



ALAGAPPA UNIVERSITY

(A State University Established in 1985)
Karaikudi - 630003, Tamil Nadu, India



2017	2018	2018	2019	2019
Accredited with A+ Grade by NAAC (CGPA : 3.64)	Graded as Category - 1 & Granted Autonomy	University Grade Certificate	Swachh Campus Rank : 4	NATIONAL INSTITUTIONAL RANKING FRAMEWORK Rank : 28
				India Rank : 20 BRICS Rank : 104 Asia Rank : 216

ALAGAPPA UNIVERSITY COLLEGE OF PHYSICAL EDUCATION



B.P.Ed.

[Choice Based Credit System (CBCS)]

[For the candidates admitted from the academic year 2019-2020]

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CURRICULUM FRAME WORK FOR BPED PROGRAMME

GUIDELINES OF REGULATION AND MODEL SYLLABI STRUCTURE FOR THE BACHELOR OF PHYSICAL EDUCATION PROGRAMME (B.P.Ed -2yrs- FOUR SEMESTERS (CBCS))

I. PROGRAMME GENERAL OBJECTIVES:

Bachelor Physical Education which Encourages a holistic approach based on a socio-ecological perspective. promote greater integration and balance between the social and physical sciences . contextualize physical education with a set of attitudes and values that signify the importance of movement as a valued human practice . centralize and acknowledge that the individual, in his /her search for personal meaning, once Educated in Health and Physical Education, would be able to make positive contributions to the Enhancement of Society .Promote the learning of new skills . Enhance, extend, inform and critique the deliberate use of exercise, play, sport and other forms of physical activity within and individual and societal context.

II. PROGRAMME SPECIFIC OBJECTIVES:-

Make a unique contribution to balanced development and living. Movement being essential to be a human .Learning focused on movement and students need to be engaged in it. a medium for developing skills across diverse areas of endeavor . Fostering a pedagogy based around critical thought and action.

III. PROGRAMME OUTCOME:

1. ON SUCCESSFUL COMPLETION OF THE PROGRAMME: Candidates those who are physically well and have a lot of interest in physical education and its related activities can go for this course. Those who have intellectual skills that require thought processes, interpretation of presented information, movement and muscle control and perceptual skills involving the thought, interpretation and movement skills are a good match for it. Third, those who are capable of drawing and handling the verbal instructions, demonstration, video, diagrams and photo sequences, etc. also are suitable for it.

2. ELIGIBILITY FOR ADMISSION TO THE COURSE

- a) Bachelor of Physical Education (BPES, BPE, BSc) or any degree from a recognized University with Sports participation.
- b) A minimum intercollegiate level participation in sports and games is compulsory.
- c) The candidates should not have completed 35 years of age as on 1st July. However, relaxation of 3 years shall be given for SC/ST candidates.
- d) Ex-Servicemen / Experienced Physical Education Teachers shall be given relaxation of 6 years of age.
- e) The candidate should be medically fit and free from any deformity.
- f) Pregnant women are not permitted either for admission or to undergo the course. If violated, they will not be permitted to continue the course.
- g) Admission shall be made on the basis of ranking in the entrance and fitness test.

IV. COURSE OF STUDY

1. **Duration:** The B.P.Ed programme shall be of a duration of two academic years, that is, four semesters. However, the students shall be permitted to complete the programme requirements within a maximum of Four years from the date of admission to the programme.
2. **The CBCS system:** All programmes shall run on choice based credit system (CBCS). It is an instructional package developed to suit the needs of students, to keep pace with the developments in higher education and the quality assurance expected of it in the light of liberalization and globalization in higher education.
3. **Course:** The term course usually referred to, as papers' is a component of a programme. All courses need not carry the same weight, the courses should define learning objectives and learning outcomes. A course may be designed to comprise lectures/tutorials/laboratory work/field work / outreach activities / project work / vocational training / viva /seminars /term papers / assignments / presentations / self- study etc., or a combination of some of these.

4. **Courses of Programme:** The B.P.Ed programme consists of a number of courses, the term ‘Course’ applied is to indicate logical part of subject matter of the programme and is invariably equivalent to the subject matter of a “Paper” in the conventional sense. The following are the various categories of courses suggested for the B.P.Ed programme.

❖ CORE COURSE
❖ ELECTIVE COURSE

❖ PRACTICAL COURSES
❖ INTERNSHIP COURSES

Semesters: An academic year is divided into two semesters. Each semester will consist of 17-20 weeks of academic work equivalent to 100 actual teaching days. The institution shall work for a minimum of 36 working hours in a week.

5. **Working days :** There shall be at least 200 working days per year exclusive of admission and examination process etc
6. **Credits:** The term ‘credit’ refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit equals to one hour of teaching (lecture or tutorial) and two hours of practical work/field work per week. The term ‘credit’ refers to the weight given to a course, usually in relation to the instructional hours assigned to it. The total minimum credits, required for completing B.P.Ed programme is 90 credits and for each semester 20 credits.

PROVISION OF BONUS CREDITS MAXIMUM OF 6 CREDITS IN EACH SEMESTER

S.No	Special Credits for Extra Co-curricular Activities	Credit
1	Sports Achievement at Stale level Competition (Medal Winner) Sports	1
	Achievement National level Competition (Medal Winner)	2
	Sports participation International level Competition	4
2	Inter Uni. Participation (Any one game)	2
3	Inter College Participation (Min.Two games)	1
4	National cadet corps / National service scheme	2
5	Blood donation/Cleanliness drive/Community services/	2
6	Mountaineering – Basic Camp, Advance Camp/Adventure Activities	2
7	Organization/ Officiating – State /National level in any two games	2
8	News Reposting / Article Writing / book writing / progress report writing	1
9	Research Project	4

Students can earn maximum 06 Bonus Credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution/ Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

THEORY/PRACTICAL/INTERNSHIP
SEMESTER – I

S.No	Paper type		Paper code	Subject title
Part-A	Core Course	CC - I	721101	History, Principles and foundation of Physical Education
		CC - II	721102	Anatomy, Physiology Sports Medicine, Physiotherapy and Rehabilitation
		CC - III	721103	Organization, Administration and Sports Management
		CC - IV	721104	Olympic Movement
	Elective Course	EC - I	721105	Health and Fitness Management
				Library
Part - B	Practicum		721106	Track and Field (Running Events)
			721107	Gymnastic/ swimming /weight lifting
			721108	Indigenous Sports:
			721109	Mass Demonstration Activities:

SEMESTER – II

No	Paper type		Paper code	Subject title
Part-A	Core Course	CC - V	721201	Yoga Education
		CC - VI	721202	Educational Technology and Methods of Teaching in Physical Education
		CC - VII	721203	Health education and environmental studies
	Elective Course	EC - II	721204	Contemporary issues in Physical Education: fitness, Wellness, Sports Nutrition and Weight Management
		NME -1	721205	
		SLC - I		MOOCS
				Library, Yoga and Carrier Guidance
Part - B	Practicum	PC -5	721206	Teaching Lessons (Track)
		PC -6	721207	Yoga and Aerobics
		PC -7	721208	Racket Sports:ball badminton,badminton and table tennis
Part -C	Internship	PC -8	721209	Teaching practice: General lesson plan, 10 lessons at School (External) and 5 lessons at faculty (internal)

SEMESTER – III

No	Paper type		Paper code	Subject title
Part-A	Core Course	CC - VIII	721301	Sports Training
		CC - IX	721302	Computer Applications in Physical Education
		CC - X	721303	Sports Psychology and Sociology
	Elective Course	EC - III	721304	Curriculum Design
		NME - II	721305	
		SLC - II		MOOCS
				Library, Yoga and Carrier Guidance
Part - B	Practicum	PC -9	721306	Track and Field (Throwing Events)
		PC -10	721307	Combative Sports: Boxing / Fencing
		PC -11	721308	Team Games: Baseball, Cricket, Football, Hockey, Softball, Volleyball, Handball, Basketball, Netball (Any two of these)
Part -C	Internship	PC -12	721309	Teaching Practice Particular

SEMESTER – IV

No	Paper type		Paper code	Subject title
Part-A	Core Course	CC– XI	721401	Measurement and Evaluation in Physical Education
		CC- XII	721402	Kinesiology and Biomechanics
		CC –XII	721403	Research and Statistics in Physical Education
		CC -XIV	721404	Theory of sports and game and officiating and Coaching
Part - B	Practicum		721405	Track and Field IV
			721406	Games Specialization – IV (First Best)
Part -C	Internship		721407	Coaching Lessons of Track and Field Track (5 Lessons)
			721408	Coaching Lessons - Game of Specializations (5 Lessons)
				Adventure activities

Examinations:

- i. There shall be examinations at the end of each semester, for first semester in the month of November/December: for second semester in the month of April/May. A candidate who does not pass the examination in any course(s) shall be permitted to appear in such failed course(s) in the subsequent examinations to be held in November/December or April/May.
- ii. A candidate should get enrolled / registered for the first semester examination. If enrollment /registration is not possible owing to shortage of attendance beyond condonation limit/ rules prescribed OR belated joining OR on medical grounds, such candidates are not permitted to proceed to the next semester. Such candidates shall redo the semester in the subsequent term of that semester shall be admitted in the second semester, if he/she has successfully kept the term in first semester.

7. Attendance/ Condonation

Student must have 75% of attendance in each course for appearing the examination. Students who have 70% to 74% of attendance shall apply for condonation in the prescribed form with the prescribed fee. Students who have 60% to 69% of attendance shall apply for Condonation in prescribed form with the prescribed fee along with the Medical Certificate. Students who have below 60% of attendance are not eligible to appear for the examination. They should redo the semester.

8. Pattern of Question Papers:

Question Papers shall have five questions (with option for each) corresponding to four units of each theory course.

Format of Question Paper for 4 Units

Question No.	Description	Marks
PART A- 2x10=20	12 Questions- (Answer any 10) Minimum two question form each unit	20
PART B- 5x5=25	8 Question -(Answer any 5)Minimum one not more than two question form each unit	25
PART C- 10x3=30	5 Question- (Answer any 3) Minimum one question form each unit	30
TOTAL		75

9. Evaluation:

The performance of a student in each course is evaluated in terms of percentage of marks with a provision for conversion to grade point. Evaluation for each course shall be done by continuous internal assessment (CIA) by the concerned course teacher as well as by end semester examination and will be consolidated at the end of course. The components for continuous internal assessment are:

Best of two Test	15 Marks
Seminar/Quiz	5 Marks
Assignments	5 Marks
Total	25 Marks

Attendance shall be taken as a component of continuous assessment. Even though the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation. The ratio of marks to be allotted to continuous internal assessment and to end semester examination is 25:75. The evaluation of practical work. Wherever applicable, will also be based on continuous internal assessment and on an end semester practical examination.

10. Minimum Passing Standard:

The minimum passing standard for CIA (Continuous Internal Assessment) and External Examinations shall be 40% i.e. 10 marks out of 25 marks and 30 marks out of 75 marks respectively for

theory courses. The minimum passing for both CIA & external examination shall be 50% i.e 12 marks out of 25 and 35 marks out of 75.

11. Grading:

Once the marks of the CIA (Continues Internal Assessment) and SEA (Semester End Assessment) for each of the courses are available, both (CIA and SEA) will be added. The marks, thus obtained for each of the courses will then be graded as per details provided in B.P.Ed. from the first semester onwards the average performance within any semester from the first semester is indicated by Semester Grade Point Average (GPA) while continuous performance (including the performance of the previous semesters also) starting from the first semester is indicated by Cumulative Grade Point Average (GPA).

12. Classification of Final Results:

For the purpose of declaring a candidate to have qualified for the Degree of Bachelor of Physical Education in the First class/Second class/Pass class or First class with Distinction, the marks and the corresponding GPA earned by the candidate in Core Courses will be the criterion. It is further provided that the candidate should have scored the First/Second Class separately in both the grand total and end Semester (External) examinations.

13. Award of the B.P.Ed Degree:

A Candidate shall be eligible for the award of the degree of the B.P.Ed only if he/she has earned the minimum required credit including Bonus Credits of the programme prescribed above.

14. Letter Grades and Grade Points:

- i. Two methods-relative grading or absolute grading – have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark of r percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods.
- ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

CGY-Category	Category(CGY)
CDT-Credit	1. Theory (Core)
GRD-Grade	2. Practical (Core)
GPT-Grade Point	3. Inter-Disiplinary-Theory
GPA-Grade Point	4. Inter-Disciplinary-Practical
Average	5. Elective\Optional
	6. Comprehensive Viva/Seminar
	7. Extension Programmes
	8. Project And Viva-Voce

M.P.Ed/B.P.Ed/ M.Phil Programmes

Marks	Grade Point	Latter Grade	Description
95 & above	10	S+	First class-Exemplary
91-95	9.5	S	
86-90	9.0	D++	First Class-Distinction
81-85	8.5	D+	
76-80	8.0	D	
71 – 75	7.5	A++	First class
66-70	7.0	A+	
61-65	6.5	A	
56-60	6.0	B	

50.55	5.5	C	Second Class
Below 50	-	F	Fail
		AA	Absent

GPA =	$\frac{\sum(\text{CDTXGPT})}{\sum\text{CDT}}$
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Note:

GPA is calculated only if the candidate passes in all the courses i.e get minimum C grade in all the courses.

GPA is calculated only when the candidate passes in all the courses of all the previous and current semesters.

The cumulative grade point average will be calculated as the average of the SGPA of all the semesters continuously, as shown above.

For the award of the class, CGPA shall be calculated on the basis of:

- (a) Marks of each Semester End Assessment And
- (b) Marks of each Semester Continuous Internal Assessment for each course.

The final class for B.P.Ed. Degree shall be awarded on the basis of last GPA (grade) from all the one to four semester examinations.

Grievance Redressed Committee:

The Grievance Redressed Committee with course teacher/Principal and the HOD of the faculty as the members will solve all the grievances of the students.

Revision of Syllabi:

1. Syllabi of every course should be revised according to the NCTE norms.
2. Revised Syllabi of each semester should be implemented in a sequential way.
3. In courses, where units / topics related to governmental provisions, regulations or laws, that change to accommodate the latest developments, changes or corrections are to be made consequentially as recommended by the Academic Council.
4. All formalities for revisions in the syllabi should be completed before the end of the semester for implementation of the revised syllabi in the next academic year.
5. During every revision, up to twenty percent of the syllabi of each course should be changed so as to ensure the appearance of the students who have studied the old (unrevised) syllabi without any difficulties in the examinations of revised syllabi.
6. In case, the syllabus of any course is carried forward without any revision, it shall also be counted as revised in the revised syllabi.

SYLLABUS CREDIT STRUCTURE FOR B.P.Ed PROGRAMME

SEMESTER	COURSE/ TITLE	COURSE CODE	CREDIT	HOURS/ WEEK	MARKS		MARKS
					Internal	External	
I	History, Principles and foundation of Physical Education (CC)	721101	3	3	25	75	100
	Anatomy, Physiology Sports Medicine, Physiotherapy and Rehabilitation (CC)	721102	3	3	25	75	100
	Organization, Administration and Sports Management (CC)	721103	3	3	25	75	100
	Olympic Movement (CC)	721104	3	3	25	75	100
	Health Fitness and Management (EC)	721105	3	3	25	75	100
	Library			2			
	Track and Field (Running Events)	721106	2	5	25	75	100
	Gymnastic/ swimming /weight lifting	721107	2	5	25	75	100
	Indigenous Sports:	721108	2	4	25	75	100
	Mass Demonstration Activities:	721109	2	4	25	75	100
	Total		23	35	225	675	900
II	Yoga Education (CC)	721201	3	3	25	75	100
	Educational Technology and Methods of Teaching in Physical (CC)	721202	3	3	25	75	100
	Health education and environmental studies (CC)	721203	3	3	25	75	100
	Contemporary issues in Physical Education: fitness, Wellness, Sports Nutrition and Weight Management (EC)	721204	3	3	25	75	100
	IDC (NME) -I	721205	2	3	25	75	100
	MOOCS	SLC - I	Extra Credit				
	Library, Yoga and Carrier Guidance			3			
	Teaching Lessons (Track)	721205	2	4	25	75	100
	Yoga and Aerobics	721206	2	4	25	75	100
	Racket Sports:	721207	2	4	25	75	100
Teaching practice: General lesson plan, 10 lessons at School	721208	2	5	25	75	100	

	(External) and 5 lessons at faculty (internal)						
	Total		22	35	225	675	900
SEMESTER	COURSE/ TITLE	COURSE CODE	CREDIT	HOURS/ WEEK	MARKS		MARKS
III	Sports Training	721301	3	3	25	75	100
	Computer Applications in Physical Education	721302	3	3	25	75	100
	Sports Psychology and Sociology	721303	3	3	25	75	100
	Curriculum Design (EC)	721304	3	3	25	75	100
	IDC (NME) -II	721305	2	3	25	75	100
	MOOCS	SLC - II	Extra Credit				
	Library, Yoga and Carrier Guidance			2			
	Track and Field (Throwing Events)	721306	2	4	25	75	100
	Combative Sports: Boxing / fencing/ martial art	721307	2	4	25	75	100
	Team Games: (second best)	721308	2	4	25	75	100
	Teaching practice particular	721309	3	6	25	75	100
	Total		23	35	225	675	900
IV	Measurement and Evaluation in Physical Education (CC)	721401	3	3	25	75	100
	Kinesiology and Biomechanics (CC)	721402	3	3	25	75	100
	Research and Statistics in Physical Education (CC)	721403	3	3	25	75	100
	Theory of sports and game Officiating and Coaching	721404	3	3			
	Track and Field IV	721405	2	4	25	75	100
	Games Specialization – IV (First Best)	721406	2	4	25	75	100
	Coaching Lessons of Track and Field (IP)	721407	3	6	25	75	100
	Coaching Lessons - Game of Specializations (IP)	721408	3	6	25	75	100
	Adventure Activities			3			
	Total		22	35	200	675	800

CC: Core Course, EC: Elective Course, NME: Non Major Elective Course, SLC: Self Learning Course (MOOCs) and NEC: Non Exam Course.*Credits earned through Self Learning Courses (MOOCs) shall be transferred in the credit plan of the program as extra credits.

Semester - I			
Course code: 721101	History, Principles And Foundation Of Physical Education	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ➤ To gain the knowledge of physical education. ➤ To understand the historical perspectives of physical education in India. ➤ To understand the various isms to become familiar with Indian philosophy. ➤ To equip with the ideas of Fitness Promotion. 			
Unit -I	Introduction to Physical Education: - Definition, Meaning, Aims and objectives of Physical Education. Scope of Physical Education. Importance of Physical Education in present era. Relationship of Physical Education with General Education. Physical Education as an Arts and Science.		
Unit-II	Historical Development of Physical Education in India: Indus Valley Civilization Period (3250 BC 2500 BC), Early Hindu Period (600 BC – 320 AD) and Later Hindu Period (320 AD – 1000 AD), Medieval Period (1000 AD – 1757 AD), British Period (Before 1947). Physical Education in India (After 1947), Contribution of Akhadas and Vyayamshalas. Y.M.C.A and its Contribution, SAI SDAT, NSNIS, LNCPE and LNIPE Federations, KELO India SGFI, AIU Sports, State and National Sports Universities in India , Sports awards in India		
Unit III	World History of Physical Education: History of Physical Education in England, Rome, Athens, Sparta, Germany, Denmark, Sweden		
Unit IV	Foundation of Physical Education: Philosophical Foundations- Philosophy of Physical Education, Biological Foundations- Principles of Growth and Development. Heredity and Environment, Sex and Age difference, Body Types, Psychological Foundations - Law of learning, Forces of influencing learning, Theories of learning, Socialization Foundations		
Unit V	International Sports Movement: Ancient Olympics and Modern Olympics, I.O.C and I.O.A, Commonwealth Games, Asian Games and SAF Games.		
References			
Bucher, Charles A and WuestDehorah A (1992) <i>Foundations of Physical Education and Sports:</i> St.Louis, C.V.Mosby Company.			
Kamlesh, M L (2004) <i>Principles and History of Physical Education,</i> New Delhi: Friends Publication.			
Khan,Eraj Ahmed <i>History of Physical Education,</i> Patna: Scientific Book Co.			
Mac Lucinda (1996) <i>History of Physical Education,</i> New York: C W Heckensmith..			
Mojumdar, Ram Mohun (2009) <i>History of Physical Education and Sport.</i> New Delhi: Sports Publication.			
Outcomes			
<ul style="list-style-type: none"> ➤ Understand the concept of physical education. ➤ Understand the historical development of physical education in India and abroad. ➤ Describe the different Olympic games and its committees. ➤ Classify and identify the Olympic values and apply the same to the society. ➤ Apply the concept of Olympics in organizing various sports activities. ➤ Recognize and distinguish the functional operations of national and international Olympic federations. 			

Semester - I			
Course code: 721102	Anatomy, Physiology, Sports Medicine, Physiotherapy and Rehabilitation	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ➤ To gain the knowledge of organization of the human body and its regulation. ➤ To understand the support and movement of systems of the body. ➤ To understand the human body and its function. ➤ To understand and analyze the structural aspect of systems of the body. ➤ To understand the concept of fundamental of human body organs. ➤ To understand and analyze the functional aspects of human body. ➤ To understand the integration and control system. 			
Unit –I	Introduction: Definition and Meaning of Anatomy & Physiology, Brief Introduction to Anatomy & Physiology, Need and Importance in Anatomy & Physiology in the field of Physical Education, Animal Cell Structure and Function, Tissue: Classification.		
Unit-II	Structures & Functions of Various Organ Systems: Cardio – Respiratory System, Skeletal System, Muscular System, Respiratory System, Nervous System, Digestive System, Excretory System, Endocrine System, Lymphatic System.		
Unit III	Sports Medicine: Definition and Meaning of Sports Medicine, Need and Importance of Sports Medicine, Concept of Sports Medicine, Aim and Objectives of Sports Medicine, Injury – Types – Causes, Common Regional Injuries and their Management – shoulder, elbow wrist, knee and ankle, Low back problem and management, stretching and strengthening exercise in sports Doping – Agents, effects, dope test and sanctions.		
Unit IV	Rehabilitation and First Aid: Sign and Symptoms of Injuries, General Principles of Massage, Definition and Meaning of Rehabilitation and First Aid, Need and Importance of Rehabilitation First Aid, Aim and Objectives of Rehabilitation First Aid, Diagnosis of Injuries, Principles of First Aid, Athletic Bandage and Massage – its Classification, Indication & Contraindication.		
Unit V	Physiotherapy: Definition and Meaning of Physiotherapy, Need and Importance of Physiotherapy, Aim and Objectives of Physiotherapy, Different forms of Hydrotherapy, Thermotherapy and Cryotherapy, Hot and Cold packs, Whirlpool, Contrast bath, Infrared, Short wave diathermy and Ultrasound.		
References			
<p>Christine: M.D., (1999) <i>Physiology of Sports and Exercise</i>. USA: <i>Human Kinetics</i> Conley. M (2000) <i>Bioenergetics of Exercise Training</i>. In T.R, & R.W Earle. (Eds), <i>Essentials of Strength Training and Conditioning</i> (pp. 73 – 90) Champaign, IL: Human Kinetics.</p> <p>David, R.M (2005) <i>Drugs in Sports</i>, (4th Ed) Rout Ledge Taylor and Francis Group.</p> <p>Gupta, A.P (2010) <i>Anatomy and Physiology</i>, Agra: Submit Prakashan.</p> <p>Guyton, A.C (1996) <i>Textbook of Medical Physiology</i>, 9th Edition, Philadelphia: W.B Saunders.</p> <p>Hunter, M.D (1979) <i>A Dictionary for Physical Educators</i>. In H.M Borrow & R. McGee (Eds) <i>A Practical Approach to Measurement in Physical Education</i> (pp 573 – 74) Philadelphia: Lea &Febiger.</p> <p>Karpovich, P.V (n.d) <i>Physiology of Muscular Activity</i>. London: W.B Saunders Co., Lamp, G.S. (1982) <i>Essentials of Exercise Physiology</i>, Delhi: Surjeet Publication. Moorthy, A.M., (2014) <i>Anatomy, Physiology and Health Education</i>, Karaikudi Madalayam Publications.</p> <p>Morehouse, L.E & Miller, J (1967). <i>Physiology of Exercise</i>. St.Louis: The C.V. Mosby co.</p> <p>Pearce, E.C (1962) <i>Anatomy and Physiology for Nurse</i>. London: Faber & Faber Ltd. Sharma R.D (1979) <i>Health and Physical Education</i>, Gupta Prakashan.</p>			

Singh, S (1979). *Anatomy and Physiology and Health Education* Ropar: Jeet Publications.

Outcomes

- Describe organization of the human body and its regulation.
- Understand the support and movement of systems of the body.
- Describe the integration and control system.
- Discuss the human body and its function.
- Analyze the structural aspect of systems of the body.

Semester - I			
Course code: 721103	Organizations, Administration And Sports Management	Credits:3	Hours: 3
Objectives:			
<ul style="list-style-type: none"> ➤ To understand the concept and basic principles of management. ➤ To understand the Office Management, Record, Register & Budget ➤ To understand the care and maintenance of equipments ➤ Understand the systems of tournaments and organization of sports 			
Unit –I	Introduction: Definition, Meaning, importance of Organization, Administration and Sports Management in Physical Education, Purpose, Concept and scope of sports management, Essential skills and progressive concept of sports management, Qualities and competencies required for the sports manager, Event management in Physical Education & sports, Qualification and Responsibilities of Physical Education teacher and pupil leader, Meaning and basic principles of planning, National Sports University –Khelo India – SAI – SDAT – SGFT – AIU – LNIPE – LNCPE –NSNIS-YMCA.		
Unit-II	Competition Organization: Importance of Tournament, Types of Tournament, Knock – out Tournament, League or Round Robin Tournament, Combination Tournament, Challenge Tournament, Draw of Fixtures, Organization structure of Athletic Meet Sports Event Intramural & Extramural Tournament.		
Unit III	Programme Planning: Definition, Meaning, Importance and principles of program planning in Physical Education, Function of Program Planning, Organizing, Staffing, Directing, Communicating, Co-ordination, Controlling, Evaluating and innovating, Definition and Meaning of Leadership, Need and Importance of Leadership qualities, Leadership style and method, teacher pupil ratio.		
Unit IV	Facilities and time – Table Management: Facilities and Equipment Management, Types of facilities, Infrastructure – indoor, outdoor, academic & administrative blocks, research wing, library etc, Care of school building, Gymnasium, Swimming Pool, Play Fields, Play Ground, Equipment, need, importance, purchase, care and maintenance, Meaning Need, Importance and factors affecting Time table Management, Sports Management system in schools, colleges and universities.		
Unit V	Office Management, Record, Register & Budget: Definition, Meaning, function and kinds of office management, Records, Physical Efficiency record, Medical Examination record, Registers, Attend Register, Stock Register, Cash Register, Meaning and importance of Budget Marketing, Criteria of good budget, Sources of income, expenditure, preparation of budget, Principles of budgeting.		
References			
Ashton. D (1968) <i>Administration of Physical Education for women</i> . New York: the ronall press CL.			
Bucher, C.A <i>Administration of Physical Education and athletic programme</i> . 7 th edition, St, Louis: the C.V mosby co.			
Kamlesh M L, <i>Management concepts in Physical Education and sports</i> .			
Outcomes			
<ul style="list-style-type: none"> ➤ Understand the concept of sports management. ➤ Describe the essential skills of sports management. ➤ Describe the qualities and competencies required for the sports manager. ➤ Explain the basic concept of planning. ➤ Understand the concept of leadership and its forms. ➤ Describe organization and administration of sports programs. ➤ Prepare of the financial proposal for physical education & sports in schools/ colleges/universities. ➤ Organization, designing and evaluate sports events. 			

Semester - I			
Course code: 721104	Olympic Movements	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ➤ To understand the philosophy and to gain knowledge of early history of Olympic movements. ➤ To gain the knowledge of Olympic ideals, code, ethics, protocol etc. ➤ To gain the knowledge of different Olympic Games and committees. ➤ To understand the concept the Olympics in organizing various sports activities. ➤ To become familiar with and to recognize distinguished functional operations of national and international Olympic federations. 			
Unit -I	Introduction: Origin of Olympic Movement Aims of Olympic Movement, The early history of the Olympic movement, the significant stages in the development of the modern Olympic movement, Educational and cultural values of Olympic movement.		
Unit-II	Modern Olympic Games: Significance of Olympic Ideals, Olympic Rings and Olympic Flag, Olympic protocol for member countries, Olympic Code of Ethics, Olympics in action, Sports for all		
Unit III	Different Olympic Games: Para Olympic Games, Summer Olympic Games, Winter Olympic Games, Youth Olympic Games, Special Olympic Games,		
Unit IV	Committees of Olympic Games: International Olympic Committee Structures and Functions, National Olympic Committee and their role in Olympic Movement, Olympic Commissions and their functions, Olympic medal winners of India		
Unit V	Olympic Ceremonies: Introduction, Elements of Opening ceremony, 16 day Schedule, Elements of Closing Ceremony, Olympic stadium and Olympic village.		
References			
Osborne, M.P (2004) <i>Magic tree house fact tracker: ancient Greece and the Olympics nonfiction companion to magic tree house: hour of the Olympics</i> . New York Burbank, J.M Andravorich, G.D & Heying Boulder, C.H (2001) <i>Olympic dreams: the http://www.Olympic.org/olympism – in – action</i> .			
Outcomes	<ul style="list-style-type: none"> ➤ Understand the concept of olympic movements. ➤ learn about the Modern, Winter, Para, Youth and Special Olympic games 		

Semester - I			
Course code: 721105	Health And Fitness Management (Elective)	Credits:3	Hours: 3
Objectives			
Unit –I	Introduction to Fitness and Wellness: Definition, Meaning, Concept and Need of Fitness and Wellness, Dimensions of Fitness, Components of Fitness and Wellness, Relationship between Health Fitness and Wellness, Contemporary Concept of Fitness and Wellness		
Unit-II	Factors Influencing Fitness: Anatomical Fitness, Physiological Fitness, Psychological Fitness, Sociological Fitness, Environmental Fitness.		
Unit III	Methods to Develop Fitness Components: Aerobic, Anaerobic, Functional.		
Unit IV	Nutrition and Health: Work, Power, Energy and its units, Sources of Energy, Micronutrients, Food Pyramid, and Balance Diet.		
Unit V	Fitness Assessment: Measurement and Evaluation of Physical Fitness: Health Related, Occupation Related, Assessment of Physiological, Psychological and Sociological Traits, Body Composition.		
References			
<p>Carl Evans Platt, <i>Health and Fitness Centres</i>, Fitman Publishing, Long Acre London.</p> <p>Neilsol& Carl Foster ACSMS Health / <i>Fitness Facility Standards and Guidelines</i>, Human Kinetics Books, Champaign, Illinois.</p> <p>Parks and Zanger, <i>Sports and Fitness Management</i>, Human Kinetics, Champaign, Illinois.</p> <p>Patton, Grantham Gerson and Gegtman, <i>Developing and Managing Health & Fitness Facilities</i>.</p>			
Outcomes	<ul style="list-style-type: none"> ➤ Understand the fully bout health related fitness ➤ Knowing the food diet and modulations ➤ Understand the Physical, Physiological, Psychological and Anthropometrical Aspects 		

Semester - II			
Course code: 721201	Yoga Educations	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ➤ To understand and to be equipped with the concepts of yogic practices and asana. ➤ To be equipped with the knowledge of upanisadas and importance in one's life. ➤ To be equipped with the knowledge of yoga sutra, astang yoga and hatayoga. ➤ To become familiar classify and identify the yogic practices' and adana's values and apply the same to the society. 			
Unit –I	Introduction: Meaning, Definition and Scope of Yoga, Aim, Objectives and Functions of Yoga, Yoga in early Upanishads , The yoga sutra, General Consideration, Need and importance of yoga in Physical Education in Sports.		
Unit-II	Foundation of Yoga: The Astanga Yoga (Eight limbs of yoga): Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhayana and Samadhi, Types of Yoga-Karma Yoga, Raj Yoga, Jnana Yoga and Bhakthi Yoga.		
Unit III	Asanas: Types of Pranayama- Methods and Benefits, Effect of Asanas and Pranayama on various system of the body, Classification of asanas with special reference to Physical Education in Sports, Influence of relaxative and meditative posture on various system of the body, Types of Bandhas, mudras and Kriyas-Methods and Benefits, Types of Chakras, Nadis and its Benefits.		
Unit IV	Yoga Education: Research- Basic, Applied and Action Research in Yoga, Difference between yogic practice and physical exercise, Yoga Education Centers in India and Abroad, Competitions in Yogasanas.		
Unit V	Life style education – Yoga therapy and yogic diet: Suryanamaskar- Methods and Benefits, Yama – Niyama – Yogic life style, Mental Education, Emotional education, Spiritual education, Yogic diet (Rajasic, Tamasic and Sathvic), Gunas and Nodis.		
References			
<p>Brown, F.Y. (2000). <i>How to use Yoga</i>. Delhi: Sports publication.</p> <p>Gharote, M.L.&Ganguly, H. (1988). <i>Teaching methods for yogic practice</i>. Lonawala: Kaixydahmoe.</p> <p>Rajjan, S.M. (1985). <i>Yoga strengthening of relaxation for sports man</i>. New Delhi: Allied Publishers.</p> <p>Shankar, G. (1998). <i>Holistic approach of yoga</i>. Delhi: Aditya Publishers.</p> <p>Shekar, K.C. (2003). <i>Yoga for health</i>. Delhi: KhelSahitya.</p>			
Outcomes			
<ul style="list-style-type: none"> ➤ Understand the yoga and its historical development. ➤ Differentiate between various stages of astanga yoga. ➤ Demonstrate different asanas, pranayamas and kriyas. ➤ Apply and demonstrate various benefits of yoga to be applied in the field of sports. ➤ Relate yoga with health and wellness. ➤ Develop yogic programs/schedules. 			

Semester - II			
Course code: 721202	Educational Technology And Methods Of Teaching In Physical Education	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ➤ To understand the importance of educational technology for teaching lessons of physical education. ➤ To understand the importance and types of teaching methods and techniques with its devices to teach various aspects physical education skillfully. ➤ To acquire information on current directions in special teaching aids. ➤ To be sensitive to the proficiency in construction of lesson plans for various physical education activities. ➤ To inculcate the interests in lesson planning and its innovations. ➤ To gain the knowledge of classifying the types of presentation-techniques and technical preparations required for physical education lessons. ➤ To understand the principles of class management and factors affecting class management. ➤ To acquire the skill of utilization of various teaching aids for conduct of physical education program effectively. 			
Unit –I	Introduction : Definition and Meaning Education and Education Technology, Types of Education – Formal, Informal and Non – formal Education., Educative Process, Importance and Devices .		
Unit-II	Methods of Teaching – Nature, Objectives, Characteristics and Requirement: Teaching techniques – Lecture method, Command method, Demonstration method, Imitation method, Project method etc, Teaching procedure – Whole method, Whole – part- Whole method, Part – Whole method, Presentation Technique – Personal and technical preparation, Command – Meaning, Types and their uses in different situations.		
Unit III	Teaching Aids: Meaning of Teaching Aids, Importance and the criteria for selecting Aids, Teaching Aids – Audio aids, Audio – Visual aids, Verbal, Chalk board, Charts Model, Slide projector, Motion picture, e-learning etc, Meaning of team teaching, Principles and Advantage of team teaching, Difference between teaching methods and teaching aid.		
Unit IV	Lesson Planning and Teaching Innovations: Meaning of Lesson Planning, type and principles of lesson plan, General and Specific Lesson plan, Meaning of Micro teaching – types and steps of micro teaching, Meaning of Simulation teaching- types and steps of simulation teaching.		
Unit V	Evaluation: Meaning of Evaluation, Nature and procedures of Evaluation, Evaluation system of teaching, Score cards method, Digital evaluation		
Reference			
<p>Andrew D. Eberline & K. Andrew R. Richards (2013) <i>Teaching with Technology in Physical Education, Strategies: A Journal for Physical and Sport Educators</i>, 26:6, 38-39, To link to this article: http://dx.doi.org/10.1080/08924562.2013.839522.</p> <p>Bhardwaj, A. (2003). <i>New media of Educational planning</i>. New Delhi: Sarup & sons.</p> <p>Bhatia & Bhatia, (1959). <i>The principles and methods of teaching</i>. New Delhi: Doaba House.</p> <p>Kochar, S.K.(1982). <i>Methods and technique of teaching</i>. New Delhi: Sterling publishers Pvt. Ltd.</p> <p>Sampath, K., Pannerselvam, A. & Santanam, S. (1981). <i>Introduction to Educational technology</i>. New Delhi: Sterling publishers Pvt. Ltd.</p> <p>Walia, J.S (1999). <i>Principles and methods of Education</i>. Jalandhar: Paul Publishers.</p>			
Outcomes			
<ul style="list-style-type: none"> ➤ Understand the concept of educational technology and methods of teaching. 			

- Describe and use various teaching methods according to suitability
- Construct the lesson plans for various physical education activities.
- Classify the types of presentation, techniques and technical preparations required for physical education lessons.
- Understand the principles of class management and factors affecting class management.
- Effectively utilize various teaching aids for conduct of physical education program.

Semester - II			
Course code: 721203	Health Education And Environmental Studies	Credits:3	Hours: 3
Objectives:			
<ul style="list-style-type: none"> ➤ On completion of the course the student shall ➤ Develop health awareness and habits for healthy living in personal, family and community life. ➤ Develop interest and take responsibilities for implementing health and safety education. ➤ Develop environmental awareness and wastage eradication ➤ Develop an awareness of natural resources and causes of pollution 			
Unit –I	Introduction: Health Education and School Health Services Definition of health, Aims, objectives and Principles of Health Education, Concept, Dimensions, Spectrum and Determinants of Health Education, Objectives and importance of school health services, Health problems of school going students, WHO , Health Bodies in India and World.		
Unit-II	Health Problems Promotion in India: Nutritional problems, Explosive problems, Communicable and non – communicable disease problem, Medical care problems, Environmental sanitation, Promotion of health in Physical Activities in India.		
Unit III	Environmental Science : Definition, Scope, Need and Importance of environmental studies- Concept of environmental education, Historical background of environmental education. Celebration of various days in relation with environment-Plastic recycling & probation of plastic bag/cover- Role of school in environmental conservation and sustainable development.		
Unit IV	Natural Resources and related environmental issues: Water resources, food resources and Land resources, Definition, effects and control: measures of – Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution-Management of environment and Govt. policies, Role of Pollution Control Board.		
Unit V	School Health Services-Personal and Environmental Hygiene for schools-Objectives, Need and importance of School health service, Role of health education in schools -Health Services – Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environmental conservation and sustainable development.		
Reference			
J.E Park, K.Park, text book of Preventive And Social Medicine, Banasidas Bhanot Publishers, Jabalpur, 1985.			
Frank, H& Walter, H., (1976). Turners School Health Education. Saint Louis: The C.V Mosby Company.			
Nemir, A. (n.d). The School Health Education. New York Harber and Brothers.			
Outcomes			
<ul style="list-style-type: none"> ➤ Understand about the concept of health and health education. ➤ Understand the health problems in india. ➤ Understand about hygiene, nutritional aspects and prevention and control of communicable and non communicable diseases. ➤ Apply the comprehensive knowledge of the concept of health education, school health services and prevention of the environment related problems. ➤ Realise the value of environmental science. ➤ To look at the natural resources and related environmental issues. ➤ Develop an understanding about the environment. 			

Semester - II			
Course code: 721204	Contemporary Issues In Physical Education: Fitness And Wellness, Sports Nutrition And Weight Management	Credits:3	Hours: 3
Objectives			
<p>After completing this course, the students will be able to</p> <ul style="list-style-type: none"> ➤ Understand the modern concept of Fitness and Wellness. ➤ Employ the knowledge about concept of holistic health through fitness and wellness. ➤ Orient students toward the approach of positive life style. ➤ Develop competencies for profile development, exercise guidelines adherence. ➤ Apply the holistic concept of health and wellness. ➤ Realize and apply the fitness and wellness management techniques. ➤ Acquaint towards contemporary health issues and its interventions. ➤ Design different fitness training program for different age group. ➤ Explain common injuries and their management 			
Unit –I	Introduction: Concept of Physical Education and Fitness Definition, Meaning, Aims and Objectives of Fitness and Wellness, Importance and Scope of Fitness and Wellness, Components and types of Fitness and Wellness, Physical Activity and Health Benefits of Fitness and Wellness.		
Unit-II	Principles of Exercise Program: Means of Fitness Development, Aerobic and Anaerobic Exercise, Exercise and heart rate zones for various aerobic exercise intensities, Concept of free weight Vs Machine, Sets and Repetition etc, Concept of designing different fitness training program for different age groups.		
Unit III	Sports Nutrition: Definition and Meaning of Sports Nutrition, Role of Nutrition in Sports, Carbohydrates, Protein, Fat, Vitamins, Minerals and Water, Meaning, classification and its their functions- Role of hydration during exercise, water balance, Nutrition, Daily caloric requirement and expenditure.		
Unit IV	Nutrition and Weight Management: Concept of BMI (Body Mass Index), Obesity and its hazard, Myth of sports reduction, Dieting versus exercise for weight control, Common Myths about weight loss, Health risks associated with obesity, Obesity causes and solutions for overcoming obesity.		
Unit V	Contemporary Issues and Safety Education in Physical Education: Transition from traditional from modern approaches teaching Physical Education, Safety Education, Definition and Meaning of safety education, Importance of safety education for Physical Education, Safety Management techniques, Pre participation and safety measures.		
References			
<p>Bassesen, D.H (2008) <i>Update on Obesity</i>. J. ClinEndocrinoMetab. 93 (6) 2027 – 2034 Butryn, M.L., Phelan, S., & Hill, J.O (2007). Consistent self – <i>Monitoring of Weight: A Key Component of Successful Weight loss Maintenance</i>. <i>Obesity</i> (Silver Spring). 15 (12) 3091 – 3096.</p> <p>Chu, S.Y & Kim, L.J (2007) <i>Maternal Obesity and Risk of Stillbrith: A Meta Analysis</i>. Am J ObsetGynecol, 197 (3), 223 – 228.</p> <p>DeMaria, E.J. (2007) <i>Bariatric Surgery for Morbid Obesity</i>, N Engl J Med, 356 (21) 2176 – 2183.</p> <p>Defiore, J (1998) <i>Compelete Guide to Postnatal Fitness</i>. London: A & C Book.</p> <p>Dixon, J.B., “O” Brien, P.E Playfair, J. (n,d) <i>Adjustable Gastric Banding and Conventional Therapy for type 2 Diabetes: A Randomized Controlled trail</i>. JAMA 299 (3), 316 – 323.</p> <p>Giam, C.K. & The, K.c (1994) <i>Sports Medicine Exercise and Fitness</i>: Singapore: P.G Medical Book.</p> <p>Mcglymn, G., (1993) <i>Dynamics of Fitness</i>. Madison: W.C.B Brown. Sharkey, B.J.(1990) <i>Physiology of</i></p>			

Outcomes

- Understand the modern concept of sports training.
- Describe the principles of sports training.
- Evaluate and develop system of sports training – basic performance, good performance and high performance training.
- Plan training sessions.
- Realize and apply the methods of technique training.
- Explain periodization and its types.
- Identify talents.

Semester - III			
Course code: 721301	Sports Training	Credits:3	Hours: 3
Objectives: On completion of the course the student shall understand the following concepts:			
<ul style="list-style-type: none"> ➤ Scope, aim and objectives of sports training ➤ Training means and methods ➤ Concepts of load ➤ Concepts and types of training ➤ Training programming and planning 			
Unit –I	Introduction of Sports Training: Definition and Meaning of Sports Training, Aims and Objectives of Sports Training, Scientific Principles of Sports Training.		
Unit-II	Training Components: Meaning of Strength and Methods of Strength Development, Meaning of Speed and Methods of Speed Development, Meaning of Endurance and Methods of Endurance Development, Meaning of Coordination and Methods of Coordinative abilities, Meaning of Flexibility and Methods of Flexible Development.		
Unit III	Training Process: Definition and types of Training Load and Overload, Principles of Intensity and Volume of Stimulus and Density.		
Unit IV	Training Programming and Planning: Meaning and Types of Periodization, Aim and Content of Periods - Preparatory Period, Competition Period, Transitional Period, Planning – Training Season.		
Unit V	Meaning and Methods of Technique Training, Meaning and Methods of Tactical Training and Strategy, Meaning and Methods of Ergogenic Aids.		
Reference			
Dick, W.F (1980) <i>Sports Training Principles</i> . London: Lepus Books.			
Hare, D. (1982) <i>Principles Sports Training Berlin: Sporulated?</i>			
Jensen, R.C& Fisher, A.G (1979). <i>Scientific basis of athletic conditioning Philadelphia:</i> Lea and Fibiger, 2 nd Edn.			
Matvyew, L.P. (1981) <i>Fundamentals Spots Training</i> . Moscow: Progress Publishers. Singh, H. (1984) <i>Sports Training, general theory and methods</i> .			
Outcomes			
<ul style="list-style-type: none"> ➤ Understand the modern concept of sports training. ➤ Describe the principles of sports training. ➤ Evaluate and develop system of sports training – basic performance, intermediate performance and high performance training. ➤ Plan training sessions. ➤ Realize and apply the Methods of Technique Training. ➤ Design different training program for Training Components. ➤ Explain Periodization and its types. ➤ Identify talents. 			

Semester - III			
Course code: 721302	Computer Applications In Physical Education	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ➤ To develop knowledge about computer application ➤ To develop knowledge of office word and office excel ➤ To understand the ms power point ➤ To develop knowledge about internet 			
Unit –I	Introduction of Computer: Meaning, Need and Importance of Information and Communication Technology (ICT), Applications of Computers in Physical Education.		
Unit-II	Micro Soft Word (MS Word): Introduction of MS Word, Creating, Saving and Opening a Document, Formatting, Editing features Drawing table, Page Setup, Paragraph Alignment, Spelling and Grammar check Printing option inserting page Number, Graph, Footnote and Notes.		
Unit III	Micro Soft Excel (MS Excel): Introduction of MS Word, Creating, Saving and Opening the Spreadsheet, Creating Formulas Format and editing features adjusting columns width and row height understanding charts.		
Unit IV	Micro Soft Power Point (MS Power Point): Introduction to MS Power Point, Creating, Saving and Opening a Power Point, File – format and editing features slide show, design, interesting slide number picture, graph, table, Preparation of Power Point Presentation		
Unit V	Micro Soft Publishers and Access: Introduction to MS – Publishers 2010, Designing invitations, Broacher and Certificates, Creating a database, creating a Table, Queries, forms and report on tables and its uses in Physical Education.		
Reference:			
Irtegov. D (2004). <i>Operating System Fundamentals</i> . Firewall Media.			
Marliyn, M& Roberta, B (n.d) <i>Computers in Your Future. 2nd edition</i> , India: Prentice Hall.			
Milke, M (2007) <i>Absolute beginner's guide to computer basics. Person Education Asia</i> . Sinha, P.K &Sinha. P. (n.d) <i>Computers fundamentals. 4th edition</i> , BPB Publications.			
Outcomes	<ul style="list-style-type: none"> ❖ Need and Importance of Information and Communication Technology ❖ students know about the Operating System Fundamentals ❖ students carrier advancement through Computers 		

Semester - III			
Course code: 721303	Sports Psychology And Sociology	Credits:3	Hours: 3
Objectives : on completion of the course the student shall understand the following concepts: <ul style="list-style-type: none"> ➤ Psychology, sports psychology and sociology ➤ Nature of learning and personality ➤ Group and structure of the group, and behavior in different context ➤ Need for study of sports sociology ➤ Culture, sports culture and elements of culture. 			
Unit –I	Introduction: Definition, Meaning, Nature, Importance and Scope of Sports Psychology, General Characteristics of Various Stages of Growth and Development, Types and Nature of Individual differences: Factors Responsible. Heredity and Environment, Psycho – Sociological aspects of Human behavior in relation to Physical Education and Sports.		
Unit-II	Sports Psychology: Nature of Learning, Theories of Learning , Learning Curves and Laws of Learning, Definition, Dimension Meaning and Characteristics of Personality, Personality and Sports Performance, Nature of Motivation: Factors influencing Motivation: Motivation and Techniques and its impact on Sports performance, Mental Preparation Strategies: Attention focal, Self – talk, Relaxation, Imaginary – Aggression and Sports, Meaning, Kinds and Nature of Anxiety and Stress. Anxiety, Stress and their effects on Sports Performance.		
Unit III	Relation between Social Science and Physical Education: Orthodoxy, Customs, Tradition and Physical Education, Festivals and Physical Education, Socialization through Physical Education, Social Group life, Social Conglomeration and Social Group, Primary group and Remote group.		
Unit IV	Culture Meaning and Importance: Features of Culture, Importance of Culture, Effects of Culture on People life Style, Different methods of studying Observation / Inspection method, Questionnaire method and Interview method.		
Unit V	Mind: The Concept of Mind – Cognition, Affection, Conation, Characteristics of Mind – Conscious, Unconscious, Subconscious, Super Conscious, Stages of Mind.		
Reference: Gates, A. I at al, <i>Educational Psychology</i> (Macmillan Co. N.Y, 1957). S.R. Gangopadhyay , <i>Sports Psychology</i> S.R. Gangopadhyay Gwalior, 2002 S.K Manga, <i>Psychological Foundations of Education</i> , Parkash Brothers Ludhiana. Jack. H. Liewellyn, Judy. A. <i>Bluckeve, Psychology of Coaching, Theory and application</i> , Srjeet publication, Delhi, 1982. Jean. M Williams, Editor <i>Applied Sports Psychology Personal Growth to Peak Performance May Field</i> Publishing Company, Randon 1992. Kuppu swami. B <i>Advanced Educational Psychology</i> (Sterling Publishers Pri. Ltd, 1974). Kamlesh, R, M.L. , <i>Psychology of Physical education of Sports metropolitan</i> , New Delhi, 1983). Oxendine, J.B , <i>Psychology and motor learning</i> (Engle wood cliffs: New Jersey, 1968). Runnier Martens , <i>Coaches guide to Sports psychology, Human kinetics</i> , 1987 SameranChakraborty <i>Sports psychology</i> , Sports publication Delhi, 1998.			
Outcomes <ul style="list-style-type: none"> ➤ Describe the role of sports psychology for athletes and in their performance. ➤ Apply psychological theories in the field of physical education and sports for enhanced participation and optimal performance among children. 			

- Describe the general characteristics of various stages of growth and development.
- Describe the personality and its characteristics
- Develop skill proficiency in psychological assessment.
- Develop programs and strategies to enhance athletic participation among school children.
- Understand the psycho-sociological aspects of human behavior in relation to physical education and sports
- Understand socialization through participation in physical education and sports activities
- Understand the culture and its effect on life style of people.

Semester - III			
Course code: 721304	Curriculum Design (Elective)	Credits:3	Hours: 3
Objectives To develop knowledge about concept of the curriculum <ul style="list-style-type: none"> ➤ To understand significance of curriculum construction ➤ To understand the principle of curriculum planning. ➤ To understand the professional preparation. 			
Unit –I	Introduction: Modern Concept of Curriculum Need and Importance of Curriculum and Curriculum Development, Role of the Teacher in Curriculum Development, Factors affecting curriculum – Social factors – Personal Qualifications – Climatic consideration – Equipment and facilities – Time suitability of hours, Types of Curriculum Design - Traditional or subject centered, Learner centered, Problem centered / Society centered.		
Unit-II	Basic Guide line for Curriculum Construction: Focalization. Socialization, Individualization, Sequence and operation, Steps in curriculum construction.		
Unit III	Curriculum – Old and New Concepts, Mechanics of Curriculum Planning: Basic Principles of curriculum construction, Meaning and Importance of curriculum design, factors affecting curriculum design, Principles of curriculum design according to the needs of the students and state and national level policies, Role of teachers, Method of teaching / Instruction, Rubric, Assessment.		
Unit IV	Under – Graduate Preparation of Professional Preparation: Areas of health education, Physical Education and Recreation, Curriculum design – Experience of Education, field and laboratory, Teaching Practice, Professional’s competencies to developed – facilities and special resources for library, laboratory and other facilities.		
Unit V	Curriculum for Various Levels: Kinder Garden to 2 nd Standard (Pre Primary), 3 rd Standard to 5 th Standard (Primary), 6 th Standard to 8 th Standard (Upper Primary), 9 th Standard to 10 th Standard (High School), 11 th Standard to 12 th Standard (Higher Secondary).		
Reference: Bucher, Charles A &Wuest, Debra A (1987) <i>Foundation of Physical Education and Sport</i> 10 th Ed. St.Louis, The C.V Mosby Company. Harrison, Joyce. M & Blakemore, Conie. L (1989) <i>Instructional Strategies for Secondary School Physical Education.</i> 2 nd Ed. Dubuque. Wm.C.Brown Publishers. Kamlesh. M. L. (1988). <i>Physical Education: Facts and Foundations,</i> Faridabad; P.B. Publishers. Voltmer, Edward, F.et al (1979) <i>The Organization and Administration of physical Education</i> 5 th Ed. New – jersey; Prentice – Hall, Inc. Zeiger, Earle, E. Ed (1982) <i>Physical Education and sport – an Introduction,</i> Philadelphia: Lea &Febiger.			

Outcomes

- Appraise the understanding of the concept of the curriculum
- Explain the need and importance of curriculum development
- Interpret the concept.
- Realize and apply basic principles of curriculum construction
- Design different curriculum

Semester - IV			
Course code: 721401	Measurements And Evaluation In Physical Education	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ➤ To develop the understanding in evaluation procedures. ➤ To develop the knowledge in test administration. ➤ To develop the awareness in assessment of physical fitness. ➤ To develop the awareness in assessment of sports skills. 			
Unit –I	Introduction to Test, Measurement & Evaluation: Definition and Meaning of Test, Measurement & Evaluation in Physical Education, Need and Importance of Test, Measurement & Evaluation in Physical Education, Principles of Evaluation.		
Unit-II	Criteria for Administration of Test: Criteria of good test, Criteria of tests, scientific authenticity (Reliability, Objectivity, Validity and Availability of Norms), Type and classification of Test Administration of Test, Advance Preparation, Duties during and after testing.		
Unit III	Physical Fitness Test: AAHPER Youth Fitness Test, National Physical Fitness Test, Indiana Motor Fitness Test, Organ Motor Fitness Test, Johnson Motor Educability Test, MCS Movement Competency Screen Test.		
Unit IV	Sports Skill Tests: Lockhart and McPherson Badminton Test, Johnson Basketball Test, McDonald Soccer Test, Russel Langué Volleyball Test, Dyer Tennis Test, Schmithal Hockey Test.		
Unit V	Kinanthropometry (Anthropometry): Definition and meaning Body Composition, Proportion and Growth, Methods of Measuring Height, Weight and Circumference, Methods of Measuring Skin folds, Evaluating posture, flexibility and range of motion.		
Reference:			
<p>Barrow & Mc. Gee's (2000), <i>Practical Measurement and Assessment</i>, Philadelphia, USA.</p> <p>Banumartnes, T.A and A.S. Jackson (1991) <i>Measurement for Evaluation in Physical Education and Exercise Science</i>. Wm. C. Brown Publishers, University of Horesten, U.S.A.</p> <p>Claste, H.H., and D.H. Claske (1987), <i>Application of Measurement to Physical Education</i>, “Practice Hal INC., Englewood Cliff, New Jersey, U.S.A.</p> <p>Hasted, D.N. and A.c. Lacy (1989), <i>Measurement and Evaluation in Contemporary Physical Education</i>, GorsuchScasisbrick, Scottsdale, AZ, U.S.A.</p> <p>Johnson, B.L. and J.K. Nelson (1982), <i>Practical measurement for Evaluation in Physical Education</i>, 3rd Ed. Subject Publications, Delhi.</p> <p>Kansal, D.K. (2008), “A Text Book of <i>Applied Measurement Evaluation & Sports Selection</i>” SSS Publications, New Delhi, India.</p>			
Outcomes			
<ul style="list-style-type: none"> ➤ Understand the need & importance of test, measurement and evaluation in physical education. ➤ Describe the criteria, classification and administration of test. ➤ Develop concepts related to test, measurement & evaluation. ➤ Construct a strong basis in the evaluation techniques through the various test and measurements method used in physical education. ➤ Explain different physical fitness and skill tests. 			

Semester - IV			
Course code: 721402	Kinesiology And Bio Mechanics	Credits:3	Hours: 3
Objectives : On completion of the course the student shall understand the following concepts:			
<ul style="list-style-type: none"> ➤ To understand the concept of movement in various forms ➤ To understand basic concept of physics as applied to movement ➤ To help students to make analysis of human movement ➤ To understand the process of movements 			
Unit -I	Introduction to Kinesiology and Bio Mechanics: Definition and Meaning of Kinesiology and Bio Mechanics – Needs of Kinesiology in Physical Education, Terminology of Fundamental Positions and Joint Movements, Flexion, Extension, Adduction, Abduction, Rotation – Medial and Lateral Rotation, Inversion, Eversion, Circumduction, Planes and Axes of Motion – Frontal, Sagittal, Transverse, Axis: Anatomical – Mechanical, Posture, Meaning, Types: Ideal – Optimal – Deviatonal, Importance of Good Posture, Centre of Gravity, Equilibrium and Line of Gravity.		
Unit-II	Fundamentals Concept of Anatomy and Physiology: Classification of Joints and Muscles, Types of Muscle Contractions, Definition and, Meaning of Posture, Types and Importance of Good Posture, Fundamental concept og following terms – Angel of Pull, All or None Law Reciprocal innervations.		
Unit III	Mechanical Concepts: Definition and Meaning of Bio Mechanics, Definition, Meaning of Force, its types and application to Sports Activities, Definition, Meaning of Lever its types and application to Sports Activities, Definition, Meaning types of Motion, Newton’s Law’s of Motion and its application to Sports Activities, Definition, Meaning of Equilibrium and types of Equilibrium, Definition, Meaning of Projectile – Factors influencing projectile trajectory.		
Unit IV	Kinematics and Kinetics of Human Movement: Meaning of Linear Kinematics – Distance and Displacement, Speed and Velocity, Acceleration, Meaning of Angular Kinematics – Angular Distance and Displacement, Angular Speed and Velocity, Angular Acceleration, Linear Kinetics – Inertia, Mass, Momentum, Friction, Angular Kinetics – Movement of Inertia, Couple, Stability.		
Unit V	Mechanical Principles: Mechanical principles involved in fundamental movements, Basic Mechanical analysis of Techniques in track, field and games.		
Reference:			
Bunn, J.W (1972) <i>Scientific Principles of Coaching</i> . Englewood Cliffs, N.J. Prentice Hall Inc.			
Hay, J.G& Reid, J.G (1982) <i>The Anatomical and Mechanical basis of human motion</i> Englewood Cliffs, N.J. Prentice Hall Inc.			
Hay, J.G& Reid, J.G (1988) <i>Anatomy, Mechanics and Human Motion</i> , Englewood Cliffs, N.J. Prentice Hall Inc.			
Hay, J.G (1970) <i>The Biomechanics of Sports Techniques</i> . Englewood Cliffs, N.J. Prentice Hall Inc.			
Simonian, C. (1911) <i>Fundamentals of Sport Biomechanics</i> . Englewood Cliffs, N.J. Prentice Hall Inc.			
Outcomes			
<ul style="list-style-type: none"> ➤ Define and describe the term kinesiology and biomechanics. ➤ Explain mechanical concepts (force, lever, Newton’s laws of motion and 			

projectile).

- Develop the knowledge and appreciation of the importance of the study of kinesiology as a foundation for further studies in biomechanics and performance analysis.
- Develop an understanding of the fundamental connection between structure and basic functions for muscles and joints.

Semester - IV			
Course code: 721403	Research And Statistics In Physical Education	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ➤ To develop basic concept of research and statistics in physical education ➤ To develop knowledge and areas of research in physical education ➤ To develop knowledge of measures of central tendency and dispersion and their uses ➤ To understand meaning and importance of graphical representation of data ➤ To help the students to take up the small projects 			
Unit -I	Introduction to Research: Definition, Meaning and Characteristics of Research, Need, Importance and Scope of Research in Physical Education, Classification and Methods of Research, Research Ethics, Research Problem: Criteria for Selecting and Locating Research Problem, Definition and Meaning of Hypothesis, Formulation and Types of Hypothesis.		
Unit-II	Population and data – Normal, Ordinal & Interval. Frequency tables - Raw Data, Grouped and Ungrouped data, Dependent and Independent Variables, Meaning of Sample and Sampling Techniques, Meaning and Need of Research Design – Features, Meaning and Need of Experimental Research, Meaning of Historical Research and Collection of Data: Primary and Secondary Source, Meaning of Survey: Case Study and Need of Case Study, Definition and Meaning of Philosophical Research.		
Unit III	Survey of Related Literature: Related Literature: Need of Related Literature in Research – Sources, Tools of Research – Questionnaire – Construction of Questionnaire, Interview: Types of Interview, Meaning of Reliability: Instrument Reliability – Need and Importance, Validity, Objectivity and testers Competency.		
Unit IV	Basic of Statistical Analysis: Definition, Meaning and Importance of Statistics in Physical education, Types of Statistics: Descriptive – Inferential, Class Distribution: Histogram, Frequency Polygon, Frequency Curve, Cumulative Frequency Polygon, Definition and Meaning of Central Tendency: Mean – Median – Mode for group and ungroup data, Merits and Demerits of Central Tendency.		
Unit V	Definition and Meaning of Variability: Range – Mean Deviation – Standard Deviation - Calculation for group and ungroup data, Merits and Demerits of Variability, Meaning and Importance of Percentile and Quartiles – Computing from Group and Ungrouped data, Meaning of Probability - Normal Curve – Properties of Normal Curve, Correlation – Karl Pearson Product Moment Correlation and Karl Spearman Rank Order Correlation, Graphical Presentation: Need and Importance in Research – Types: Bar Diagram – Line Graph – Pie Diagram.		
Reference:			
Best, J.W. (1963). <i>Research in Education</i> . U.S.A.: Prentice hall.			
J.P. Verma , “ <i>Statistical Methods in Sports and Physical Education</i> ”, Rediffs book.			
J.P. Verma , (2000) “ <i>A Textbook on Sports Statistics</i> ” Venus Publication.			
Outcomes			
<ul style="list-style-type: none"> ➤ Understand the basic framework of research process. ➤ Classify of research. ➤ Describe the research process and research methods. ➤ Identify various sources of information for literature review and data collection. 			

- Know how to organize, manage, and present data.
- Use and apply a wide variety of specific statistical methods.
- Formulate research problem.

Semester - IV			
Course code: 721404	Theories Of Sports And Games, Officiating And Coaching	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ➤ To develop an understanding coaching and officiating principles ➤ To develop a broad perspective of the profession of sports coaching. ➤ To develop competency in selection of sports teams. ➤ To develop an understanding and appreciation of officiating in various sports. ➤ To know application of mechanics of officiating in various games/sports. 			
Unit –I	Introduction of Officiating and Coaching: Concept of Officiating and Coaching, Importance and Principles of Officiating, Relation of Official and Coach with Management, Players and Spectators, Measures for Improving the Standards of Officiating and Coaching.		
Unit-II	Coach as Leader: Duties of Coach in General, Pre during and Post – Game, Philosophy of Coaching, Responsibilities of Coach on and off the Field, Psychology of Competition and Coaching.		
Unit III	Duties of Official: Duties of Official in General, Pre during and Post – Game, Philosophy of Officiating., Mechanics of Officiating – Position, Singles and Movement etc, Ethics of Officiating.		
Unit IV	Qualities and Qualification of Coach and Official: Qualities and Qualification of Coach and Official - Team Manager, Eligibility Rules of Inter – Collegiate and Inter – University Tournaments, Preparation of TA and DA bills, Integrity and Values of Sports.		
Unit V	General Rules of Selected Indoor Games (Chess, Carrom, Billiards, Snooker), General Rules of Selected Water Games (Diving, Water Polo), General Introduction of Specialized Games and Sports, Athletic, Badminton, Ball Badminton, Basketball, Cricket, Football, Gymnastics, Hockey, Handball, Kabaddi, Kho – Kho, Tennis, Table Tennis, Volleyball, Yoga, Each Game or Sports to be dealt under the following hands - History and development of the Game and Sports, Dimension and Marking, Ground Preparation, Dimension and Marking, Standard Equipment and their Specifications, Ethics of Sports and Sportsmanship.		
Reference:			
Bunn, J.W. (1968). <i>The Art of Officiating Sports</i> . Englewood Cliffs, N.J. Prentice Hall.			
Bunn, J.W. (1972). <i>Scientific Principles of Coaching</i> . Englewood Cliffs, N.J. Prentice Hall.			
Dyson, G.H (1963). <i>The Mechanics of Athletics</i> . London: University of London Press Ltd.			
Lawther, J.D. (1965). <i>Psychology of Coaching</i> . New York: Pre. Hall.			
Singer, R.N. (1972). <i>Coaching Athletic Psychology</i> . New York: M.C.Graw Hill.			
Outcomes			
<ul style="list-style-type: none"> ➤ Understand the concept and mechanism of officiating and coaching. ➤ Describe the duties of coaches and officials. ➤ Know the ethics and philosophy of coaching and officiating. ➤ Realise the qualities and qualification of coach and officials. ➤ Apply the concept of coaching and officiating. 			

Non Major Elective

Semester - II			
Course code:	FITNESS AND SPORTS TRAINING	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ❖ To help children know and accept individual and collective responsibility for healthy living at home, school and in the community. ❖ To help children know their health status, identify health problems and be informed for taking appropriate remedial measures. ❖ To create awareness among children about rules of safety in appropriate hazardous situations to avoid accidents and injuries. ❖ To acquaint them with first-aid measures about common sickness and injuries. 			
Unit -I	INTRODUCTION Definition and meaning of Sports Training Aims and objectives of Sports training Characteristics and principles of Sports training Training load, concept of training load and adaptation Types of load and loading principles		
Unit-II	Principles of training methods Strength training methods for developing maximal, explosive and strength endurance Training methods for Endurance development Training methods for Speed development Training methods for Flexibility development.		
Unit III	Planning of training programme - meaning and its importance Training cycles- macro and micro cycles Periodization- types of periodisation- short term and long term Components of Periodisation- Preparatory, competition and transition Structure and function of single, double periodisation and its importance.		
Unit IV	Fundamentals of Physical Education and Sports Coaching <i>Fundamentals of Training Principles in Sport</i> Fitness Training and Test - Means and methods of Free hand training, Weight training, Circuit training, Interval training Fitness Assessment Tests Physical Fitness Tests.		
Unit V	Movement Analysis - administration, scoring and interpretation Motor Fitness Tests- types, administration, scoring and interpretation Cardio-vascular Fitness Tests- types, administration, scoring and interpretation.		
REFERENCES · Singh Hardayal (1991). <i>Science of Sport Training</i> . Delhi: D.V.S Publication. Williams, J. (1977) <i>Athletic Training and Physical fitness</i> . Allyn and Bacon Inc., Singh H, (1984). <i>Science of sports Training</i> . Mateweyew L.P. <i>Fundamental Sports Training</i> .			
Outcomes			
<ul style="list-style-type: none"> ❖ Talent Scouting at micro level & Nurturing talent towards excellence ❖ Training & International Exposure ❖ Support Training with Scientific & Sports Equipment and scientific personnel ❖ Monitor and enhance Performance with a scientific evaluation system ❖ Training and preparation of National teams 			

Semester - III			
Course code:	Health and Physical Education	Credits:3	Hours: 3
Objectives			
<ul style="list-style-type: none"> ❖ To help children know and accept individual and collective responsibility for healthy living at home, school and in the community. ❖ To help children know their health status, identify health problems and be informed for taking appropriate remedial measures. ❖ To create awareness among children about rules of safety in appropriate hazardous situations to avoid accidents and injuries. ❖ To acquaint them with first-aid measures about common sickness and injuries. 			
Unit -I	INTRODUCTION Concept of Health Education Meaning, Definition, Aims, Objectives and Importance of Health Education - Nutrition - Malnutrition - Personal Hygiene - Physical Education Meaning, Definition, Aims, Objectives, Scope and Importance of Physical Education -		
Unit-II	Physical Fitness- Meaning, Definition, Components and Benefits - Origin and Development of Ancient and Modern Olympics - Recreational activities -Health Education in Schools - Health Instruction, Health Services, Safety Education: Importance with reference to Schools, Play fields, Road, School and Home.		
Unit III	Causes and Prevention of Diseases Life style disorders: Intentional & Unintentional Injuries, Diabetes and Obesity - Back Pain: Causes, Symptoms and Prevention - Communicable diseases Symptoms and Prevention.		
Unit IV	First Aid-Principles and Uses Principles of first aid, First aid equipments, Fracture - causes and symptoms and the first aid related to them, Muscular sprain causes, symptoms and remedies, Treatment of unconsciousness, Treatment of heat stroke.		
Unit V	Food and Nutrition Meaning of Food, Classification, Constituents of Food, Vitamins and Deficiency Diseases, Meaning of Nutrition, Malnutrition - Causes - Balanced Diet and Diet for Obesity and Under Weight.		
REFERENCES ·			
<p>Ajmer, S. (2003). <i>Essentials of physical education</i>. New Delhi: Kalyani Publishers</p> <p>Dambrosa, D., & Robert, D. (1993). <i>Prevention and treatment and running injuries</i>. New Jersey</p> <p>Hedge, (1997). <i>How to maintain good health</i>. New Delhi: UBPSD Publishers.</p> <p>· Kanele., B. S., & Kumar, C. P. (1996). <i>Text book on health and physical education</i>. Ludhiana: Kalyana Publishers. ·</p> <p>Mangal, S. K. (2005). <i>Health and physical education</i>. Ludhiana: Tandon Publication book market</p> <p>Nash T.N. (2006). <i>Health and physical education</i>. Hydereabad: Nilkamal Publishers</p> <p>Reema, K. (1996). <i>Physical fitness</i>. New Delhi: Khel Sahitya Sports Publication. ·</p> <p>S., Sothi, & Krishnan.P. (2005). <i>Health education and physical education</i>. Delhi: Surject Publications. ·</p>			
Outcomes			
<ul style="list-style-type: none"> ❖ To help children learn correct postural habits in standing, walking, running, sitting and other basic movements so as to avoid postural defects and physical deformities. ❖ To help children improve their neuromuscular coordination through participation in a variety of physical activities in order to physical fitness. 6. To help children strive for excellence in games and sports. ❖ To provide skills for dealing with psycho-social issues in the school, home and the community ❖ To inculcate values and skills in children in order to promote self-control, concentration, peace and relaxation to avoid the ill effects of stress, strain and fatigue of routine everyday life. . 			

**CURRICULUM FRAME WORK FOR
BPED PROGRAMME
CHOICE BASED CREDIT SYSTEM]**

**THE BOARD OF STUDIES FOR ALAGAPPA UNIVERSITY COLLEGE OF
PHYSICAL EDUCATION**

ON 24.06.2019 AT 10.00 AM IN OUR COLLEGE CAMPUS

**HE FOREIGN COUNTRY EXPERTS, INDIAN EXPERTS AND THE
BOARD OF STUDIES COMMITTEE MEMBERS CURRICULUM VITAE
AS FOLLOWS**

CURRICULUM VITAE

Name : **Dr. Victor Selvarajah a/l Selvanayagam**
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Educational qualification: Ph.D

Professional experience: Senior Lecturer 2012 – at present

Honours and Awards:

- 2018 University of Malaya Work Excellence Certificate
- 2017 University of Malaya Work Excellence Award
- 2016 University of Malaya Work Excellence Certificate

Recent publications:

- Hackett DA, Selvanayagam VS, Halaki M, Cobley SP (2019). Associations between Perceptual Fatigue and Accuracy of Estimated Repetitions to Failure during Resistance Exercises. *Journal of Functional Morphology and Kinesiology* 4 (3): 56
- Khong TK, Selvanayagam VS, Hamzah, SH, Yusof A. (2018). The Effect of Quantity and Quality of Pre-Exercise Carbohydrate Meals on Central Fatigue. *J Appl Physiol* 125 (4): 121-129.
- Khong TK, Selvanayagam VS, Sidhu SK, Yusof A. (2017). Role of carbohydrate in central fatigue: a systematic review. *Scandinavian Journal of Medicine & Science in Sports*, 27(4), 376-384.
- Selvanayagam VS, Riek S, de Rugy A, Carroll TJ (2016) Strength training biases goal-directed aiming. *Medicine and Science in Sports and Exercise* 48 (9), 1835- 1846.
- Selvanayagam VS, Riek S, Carroll TJ (2012) A systematic method to quantify the presence of cross-talk in stimulus-evoked EMG responses: Implications for TMS studies. *J Appl Physiol* 112: 259-265.
- Selvanayagam VS, Riek S, Carroll TJ (2011) Early neural responses to strength training. *J Appl Physiol* 111:367-375.

CURRICULUM VITAE

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Professor at Osmania University, Hyderabad
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09885911520,09246529013,
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Educational qualification: B Com, M.P.Ed., Diploma in Coaching,NIS(Athletics),
J.R.F and N.E.T(UGC), Ph.D

Professional experience: professor Sep 1997 – Present22 years 2 months

Research Publications in the Journals.

1. A Study on the effect of Plyometric Exercises for development of Speed among Foot Ball Players of Osmania University. Asian Journal of Physical Education and Computer Science in Sports ISSN 0975-7732 Journal Impact Factor 0.5190 Volume 7, No.1, Dec.2012 pg.50-52
2. A Comparative Study on the differences in Crouch Start and Standing Start in 100 M Run in Athletics. International Journal of Health, Physical Education and Computer Science in Sports ISSN 2231-3265 Volume No.2. No.1. June 2011 Pages:121-124
- 3.A Comparative Study on speed among Long Jumpers and Triple Jumpers of Osmania University. International Scientific Journal of Sports Sciences. ISSN 2277-2804 Vol.1, No.1, April 2012 pages 55-58
- 4.Effect of Plyometric training and SAQ Training followed by detraining on selected bio motor abilities of Osmania University soccer Players. Osmania Journal of Physical Educaton ISSN 0974-7109 Vol.6 July 2012 pages 15-21
- 5.A Study on the An Aerobic Power and Body composition of Athletic Trained Vegeterian and Non Vegetarians. Golden Research Thoughts ISSN 2231-5063 Vol.1, No.5, November 2011 pages 3-6
6. A Comparative Study of self concept and anxiety among sprinters and jumpers of Osmania University. Academic Sports Scholar ISSN 2277-3665 December 2012
7. A Comparative Study of Aerobic Endurance among Foot Ball and Hockey Players in Hyderabad. Variorum Multi-disciplinary e research journal ISSN 0976-9714 Vol.2, Issue-1, August 2011
8. Effect of Weight Training on Power Performance. Journal of Physical Education and Sport ISSN 2066-2483, June 2011.

Study on the effect of Interval Training for development of endurance among Osmania University Athletes in India. NAPESS Journal of Physical Education and Sports ISSN 2229-7049 pages 27 and 28

CURRICULUM VITAE

Dr.M.Sundar

Principal

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Academic Qualifications: B.P.E., M.P.E., Ph.D., NSNIS (ATHLETICS)

Examinations	Name of the Board/University	Year of Passing	Percentage of marks obtained	Division/Class/Grade	Subject
Ph.D	AlagappaUniversity	2007			Physical Education
NSNIS	NSNIS,kolkatta	1994	70%	I	Diploma in Athletics
M.P.E	Jiwaji University	1993	58.24%	II	Physical Education
B.P.E	Jiwaji University	1989	58.27%	II	Physical Education
Higher secondary	Board of HSC	1986	55.58%	II	Math's & science
High School/ Matric	Board ofSecondary Education	1983	58%	II	Math's,science & social
Name of the eligibility Test	Subject		Month &Year of Passing		
<i>UGC (NET & JRF)</i>	<i>Physical Education</i>		<i>January 1991</i>		
<i>UGC (NET & JRF)</i>	<i>Physical Education</i>		<i>June 1994</i>		
<i>UGC (NET)</i>	<i>Physical Education</i>		<i>December 1999</i>		

Teaching Experience: 22 Years

University/College/ Institute	Designation held	Date of Joining	Date of Leaving
Sanjai Gandhi college	Physical director	1994	1995
Alagappa University College of Physical Education	Lecturer	10.07.1995	09.07.2006
	Reader	10.07.2006	09.07.2009
	Course coordinator	01.06.2009	1.11.2010
	Associate professor	10.07.2009	Till date
	Principal (i/c)	02.11.2010	January 2013
	Principal	January 2013	Till date

Research Experience:

20 Years

CURRICULUM VITAE

Dr.K.Murali Rajan Professor

Alagappa Institute of Educational Sciences
Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA

Employee Number : 414003
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Academic Qualifications: M.A./M.Sc./M.Phil./Ph.D.

BPE	JIWAJI	PHY. EDUCATION	1991	II
MPE	JIWAJI	PHY EDUCATION	1993	II
NET	UGC	PHY EDUCATION	1993	-
NSNIS CERTIFICATE	PATIALA	HOCKEY	1996	'A'
PhD	ALAGAPPA	PHYS ICAL EDUCATION	2009	
P.G.Dip. Yoga	TPSU	Yoga	2009	II

Teaching Experience: 17 Years

Post	School / College	From- To	Year
Physical Director	K.B.J.G., Gurrukulam	Oct 1993 – Aug 1995	1 Year 8 Month
Physical Education Teacher	K.V.H.V.F Avadi	Aug 1995 – Aug 1999	4 Year
Lecturer	Alagappa university College of Physical education	Aug 1999 – Aug 2003	5 Years
Assistant Professor	Alagappa university College of Physical education	Aug 2003 – July 2013	5 Years
Associate Professor	Alagappa university College of Physical education	Aug – 2013 24.8.16	4 Years
Professor	Alagappa Institute Educational Sciences	25.08.16 to Till date	

Research Experience: 14 Years

CURRICULUM VITAE

Dr. S. Nagarajan Professor
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Academic Qualifications: M.COM., M.Sc., YOGA., M.P.ED., Ph.D.

Teaching Experience: 18 Years

Research Experience: 16 Years

Additional Responsibilities

1. Coordinator – Remedial coaching for SC/ST/OBC (Non Creamy layer) and minorities-
2. Selection Committee member Alagappa university Football team 2010-2016.
3. Selection committee member Alagappa university volleyball team 2012-2014.
4. University Representative for DD exam every year.
5. Flying squad of afflicted colleges.
6. Aucpe Extramural in charge of games 2009-2014.
7. Organizing secretary for state level inter collegiate football tournament every year.
8. Coordinator for college cultural club

CURRICULUM VITAE

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Academic Qualifications: B.Sc., B S., MPEd., MS., FSS., Mphil., PhD., PGDHE. PGDDE., PGDSM., PGDSO., PGDY., PGDND , CYED.

Research Experience: 20Years

Additional Responsibilities

1. Head of the Dept - Bped Course
2. Director - Extramural And Intramural Sports And Games
3. Warden

Areas of Research

Exercise Physiology, Sports Medicine and Adapted Physical Education

CURRICULUM VITAE

Dr. P. Kaleeswaran Asso Professor

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**Academic Qualifications: B.Sc.,Msc., (Yoga)M.P.Ed., M.Phil.,SLET., D.S.Y.M., P.G.D.Y.,
Certi.NIS., Ph.D.,**

Teaching Experience: 24 Years

Research Experience: 24 Years

Areas of Research : Exercise Physiology, Sports Training & Kinesiology

CURRICULUM VITAE

Dr.S.Saroja, Assistant Professor
Alagappa University College of Physical Education
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Academic Qualifications: M.A., M.Sc(Phy Edu), M.Phil., Ph.D.

1. Doctor of Philosophy - Physical Education, Alagappa University, Karaikudi July 2000
2. Master of Philosophy - Physical Education, Alagappa University, Karaikudi, June 1992
3. Master of Physical Education: Alagappa University, Karaikudi, July 1991
4. M.Sc – Yoga TN P.E. & S University, Chennai Sep 2010
5. P G Diploma in Sports Management, Alagappa University, Karaikudi, Oct 1994
6. Diploma in Scientific Yoga & Meditation, M.K University, Madurai, May 1992
7. Diploma in Yoga & Massage Science, Alternative Medicine, Calcutta. April 1993
8. Certificate in Yoga, Alagappa University, Karaikudi, July 1994.

Teaching Experience: 22 Years

Research Experience: 11 Years

Areas of Research

1. Yoga
2. Sports Physiology
3. Sports Physiotherapy
4. Sports Training

CURRICULUM VITAE

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Academic Qualifications: B.Sc.,M.P.Ed.,M.Phil., PGDYEd., Ph.D

Degree	Subject	Institution/ University	Year of completion	Class	%
BSc	Zoology	Adithanar College, Trichendur	1999	Second	57.83
MPEd	Physical Education	Dr.Sivanthi Adithanar College of Physical Education, Trichendur	2001	First	66.52
MPhil	Physical Education	Alagappa University, Karaikudi	2002	First	62.56
Doctor of Philosophy	Physical Education	Alagappa University Karaikudi	2013	-	-
PGDYEd	Physical Education	Alagappa University, Karaikudi	2005	Second	58.66

Teaching Experience: 14 Years

Research Experience: 08 Years

Areas of Research

Sports training and sports psychology

CURRICULUM VITAE

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Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA
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Contact Phone (Mobile) : +91 9629650542
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Academic Qualifications: M.B.B.S

Degree	Subject	Institution/ University	Year of completion	Class	%
M.B.,B.S	Bachleor of Medicine& Surgery	Mahatma Gandhi Medical College & Research Institute	NOV 2008	FIRST	67%

Teaching Experience: 04YEARS 9MONTHS

Additional Responsibilities

1. Member In Swacch Bharat Committee
2. Member (Clinician) In Reconstituted Ethics Committee Of Alagappa University
3. Member In Multi Model Material Production For Differentially Abled Centre, Alagappa University

CURRICULUM VITAE

Dr.K.Divya **Assistant professor**
 Alagappa University College of physical education
 Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA
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 Date of Birth : 30.05.1983
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Academic Qualifications: BA., M.Sc., B.P.Ed., M.P.Ed., M.Phil., Ph.D., PGDSM., PGDY., cert. NSNIS (Kho-Kho), cert.NSNIS (Fencing), TTCY., ISAK (I&II), NET Dec.2012 (UGC Ref No: 30891)

Degree	Subject	Institution/ University	Year of completion	Class	%
X	State Board	O.C.P.M.Hr.Sec.School, Madurai	1998-1999	I	65
XII	State Board	O.C.P.M.Hr.Sec.School, Madurai	2000-01	I	73.24
B.A.,	Economics	Holy Corss College, Trichy	2001-04	II	59.58
B.P.Ed	Physical education	Sri Saradha College of Physical education salem	2004-05	I	68
M.P.Ed	Physical education	Alagappa University, Karaikudi	2005-07	I	77
M.Phil	Physical education	Alagappa University, Karaikudi	2007-08	I	76
Ph.D	Physical education	Alagappa University, Karaikudi	2009-2011	Awarded	
NET	Physical education	National Eligibility Test, Bureau,	Dec.2012	(UGC Ref No: 30891)	
M.Sc	Yoga	Koviloor TNPE&SU, Chennai	May-2011	I	74.75

Teaching Experience: 7 Years

S. No	Name of the Institution	Designation	Date of From to	Scale of Pay
1	Koviloor Andavar College Physical Education, Koviloor, karaikudi	Assistant Professor	July 1st 2011 to 2nd March 2013	Rs.8,000
2	Alagappa university college of physical education	Assistant Professor	04.03.2013 onwards	UGC Norms

Research Experience: 7 Years

CURRICULUM VITAE

Dr.P. Yoga., Assistant professor

Alagappa University College of Physical Education
Alagappa University, Karaikudi – 630 003 Tamil Nadu, INDIA
Employee Number : 41418
Date of Birth : 04-03-1982
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Academic Qualifications: B.Sc., B.P.Ed., M.A (English), M.Sc (Yoga Therapy), M.Sc (Yoga), M.P.Ed., M.Phil (Yoga), M.Phil(Phy.Edu), M.Phil(English), PGDY., PGDYT., Certi. Course in Physical Fitness., Ph.D.,

Degree	Subject	Institution/ University	Year of completion	Class	%
B.Sc	Physical Education	Ayya Nadar Janaki Ammal College, Sivakasi-TN	2003	First Class	64%
B.P.Ed	Physical Education	Sri Ramakrishna Mission, Maruthi College of Physical education	2004	First Class	66%
M.Sc	Yoga	Tamil Nadu Physical Education & Sports University, Chennai-TN	2015	First Class	80%
M.Sc	YogaTherapy	Tamil Nadu Physical Education & Sports University, Chennai-TN	2012	First Class	77%
M.P.Ed	Physical Education	Pondicherry University Pondicherry	2006	First Class	72%
M.Phil.,	Physical Education	Alagappa University Karaikudi-TN	2007	First Class	72%
M.Phil.	Yoga	Tamil Nadu Physical Education & Sports University, Chennai-TN	2017	First Class Distinction	79%
M.Phil.,	English	Alagappa University Karaikudi-TN	2019	First Class	70%
Ph.D	Physical Education	Tamil Nadu Physical Education & Sports University, Chennai-TN	2012		

Teaching Experience: 07 Years

S. No	Name of the Institution	Designation	Date From - To	Years of Experience
1	Alagappa university college of physical education	Aast professor	28th June 2013 - Till	07

Research Experience: 12 Years

CURRICULUM VITAE

Dr. C.Vairavasundaram., Assistant professor

Alagappa University College of Physical Education
Alagappa University, Karaikudi – 630 003 Tamil Nadu, INDIA

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Date of Birth : 27-05-1984
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Contact Phone (Mobile) : +91 9843470754
Contact e-mail(s) : dr.c.vairavan09@gmail.com



Academic Qualifications:

BP.Ed., PGDip(Fitness), PGDip(Phy Edu), M.Phil., Ph.D. UGC (NET) December 2013

Experience: Four (4) Years

Sl.No	Positions held	Name of the institutions	Duration	Years of experience
1	Guest Lecturer	Bharathiar University Coimbatore	August 2010-13	3years
2	Assistant professor		January 2016 Onwards	4 years

Research Experience: 04 Years

Additional Responsibilities

- 1.University Representative in DDE Exams
- 2.In-charge of Handball (W)
- 3.Intercollegiate selection committee member in Handball (W)

Areas of Research

- 1.Exercise physiology
- 2.Sports training

CURRICULUM VITAE

Dr.K.Sundar Assistant Professor
Alagappa Institute of Educational Sciences
Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA
Employee Number : 41422
Date of Birth : 11-05-1975
Contact Phone (Office) : +91 4565- 225212
Contact Phone (Mobile) : +91 9994348109,
Contact e-mail(s) : sundarajankce@gmail.com



Academic Qualifications: B.A., M.A., MPES., MPhil., PhD., NSNIS & CYED

Teaching Experience: 15Years

University/College/ Institute	Designation held	Date of Joining	Date of Leaving
AUCPE	Asst professor	1 st FEB 2016	Onwards
Anna university CE CBE	Physical Director	6th NOV 2013	31st Jan 2016
Karpagam CE, CBE	Director of Physical Education	2nd April 2008	4th Nov 2013
Indra Group of Inst. Thiruvellur	Director of Physical Education	3rd Feb 2005	28th Mar 2008
Amrita Inst. Of Medical Science and Research Centre Kochin	Director of Physical Education	30th April 2002	1st Feb 2005

Research Experience: 4 Years

Additional Responsibilities

1. NSS Programme officer
2. Distance Education Examinations, **May 2016. at Tirupathi, Andrapredsh**
3. Distance Education Examinations, **Dec 2016. at Pollachi, Tamil Nadu**
4. Team coach in SDAT CM Trophy Boxing Championship at AUCPE Karaikudi Nov2016 Team won over all championship
5. Boxing in charge in AUCPE
6. Kabaddi Men team in charge in AUCPE

Areas of Research

- ❖ **Training Methods in Physical Education**
- ❖ **Sports psychology**

CURRICULUM VITAE

K.M.M.Jaskar Assistant Professor
 Alagappa University College of physical education
 Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA
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 Date of Birth : 01-06-1974
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 Contact Phone (Mobile) : +91 9445120751,
 Contact e-mail(s) : jas.nce1975@gmail.com



Academic Qualifications:

BPE., MPES., MPhil., PhD

SLNo	DEGREE	UNIVERSITY	% OF MARKS	YEAR OF PASSING
1	BPE	LNIFE GWLIOR	53	1996
2	MPES	ANNAMALAI	69.7	1998
3	MPhil	ANNAMALI	65.8	1999
4.	Ph.D	MONOMANIAM SUNDARANAR	-	2015

Teaching Experience: 15Years

Name of the University/College/Institute	Designation held	Date of Joining	Date of Leaving
AUCPE	Asst professor	1 st FEB 2016	On Wards
National College of Engg	Physical Director	30.10.2000	31.01.2016

Additional Responsibilities

1. SWACHH BHARAT SWAATH BHARAT COORDINATOR AUCPE
2. Distance Education Examinations, **May 2016. at New Delhi**
3. Distance Education Examinations, **Dec 2016. at Ambasamudram, Tamil Nadu**
4. Distance Education Examinations, **may 2017. at karim nagar , thelugana,**
5. Act as a selection committee member Alagappa University inter zone cross country (M/W)
6. Act as team manager and coach in Alagappa University and participated All India interuniversity Athletics (M/W) champion ship -2016 at alwas Mangalore
7. Act as team coach in Alagappa University and participated All India interuniversity Athletics (M/W) champion ship -2016 Anna University at Coimbatore
8. Act as team manager and coach in Alagappa University and participated All India interuniversity cross country race (M/W) champion ship -2017 at belagavi karnataga
9. Athletic in charge(M/W) in AUCPE

Areas of Research

Training Methods in Physical Education

CURRICULUM VITAE

Dr.T.P.Yokesh ., Assistant Professor

Alagappa University College of physical education
Alagappa University Karaikudi – 630 003 Tamil Nadu, INDIA
Employee Number 41423
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Contact Phone (Mobile) : +91 99654 01718
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Academic Qualifications: BA., B.P.Ed., M.P.Ed., M.Phil., DIP. Yoga., PGDFM., Certi Course in Sports Coaching (Cricket)., Ph.d.,

Teaching Experience: 04 Year

Research Experience: 03 Years

Additional Responsibilities

S.No	Name of the Programme	Place were organized	Date
1.	University Volleyball Women team Selection Committee Member	Dr. Zakir Husain College, Ilayangudi	12th to 13th December 2016
2.	University Table Tennis Men & Women team Selection	Thassim Beevi Abdul Kadar College for Women	17th December 2016

Areas of Research

**Yoga and Sports
Training**