing the specific Games and the event
CO4	Acquire the knowledge of Rules involved in the specified activities
CO5	Understand the basic of officiating and coaching

Programme Specific Objectives (PSO) :

PSO1	Learn the fundamental skills drills and rules of the game.
PSO2	Acquire Knowledge of strategy, lead up games, officiating and coaching skills.
PSO3	Develop conceptualizing, Coaching and Physical education and Sports content creation skills

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	2	3	3	1	1	3	3	2	3	3
CO2	3	3	3	3	3	3	3	3	3	3	1	2	2	1
CO3	3	3	3	2	2	2	3	3	1	2	3	3	1	3
CO4	2	2	2	3	3	3	1	1	3	2	3	2	3	1
CO5	3	2	3	3	2	2	3	1	2	2	1	2	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	3
CO2	3	3	2
CO3	3	3	2
CO4	3	3	3
CO5	2	3	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
								+		



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24I01	MINI PROJECT ORGANIZATION OF INTRAMURAL AND EXTRAMURAL COMPETITION	3	0	0	6	IE

Students will be able to conduct various games and sports after the completion of this course and they will be able to administrate the organizing various tournaments within the institution and out of the institutions.

Particularly they can choose their specialization games and sports and gain appropriate knowledge of playing, coaching and teaching skills, by conducting intramural and extramural the leadership quality of the students will be improved & developed, they would have good relationships with students of within the institution and other institutions students and they could maintain the discipline, decency, self-respect and self-esteem of the individual by conducting these type of intramural and extramural tournament.

Note:

At the end of semester viva examination will be conducted by the examiners appointed by the Head of the department.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

SEMESTER - VIII

Subject code: HBCC22004	Subject name:	STARTUP STRATEGIS	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of		3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab							
OBJECTIVES							
✓ To understand new venture creation opportunities, its resources and requirements for Enterprise Start-up.							
COURSE OUTCOMES (Cos) : students completing this course were able to							
CO1	Develop a start-up Enterprise with Big Idea Generation.						
CO2	Analyze start-up capital requirement by analyzing legal factors.						
CO3	Interpret feasibility Analysis towards funding issues.						
CO4	Access growth stages in new venture and reasons for scaling ventures.						
CO5	Evaluate financial stability and decide on expansion possibilities.						
Programme Specific Objectives (PSO) :							
PSO1	Develop a start-up Enterprise with Big Idea Generation.						
PSO2	Analyze start-up capital requirement by analyzing legal factors.						
PSO3	Evaluate financial stability and decide on expansion possibilities.						

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	2	3	3	3	3	2	1	2	2	3
CO2	2	2	3	2	2	3	3	2	2	2	1	2	2	3
CO3	1	2	3	2	1	3	3	3	2	-	2	1	1	3
CO4	1	2	3	2	1	3	3	2	2	-	2	2	1	3
CO5	1	2	3	2	2	3	3	2	2	-	-	2	2	3

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	1	2
CO2	2	1	2
CO3	-	2	1
CO4	-	2	2
CO5	-	-	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
			✦							



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBCC22004	STARTUP STRATEGIS	3	3	0	0	Ty

Unit – I : Start-up opportunities

9 Hrs

The New Industrial Revolution - The Big Idea -Generate Ideas with Brainstorming- Business Start-up - Ideation- Venture Choices - The Rise of the startup Economy- The Six Forces of Change - The Start-up Equation- The Entrepreneurial Ecosystem- Entrepreneurship in India. Government Initiatives.

Unit – II : Startup Capital Requirements and Legal Environment

9 Hrs

Identifying Startup capital Resources requirements- Estimating startup cash requirements- Develop financial assumptions- Constructing a Process Map- Positioning the venture in the value chain- Launch strategy to reduce risks- Startup financing metrics- The Legal Environment- Approval for New Ventures- Taxes or duties payable for new ventures.

Unit – III : Startup Financial Issues: Feasibility Analysis

9 Hrs

The cost and process of raising capital- Unique funding issues of a high- tech ventures – Funding with Equity- Financing with Debt- Funding Startup with bootstrapping- crowd funding- strategic alliances.

Unit - IV: Startup survival and Growth

9 Hrs

Stages of growth in a new venture- Growing with the market- Growth within the industry- Venture life patterns- Reasons for new venture failures- preparing for change- Leadership succession. Support for the growth and sustainability of the venture.

Unit - V: Planning for Harvest and Exit

9 Hrs

Dealing with Failure: Bankruptcy, Exit Strategies- Selling the Business- Cashing out but staying in being- Going Public (IPO)- Liquidation.

Total Hrs: 45

Reference Books:

1. Kathleen R Allen, Launching New Ventures, An Entrepreneurial Approach, Cengage Learning 2016.
2. Anjan Raichaudhuri, Managing New Venture Concepts and Cases, Prentice Hall International 2010.
3. S. R. Bhowmika& M. Bhowmik, Entrepreneurship, New Age International, 2007.
4. Steven Fisher, Ja-nae Duane, The Startup Equation- A Visual Guidebook for Building your Startup, Indian Edition, Mc Graw Hill Education India Pvt. Ltd, 2016.
5. Donald F Kuratko, Jeffrey S. Hornsby, New Venture Management: The Entrepreneur’s Road Map, 2e, Routledge,2017.
6. Vijay Sathe, Corporate Entrepreneurship, 1e, Cambridge, 2009



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBCC22005	Subject name: PRINCIPLES OF DIGITAL MARKETING	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of	3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ This course helps the students to understand the fundamental principles of Digital marketing, the past, present and future potential of Digital marketing. ✓ At the end of the course students will be able to identify the role of e-marketing in the present context and develop an e-marketing plan with appropriate e-marketing strategies. 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Understand the concepts and uses of Digital Marketing					
CO2	Develop Strategic Planning for the Market					
CO3	Evaluate the Ethical and Legal Values					
CO4	Predict the Marketing Trends					
CO5	Develop an e-marketing plan with appropriate e-marketing strategies.					
Programme Specific Objectives (PSO) :						
PSO1	Understand the concepts and uses of Digital Marketing					
PSO2	Predict the Marketing Trends					
PSO3	Develop an e-marketing plan with appropriate e-marketing strategies.					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	2	2	1	1	1	3	1	1	1	1	2	2	2
CO2	3	2	1	2	2	2	3	2	1	1	1	1	1	1
CO3	2	2	2	1	2	2	3	3	2	1	2	2	2	2
CO4	2	2	2	3	3	2	3	1	2	1	1	1	1	1
CO5	3	2	3	2	3	2	1	1	2	3	1	2	3	1

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	1	1	2
CO2	1	1	1
CO3	1	2	2
CO4	1	1	1
CO5	1	1	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
			✦							



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBCC22005	PRINCIPLES OF DIGITAL MARKETING	3	3	0	0	Ty

UNIT - I: INTRODUCTION

9 Hrs

Digital-Marketing Past, Present & Future – Digital-Marketing Landscape, Digital-marketing’s Past - Web 1.0, Digital Marketing Present - Web 2.0, Future -Web 3.0, Strategic Digital-Marketing, and Digital -Business Models – Online Revenue Models, Value Models, and Strategic Digital-Business Models.

UNIT - II: DIGITAL MARKETING PLAN

9 Hrs

Process, Creating a Digital-Marketing Plan, Seven Steps –Situation Analysis, Strategic Planning, Objectives, Digital-Marketing Strategies – Product, Price, Distribution, Communication, Relationship Management; Implementation plan, Budget, Evaluation.

UNIT - III: DIGITAL -MARKETING ENVIRONMENT

9 Hrs

Overview of Digital-Marketing Environment, Global Digital -Markets, Wireless Internet Access, Digital divide, Building inclusive Digital markets, social networking, Ethical and Legal Issues – Overview, Digital Property, Emerging issues.

UNIT - IV: DIGITAL-MARKETING MANAGEMENT

9 Hrs

Online offer – Creating customer value online, Product Benefits, Digital Marketing enhanced product development, Payment options, Pricing Strategies; Internet as distribution, Digital Marketing Communication – Owned Media, Paid media, Earned Media.

UNIT - V: EMERGING TRENDS

9 Hrs

Emerging trends in Digital-marketing, Content Marketing, Social Media Marketing, Email Marketing, Affiliate Marketing, Video Marketing, Mobile Marketing, Interactive advertising, International Online Marketing, Search Engine Marketing, Online Partnership, Viral Marketing, E-CRM, E-Business, E-Tailing.

Total Hours: 45

TEXT BOOK:

1. Strauss Judy, Frost Raymond (2013), E-Marketing, 7/e; New Delhi: Prentice Hall.

REFERENCE BOOKS:

1. Chaffey Dave and Smith PR (2013), Emarketing Excellence: Planning and Optimizing your Digital Marketing; 4/e; Routledge.
2. Ryan Damian, (2014), Understanding Digital Marketing: Marketing Strategies for Engaging the Digital Generation, 3/e; Kogan Page Limited.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBCC22006	Subject name:	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	INTELLETUAL PROPERTY RIGHTS AND PATENT					
	Prerequisite : Basic Knowledge of Human Property Rights	3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To introduce fundamental aspects of Intellectual property Rights to students who are going to play a major role in development and management of innovative projects in industries. ✓ To develop expertise in the learners in IPR related issues and sensitize the learners with the emerging issues in IPR and the rationale for the protection of IPR. 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Imbibe the knowledge of Intellectual Property and its protection through various laws.					
CO2	apply the knowledge of IPR for professional development					
CO3	develop a platform for protection and compliance of Intellectual Property Rights & knowledge					
CO4	create awareness amidst academia and industry of IPR and Copyright compliance					
CO5	deliver the purpose and function of IPR and patenting					
Programme Specific Objectives (PSO) :						
PSO1	Imbibe the knowledge of Intellectual Property and its protection through various laws.					
PSO2	Develop a platform for protection and compliance of Intellectual Property Rights & knowledge					
PSO3	Deliver the purpose and function of IPR and patenting					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	2	2	2	3	3	2	2	1	-	1	2	1
CO2	3	3	1	2	3	2	2	2	3	1	-	1	1	2
CO3	3	3	2	2	3	3	2	3	2	1	1	-	2	1
CO4	3	3	2	3	2	2	2	1	2	-	-	1	1	2
CO5	3	2	1	2	2	2	3	2	2	1	2	-	1	1

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	1
CO2	2	3	1
CO3	3	2	1
CO4	1	2	-
CO5	2	2	1

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
			✦							



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBCC22006	INTELLETUAL PROPERTY RIGHTS AND PATENT	3	3	0	0	Ty

UNIT – I

9 Hrs

Introduction to IPRs, Basic concepts and need for Intellectual Property – Meaning and practical aspects of Patents, Copyrights, Geographical Indications, IPR in India and Abroad. Nature of Intellectual Property, Industrial Property, technological Research, Inventions and Innovations – Important examples of IPR.

UNIT – II

9 Hrs

Intellectual Property Rights. The IPR tool kit, Patents, the patenting process, Patent cooperation treaties: International Treaties and conventions on IPRs: Trade Related Aspects of Intellectual Property Rights Agreement, Patent Cooperation Treaty, Patent Act of India, Patent Amendment Act, Design Act, Trademark Act, Geographical Indication Act.

UNIT – III

9 Hrs

Intellectual Property Protections IPR of Living Species, protecting inventions in biotechnology, protections of traditional knowledge, biopiracy and documenting traditional knowledge, Digital Innovations and Developments as Knowledge Assets – IP Laws, Cyber Law and Digital Content Protection. Case studies: The basmati rice issue, revocations of turmeric patent, revocation of neem patent.

UNIT – IV

9 Hrs

Exercising and Enforcing of Intellectual Property Rights Rights of an IPR owner, licensing agreements, criteria for patent infringement. Case studies of patent infringement, IPR – contract, unfair competitions and control, provisions in TRIPS,

UNIT- V

9 Hrs

Role of Patents in Product Development & Commercialization Recent changes in IPR laws impacting patents and copy rights, intellectual cooperation in the science and allied industry. Patentable and non-patentable research. Case studies .

Total hours:45

Text book:

- 1.Nithyananda, K.V. (2019). Intellectual Property Rights : Protection and Management. India, IN: Cengage Learning India Private Limited.
- 2.Neeraj, P., & Khusdeep, D. (2014). Intellectual Property Rights. India, IN: PHI learning Private Limited.

References:

- 1.P.B. Ganguli, Intellectual Property Rights: Unleashing the Knowledge Economy. Tata Mc Graw Hill, 2001. Steve Smith, The Quality Revolution.1st ed., Jaico Publishing House, 2002.
2. Kompal Bansal and Praishit Bansal. Fundamentals of IPR for Engineers, 1st Edition, BS Publications, 2012.
- 3.Prabhuddha Ganguli. Intellectual Property Rights. 1st Edition, TMH, 2012.
- 4.R Radha Krishnan & S Balasubramanian. Intellectual Property Rights. 1st Edition, Excel Books, 2012.
5. M Ashok Kumar & Mohd. Iqbal Ali. Intellectual Property Rights. 2nd Edition, Serial Publications, 2011. VinodV. Scople, Managing Intellectual Property. Prentice Hall of India PvtLtd, 2012.
- 6.Deborah E. Bouchoux. Intellectual Property: The Law of Trademarks, Copyrights, Patents and Trade Secrets. Cengage Learning, 3rd ed. Edition, 2012.
7. Prabuddha Ganguli. Intellectual Property Rights: Unleashing the Knowledge Economy. McGraw Hill Education, 2011. Edited by Derek Bosworth and Elizabeth Webster.The Management of Intellectual Property. Edward Elgar Publishing Ltd., 2013.
- 8.Wadhera (2004), Intellectual Property Rights, Universal Law Publishing Co.
- 9.Ramappa (2010), Intellectual Property Rights Law in India, Asia Law House



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24L09	RESEARCH PROJECT	6	0	0	12	Lb

- All UG students seeking an UG (Hons) Degree are expected to conduct a semester long Research during their 8th Semester and submit a Research Report.
- Departments/Schools may attach students to different faculty members for necessary guidelines in identifying the researchable problem, Literature review, field study, if any, model development, data processing and preparation of a Project Report.
- All these Research Works be evaluated by a Jury of 2 senior faculties at different stages.
- A presentation and viva may be made mandatory for greater quality and discipline.

Note :

At the end of semester viva examination will be conducted by the examiners appointed by the Head of the department.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code:	Subject Name	C	L	T/S.Lr	P/R	Ty/Lb/ ETL
HBPE24I02	RESEARCH PUBLICATION	2	0	0/0	0/4	IE

Students are supposed to prepare and publish the article based on his / her area of research in peer reviewed referred journal. Code of research publication ethics should be followed. After publishing the article students should present a seminar in presence of department faculties. At the end of semester viva examination will be conducted by the examiners appointed by the Head of the department.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

PROGRAMME ELECTIVE – I (SEMESTER – IV)

Subject code: HBPE24E01	Subject name: SPORTS MEDICINE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge Of Sports injuries, their prevention, management and rehabilitation	3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Importance of sports medicine ✓ To Scope of sports medicine ✓ To Role of sports medicine expert in enhancing sports performance ✓ To Sports injuries, their prevention, management and rehabilitation ✓ To The technique and benefits of massage 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Importance of sports medicine					
CO2	Scope of sports medicine					
CO3	Role of sports medicine expert in enhancing sports performance					
CO4	Sports injuries, their prevention, management and rehabilitation					
CO5	The technique and benefits of massage					
Programme Specific Objectives (PSO) :						
PSO1	The concept of sports medicine and its significance in sports performance					
PSO2	The development of the profession of sports medicine and its regularity bodies					
PSO3	Injuries occurring in the upper extremities, lower extremities and their rehabilitation					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	3	1	1	2	3	3	3	2	2	3
CO2	3	3	2	2	3	1	2	3	2	2	3	1	2	2
CO3	2	3	3	2	2	2	3	2	2	3	1	1	2	2
CO4	3	3	2	1	2	2	3	3	2	1	2	2	3	3
CO5	3	3	2	2	3	2	3	2	1	3	2	2	3	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	3	3
CO2	3	3	2
CO3	2	3	3
CO4	3	3	2
CO5	3	3	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
					✦					



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24E01	SPORTS MEDICINE	3	3	0	0	Ty

UNIT - I

9 Hrs

Introduction to Sports Medicine. **I.** Meaning, concept and scope of Sports Medicine **II.** Historical background of Sports Medicine **III.** Need and importance of Sports Medicine Hygiene and Athlete : **IV.** Sports hygiene: Meaning, concept and scope **V.** Personal hygiene; Bodily cleanliness, personal belongings, vi. Hygiene in camps and competitions

UNIT – II

9 Hrs

Health Hazards in sports **I.** Dope : History, definition, classification and their adverse effects on Health and Sports performance **II.** Role of Managers and Coaches in controlling the dope problems **III.** Malnutrition among athletes and its correction, Environmental Stress Safety in sports **IV.** Gymnasium, play ground and swimming pool safety **V.** Safety appliances in different sports and their uses **VI.** Provisions of safety rules in competitive sports and principles of safety

UNIT - III

9 Hrs

Sports Injuries : **I.** Classification of injuries in sports **II.** Causes of injuries in sports **III.** Role of rules and regulations in prevention of injuries **IV.** General preventive measures to minimize sports injuries **V.** Specific preventive measures to minimize sports injuries

UNIT - IV

9 Hrs

Management of Sports Injuries Soft tissue injuries : Signs, Symptoms and Management of - **I.** Abrasions, Blisters, Lacerations, Puncture wounds, Corn, Contusions **II.** Muscle strains, Tendon injuries, Bursitis & Sprains **III.** Dislocations : Causes, Signs, Symptoms and Management **IV.** Fractures : Types, Causes, Signs, Symptom and Management **V.** Head Injuries

UNIT - V

9 Hrs

Physiotherapy and its use in the treatment and rehabilitation in sports injuries. **I.** Exercise therapy : Types and Principles **II.** Massage Therapy : Types, Techniques, Indication and Contra indications. **III.** Therapeutic Modalities **IV.** Different forms of Hydrotherapy and thermotherapy **V.** Hot and Cold Packs, Whirlpool, Contrast bath, Parafin bath **VI.** Infrared, Ultra-violet, Ultra Sonic, Short wave diathermy, Electric Muscle Stimulation, Indications and Contra-indications of each therapy.

Total Hrs : 45

Reference Books Recommended :

1. Marua K. Anderson, Malissa marlin : "Quick References Guide for sports injury Management"
2. Dr. P.K. Pande Sports Medicine
3. Griffith H. Winter : " Complete guide to sports, injuries.
4. Borozne, Joseph and bechar stanley, safely in team sports.
5. Clarke Kenneth S: Drugs and the coach
6. Borozne, Joseph and Pechar stanly: Administration and Supervision for Safety in Sports.
7. Ryan A.J. and Fred L. Athman : " Sports Medicine"
8. Johnson W.R. : Science and Medicine of exercise and sports.
9. Govindarajulu N. Sports Medicine, Friends Publications, New Delhi, India.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24E02	Subject name: FUNDAMENTALS OF HUMAN BIOLOGY AND YOGA	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Internal Organ Function through the yoga.	3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Understand Need and Importance of Human Biology ✓ To Apply knowledge of various joints ✓ To Learn the various stages of Yoga ✓ To Evaluate the origin and insertion of muscles ✓ To Remember the basics of different systems of yoga 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Understand Need and Importance of Human Biology					
CO2	Apply knowledge of various joints					
CO3	Learn the various stages of Yoga					
CO4	Evaluate the origin and insertion of muscles					
CO5	Remember the basics of different systems of yoga					
Programme Specific Objectives (PSO) :						
PSO1	The study of yoga helps the students to understand the historical background, need and importance					
PSO2	This branch of knowledge helps to know the various limbs of yoga, asanas, pranayama, kriyas and banda.					
PSO3	Yoga focuses on establishing harmony between mind and body, thoughts and actions, restraint and fulfillment and men and nature.					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	2	2	3	3	2	2	3	3	2	1	1	2	2
CO2	3	3	2	2	2	1	2	3	3	2	1	3	2	3
CO3	3	2	2	3	3	2	3	1	2	3	3	3	2	2
CO4	2	3	3	2	2	3	2	1	2	3	2	3	2	2
CO5	3	2	3	3	2	2	1	2	3	2	2	3	1	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	2
CO2	3	3	2
CO3	3	2	2
CO4	2	3	3
CO5	3	2	3

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
					✦					



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24E02	FUNDAMENTALS OF HUMAN BIOLOGY AND YOGA	3	3	0	0	Ty

UNIT-I

9 Hrs

Introduction: Human Body- Meaning and its Importance in Yoga Definition of Anatomy and Physiology
Cell: Structure & Function Tissues: Types, Structure

UNIT-II

9 Hrs

General information, Different parts, Structure, Function and Effect of yogic practices. & Musculo -Skeletal System Function. Digestive system

UNIT-III

9 Hrs

General information, Different parts, Structure, Function and Effect of yogic practices. Excretory system:
Respiratory System

UNIT-IV

9 Hrs

General information, Different parts, Structure, Function and Effect of yogic practices. - Circulatory system

UNIT-V

9 Hrs

General information, Different parts, Structure, Function and Effect of yogic practices Nervous System
Endocrinal system

Total Hrs : 45

Reference Books Recommended :

1. Shirley Teles - A Glimpses of the Human Body, Sw. Vivekanand yoga prakashan, Bangalore.
2. M.M. Gore - Anatomy and Physiology of yogic Practices, Motilal banarsidass, New Delhi, 2007.
3. Ross & Wilson - Human Anatomy and Physiology in Health & Illness, Churchill Livingstone; 2010
Suggested Readings
4. Dr. Rakesh Dixit-Sharir Rachana Evam Kriya Vijnan, Bhasha Bhavan, Mathura, 2005.
5. Inderveer Singh-Anatomy and Physiology for Nurses, Jaypee brothers publisher, 2008.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

PROGRAMME ELECTIVE – II (SEMESTER – V)

Subject code: HBPE24E03	Subject name: KINESIOLOGY AND BIOMECHANICS	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Muscle and Bone Movements	3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Be Aware of the Meaning, Importance and objectives of Kinesiology ✓ To Comprehend the Origin and Insertion of the Muscles ✓ To Recognize Biomechanics and types of motion ✓ To Understand the Angular Kinematics ✓ To Acquire knowledge of Linear Kinematics 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Be Aware of the Meaning, Importance and objectives of Kinesiology					
CO2	Comprehend the Origin and Insertion of the Muscles					
CO3	Recognize Biomechanics and types of motion					
CO4	Understand the Angular Kinematics					
CO5	Acquire knowledge of Linear Kinematics					
Programme Specific Objectives (PSO) :						
PSO1	Kinesiology and Biomechanics deal with movements of the human body using mechanical principles.					
PSO2	The competitive techniques of various games and sports activities demand for perfect movements.					
PSO3	In order to enhance sports performance, it is necessary to execute the movements with accurate and appropriate body mechanics.					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	2	3	3	2	3	1	2	3	3	2	2	3	2
CO2	3	3	3	2	2	1	3	1	3	2	2	2	3	3
CO3	3	3	2	1	3	2	1	2	3	3	3	2	3	2
CO4	2	3	3	3	2	1	2	3	3	2	2	2	2	3
CO5	3	2	3	2	1	2	3	3	3	2	2	3	2	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	3	3
CO2	3	3	2
CO3	3	3	2
CO4	2	3	3
CO5	3	3	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
					✦					



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24E03	KINESIOLOGY AND BIOMECHANICS	3	3	0	0	Ty

UNIT - I : HISTORY, MEANING AND OBJECTIVES OF KINESIOLOGY

9 Hrs

Introduction: Meaning, brief history, aim and objectives, importance of Kinesiology for Physical Education and Sports - Fundamental Concept: Structural classification of muscles - types of contraction (concentric eccentric and static), muscle tone postural muscles, reciprocal innervation and inhibition strength reflex, group action, direction and angle of pull and its significance, action of two joint muscles, relation of muscles and bone coverage, center of gravity, line of gravity, axis and planes of motion fundamental, starting positions, terminology of fundamental movements, functional classifications of muscles.

UNIT - II : ORIGIN AND INSERTION OF MUSCLES

9 Hrs

Location, Origin, insertion and action of muscles at various joints - Upper extremity - shoulder girdle, shoulder joints, elbow joint, wrist joint, metaphalangeal joints. - Lower extremity - hip joint, knee joint, ankle joint, metatarsal joints - Muscular analysis of fundamental movement. Walking, running, jumping, throwing, catching, pulling, pushing, striking, hanging.

UNIT - III : BIO-MECHANICS – TYPES OF MOTION

9 Hrs

Introduction: Meaning, aims, objectives and importance - Types of Motion: Linear motion and angular motion.

UNIT - IV : ANGULAR KINAMATICS

9 Hrs

Angular Kinematics: Angular speed, angular velocity, angular acceleration and relationship between angular motion and projectile - Linear Kinematics: Speed, velocity, acceleration and uniform acceleration, motion and projectile motion.

UNIT - V : LINEAR KINETICS

9 Hrs

Linear Kinetics: Mass, weight, force, pressure, work, power, energy, impulse, momentum, impact, friction and Newton's Law of Motion - Angular Kinetics: Movement of inertia, conservation of momentum, transfer of momentum, levers, equilibrium.

Total Hrs : 45

Reference Books:

1. Kinesiology Scientific is of Human motion by Luttgens & Wells.
2. Kelly, D.L. Kinesiology and Fundamentals of Motion Descriptions, Prentice Hall.
3. McClusg, A. Human Kinetics and Analysis of Body Movements, William Heinmann, London.
4. Neil, D.E. Kinesiology and Anatomy and Motion, Mosby & Co..
5. Sunderarajan, G.S. Bio-Mechanics of Sports and Games, Roshan Publications, Chennai 1979.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24E04	Subject name: RECREATIONAL AND CAMPING ACTIVITIES	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Minor Games and Recreational Activities	3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Understand Meaning and Importance of Recreation ✓ To Apply knowledge of Camping ✓ To Learn the Methods of creating Recreational activities ✓ To Learn the effects of Recreation ✓ To Acquire knowledge of the results of Camping activities 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Understand Meaning and Importance of Recreation					
CO2	Apply knowledge of Camping					
CO3	Learn the Methods of creating Recreational activities					
CO4	Learn the effects of Recreation					
CO5	Acquire knowledge of the results of Camping activities					
Programme Specific Objectives (PSO) :						
PSO1	Develop the leadership qualities by self-involvement and friendly with the nature.					
PSO2	Become efficient future leaders.					
PSO3	The special practical program in our curriculum namely Leadership camp					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	3	3	2	2	3	3	1	1	2	3	3	2	2
CO2	3	3	2	1	3	2	1	2	3	3	3	2	3	2
CO3	2	3	3	3	2	1	2	2	3	3	2	2	3	3
CO4	3	2	2	3	1	2	3	3	2	3	3	2	3	3
CO5	2	3	3	3	3	2	1	2	2	3	2	3	2	3

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	3	3
CO2	3	3	2
CO3	2	3	3
CO4	3	2	2
CO5	2	3	3

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
					✦					



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24E04	RECREATIONAL AND CAMPING ACTIVITIES	3	3	0	0	Ty

Unit I **9 Hrs**

Meaning and Definition of recreation - Scope and Significance of recreation- objective and Classification of Recreation Activity- Need and Importance of Recreation Activity.

Unit II **9 Hrs**

Agencies providing recreation. (Municipal Agencies, public, private, voluntary, youth serving Agencies.) Rural, Urban community and industrial recreation.

Unit III **9 Hrs**

Types of recreational activities, indoor and outdoor games, leadership in recreation.

Unit IV: **9 Hrs**

Scope and Significance of camping – Objectives of Camping . Types of camps, selection and lay out of camp sites.

Unit V **9 Hrs**

Organization and administration of camps (camp programme and activities). Leadership and supervision - Evaluation of camp work.

Total Hrs : 45

Reference Books:

1. Ford, H.G. Recreation in the American community, Harper & Brothers Publishers, New York, 1953.
2. Butler GD. Introduction of Community Recreation McGraw - Hill Book Company, Inc., New York, 1949.
3. Royappa, D.J. and Govind Rajulu, L.K. Camping and Education, Jupiter Press Private Ltd, Madras, 1973.
4. Rubin, R. Book of Camping, N.V. Assn Press, 1949.
5. Torkildsen, G. Leisure and 'recreation Management, E.& F.N. Span Ltd., New York, 1986.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

PROGRAMME ELECTIVE – III (SEMESTER – VI)

Subject code: HBPE24E05	Subject name: STATISTICAL METHODS IN PHYSICAL EDUCATION	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Methods of Fixtures	3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Recalls and defines the functions of statistics ✓ To Understands the classification of data of continuous and discreet series ✓ To Demonstrates the ability to discuss the measures of central values in a frequency ✓ To Determines the measures of dispersion in a series of data ✓ To Perform the correlation analysis of the data provided 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Recalls and defines the functions of statistics					
CO2	Understands the classification of data of continuous and discreet series					
CO3	Demonstrates the ability to discuss the measures of central values in a frequency					
CO4	Determines the measures of dispersion in a series of data					
CO5	Perform the correlation analysis of the data provided					
Programme Specific Objectives (PSO) :						
PSO1	Know the basics of research and its classifications					
PSO2	Know the research types and Prepare a project report.					
PSO3	Know the system of data analysis					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	2	2	3	3	2	2	1	2	2	3	2	3	2	3
CO2	3	3	3	2	2	1	2	3	3	3	2	2	1	3
CO3	3	2	2	3	2	2	3	1	2	3	3	2	3	2
CO4	3	3	2	3	2	2	3	1	3	2	3	2	3	2
CO5	3	2	2	3	3	3	2	3	2	1	3	2	3	3

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	2	2	3
CO2	3	3	3
CO3	3	2	2
CO4	3	3	2
CO5	3	2	2

3/2/1 – INDICATES STERNNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
					✦					



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24E05	STATISTICAL METHODS IN PHYSICAL EDUCATION	3	3	0	0	Ty

UNIT- I : FUNCTIONS OF STATISTICS

9 Hrs

Statistics: Meaning, Definition, Nature and Importance - Stages in Statistical Investigation – Functions of Statistics – Application of Statistics – State – Business – Economics – Physical Science – Research – Limitations of Statistics. Types of Classification – Geographical, Chronological, Qualitative, Quantitative.

UNIT- II : CLASSIFICATION OF DATA

9 Hrs

Formation of a discreet and continuous frequency distribution – Class limits – Class Intervals – Class Frequency – Class midpoint – Considerations in the construction of frequency distribution – Tabulation of Data – Classifications and Tabulations – Role of Tabulations – Types of Diagrams – Bar diagrams – types – Pie diagram – types – Graphs of Frequency distribution – Histograms – Frequency Polygons – Frequency curves – Ogives or cumulative curves.

UNIT- III : MEASURES OF CENTRAL VALUES

9 Hrs

Average – definition – objectives – requisites of a good average – Types of average – Arithmetic Mean – Median – Mode – Calculation of Arithmetic Mean for individual observations, discreet and continuous series – Merits and limitations of Arithmetic Mean - Calculation of Median for individual observations, discreet and continuous series – merits and limitations of median – Mode – Calculation of mode for individual observations, discreet and continuous series – Relationship among Mean, Median and Mode – Which average to use.

UNIT- IV : MEASURES OF DISPERSION

9 Hrs

Definition of dispersion – Significance of measuring variance – Methods of studying variance – Range – Merits and limitations – uses – Quartile deviation – inter quartile range – Computation of quartile deviation – merits and limitations – The standard deviation – Calculations of Standard Deviation - individual observation – discreet series and continuous series – Relationship between measures of dispersion – Coefficient of variation. Skewness – definition symmetrical – positively and negatively skewed distribution.

UNIT- V : CORRELATION ANALYSIS

9 Hrs

Correlation – definition – significance of the study of correlation – Karl Pearson’s coefficient of correlation – direct method – merits and limitations of the Pearsonian coefficient – Interpreting the coefficient of correlation – Rank order correlation – Merits and limitations – Intra-class correlation analysis.

Total Hrs : 45

Selected References:

- 1.Sabo, Roy and Edward Boone, Statistical Research Methods: A Guide for Non-Statisticians, Springer-Verlag, New York, 2016.
- 2.Keener, Robert W. Theoretical Statistics: Topics for a Core Course, Springer-Verlag, New York, 2010.
- 3.Gupta, S.P., Statistical Methods. Sultan Chand & Sons, New Delhi, 2017.
- 4.Gupta, S. C., Fundamentals of Applied Statistics, Sultan Chand & Sons, New Delhi, 2014.
- 5.Kothari, C. R. Research Methodology, New Age International Publishers, New Delhi, 2023.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE24E06	Subject name:	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	SPORTS INJURIES AND SAFETY EDUCATION					
	Prerequisite : Basic Knowledge of Injuries and Awareness	3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To Aware of the Meaning, Importance of Types of movements ✓ To Comprehend the Postural Tests ✓ To Recognize the a brief history of massage and remedial exercises ✓ To Understand the Common Athletic Injuries And Their Treatment ✓ To Evaluate Health and Safety Education with reference to Physical Education 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Be Aware of the Meaning, Importance of Types of movements					
CO2	Comprehend the Postural Tests					
CO3	Recognize the a brief history of massage and remedial exercises					
CO4	Understand the Common Athletic Injuries And Their Treatment					
CO5	Evaluate Health and Safety Education with reference to Physical Education					
Programme Specific Objectives (PSO) :						
PSO1	Aware of the Meaning, Importance of Types of movements					
PSO2	Understand the Common Athletic Injuries And Their Treatment					
PSO3	Evaluate Health and Safety Education with reference to Physical Education					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	3	1	2	3	2	3	2	1	2	2	3	3
CO2	2	3	3	2	2	3	1	2	2	3	3	3	2	2
CO3	3	3	3	2	3	2	3	2	1	2	3	2	2	3
CO4	2	3	3	2	3	2	2	3	2	1	3	3	3	2
CO5	3	2	2	3	2	2	3	1	2	3	2	2	3	2

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	3	3
CO2	2	3	3
CO3	3	3	3
CO4	2	3	3
CO5	3	2	2

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
					✦					



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE24E06	SPORTS INJURIES AND SAFETY EDUCATION	3	3	0	0	Ty

UNIT – I

9 Hrs

Sports injuries – Types of Injuries – Definition, Causes, Clinical Features, Management and Prevention of Soft Tissue Injuries: Skin Injuries – strain – Sprain – contusion – cramp Tendon injuries – Bursitis. Bone injuries: Fracture – Subluxation –Dislocation. Importance of assessment & evaluation - Methods of evaluation - documentation - Clinical Examination - Reliability & Validity of the tests - Investigative Procedures - Causes & Mechanism of Sports Injuries - Principle of management of sports injuries.

UNIT - II

9 Hrs

Principles of Injury prevention: Warm up – Cool down – Stretching – Types of stretching – Principles of stretching. RICE technique – Immobilization and Early mobilisation – Splinting – Handling & Transfer - Cryotherapy: Methods of application (Ice packs, Ice towel, Ice Immersion, Ice cube massage, Excitatory cold, Vapocoolant spray, cryokinetics & Cold whirlpool) - Taping and Bracing - Soft tissue Massage – Trigger point release – Muscle energy techniques – Manual therapy

UNIT - III

9 Hrs

A brief history of massage and remedial exercises - Muscle relaxation as an aid to massage - Points to be considered in giving massage - Physiological effects of massage - Classification of the manipulations used in massage and their specific uses on the Human body. a Stroking manipulation - Effleurage, Stroking, Kneading, Friction, Hackinh, Clapping, Beating and Pounding.

UNIT - IV

9 Hrs

Health issues in climatic conditions: Heat related injuries – Heat stroke – Heat exhaustion – Heat Cramp – Heat Stress – Cold related injuries – Frostbite – Hypothermia – Altitude Sickness.Principles of applying heat/cold, ultra violet rays,infra-red rays, contrast bath

UNIT - V

9 Hrs

Safety Education: Safety at home- - Safety at school structure and Environment, school procedures and policies, precautionary and emergency equipment, collection of information (address of parents, hospitals and doctors, police, fire station, ambulance service.) - Safety in Physical Education and sports - principles of safety with respect to buildings and playfields. Principles of safety with respect to equipments, dress etc., principles of safety with respect to organization of classes demonstration and matches - - Safety on roads, camps, picnics and tours - Safety in water, firewood, hurricane, thunder and lightning and air raids.

Total Hrs : 45

Reference Books:

1. Reed: Sports Injuries – Assessment and Rehabilitation, W.B. Saunders.
2. C. Norris: Sports Injuries – Diagnosis and Management for Physiotherapists, Heinmann.
3. Fu and Stone: Sports Injuries: Mechanism, Prevention and Treatment, Williams andWilkins.
4. Massage and Medical Gymnastics, M.V. Lace J.& A. Churchill Ltd., m 1951.
5. Lars Peterson and Per Renstron: Sports Injuries – Their prevention and treatment,Dunitz.
6. Preventive and Corrective Physical Education Stafford and Kelly, New York. The Ronald Press, 1968.
7. Neiniah, School Health Education, Harper & Brothers.
8. Park, J.E. Text Book of Preventive and Social Medicine.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

DEPARTMENT OPEN ELECTIVE

Subject code: HBPE220E1	Subject name: RULES OF GAMES AND SPORTS.	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Injuries and Awareness	3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab						
OBJECTIVES						
<ul style="list-style-type: none"> ✓ To understand the basics of Football, Badminton, Cricket, Kabaddi and Volleyball ✓ To impart knowledge on Football , Badminton, Cricket, Kabaddi and Volleyball in Measurements ✓ To impart knowledge on the concepts of Playing Football, Badminton, Cricket, Kabaddi and Volleyball ✓ To understand Rules involved in Football, Badminton, Cricket, Kabaddi and Volleyball ✓ To Understand Fouls and the punishments for infringing the rules. 						
COURSE OUTCOMES (Cos) : students completing this course were able to						
CO1	Understand the basics of the specified activities					
CO2	Gain knowledge on the specified activities with rules involved					
CO3	Attain knowledge on the concepts of Playing the specific Games and the event					
CO4	Acquire the knowledge of Rules involved in the specified activities					
CO5	Play the Games by knowing the Fouls and the punishments for infringing the rules.					
Programme Specific Objectives (PSO) :						
PSO1	Know all the rules involved in the specified activities					
PSO2	Know the fouls involved while performing the activities					
PSO3	Acquire all the advanced skills of play and Umpiring rules of the Activities					

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	3	2	1	3	2	2	3	3	3	3	1	1	1
CO2	2	2	3	3	1	2	2	1	3	2	1	3	2	3
CO3	2	3	2	1	2	3	2	1	2	1	3	2	1	2
CO4	2	2	1	3	3	2	1	2	1	2	2	3	2	1
CO5	3	3	1	2	3	2	1	2	3	3	3	1	3	1

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	3	3
CO2	2	3	2
CO3	3	2	3
CO4	2	3	2
CO5	3	2	3

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
						✦				



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE22OE1	RULES OF SPORTS AND GAMES	3	3	0	0	Ty

UNIT- I :BADMINTON

9 Hrs

Origin, History and development of the game Badminton - Layout of Playfield with all Measurements for Badminton - Facilities and equipment and its specifications for Badminton - Rules and their Interpretations in Badminton - Fundamental Skill of game Badminton - Various System of Play in game Badminton - International, National and State Level Trophies for game Badminton.

UNIT- II :CRICKET

9 Hrs

Origin, History and development of the game Cricket - Layout of Playfield with all Measurements for Cricket - Facilities and equipment and its specifications for Cricket - Rules and their Interpretations in Cricket - Fundamental Skill of game Cricket - Various System of Play in game Cricket - International, National and State Level Trophies for game Cricket.

UNIT- III :KABADDI

9 Hrs

Origin, History and development of the game Kabaddi - Layout of Playfield with all Measurements for Kabaddi - Facilities and equipment and its specifications for Kabaddi - Rules and their Interpretations in Kabaddi - Fundamental Skill of game Kabaddi - Various System of Play in game Kabaddi - International, National and State Level Trophies for game Kabaddi.

UNIT- IV :VOLLEYBALL

9 Hrs

Origin, History and development of the game Volleyball - Layout of Playfield with all Measurements for Volleyball - Facilities and equipment and its specifications for Volleyball - Rules and their Interpretations in Volleyball - Fundamental Skill of game Volleyball - Various System of Play in game Volleyball - International, National and State Level Trophies for game Volleyball.

UNIT- V :FOOTBALL

9 Hrs

Origin, History and development of the game Football - Layout of Playfield with all Measurements for Football - Facilities and equipment and its specifications for Football - Rules and their Interpretations in Football - Fundamental Skill of game Football - Various System of Play in game Football - International, National and State Level Trophies for game Football.

Total no of Hours : 45

Books for Reference

1. Ballon B. Ralph Teaching Badminton Delhi, Surject Publication 1982
2. Buck's Rules Book.
3. WeinHarat "The Science of Hockey" London Pelham Books, 1979.
4. Coleman Brain and Peter Ray, Basset hall, Eash Ardsley, Ep publishing Ltd 1976.
5. Tyson Frank "The Cricket Coaching Manual", Calcutta, Rupa& Co, 1985.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject code: HBPE22OE2	Subject name:	HEALTH AND FITNESS	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
	Prerequisite : Basic Knowledge of Human health and Fitness		3	3	0	0	Ty
L : Lecture, T : Tutorial, SLr : Supervised Learning , P : Project, R : Research , C : Credits, T/L : Theory/ Lab							
OBJECTIVES							
<ul style="list-style-type: none"> ✓ To Understand the basics of Health ✓ To Apply knowledge of Safety ✓ To Analyze the concepts of Health ✓ To Evaluate Health and Safety Education with reference to Physical Education ✓ To Remember the different applications of Health and Safety followed in Physical Education 							
COURSE OUTCOMES (Cos) : students completing this course were able to							
CO1	Understand the basics of Health						
CO2	Apply knowledge of Safety						
CO3	Analyze the concepts of Health						
CO4	Evaluate Health and Safety Education with reference to Physical Education						
CO5	Remember the different applications of Health and Safety followed in Physical Education						
Programme Specific Objectives (PSO) :							
PSO1	Apply knowledge of Safety						
PSO2	Analyze the concepts of Health						
PSO3	Evaluate Health and Safety Education with reference to Physical Education						

MAPPING OF COURSE OUTCOME WITH PROGRAM OUTCOME (Pos)

COs/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14
CO1	3	2	2	3	2	2	3	3	2	2	3	1	3	2
CO2	3	3	3	1	2	3	2	2	3	2	3	2	1	3
CO3	2	1	3	2	3	2	3	2	3	1	1	3	2	3
CO4	2	2	1	2	2	3	2	3	2	2	3	2	2	2
CO5	3	3	3	3	3	3	2	3	3	3	3	1	3	3

MAPPING OF COURSE OUTCOME WITH PROGRAM SPECIFIC OUTCOME (PSOs)

COs/PSOs	PSO1	PSO2	PSO3
CO1	3	2	3
CO2	3	3	3
CO3	2	3	2
CO4	3	3	2
CO5	2	2	1

3/2/1 – INDICATES STERNGTH OF CORRELATION, 3 – HIGH, 2 – MEDIUM, 1 - LOW

Category	Basic Sciences	Engg. Sciences	Humanities & Social Science	Program Core	Program Elective	Open Elective	Inter Disciplinary	Practical / project	Internship /Technical Skills	Soft Skills
						+				



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

COURSECODE	COURSE TITLE	C	L	T/SLr	P/R	Ty/Lb/ETP/IE
HBPE22OE2	HEALTH AND FITNESS	3	3	0	0	Ty

UNIT - I

9 Hrs

Health -Definition - meaning and concept - factors influencing health. Health determinants, Hereditary and Environment - Environment pollutions - Meaning of Health Education, its need, scope for students, aim and objectives of health education - Health Education Principles: Methods and media of health education.

UNIT - II

9 Hrs

Personal Hygiene. Need and importance of personal hygiene - School Health Programme – History - School health problems - Appraisal aspect including morning health instruction - Brief introduction of safety education. First Aid Emergency Care - Healthful school living - School health administration - Mental health and child placement - School Health records - Mid-day school meal programme.

UNIT - III

9 Hrs

Food & Nutrition: Classification of foods - Description of proximate principles - Role of various vitamins and minerals - Balance diet for Indian players and school children - Assessment of Nutritional status Malnutrition, Food Additives. Adulteration of food.

UNIT - IV

9 Hrs

Infection: causes of disease- Mode of infec.tin. Spread of infection - public health measures to combat infection - public health administration - sanitation - water supply - Immunity - prophylactic immunization - programmes – AIDS - Communicable diseases, malaria, typhoid, cholera, dysentery, leprosy, tuberculosis, std, polio, tetanus - Drug abuse - alcohol, smoking - Family Welfare - Sex education.

UNIT - V

9 Hrs

Safety Education: Safety at home- Environment and structure. Electrical connections,, bathrooms and lavatory, storing articles, kitchen and fire place, storing medicines. Principles of movements in daily living - Safety at school structure and Environment, furniture and fixtures, school procedures and policies, precautionary and emergency equipment, collection of information (address of parents, hospitals and doctors, police, fire station, ambulance service.) - Safety in Physical Education and sports - principles of safety with respect to buildings and playfields. Principles of safety with respect to equipments, dress etc., principles of safety with respect to organization of classes demonstration and matches - Policies and practices to prevent accident and rendering first aid and treatment - Accident reporting and maintenance of records - Safety considerations with special reference of specific games in the school and college curriculum - Safety on roads, camps, picnics and tours - Safety in water, firewood, hurricane, thunder and lightning and air raids.

Total No of Hours : 45

Reference Books:

1. Mangal S.K. and Chandra, P.C. Health and Physical Education, R.D. Tandon Brothers, Ludhiana, 1979.
2. Moss, R. and et.al., Health Education, National Educational Annual, U.S.A.
3. Neiniyah, School Health Education, Harper & Brothers.
4. Park, J.E. Text Book of Preventive and Social Medicine.



Dr. M.G.R.
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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

FOREIGN LANGUAGES



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code	Subject Name: FRENCH	Ty/ Lb/ ETL/IE	L	T/SLr	P/R	C
HBFL22I01	Prerequisite: Nil	IE	1	0/0	1/0	1

C:Credits,L:Lecture,T:Tutorial,SLr:SupervisedLearning, P:Problem/Practical
R:Research,Ty/Lb/ETL/IE:Theory/Lab/EmbeddedTheoryandLab/InternalEvaluation

OBJECTIVES

- ✓ To understand the main idea and some detailed aspects of complex and unfamiliar texts.
Know emerging awareness of aesthetic properties of language and literary style.
- ✓ Recognize the role of cultural knowledge in understanding written texts.

COURSE OUTCOMES (Cos)

Students completing this course were able to

CO1	Learn to write numbers, alphabets, regular and irregular verbs
CO2	Practice preposition and articles.
CO3	Comprehend model verbs and speak in future
CO4	Familiarize colors, places and create phrases
CO5	Master conjugation and speaking the language

Mapping of Course Outcome with Program Outcome (POs)

Cos/ POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1										3		2
CO2										3		2
CO3										3		2
CO4										3		2
CO5										3		2

3/2/1 Indicates Strength Of Correlation, 3-High, 2-Medium, 1- Low

Category	Basic Sciences	Engg.Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/Technical Skills	Soft Skills
			✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code	Subject Name:	Ty/ Lb/ ETL/IE	L	T/SLr	P/R	C
HBFL22I01	FRENCH Prerequisite: Nil	IE	1	0/0	1/0	1

UNIT - I

6 Hrs

LesSalutations,LesNombres(1-20),Lesalphabets,LesPronomsSujets,LesLangues, Les Nationalités, Les Verbes : Parler, être, avoir,

UNIT - II

6 Hrs

LesNombres(21-100),L'heure,LesPays,Lespropositionsdespays,Lesarticlesdéfinis, Les articles indéfinis, Les Verbes : s'appeler, Aimer et habiter.

UNIT - III

6 Hrs

Lesverbes: Aller, Venir, LesArticles Contractés,LaNégation,LesAdjectifsDémonstratifs, Futur Prêche, Model Verbs, Adjectifs Possessifs.

UNIT - IV

6 Hrs

Les articles partitifs, Les Verbes : Faire, Jouer. La Famille, Les Couleurs, Les lieux dans laville,

UNIT - V

6 Hrs

LesVerbes:Lire,Écrire,Regarder,Voir,Écouter, Entendre

Total Hrs : 30

TEXTBOOKS:

1. ÉchoA1,J.Girardet&J.Pecheur, CLEInternational,2ndEdition
2. SaisonA1,JeanGiraudoux,Goyalpublisher, 1stEdition

REFERENCEBOOKS:

1. AlterEgoA1, Veronique MKizirian&AnnieBerthet, Hachette,1stEdition
2. CosmopoliteA1,NathalieHirschsprung&Tony Tricot,Goyal Publisher1stedition



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

HBFL22101 FRENCH-Details in English for contents of each unit

Unit-I

Introduction to French words through the greetings and simple vocabulary like numbers, languages, nationalities are taught. Concept of conjugation of regular and irregular verbs.

Unit-II

More focus on grammatical elements like prepositions and articles. Various scenarios inclusive of the parts of speech learnt are to be discussed and practiced. Complete vocabulary for numbers and therefore practices how to say time.

Unit-III

Comprehension of demonstrative and possessive adjectives and the concept of model verbs is introduced. Simple understanding of 'Futurprôche' which enables the student to speak in future tense. Building negative sentences with different verbs.

Unit-IV

Learning vocabulary in most common categories like colours, places etc. and picking up on creating French phrases of right construct. Focus primarily on speaking and writing.

Unit-V

Learning essential verbs of regular actions in French that are more frequent in our daily life and thus mastering conjugations and speaking from the top of our heads. More familiarity towards language is therefore attained.

Total Hrs: 30

TEXTBOOKS:

1. ÉchoA1, J.Girardet&J.Pecheur, CLEInternational, 2ndEdition
2. SaisonA1, JeanGiraudoux, Goyalpublisher, 1stEdition

REFERENCEBOOKS:

1. AlterEgoA1, Veronique MKizirian&AnnieBerthet, Hachette, 1stEdition
2. CosmopoliteA1, NathalieHirschsprung & Tony Tricot, GoyalPublisher 1stedition



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code	Subject Name: GERMAN		Ty/ Lb/ ETL/IE	L	T/SLr	P/R	C					
HBFL22I02	Prerequisite: Nil		IE	1	0/0	1/0	1					
C:Credits,L:Lecture,T:Tutorial,SLr:SupervisedLearning, P:Problem/Practical R:Research,Ty/Lb/ETL/IE:Theory/Lab/EmbeddedTheoryandLab/InternalEvaluation												
OBJECTIVES												
<ul style="list-style-type: none"> ✓ Tounderstandthemainideaandsomedetailedaspects of complex and unfamiliar texts. Know emerging awareness of aesthetic properties of language and literary style. ✓ Recognize the role of cultural knowledge in understanding written texts. 												
COURSE OUTCOMES (Cos)												
Students completing this course were able to												
CO1	Learn to write numbers ,alphabets, regular and irregular verbs											
CO2	Practice preposition and articles.											
CO3	Comprehend model verbs and speak in future											
CO4	Familiarize colours, places and create phrases											
CO5	Master conjugation and speaking the language											
Mapping of Course Outcome with Program Outcome(POs)												
Cos/ POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1										3		2
CO2										3		2
CO3										3		2
CO4										3		2
CO5										3		2
3/2/1 Indicates Strength Of Correlation, 3–High, 2-Medium, 1- Low												
Category	Basic Sciences	Engg. Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/ Project	Internships/ Technical Skills	Soft Skills			
			✦									



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code	Subject Name: GERMAN	Ty/ Lb/ ETL/IE	L	T/SLr	P/R	C
HBFL22I02	Prerequisite: Nil	IE	1	0/0	1/0	1

UNIT-I **6 Hrs**

Das Alphabet, Die Zahlen von ein -hundert, Begrüßung, Verabschiedung, Sich Vortstellen, W – Fragen. Grammatik :- W- Frage, Aussagesatz, Verban und Personnelpronomen

UNIT-II **6 Hrs**

Genders in Deutsch,,Die Personelpronomen, Definite/Indefinite / Negative Articles, Jemanden kennenlernen, Landkarte. Grammatik – bestimmter Artikel : der, die, das, Nomen: Singular und Plural, aussagesatz, negationartikel

UNIT-III **5 Hrs**

Possessivpronomen, Verbkonjugation, Ja/Nein Fragen, Satzstruktur Grammatik: Regelmäßige, Unregelmäßige, hilfsverben- Sein/haben, Unbestimmer Artikel

UNIT-IV **5 Hrs**

Wie spät ist es, Tageszeiten, Die, Wochentage, Die Monate, das Wetter, Die Himmelsrichtungen, Die familie, Klassenzimmer – Substantive, Countries and Languages, Negation, Like /Dislike.

Grammatik: Akkusative, Verben mit accusative, wörterorden und lernen, artikelimdativ, Präposition mit +Dativ

UNIT-V **5 Hrs**

Nominativ, Dativ, Accusative, Einkaufen, Im Flugzeug, Im Kaufhaus, Jobsuche. Grammatik : Personalpronomen im Akkusativ mich, dich, modelverban müssen, können, wollen

Total Hrs: 30

TEXTBOOKS & REFERENCE BOOKS:

1. Schritte International, Daniela Niebisch, Fraz Sppecht, Angela Pude
2. Netzwerk A1, Stefanie Dengler, Paul Rusch, Helen Schmitz, Tanja Sieber



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

HBFL22102 GERMAN – Details in English for contents of each unit

Unit-I

Alphabet-Numbers from 1 to 100-Greetings and Goodbye- Self Introduction
W questions -Grammar

Unit-II

Genders in German - Personal Pronoun (For Conjugation) - Definite/Indefinite / Negative Articles -
Ask about others -(MAP and Position of Land) – Grammar

Unit-III

Possessive Pronoun- Verb Conjugation- Yes /No Question - Sentence making in German – Grammar

Unit-IV

what time is it ?, Times of the day - The Week days and Months) - The Weather, Directions - The
Family - Substantive ,Countries and Languages - Class Room –Substantive Countries and its
Languages -Negation , Like /Dislike – Grammar

Unit-V

Accusative-Shopping-In Flight –In departmental store- Job search Grammar

Total Hrs:30

TEXT BOOKS & REFERENCE BOOKS:

1. Schritte International, Daniela Niebisch, Fraz Speeht, Angela Pude
2. Netzwerk A1, Stefanie Dengler, Paul Rusch, Helen Schmitz, Tanja Sieber



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code	Subject Name: JAPANESE	Ty/ Lb/ ETL/IE	L	T/SLr	P/R	C
HBFL22I03	Prerequisite : Nil	IE	1	0/0	1/0	1

C:Credits,L:Lecture,T:Tutorial,SLr:Supervised Learning, P:Problem/Practical
R:Research,Ty/Lb/ETL/IE:Theory/Lab/Embedded Theory and Lab/Internal Evaluation

OBJECTIVES

- ✓ To understand the main idea and some detailed aspects of complex and unfamiliar texts. Know emerging awareness of aesthetic properties of language and literary style.
- ✓ Recognize the role of cultural knowledge in understanding written texts.

COURSE OUTCOMES (Cos)

Students completing this course were able to

CO1	Learnto write Romaji script, Able to self introduce themselves, Will have knowledge of Hiragana and also able to speak about their Family members. Count up to 100.
CO2	Able to count up to 10,000, Will have knowledge of Katakana Alphabets, Will be able to identify the body parts. Able to understand pronouns.
CO3	Analyze Varied particles and also the existential verbs. Will be able to count using the concept of Counters.
CO4	Will get knowledge of the two different types of adjectives both Iending and Naending adjectives and frame different sentences with these two.
CO5	Master the conjugation of 24 forms of the verbs.

Mapping of Course Outcome with Program Outcome (POs)

Cos/ POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1										3		2
CO2										3		2
CO3										3		2
CO4										3		2
CO5										3		2

3/2/1 Indicates Strength of Correlation, 3-High, 2-Medium, 1-Low

Category	Basic Sciences	Engg. Science	Humanities & social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/Technical Skills	Soft Skills
			✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code	Subject Name:	Ty/ Lb/ ETL/IE	L	T/SLr	P/R	C
	JAPANESE					
HBFL22I03	Prerequisite : Nil	IE	1	0/0	1/0	1

UNIT-I **5 Hrs**
Introduction,Roumaji,Hiragana,SelfIntroduction,Familyrelations,Numbers(1-100)

UNIT-II **5 Hrs**
Numbers(101-1000),Numbers (1001-10,000),Katakana,Body parts,and Pronouns

UNIT-III **8 Hrs**
Introduction to particles (wa,mo,ka,desu, ni,ga,de), Imasu,Arimasu,Couters

UNIT-IV **5 Hrs**
Adjectivei-ending, andNa Ending

UNIT-V **7 Hrs**
Verbs(24forms)

Total Hrs : 30

TEXT BOOKS:

1. Genki, Eri Bnno, Yoka Ikeda, Yutaka Ohno, Chikkao Shinogawa, Kyoko Tokoshiki, The Japanese Publishing Company

REFERENCE BOOKS:

1. MinnaNoNihongo, 3ACorporation, Goyal Publication



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code	Subject Name: ARABIC		Ty/Lb/ETL/IE		L	T/SLr	P/R	C			
HBFL22I04	Prerequisite :Nil		IE		1	0/0	1/0	1			
C:Credits,L:Lecture,T:Tutorial,SLr:SupervisedLearning, P:Problem/Practical R:Research,Ty/Lb/ETL/IE:Theory/Lab/EmbeddedTheoryandLab/InternalEvaluation											
OBJECTIVES											
To learn, speak ,write and do basic conversation in Arabic Language											
COURSEOUTCOMES(Cos)											
Students completing this course were able to											
CO1	Learn alphabets, vowels and gender										
CO2	Ask questions, numerbs and counting										
CO3	Converse in a public place in Arabic										
CO4	Identify and speak about food, weather etc										
CO5	Analyze verbs, tenses, singular and plural										
Mapping of Course Outcome with Program Outcome(POs)											
Cos/ POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO10	PO11	PO12
CO1									3		2
CO2									3		2
CO3									3		2
CO4									3		2
CO5									3		2
3/2/1IndicatesStrengthOf Correlation,3–High,2-Medium,1- Low											
Category	Basic Sciences	Engg. Science	Humanities &Social Science	Program Core	Program Elective	Open Elective	Practical/ Project	Internships/ Technical Skills	Soft Skills		
			✦								



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code	Subject Name: ARABIC	Ty/ Lb/ ETL/IE	L	T/SLr	P/R	C
HBFL22I04	Prerequisite : Nil	IE	1	0/0	1/0	1

UNIT-I

6 Hrs

Alphabets–Greetings–questionwords–meetingpeoplefirsttime–introduction– introducing family members

Grammar–Present simple, long and short vowels, masculine and feminine distinctions

UNIT-II

6 Hrs

Asking questions -describing city, capital cities, towns countries – numbers and counting –how many – how much – buying and selling

Grammar–negationtopresentform–moonletters–genitivecase–spellingrulesfor Hamza, Idafa

UNIT-III

6 Hrs

Eatinganddrinking–talkingaboutethnicfoodsandffavouritecuisines–communicative phrases at public places – questions with what

Grammar–Group words–past tense –plural and joint cases

UNIT-IV

6 Hrs

Describing weather–trips and adventures-camping– school trips Grammar – future tense, verbs in plural

UNIT-V

6 Hrs

Timeandeverydayroutine–makingcomparison–daysofweek–comparingpastand present

Grammar–Negative statements–pronouns- superlatives

Total Hrs : 30

TEXT BOOKS & REFERENCE BOOKS:

1. The Essentials Arabic.,Rafiel ImadFaynan., Arabic Edition Publisher
2. Gate way to Arabic, Imran.H.Alawiye,Paper back publisher



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code	Subject Name: CHINESE	Ty/ Lb/ETL/IE	L	T/SLr	P/R	C
HBFL22I05	Prerequisite : Nil	IE	1	0/0	1/0	1

C:Credits,L: Lecture, T:Tutorial,SLr:Supervised Learning,P:Problem/Practical
R:Research,Ty/Lb/ETL/IE:Theory/Lab/EmbeddedTheoryandLab/InternalEvaluation

OBJECTIVES

This is a beginning level course in Chinese Mandarin, including introduction of phonetics and daily expressions. It is aimed at students with no prior knowledge of Chinese.

COURSE OUTCOMES(Cos)

Students completing this course were able to

CO1	Basic understanding of Chinese Mandarin
CO2	Do conversations of daily living such as greetings
CO3	Acqua intex change personal information, making an inquiry on time, etc
CO4	Acquire listening, speaking, and reading skills in Chinese Mandarin.
CO5	Use the language in real life scenarios and for every day conversational communications.

Mapping of Course Outcome with Program Outcome(POs)

Cos/ POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1										3		2
CO2										3		2
CO3										3		2
CO4										3		2
CO5										3		2

3/2/1 Indicates Strength Of Correlation, 3-High, 2-Medium, 1-Low

Category	Basic Sciences	Engg.Science	Humanities & Social Science	Program Core	Program Elective	Open Elective	Practical/ Project	Internships/ Technical Skills	Soft Skills
			✦						



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code	Subject Name: CHINESE	Ty/ Lb/ETL/IE	L	T/SLr	P/R	C
HBFL22I05	Prerequisite :Nil	IE	1	0/0	1/0	1

UNIT-I

6 Hrs

Introduction of Chinese language Initials and finals, read initials :b, p, m, f, d, t, n, l, g, k, h Be able to read finals: a, o, e, i, u, ü, ai, ei, ao, ou, an, en, ang, new words combined with tones greet people using: How do you do?

UNIT-II

6 Hrs

Initials: j, q, x, z, c, s, zhi, chi, shi, r finals: eng, ong, ia, iao, ie, -iu, ian, in, iang, ing, iong, er new words combined with tones greet people using: How are you?

UNIT-III

6 Hrs

Finals: ua, uo, uai, ui, uan, uen, un, uang, ueng, üe, üan, ün
New words combined with tones account numbers count date, month and year greet people using: Are you busy with your work?

UNIT-IV

6 Hrs

New words questions with “吗” questions with interrogative pronouns adjectival predicate acquaintance using: May I know your name?

UNIT-V

6 Hrs

Sentences with a verbal predicate at tribute vegetive use the “是” sentence acquaintance using: Let me introduce..

Total Hrs : 30

TEXT BOOKS & REFERENCE BOOKS:

1. The first 100Chinese Characters, Laurence Mathews, Tuttle Publishers
2. Learning Mandarin Chinese,Version2,YiRen,Tuttle Publishers



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code	SubjectName: RUSSIAN		Ty/ Lb/ETL/IE	L	T/SLr	P/R	C					
HBFL22I06	Prerequisite :Nil		IE	1	0/0	1/0	1					
C:Credits,L:Lecture,T:Tutorial,SLr:SupervisedLearning, P:Problem/Practical R:Research,Ty/Lb/ETL/IE:Theory/Lab/EmbeddedTheoryandLab/InternalEvaluation												
OBJECTIVES												
This is a beginning level course in Chinese Mandarin, including introduction of phonetics and daily expressions. It is aimed at students with no prior knowledge of Chinese.												
COURSEOUTCOMES(Cos)												
Students completing this course were able to												
CO1	Acquaint Phonetics–Alphabet sand sounds											
CO2	Use different type so fnouns and self introduce.											
CO3	Identify general vocabulary and greet in the language											
CO4	Identify and apply sounds with different stems and word construction											
CO5	Construct and speak sentences in the language											
Mapping of Course Outcome with Program Outcome(POs)												
Cos/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1										3		2
CO2										3		2
CO3										3		2
CO4										3		2
CO5										3		2
3/2/1IndicatesStrengthOf Correlation,3–High,2-Medium,1- Low												
Category	Basic Sciences	Engg. Science	Humanities & Social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/ Technical Skills	Soft Skills			
			✦									



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code	Subject Name: RUSSIAN	Ty/ Lb/ ETL/IE	L	T/SLr	P/R	C
HBFL22I06	Prerequisite :Nil	IE	1	0/0	1/0	1

UNIT-I

6 Hrs

Phonetics: Alphabets and Sounds, Voice and vowels, Voice and Voiceless – Consonants - Self Intro, Self Name in Russian Language

UNIT-II

6 Hrs

Etho construction, Shtho Etho, KmoEtho-Animates and Inanimate nouns

UNIT-III

6 Hrs

General Vocabulary, Answering the objects with Etho on interrogatives ShthoEtho and Kmotho? - Greetings of the Day on various timings

UNIT-IV

6 Hrs

Alphabets , sounds with Hard stems - Gender of Nouns, Demonstrative Pronouns using vocabulary and simple word constructions - General words on regular us: Excuse me, May I Come in, Excuse me, Thank you and see you again

UNIT-V

6 Hrs

Revision of Vocabulary, New Words, Greetings and other Day to day usage of sentences

Total Hrs:30

TEXT BOOKS & REFERENCE BOOKS:

1. Russian for beginners, Gateway Guides, Kindle Edition
2. Learn to speak & Write Russian, Vasuda Bhaskar, Chatter Singh Publishers.



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code	Subject Name: SPANISH		Ty/ Lb/ ETL/IE	L	T/SLr	P/R	C					
HBFL22I07	Prerequisite :Nil		IE	1	0/0	1/0	1					
C:Credits,L:Lecture,T:Tutorial,SLr:Supervised Learning, P:Problem/Practical R:Research,Ty/Lb/ETL/IE:Theory/Lab/Embedded Theory and Lab/Internal Evaluation												
OBJECTIVES												
<ul style="list-style-type: none"> ✓ To understand the main idea and some detailed aspects of complex and unfamiliar texts. Know emerging awareness of aesthetic properties of language and literary style. ✓ Recognize the role of cultural knowledge in understanding written texts. 												
COURSE OUTCOMES(Cos)												
Students completing this course were able to												
CO1	Learn to write numbers, alphabets, regular and irregular verbs											
CO2	Practice preposition and articles.											
CO3	Comprehend model verbs and speak in future											
CO4	Familiarize colours, places and create phrases											
CO5	Master conjugation and speaking the language											
Mapping of Course Outcome with Program Outcome(POs)												
Cos/POs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1										3		2
CO2										3		2
CO3										3		2
CO4										3		2
CO5										3		2
3/2/1 Indicates Strength Of Correlation, 3–High, 2–Medium, 1- Low												
Category	Basic Sciences	Engg.Science	Humanities & Social Science	Program Core	Program Elective	Open Elective	Practical/Project	Internships/Technical Skills	Soft Skills			
			✦									



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Subject Code	Subject Name: SPANISH	Ty/ Lb/ ETL/IE	L	T/SLr	P/R	C
HBFL22I07	Prerequisite:Nil	IE	1	0/0	1/0	1

UNIT-I

5 Hrs

Los Saludos y Despedidas, Los Alfabetos, Los Numeros (1-20), Sonidos y Letras: H, C/Qa, G/J, B/V, C/Z, R, R/rr, Ch, G/Gu, Ll, N, Aficiones.

UNIT-II

5 Hrs

Los Numeros(21-100), Pronombres Personales: Yo, Tu, El, Eyya, Nosotros, Vosotros, Ustedes, Usted. Ser verbos: Soy, Eres, Es, Somos, Sois, Son. Nacionalidad, Profesiones.

UNIT-III

5 Hrs

Singular y Plural, Conversion de Singular a Plural. Masculino y Feminino, conversion de masculino afeminino. Tener verbos: Tengo, Tienes, Tiene, Tenemos, Teneis, Tienen. Llevar verbos.

UNIT-IV

10 Hrs

Vocabulario de Colores, Casa, Bebidas, Ciudad, Clima, Colegio, Comida, Medios, Saludos, Verduras. Articulos definidos, Articulos indefinidos.

UNIT-V

5 Hrs

Estar verbos: Estoy, Estas, Esta, Estamos, Estais, Estan. Reflexive verbos: Me, Te, Se, Nos, Os, Se. Cuantificadores, Preguntar y Responder.

Total Hrs : 30

TEXT BOOK:

Aula internacional 1, Jaime corpas & Eva Garcia, diffusion, Nueva edicion

REFERENCE BOOK:

Grammatica de uso A1-B2, Luis Aragonés, Ramon Palencia, sme Le, Nueva edicion



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

HBFL22107 SPANISH – Details in English for contents of each unit

UNIT-I

Introduction of Spanish words through the greetings, goodbyes, hobbies. Simple vocabulary like numbers (1 – 20) and alphabets. Pronunciation of H, C/Qa, G/J, B/V, C/Z, R, R/rr, Ch, G/Gu, Ll, N are taught.

UNIT-II

Focusing on grammatical elements like subject pronouns and irregular verbs. Complete vocabulary for numbers, Nationality and professions. Therefore, practice how to say time, phone number, Nationality and profession.

UNIT-III

Singular and plural forms of noun and conversion from singular to plural. Identifying the nouns as masculine or feminine. Conversion of nouns from masculine to feminine. Focusing on Tener and Llevar verbs.

UNIT-IV

Learning vocabulary in most common categories like colours, Houses, Drinks, City, Climate, Foods. Learning both definite and indefinite articles. More focusing on reading, writing and speaking.

UNIT-V

More focusing on grammatical elements like Estar verbs and Reflexive verbs usually used in everyday life, Quantification like much , more .More familiarity towards language is therefore attained.

Total Hrs : 30

TEXTBOOK:

1. Aulainternacional1,Jaimecorpas&EvaGarcia,diffusion,Nueva edicion

REFERENCEBOOK:

1. GrammaticadeusoA1-B2, LuisAragones,RamonPalencia, smeLe, Nuevaedicion