

# YMCA COLLEGE OF PHYSICAL EDUCATION

(An Autonomous College Affiliated to Tamil Nadu Physical Education & Sports University)  
NANDANAM, CHENNAI - 600035.

A Project of the National Council of YMCAs of India  
Reaccredited by NAAC as "A" Grade College  
Recognized by the National Council for Teacher Education &  
Government of Tamil Nadu

## SYLLABUS



**(B.P.E.S)**

**BACHELOR OF PHYSICAL EDUCATION AND SPORTS**  
**(THREE YEARS) REGULATIONS AND SYLLABUS**  
With Effect from the Academic Year 2022-2025

# **BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S) (THREE YEARS)**

## **REGULATIONS**

### **1. Eligibility for Admission to the Course**

- a. Applicants should have passed the +2 examination in 10 + 2 pattern of the Government of Tamil Nadu or any other equivalent examination recognized by the Government of Tamil Nadu or approved by the Tamil Nadu Physical Education and Sports University.
- b. School representation in any game or sport is mandatory for the applicants.
- c. The candidates should not have completed 21 years of age as on 1<sup>st</sup> July. However, relaxation of 3 years shall be given for SC/ST candidates.
- d. He/ she must be medically fit and free from any deformities students will undergo medical examination at the time of admission.
- e. The married women should not be in family way during the course of study. If it is violated, they will not be permitted to continue the course.
- f. Admission shall be made on the basis of ranking for a total of 150 marks as detailed below.

1.	Qualifying Examination	25 marks
2.	Participation in Games & Sports	25 marks
3.	Games Skill test	50 marks
4.	Track and Field Skill test	50 marks
	a) 100 m - 20 Marks	
	b) Shot-put - 15 Marks	
	c) Long Jump - 15 Marks	

Total	150 Marks
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**Note:** Marks obtained in Qualifying Examination shall be converted to a maximum of 25 marks. For example if a candidate secured 800 marks out of 1200. His / Her marks for qualifying examinations is  $[800 / 1200] \times 25 = \mathbf{16.67\text{marks}}$ .

### **2. Duration of the Course**

The course for the degree of Bachelor of Physical Education shall extend over a period of three academic years for six semesters: The total working days for a semester shall not be less than 100 working days excluding examination days. The curriculum and syllabi for the course shall be as prescribed from time to time.

### **3. Attendance**

1) A Student must have 90% attendance in theory and practical classes to appear for university examination.

2) If a student attained less than 50% of attendance he/she should **REDO** the semester.

**4. Continuous Assessment for Part I, II & III Theory Papers.**

**a. Written Examination - 20 Marks :**

- I. Continuous assessment shall be graded by the concerned subject teachers. Three tests will be conducted for each paper.
- II. Each test carries a maximum of 20 marks and the average of best two tests shall be considered.
- III. However, in the case of students who miss the tests for any valid reasons with prior permission from the Head of the Department /Principal of the College (Viz. Participating in Sports and Games competitions), he/she may be granted special permission to write the tests before the commencement of semester examination.

**b. Assignment / Seminar - 3 Marks:**

The teachers shall give assignments to the students and 3 marks are allotted for assignments. This may be of any accepted method such as Seminar, Project, Written materials, Record etc.

**c. Attendance - 2 Marks:**

Regularity in attending theory and Practical classes shall be graded as per the percentage of attendance.

Percentage of Attendance	Marks
96 - 100	2.0
91 - 95	1.5
86 - 90	1.0
81 - 85	0.5

Method of Calculation :

First Test - 20 Marks.

Second Test - 20 Marks.

Third Test - 20 Marks.

Average of the best two tests	= 20 Marks
Assignment	= 03 Marks
Attendance	= 02 Marks.
<b>Total</b>	<b>= 25 Marks .</b>

**d. Pre-Semester/ Model Examination (75 Marks)**

- i. Pre-Semester/ Model examination shall be held at the end of each semester before the final semester examination covering all the portions and 75 marks are awarded for this examination.
- ii. Each paper carries 75 marks and this will be converted into 25 marks.
- iii. The Continuous assessment marks plus Pre-semester/Model Examination divided by two shall be the final internal mark for 25.

**5. Requirement for Passing**

No candidate shall be eligible for the award of the B.P.E.S degree unless he / she has passed the examinations in Part I, II, III, IV and V .

**6. Grading System**

To pass in an examination a student has to score a minimum of 50% marks in each paper Theory, Practical and Village Placement Programme.

Minimum Passing - 50% Marks.

50 to 59% - Second Class.

60% and above - First Class.

A candidate shall be declared to have passed with distinction if he/she obtains 75% or more of the aggregate marks at his/her first appearance.

**SYLLABUS**

<b>Part I</b>	-	<b>Language: Tamil</b>
<b>Part II</b>	-	<b>English</b>
<b>Part III</b>	-	<b>Major and Allied</b>
<b>Part IV</b>	-	<b>Practical</b>
<b>Part V</b>	-	<b>Extension Activities: Village Placement Programme</b>

<b>FIRST YEAR</b>		
<b>I SEMESTER</b>		
<b>PART</b>	<b>PAPER</b>	<b>SUBJECT</b>
<b>I</b>	<b>BPS 101</b>	Tamil - I /Hindi-I/ French-I
<b>II</b>	<b>BPS 102</b>	English -I
<b>III</b>	<b>BPS 103</b>	General Knowledge and History of Physical Education
	<b>BPS 104</b>	Rules of Games and Sports-Part I (Basketball, Badminton, Kabaddi, Softball)
<b>II SEMESTER</b>		
<b>I</b>	<b>BPS 201</b>	Tamil - II/Hindi-II/ French-II
<b>II</b>	<b>BPS 202</b>	English -II
<b>III</b>	<b>BPS 203</b>	Anatomy and Physiology
	<b>BPS 204</b>	Rules of Games and Sports-Part II (Volleyball, Table Tennis, Swimming, Throwball, Kho-Kho)
<b>SECOND YEAR</b>		
<b>III SEMESTER</b>		
<b>I</b>	<b>BPS 301</b>	Tamil - III/Hindi-III/ French-III
<b>II</b>	<b>BPS 302</b>	English -III
<b>III</b>	<b>BPS 303</b>	Health and Safety Education
	<b>BPS 304</b>	Rules of Games and Sports - Part III (Track and Field and Cross Country)
<b>IV SEMESTER</b>		
<b>I</b>	<b>BPS 401</b>	Tamil - IV/Hindi-IV/ French-IV
<b>II</b>	<b>BPS 402</b>	English -IV
<b>III</b>	<b>BPS 403</b>	Methods in Physical Education
	<b>BPS 404</b>	Rules of Games and Sports-Part IV (Tennis, Tennikoit, Ball Badminton, Football, Gymnastics)

THIRD YEAR		
V SEMESTER		
III	BPS 501	Science of Yoga
	BPS 502	Care and Prevention of Sports Trauma
	BPS 503	Kinesiology and Biomechanics
	BPS 504	Educational Psychology and Sports Journalism
VI SEMESTER		
III	BPS601	Exercise Physiology and Nutrition
	BPS 602	Test, Measurement and Evaluation
	BPS 603	Scientific Principles of Sports Training
	BPS 604	Rules of Games and Sports-Part V (Hockey, Handball, Cricket, & Netball)

SCHEME OF EXAMINATION					
B.P.E.S. I YEAR - I SEMESTER					
	Paper	Subject	Internal	External	Total
I	BPS 101	Tamil - I/Hindi-I/ French-I	25	75	100
II	BPS 102	English -I	25	75	100
III	BPS 103	General Knowledge and History of Physical Education	25	75	100
	BPS 104	Rules of Games and Sports-Part I (Basketball, Badminton, Kabaddi, Softball)	25	75	100
Total Marks					400
II SEMESTER					
	Paper	Subject	Internal	External	Total
I	BPS 201	Tamil - II/Hindi-II/ French-II	25	75	100
II	BPS 202	English -II	25	75	100
III	BPS 203	Anatomy and Physiology	25	75	100
	BPS 204	Rules of Games and Sports-Part II (Volleyball, Table Tennis, Swimming, Throwball, Kho-Kho)	25	75	100
Total Marks					400
I Semester + II Semester = Total 400 + 400 = 800 Marks					

**B.P.E.S. PRACTICALS**  
**PART - IV : PRACTICAL ( Internal)**  
**I SEMESTER**

<b>Game / Activity: Internal Marks</b>	<b>Internal Max. Marks</b>
1. Calisthenics & Minor Games	<b>50</b>
2. Drill & Marching	<b>50</b>
3. Basketball & Softball	<b>50</b>
4. Badminton & Kabaddi	<b>50</b>
<b>Total</b>	<b>200</b>

**PART IV PRACTICALS**  
**II SEMESTER**

<b>Game / Activity: Internal Marks</b>	<b>Internal Max. Marks</b>
1. Dands & Baithaks	<b>50</b>
2. Light Apparatus & Lezium	<b>50</b>
3. Kho-Kho & Swimming	<b>50</b>
4. Volleyball & Throwball	<b>50</b>
<b>Total</b>	<b>200</b>

**B.P.E.S II YEAR**  
**III SEMESTER**

<b>SCHEME OF EXAMINATION</b>					
<b>B.P.E.S. I YEAR - I SEMESTER</b>					
	<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
<b>I</b>	<b>BPS 301</b>	Tamil - III/Hindi-III/ French-III	<b>25</b>	<b>75</b>	<b>100</b>
<b>II</b>	<b>BPS 302</b>	English -III	<b>25</b>	<b>75</b>	<b>100</b>
<b>III</b>	<b>BPS 303</b>	Health and Safety Education	<b>25</b>	<b>75</b>	<b>100</b>
	<b>BPS 304</b>	Rules of Games and Sports - Part III (Track and Field and Cross Country)	<b>25</b>	<b>75</b>	<b>100</b>
<b>Total Marks</b>					<b>400</b>

<b>IV SEMESTER</b>					
	<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
<b>I</b>	<b>BPS 401</b>	Tamil - IV/Hindi-IV/ French-IV	<b>25</b>	<b>75</b>	<b>100</b>
<b>II</b>	<b>BPS 402</b>	English -IV	<b>25</b>	<b>75</b>	<b>100</b>
<b>III</b>	<b>BPS 403</b>	Methods in Physical Education	<b>25</b>	<b>75</b>	<b>100</b>
	<b>BPS 404</b>	Rules of Games and Sports-Part IV (Tennis, Tennikoit, Ball Badminton, Football, Gymnastics)	<b>25</b>	<b>75</b>	<b>100</b>
<b>Total Marks</b>					<b>400</b>
<b>III Semester + IV Semester = Total 400 + 400 = 800 Marks</b>					



**PART IV PRACTICALS**  
**III SEMESTER**

<b>Game / Activity: Internal Assessment</b>	<b>Internal Marks</b>
<b>Track and Field Activity</b>	
1. Short, Middle, Long Distance Running & Relay Races	25
2. Long Jump	25
3. Triple Jump	25
4. Shot put & Hammer	25
5. Discus	25
6. Javelin	25
7. High Jump & Pole Vault	25
8. Hurdles	25
<b>TOTAL</b>	<b>200</b>

**PART IV PRACTICALS**  
**IV SEMESTER**

<b>Game / Activity: Internal Assessment</b>	<b>Internal Marks</b>
1. Marking	50
2. Yoga, Pyramid, Malkhamb, Martial Arts	50
3. Ball Badminton & Gymnastics	50
4. Football & Tennis	50
<b>TOTAL</b>	<b>200</b>
<b>Teaching Practice Examination</b>	
<b>Internal</b>	100
<b>External</b>	100
<b>TOTAL</b>	<b>200</b>

**B.P.E.S II YEAR**

<b>V SEMESTER</b>					
	<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
<b>III</b>	<b>BPS 501</b>	Science of Yoga	<b>25</b>	<b>75</b>	<b>100</b>
	<b>BPS 502</b>	Care and Prevention of Sports Trauma	<b>25</b>	<b>75</b>	<b>100</b>
	<b>BPS 503</b>	Kinesiology and Biomechanics	<b>25</b>	<b>75</b>	<b>100</b>
	<b>BPS 504</b>	Educational Psychology and Sports Journalism	<b>25</b>	<b>75</b>	<b>100</b>
<b>Total Marks</b>					<b>400</b>

<b>VI SEMESTER</b>					
	<b>Paper</b>	<b>Subject</b>	<b>Internal</b>	<b>External</b>	<b>Total</b>
<b>III</b>	<b>BPS 601</b>	Exercise Physiology and Nutrition	<b>25</b>	<b>75</b>	<b>100</b>
	<b>BPS 602</b>	Test, Measurement and Evaluation	<b>25</b>	<b>75</b>	<b>100</b>
	<b>BPS 603</b>	Scientific Principles of Sports Training	<b>25</b>	<b>75</b>	<b>100</b>
	<b>BPS 604</b>	Rules of Games and Sports-Part V (Hockey, Handball, Cricket& Netball)	<b>25</b>	<b>75</b>	<b>100</b>
<b>Total Marks</b>					<b>400</b>

**V Semester + VI Semester = Total 400 + 400 = 800 Marks**

## PART IV - PRACTICALS

<b>V Semester : Internal Assessment</b>	<b>Marks</b>
1. Marking (Ground)	50
2. Training Methods I: Conditioning Exercises: General and Specific. Training Methods: Weight Training ( Free Weights and Machine Weights), Circuit Training, Plyometrics.	50
3. Hockey& Table Tennis	50
4. Handball & Netball	50
<b>TOTAL</b>	<b>200</b>

<b>VI Semester : Internal Assessment</b>	<b>Marks</b>
1. Bharathiam & Aerobics	50
2. Test and Measurement	50
3. Training Methods II: Interval Training- Fartlek Training - Swiss ball Training - Medicine Ball Training - Core Board Training, Cross Training.	50
4. Cricket & Tennikoit	50
<b>TOTAL</b>	<b>200</b>

<b>External Practical Coaching Examination</b>	
<b>Game of Specialization &amp; Track and Field Coaching Lesson</b>	
<b>Internal</b>	100
<b>External</b>	100
<b>TOTAL</b>	<b>200</b>

**PART-V**  
**Extension Activities**  
**Village Placement Programme**

In the Third year of the B.P.E.S course the students required to visit of neighbouring village for the Village Placement Programme at least for a minimum period of five days and to organise the programmes such as

1. Physical Education/ Physical Exercise related programmes
2. Awareness Programmes related to health and fitness
3. Cleaning, creation of place for physical activities, sports and games.
4. Survey of related health and fitness

The Village Placement programme record with details of programmes organised and photo graphs should be submitted at the time of the V Semester B.P.E.S External practical examinations for evaluation.

**Village Placement Programme**

<b>Internal</b>	<b>100 Marks</b>
<b>External</b>	<b>100 Marks</b>
<b>Total</b>	<b>200 Marks</b>

The Village Placement programme record with details of programmes organised and photo graphs should be submitted for evaluation.

SUMMARY OF MARKS				
Part	Category		Marks	Total Marks
I	Tamil	Internal (4 Paper x25)	100	400
		External Semester Theory Examination (4 Paper x75)	300	
II	English	Internal (4 Paper x25)	100	400
		External Semester Theory Examination (4 Paper x75)	300	
III	Major and Allied	Internal (16 Paper x25)	400	1600
		External Semester Theory Examination (16 Paper x75)	1200	
IV	Practical	Internal (only) (6 Paper x200)	1200	1200
		Internal Practical Examination (2 Practicals x100)	200	400
		External Semester Theory Examination (2 Paper x100)	200	
V	Extension Activities: Village Placement Programme	Internal	100	200
		External Semester	100	
Total Marks				4200

# **Semester - I**

BPS 101  
TAMIL - I  
PART - 1 - TAMIL

Kjyhz;L Kjy; gUtk;

myF - 1

1. ghujpahH : fhzp epyk;> ey;yNjhH tPiz
2. ghujpjhrd; : jkpo;f;fhjy;> jkpo; tsHr;rp

myF - 2

1. rpw;gp - Ks;... Ks;... Ks;
2. <NuhL jkpod;gd; - xU tz;B nrd;hpA
3. ,uh. kPdhL;rp - rpw;g vOj;J
4. ituKj;J - Fz;^rp

myF - 3

jkpo; ,yf;fpa tuyhW

1. ciueiL ,yf;fpa tuyhW  
rpWfijfs; Njhw;wKk; tsHr;;rpAk;> Gjpdq;fs; - Njhw;wKk;  
tsHr;rpAk;
2. ftpij ,yf;fpa tuyhW  
kuGf; ftpijfs; Njhw;wKk; tsHr;rpAk;> GJf; ftpijfs;  
Njhw;wKk; tsHr;rpAk;
3. ehLf ,yf;fpaj;jpd; Njhw;wKk; (rpyg;gjpfhuk; Kjy;  
jw;fhy ehLfk; tiu)

myF - 4

tpisahl;Lf;fspd; Njhw;wKk; tsHr;rpAk;

myF - 5

GJikg;gpj;jd; rpWfijfs;

1. fLTsk; fe;jrhkpg;gps;isAk;
2. nry;yk;kh
3. xU ehs; fope;jJ

myF - 6

nkhopg;ngaHr;rp

1. nghUe;jpa nrhy; jUjy;
2. kuGj; njhLHfs;
3. fiyr;nrhw;fs;
4. Neh;fhzy;

**SEMESTER - I**  
**ENGLISH - I**  
**BASIC LANGUAGE SKILLS**

**LISTENING & SPEAKING**

**UNIT - I**

- a. Greeting people & responding to greetings
- b. Introducing oneself & other people
- c. Asking for & giving personal details (name, occupation, etc.,)

**UNIT - II**

- a. Using the telephone - exchanging information & taking messages
- b. Describing a visual clipping.

**WRITING**

**UNIT - III**

- a. Completing forms with personal details - Bio-data & Curriculum Vitae
- b. Paragraph Writing - converting not to paragraph
- c. Interpreting Advertisements

**UNIT - IV**

- a. Grammar in usage
- b. Descriptive writing - describing a scene / a person / a situation
- c. Auxiliary Verbs

**UNIT -V**

- a. The Hymn of Creation- Poetry
- b. The Living God- Poetry
- c. Character Building- Prose

**References**

- 1. The last leaf & other stories by Anand Kumar Raju ( Blackie books)



## **BPS 103**

### **GENERAL KNOWLEDGE AND HISTORY OF PHYSICAL EDUCATION** **GENERAL KNOWLEDGE**

#### **UNIT I ABBREVIATIONS & TERMINOLOGIES**

- I. Abbreviations (in sports) : AIU, AAFI, IAAF, IAF, AFC, AICS, AILTA, AIWHA, BAI, BCCI, FISU, IHF, IOA, IOC, ICC, FIBA, FIFA, FIVB, NCC, NSO, NS
- II. Sports Terminology : Archery, Billiards, Bowling, Equestrian, Fencing, Golf, Polo, Rugby, Skiing, Snooker, Yachting.

#### **UNIT II AWARDS, TROPHIES AND SCHEMES**

Honours and Awards. Outstanding National & International Personalities in various Sports & Games. Cups and Trophies - India and International . Functions and Schemes of Sports Authority of India , Sports Development Authority of Tamilnadu, Tamil Nadu Physical Education and Sports University.

### **HISTORY OF PHYSICAL EDUCATION**

#### **UNIT III PHYSICAL EDUCATION IN ANCIENT INDIA**

History of Physical Education in Vedic period, Epic period, Buddhist period. Development of Indigenous activities - Yogic system of physical exercise.

#### **UNIT IV PHYSICAL EDUCATION IN OTHER COUNTRIES & DEVELOPMENT OF PHYSICAL EDUCATION**

Physical Education in Ancient Greece, Rome and European countries. Contributions to the growth of Physical Education by leaders and movements: Germany: **Johann Bernhard Basedow, Johann Christoph Friedrich GutsMuths, Adolph Spiess**, Role of Philanthropinum and **Turnverein** Movement. Sweden: Per Henrik Ling and Swedish medical gymnastics. Denmark: **Franz Nachtegall , Niels Bukh**.

#### **UNIT V PHYSICAL EDUCATION TEACHER TRAINING AND SPORTS PROMOTION**

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

#### **REFERENCES :**

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General Knowledge Digest (2014), New Delhi: Wheelers Publishing.

Bucher, A.C(1984). Foundations of physical Education, St.Louis. The L.V.Mosby Co.,

Chelliah, S.N.(1989) Udarkalvi Enral Enna? Chennai: RajmohanPathippagam,.

Khan, E.A. (2000) History of Physical Education, Patma, Scientific Books Co., .

Knapp, C. & Hagman E.P. (1949)Teaching Methods-for Physical Education, New York: McGraw Hill Book Co. Inc.

Rajagopalan, K.A.(1969) Brief History of Physical Education in India. Delhi: Army Publishers

Thirunarayanan, C. & Hariharan S. (1969) Methods in Physical Education, Karaikudi.

Thomas, J.P. (1980) Physical Education Lesson: Chennai: Gnanodaya Press.

Thirunarayana. C (1967). Analytical History of Physical Education. Karaikudi.

**BPS 104**  
**RULES OF GAMES AND SPORTS -PART I**  
**(BASKETBALL, BADMINTON, KABADDI, SOFTBALL)**

**UNIT I - PREREQUISITES OF AN OFFICIAL**

Qualification and Qualities of officials, Philosophy of Officiating in the above listed four games.

**UNIT II - HISTORY AND ORGANIZATIONAL SETUP**

History and Development, International, national level organisational setup, Major Tournaments and Trophies in the above listed four games.

**UNIT III - PRINCIPLES AND MECHANISM OF OFFICIATING**

General principles of officiating - Duties and powers of officials - Mechanism of officiating in the above listed four games.

**UNIT IV - DIMENSIONS OF PLAY FIELD**

Measurements of playfields of the above listed four games.

**UNIT V - RULES AND THEIR INTERPRETATIONS**

Rules and regulations of the above listed four games.

**REFERENCES :**

- Anand, R.L. (1987) Play Field Manual Patiala : NIS Publication.
- Authors Guide (2014) FIBA Official Basket Rules, Munich, Germany.
- Bonder, J.B. (1984) How to be a Successful Coach. New York, Prentice Hall Inc.
- Buck .H.C (2000) Rules of Games and sports, New Delhi: YMCA Publishing House, Masse Hall,
- Bunn, J.W. (1951) The Basketball Coaches' Guide to Success, Prentice Hall,
- Bunn, J. W. (1951) The Art of officiating Sports, Prentice Hall, Englewood Cliff.
- Chelliah, S.N. (1984), Vilayattu Vithi Muraihal, Chennai : Raj Mohan Pathipagam.

# **Semester - II**

**BPS 201**  
**PART 1 TAMIL**

Kjyhz;L ,uz;lhk;; gUtk;

myF 1

jkpo; ,yf;fpa tuyhW

1. rpw;wpyf;fpa tuyhW
2. fpwpj;jt ,yf;fpa tuyhW
3. ,Ryhkpa ,yfpfpa tuyhW

myF 2

1. ee;jpf; fyk;gfk
2. Kj;njhs;shapuk;
3. jkpo; tpL J}J

myF 3

1. jpUf;Fw;whyf; FwtQ;rp (Fwj;jp kiytsk; \$Wjy;)
2. Kf;\$Ly; gs;S (ehL;L tsk;)

myF 4

,NaR gpuhd; gps;isj; jkpo; (nrq;fPiug; gUtk; Kjy; 5 nra;As;fs;)

myF 5

jkpohpd; tPu tpisahL;Lfs;

myF 6

nkhopg; ngaHr;rp

,yf;fzf; Fwpg;Gfs;  
gz;Gj; njhif> tpidj;njhif> ck;ikj; njhif> cUtfk;  
ctikj; njhif> Ntw;Wikj; njhif> md;nkhopj;njhif

,UnganuhL;Lg; gz;Gj;njhif  
xU nghUs; Fwpj;j gy nrhw;fs;  
gy nghUs; Fwpj;j xU nrhy;  
mfu thpirg;gLj;Jjy;  
xUik - gd;ik kaf;fk;  
gpwnkhopr; nrhw;fs;

**SEMESTER - II**  
**ENGLISH - II**  
**DEVELOPING THE LANGUAGE SKILLS**

**LISTENING & SPEAKING**

**UNIT - I**

- a. Asking for & giving permission
- b. Inviting a person - accepting / declining

**WRITING**

**UNIT - II**

- a. Grammar in usage
- b. Idioms & Phrases
- c. Filling up forms - Bank Challans / Pay-in-slips / Demand Draft, Railway Reservation/ Cancellation

**UNIT - III**

- a. Welcoming a foreign visitor & describing region & country
- b. Letter Writing
- c. Descriptive Writing - describing an event

**UNIT – IV (Grammar)**

- a. Kinds of Sentence
- b. Reported Speech

**UNIT –V (Prose)**

- a. What I Cherish Most
- b. On forgetting

**References**

1. The last leaf & other stories by Anand Kumar Raju ( Blackie books)
2. The Silent Song - K.M. Tharakan (Macmillan)

**BPS 203**  
**ANATOMY AND PHYSIOLOGY**

**UNIT I - INTRODUCTION**

Need and importance of anatomy and physiology for the students of physical education. Define Cell Tissue. Microscopic structure of the cell. Classification, Structure and functions of various types of tissues. Descriptive Terms Used to describe the Human body and movements.

**UNIT II - MUSCULO SKELETAL SYSTEM**

Skeletal systems: Names of the bones of upper and lower extremities - Classification of joints. Names of the major muscles and their actions.

**UNIT III - CARDIO Respiratory SYSTEM**

Blood: Functions of blood, Composition of blood, lymph and its functions. Cardiovascular system: Structure of the heart, Systematic, pulmonary, Coronary circulation. Definition of respiration, Structure and functions of the respiratory system, Mechanism for respiration, Lung volumes.

**UNIT IV - NERVOUS SYSTEM**

Structure and functions of Brain, Spinal cord reflex arc. Hormones and their roles.

**UNIT V - DIGESTIVE SYSTEM**

Structure and functions of alimentary canal - Accessory organs - liver, Pancreas, Gall bladder.

**REFERENCES:**

Chelliah, N. (1989) Dhekathai Therindu Kolvom, Chennai: Rajmohan Pathippagam.

Muruges, N. (1990) Anatomy physiology and Health Education, Madurai: Sathiya Publishers,

Pearce, E.B. (1962) Anatomy and Physiology for Nurses, London: Faber and Faber Ltd.

Pearce, J. W. (1959) Anatomy for students and Teacher of Physical Education, London: Edward Arnold and Co.

**BPS 204**  
**RULES OF GAMES AND SPORTS - PART II**  
**(VOLLEYBALL, TABLE TENNIS, SWIMMING, THROWBALL & KHO-KHO)**

**UNIT I - PREREQUISITES OF AN OFFICIAL**

Qualification and Qualities of officials, Philosophy of Officiating in the above listed five games and sports.

**UNIT II HISTORY AND ORGANIZATIONAL SETUP**

History and Development, International, national level organisational setup, Major Tournaments and Trophies in the above listed five games and sports.

**UNIT III - PRINCIPLES And MECHANISM OF OFFICIATING**

General principles of officiating - Duties and powers of officials - Mechanism of officiating in the above listed five games and sports.

**UNIT IV - DIMENSIONS OF PLAY FIELD**

Measurements of play fields of the above listed five games and sports.

**UNIT V - RULES AND THEIR INTERPRETATIONS**

Rules and regulations of the above listed five games and sports.

**REFERENCES:**

Buck H.C. (2001) Rules of Games and sports, New Delhi: Y.M.C.A Publishing House  
Then Lokesh (1995), Skills & Tactics-swimming, New Delhi: Sports Publication.,  
Sagar S.K. (1994) Play better Volleyball, New Delhi: Kay Kay Printers.  
Jain Deepak (2001) Teaching and Coaching Table Tennis, New Delhi: Khel Sathiya Kendra.



# **Semester - III**

## BPS 301

,uz;lhk; Mz;L %d;whk;; gUtk;

myF 1

1. jpUthrfk; - khzpf;fthrfu;  
(jpUg;ghit Kjy; 5 nra;As;fs;)
2. ehyhapuj; jpt;a gpuge;jk; - Mz;Lhs;  
thuzk; Mapuk; njhLq;fp 5 nra;As;fs;

myF 2

fk;guhkhazk;  
(Re;ju fhz;Lk; - Cu; NjLk; gLyk; Kjy; 74 nra;As;fs;)

myF 3

rKjha Nehf;fpy; jkpou; tpisahL;Lf;fs; -1  
tho;f;iff;F gad;gLk; tpisahL;L - tpisahL;L newpKiwfs;-  
tpisahL;tjw;F Vw;w trjpfs;-tpisahL;L nghJ-tpisahL;by;  
Mz; ngz; ghFghL - tpisahL;Lk; ngz;fSk;

myF 4

nkhopg; gapw;rp

1. Ntiy tha;g;G Ntz;b tpz;zg;gk; vOJjy;
2. fbjk; vOJjy;
3. Neu;fhzy;

myF 5

jkpo; ,yf;fpa tuyhW

m. gy;ytu; fhy gf;jp ,yf;fpa tuyhW

M. gpw;fhyr; Nrhou; fhy ,yf;fpa tuyhW

Jiz Ehw;gl;bay;

1. Nguh.vk;.khu; miLf;fyrhkp,(2000) jkpo; ,yf;fpa tuyhW uhrp  
gjpg;gfk;, nrd;id-73
2. j.kiyaurp, (2013), jkpo; ,yf;fpaq;;fspy; tpisahL;Lf; \$Wfs; -  
ghit gjpg;gfk;, kJiu-1
3. nrh.gukrptk;(2000) ew;wkpo; ,yf;fzk; gL;Lg; gjpg;gfk;, nrd;id-40.
4. rq;;f ,yf;fpa Áy;fs; - fof ntspaPL

**SEMESTER - III**  
**ENGLISH - III**  
**PROGRSSIVE LANGUAGE SKILLS**

**LISTENING & SPEAKING**

**UNIT - I**

- a. Discussing interests & leisure activities
- b. Checking in & out of a Hotel
- c. Complaint & Apology

**WRITING**

**UNIT - II**

- a. Comprehension
- b. Developing Hints

**UNIT - III**

- a. Descriptive Writing - Comparing & Contrasting
- b. Voice and Tenses

**UNIT – IV Grammar**

- a. Degrees of Comparison
- b. Articles

**UNIT -V**

- a. Happy Life
- b. Laugh and Be Marry

**References**

1. A.K. Rama Bhushanam " Human Values through English Prose" ( Blackie books)
2. Short plays of yesterday & today - V. Sachidanandam

**BPS 303**  
**HEALTH AND SAFETY EDUCATION**

**UNIT I INTRODUCTION**

Health - Meaning, Definition and concepts - Factors influencing health - Health determinants, Heredity and environment. **Health problems of India** - Population and health - Environment pollution. Personal hygiene.

**UNIT II SCHOOL HEALTH**

Problems - Growth Stress of school planning Health instruction, Health appraisal follow up, Health service and supervision. Role of Physical Education Teacher in School Health Programmes.

**UNIT III INFECTIONS**

Causes of diseases - Mode of infection, Spread of infection - Public health measure to combat infection - Public health administration - Sanitation - Water supply. Immunity - Prophylactic immunisation - Programmes AIDS Communicable diseases, Malaria, Typhoid, Cholera, Dysentery, Leprosy, Tuberculosis, STD, Polio, Non- Communicable Diseases, Cardio vascular Diseases, Cardio respiratory Diseases, Cancer, Diabetes, Tetanus Drug abuse - Alcohol, Smoking Family welfare - Sex education

**UNIT IV SAFETY AT HOME**

Environment and structure, Electrical connections, Bathrooms and Lavatory, Storing articles,. Kitchen and Fire place, Storing medicines, Principles of movements in daily living.

**UNIT V SAFETY AT SCHOOL AND PHYSICAL EDUCATION**

Safety at school structure and environment: Area, Surface, Building, Furniture and fixtures. School procedures and policies precautionary and emergency equipment. Collection of information: address of parents, hospitals and doctors, police, fire station, ambulance service. Safety in physical education and Sports : During Training and Competition, Dress and Safety equipments. Principles of safety: in organising Physical Education Classes, Demonstration and Competitions.

**REFERENCES :**

Mangal, S.K. & Chandra, P.C. (1979) Health and Physical Education Ludhiana. R.D. Tandon Broth.,  
Neiniah, (1997) School Health Education, New Delhi: Harper & Bros.:  
Park, J.E. (2001) Text Book of Preventive and Social Medicine.: Chennai

**BPS 304**  
**RULES OF GAMES AND SPORTS - PART III**  
**(TRACK AND FIELD AND CROSS COUNTRY)**

**UNIT I - METHODS OF MARKING NON STANDARD TRACK**

Method of marking Non Standard Track: 200m, 400m track, Calculation of Stagger, Diagonal Excess, Compensated Arc Start, Relay Exchange Zones.

**UNIT II - METHODS OF MARKING STANDARD TRACK**

Method of marking Standard Track: 400m track, Calculation of Stagger, Diagonal Excess, Compensated Arc Start, Relay Exchange Zones, Marking for Hurdles event.

**UNIT III - METHODS OF MARKING FIELD EVENTS**

Method of marking Shot-put Circle and Sector, Hammer Throw Circle and Sector, Discus Throw Circle and Sector, Long Jump, Triple Jump, High Jump and Pole Vault.

**UNIT IV - GENERAL COMPETITION RULES AND THEIR INTERPRETATIONS,**

Track event: Start, Race, Finish, Timing, Seeding and Draws, Tie Breaking, Hurdle Races, Relay races. Field Events: Vertical Jumps Horizontal Jumps Throwing Events General Competition Rules of Cross country races: Course, Distances, Start, drinking / sponging and refreshment stations, race.

**UNIT V - OFFICIALS IN TRACK AND FIELD & CROSS COUNTRY**

Authorities and Duties of Officials in Track and Field Meet and Cross country races: International Officials, Competition Officials Additional Officials.

**REFERENCES:**

Authors Guide (2014) IAAF Competition Rules 2014-2015, Monaco Cedex: IAAF Publishing  
Viswanath, M.J.(2002) Track and Field Marking & Athletics Officiating Manual, Chennai: Silver Star Publication.  
Wright Gary, A (1990) Step by Step guide-Track & Field, New Jeysey: Associates Mahan.

# **Semester - IV**

## BPS 401

,uz;lhk; Mz;L ehd;fhk;; gUtk;

myF 1

jpUf;Fws;

mwj;Jg;ghy; : tho;f;if Jiz eyk;> kf;fs; NgW

nghUL;ghy; : fy;tp> Nfs;tp

fhkj;Jg;ghy; : Fwpg;G mwpjy;> Gzu;r;rp kfpo;jy;

myF 2

gj;Jg;ghL;L

neLey;thiL

myF 3

rKjha Nehf;fpy; jkpou; tpisahL;Lf;fs; -2

\$L;Lzu;T tpisahL;Lfs; - rhu;G tpisahL;Lfs; - rkak;

rhu;e;;j tpisahL;Lfs;.tpisahL;by; ek;gpf;ifAk;

gof;ftof;fq;fSk; - ,aw;ifNahL ,izjy;- tpisahL;by; mw

czu;T-mwptpaYk; tpisahL;Lk;- tpisahL;Lk; tuyhW epfo;Tk -  
tpisahL;by; Fw;wKk; jz;LidAk;;

myF 4

nkhopg; gapw;rp

1. Mq;fpy;jpy; ,Ue;J jkpOf;F nkhop ngau;j;jy;

2. jkpopy; ,Ue;J Mq;fpy;Jf;F nkhop ngau;j;jy;

myF 5

jkpo; ,yf;fpa tuyhW

m. rq;f ,yf;fpa tuyhW

M. mw ,yf;fpa tuyhW

Jiz Ehw;gl;bay;

1. Nguh.vk;.khu; miLf;fyrhkp,(2000) jkpo; ,yf;fpa tuyhW uhrp  
gjpg;gfk;, nrd;id-73

2. j.kiyaurp, (2013), jkpo; ,yf;fpaq;;fspy; tpisahL;Lf; \$Wfs; -  
ghit gjpg;gfk;, kJiu-1

3. nrh.gukrptk;(2000) ew;wkpo; ,yf;fzk; gL;Lg; gjpg;gfk;, nrd;id-40.

4. rq;;f ,yf;fpa Áy;fs; - fof ntspaPL

**SEMESTER - IV**  
**ENGLISH - IV**  
**CAREER LISTENING & SPEAKING**

**UNIT - I**

- a. Group Discussion - predicting & describing future possibilities
  - 1. Globalisation
  - 2. Consumerism
  - 3. Current event

**WRITING**

**UNIT - II**

- a. Report writing
- b. Note making

**UNIT - III**

- a. How to write an E-mail
- b. Descriptive writing - Writing with a purpose

**UNIT – IV Grammar**

- a. Direct and Indirect Speech
- b. Active and passive Voice

**UNIT –V Extensive Reader**

- a. R.K. Narayan
- b. Jasadish Chandre Bose
- c. Dr. S. Radhakrishnan

**References**

- 1. A.K. Rama Bhushanam " Human Values through English Prose" ( Blackie books)
- 2. Shakunthala Bharvani " The best words" Nissin Ezekial



## **BPS 403**

### **METHODS IN PHYSICAL EDUCATION**

#### **UNIT I METHOD:**

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

#### **UNIT II LESSON PLAN:**

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

#### **UNIT III TOURNAMENTS:**

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

#### **Unit IV METHODS OF TEACHING:**

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

#### **Unit-V SUPERVISION:**

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

#### **REFERENCES:**

Cosmin. H. Rosalind, C. & Jackson, C. (1960) Methods in Physical Education, London: W.B. Saunders Co.

Dheer, S., & Radhika Kamal (1991) Organization and Administration of Physical Education, New Delhi :Friends Publication.

Greyson Daughtrey. (1969). Methods in Physical Education and Health for Secondary Schools. London: W. B. Saunders Company.

Michael W. Metzler. (2000). Instructional Models for Physical Education. London:

Allyn and Bacon.

Sachdeva, M.S (1983) Modern Approach to School Organization and Administration, Ludhiana : Parkash Brothers Educational Publishe.

Sharad Chandra Mishra. (2009). Methods of Physical Education. New Delhi: Sports Publication.

Thirunarayanan, C. & Hariharan, S (1969) Methods in Physical Education Karaikudi: South India press,

Voltmer, Edward (1979) The Organization and Administration of Physical Education, New Jersey.: Prentice Hall, Inc.

**BPS 404**  
**RULES OF GAMES SPORTS - PART - IV**  
**(Tennis, Tennikoit, Ball Badminton, Football and Gymnastics)**

**UNIT I - PREREQUISITES OF AN OFFICIAL**

Qualification and Qualities of officials, Philosophy of Officiating in the above listed five games and sports.

**UNIT II - HISTORY AND ORGANIZATIONAL SETUP**

History and Development, International, national level organisational setup, Major Tournaments and Trophies in the above listed five games and sports.

**UNIT III - PRINCIPLES And MECHANISM OF OFFICIATING**

General principles of officiating - Duties and powers of officials - Mechanism of officiating in the above listed five games and sports.

**UNIT IV - DIMENSIONS OF PLAY FIELD**

Measurements of playfields of the above listed five games and sports.

**UNIT V - RULES AND THEIR INTERPRETATIONS**

Rules and regulations of the above listed five games and sports.

**REFERENCES :**

Anand, R.L. (1987) Play Field Manual Patiala: NIS Publication.  
Bonder, J.B. (1984) How to be a Successful Coach. New York: Prentice Hall .  
Bunn, J. W. (1951) The Art of Officiating Sports, Prentice Hall: Englewood Cliff.  
Chelliah, S.N. (1984), Vilayattu Vithi Muraihal, Chennai: Raj Mohan Pathipagam.  
Buck .H.C (2000) Rules of Games and sports, New Delhi: YMCA Publishing House, Masse Hall.

# **Semester - V**

**BPS 501**  
**SCIENCE OF YOGA**

**UNIT I - INTRODUCTION TO YOGA**

Meaning, Definition, Aim, Concept, Scope of Yoga. Schools of Yoga  
Hastangayoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana and  
Samadhi. Patanjali yoga Sutra and Thirumoolar Thirumandiram

**UNIT II - YOGA AND PHYSICAL EDUCATION**

Meaning and Definition of Physical Education Relationship between Yoga and Physical  
Education. Comparison of Yoga Practices and Physical Exercises.

**UNIT III - ASANA**

Asana: Meaning, Definition, Types of asanas. Benefits of Asana: Physiological,  
Psychological and Therapeutical values.

**UNIT IV - PRANAYAMA AND MEDITATION**

Pranayama meaning., Definition, Aim, Concept of Pranayama - Types of  
pranayama - Physiological, psychological and Therapeutical values. Meaning,  
Definition, Aim, Concept of Meditation

**UNIT V - BANDHAS, SHATKRIYAS AND MUDRAS**

Bandhas and Mudras - Meaning. Definition, values. Shat kriyas Neti (Jala, Sutra) Dhauti  
(Varmana, Vastra) Bhasti, Nauli, Trataka, Kapalabhati. Surya Namaskar. Methods of  
Yoga Practices, Prayer-Asana- Prandiyara- kriyas- Meditation- closing prayer.

**REFERENCES :**

Gharote M.L. (1982) Guidelines for Yogic Practice; Lonawala: Medha Publications.  
Thirumalai Kumar. S and Indira S, (2011) Yoga in Your Life: Chennai: The Parkar  
Publication.  
Iyengar B.K.S (1985) The Art of Yoga; Indus: Harpic Collins P.Ltd.

**BPS 502**  
**CARE AND PREVENTION OF SPORTS TRAUMA**

**UNIT I - CORRECTIVE PHYSICAL EDUCATION**

Definition and objectives of Corrective Physical Education . Posture and body mechanics . Standards of standing posture . Values of good posture. Drawbacks and causes of bad posture . Postural tests-Examination of the spine.

**UNIT II - POSTURE**

Normal curve of the spine and its utility. Kyphosis, Lordosis, Deviations in posture: Kypholordosis, Flat back, Scoliosis, Round shoulders, Knock knee, Bow leg, Flat foot. Causes for these deviations and treatment including exercises.

**UNIT III - MOVEMENTS**

Passive, Active, Assisted, Resisted exercise for Rehabilitation.

**UNIT IV - MASSAGE**

Brief history of massage - Massage as an aid for relaxation - Points to be considered in giving massage - Physiological, Chemical, Psychological effects of massage - Indication/contra indication of massage - Classification of the manipulations used in massage and their specific uses on the human body - Stroking manipulation: Effleurage - Pressure manipulation : Petrissage Kneading (finger Kneading, circular) Ironing Skin Rolling - Percussion manipulation : Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

**UNIT V - SPORTS INJURIES CARE AND TREATMENT AND SUPPORTS**

Principles pertaining to the prevention of Sports injuries - Care and treatment of Exposed and unexposed injuries in sports - Principles of apply cold and heat, Infra red rays- Ultrasonic. Therapy-Short wave diathermy. Principles and techniques of Strapping and Bandages.

**Note** : Each student shall submit Physiotherapy record.

**REFERENCE:**

Doherty .J. Meno.wetb, Moder D (2000)Track & Field, EngleWood Cliffs,Prentice Hal Inc.Lace, M.V.(1951) Massage and Medical Gymnastics, London: J & AChurchill Ltd. . Mc Ooyand Young(1954) Test and Measurement, New York: Appleton century. Naro, C.L.(1967) Manual of Massage and, Movement, London: Febra and Febra Ltd. Rathbome, J.I. (1965)Corrective Physical Education, London: W.B. Saunders &Co. Staffordand Kelly,(1968) Preventive and Corrective Physical Education, New York. The Ronald Press Co.

**BPS 503**  
**KINESIOLOGY AND BIOMECHANICS**

**UNIT I - INTRODUCTION OF KINESIOLOGY**

Introduction: History and Development. Role of Kinesiology in physical education.

**UNIT II - MUSCLES AND JOINTS**

Joints, Classification of Joints, Construction of synovial joints of the body movement. Origin, Insertion and action of muscles: Pectoralis major, Biceps, Triceps (Anterior and Posterior), Trapezius, Sartorius Rectus Femoris, Quadriceps, Hamstring. Types of muscles contraction: isotonic, isometric, Isokinetic.

**UNIT III - BASICS OF BIOMECHANICS**

Biomechanics in Sports - Mechanical principles, laws of motion, types of Motion, Factors influencing motion, air, gravity and water friction, simple machines - Levers - Types of levers and examples in from the human body . Equilibrium: Meaning, Definition and types. Axes and Planes.

**UNIT IV - MOTION**

Mechanics of movements: force production - application - follow pre-requisite of efficient motion, psychomotor - Mental and emotional. Preliminary motion considerations - Whole motion - Body segment motion.

**UNIT V - BIOMECHANICAL ANALYSIS IN SPORTS**

Application of Biomechanics to skill learning

1. Track and Field : Sprint, Shot-put and High Jump.
2. Games:
  - a. Basketball
  - b. Cricket
  - c. Badminton
  - d. Kabaddi
  - e. Hockey

**REFERENCES:**

Broor, (2000) Efficiency of Human Movements, London: Saunders & Co.,  
Kelly, D. L. (1999) Kinesiology and Fundamentals of Motion Description, Prentice Hall.  
McClusg, A. (1989) Human Kinetics and Analysis of Body Movements,  
London: William Heinmann,  
Sunderarajan, G. S. (1979) Bio-mechanics of Sports and Games, Chennai: Roshan Publication.  
Neil D.E. (1992) Kinesiology and Anatomy and Motion, London: Mosby and Co.

**BPS 504**  
**EDUCATIONAL PSYCHOLOGY AND SPORTS JOURNALISM**

**UNIT I - INTRODUCTION OF PSYCHOLOGY AND CONCEPT OF MIND**

Meaning and Definition of Psychology Importance of psychology to physical education. The concept of mind - Cognition. Affection and conation, conscious and unconscious aspects of mind.

**UNIT II - DEVELOPMENT OF SELF AND MOTIVATION**

Brief account of the development of self; Influence of heredity and environment, Individual differences. Motivation - Unlearned (Innate) and learned (acquired) motives, Incentive, Stimuli; Motivation for learning and Performance.

**UNIT III - LEARNING**

Learning- Meaning-Types of learning- Theories of learning (trial and error, conditioned response, learning by insight, learning by imitation), Learning curve  
Transfer of training - Conditions of transfer.

**UNIT IV - ETHICS OF JOURNALISM AND SPORTS BULLETINS**

Ethics of journalism, Sports ethics and sportsmanship, Canons of journalism, News, Information and ideas, Journalism and sports education, Structure of Sports bulletin, Compiling a bulletin, Types of bulletin, Hourly bulletins and special bulletin and External bulletins.

**UNIT V - REPORTING AND MASS MEDIAS IN JOURNALISM**

Brief review of Olympic Games, Asian Games, Common Wealth Games and Indian traditional games, Sports as an integral part of physical education, Sports organization and sports journalism, General news reporting and sports reporting. Sports reviews, Commentary and Running commentary in Radio and T.V.

**EDUCATIONAL PSYCHOLOGY (References):**

Boaz, G.D.(1957) General Psychology, Chennai: Boaz institute of psychology Services,  
Gates. A. (1957) Educational Psychology, New York: Macmillan Company.  
Skinner, C.E (1964) Educational Psychology, New Delhi: Prentice Hall of India PLtd.,  
Williams J.F(1964) .The Principles of Physical Education, Philadelphia: W.B. Saunder Co.

**SPORTS JOURNALISM (References):**

Ahiya, B.N. (1988) Theory and Practice of Journalism: Set to Indian Context Ed.3.,



New Delhi: Surjeet Publications.

Ahiya, B.N. and Choabra. S.S.A (1990). Concise course in Reporting Etc. New Delhi: Surjeet Publications.

Bbaft, S.C. (1993)broadcast Journalism Basic Principles, New Delhi, Har Anand Publications.

Kamali, M.V.(1983) The Journalist handbook, New Delhi: Vikas Publishing House Pvt. Ltd..

Parathasarathy, R.(1991) Journalism in India From the Earliest Times to the Chennai: Sterling Publication Pvt. Ltd

Varma A.K. (1993)Advanced Journalism, New Delhi: Har Anand Publications,

# **Semester - VI**

**BPS 601**  
**EXERCISE PHYSIOLOGY AND NUTRITION**

**UNIT I - MUSCULAR CONTRACTION AND EXERCISE:**

Properties and composition of voluntary muscles. Minute structure of voluntary muscle. Sliding Filament Theory of Muscular Contraction- Conditions affecting muscular contraction.

**UNIT II - EFFECT OF EXERCISE ON HUMAN BODY SYSTEM:**

Effect of exercise on: Muscular system, Circulatory system Respiratory system.

**UNIT III - EFFECT OF EXERCISE ON HUMAN BODY SYSTEM:**

Effect of exercise on: Nervous system- Digestive system - Endocrine system.

**UNIT IV - BASIC FOOD GROUP:**

Carbohydrates, Fats and Protein as a source of fuels. vitamins - Fat soluble and Water soluble- Minerals. Balanced diet. Importance of water in an athletic diet.

**UNIT V - SPORTS NUTRITION:**

Diet for sports competition- supplement to the daily diet. Vitamins, Minerals, Fluids. Electrolyte replacement, Carbohydrate loading, Protein loading, Calcium and iron supplement. Pre-event meal. Time for pre-event meal, Alternate eating pattern, Foods to avoid. Exercise and weight control, Crash dieting, Weight Control.

**REFERENCE:**

- Amrit Kumar (1995) Introduction to Exercise Physiology, Chennai: Poompugar Pathipagam.
- Clarke, D.H. (1975). Exercise Physiology. New Jersey: Prentice Hall Inc.,
- David, LCostill. (2004). Physiology of Sports and Exercise. New Jersey: Human Kinetics.
- Fox, E.L., & Mathews, D.K. (1981). The Physiological Basis of Physical Education and Athletics. Philadelphia: Sanders College Publishing.
- Gayton A.C (1984). Functions of the Human Body. London :W.B. Saunders & Co.
- Guyton, A.C. (1976). Textbook of Medical Physiology. Philadelphia: W.B. Sanders co.
- Karpovich & Sinnings(1955) Physiology of Muscular activity. London: W.B. Saunders Cp.,
- Morehouse and Miller (1974) Physiology of Exercise. St.Louis : C.V. Mosby Co.
- Reily T (1981) Sports Fitness and Sports Injuries , London :Faber and Faber.
- Sandhya Tiwaji. (1999). Exercise Physiology. New Delhi :Sports Publishers.
- Scott, N. Nisonson B. & Nicholos, J (1985) Principles of sports Medicine, London: William & Walkin,.

Vincent, T. Murche. (2007). Elementary Physiology. New Delhi ;Sports Publication.  
William, D. Mc Aradle. (1996). Exercise Physiology, Energy, Nutrition and Human Performance. Philadelphia: Lippincott Williams Company.  
Williams, S. & Rod, W. (2001) Nutrition and Diet, Therapy 2<sup>nd</sup> Edition, London :W.B. Saunder College Publishing.

## **BPS 602**

### **TEST, MEASUREMENT AND EVALUATION**

#### **UNIT I - INTRODUCTION TO TEST, MEASUREMENT AND EVALUATION**

Meaning and Definition of test, measurement and Evaluation. Need and importance of test and measurement in physical education.

#### **UNIT II - CRITERIA AND ADMINISTRATION OF TEST :**

Criteria of test, Scientific authenticity (reliability, objectivity - validity - availability of norms). Administrative feasibility and educational application. Administration of test: advance preparation - Duties during testing - Duties after testing.

#### **UNIT III - FITNESS TEST**

Physical fitness test: AAHPERD Health-Related Fitness Battery ( revised in 1984) - Roger's physical fitness Index. Cardio vascular test : Harvard step test, 12 minutes run test, Multi-stage fitness test (Beep test). Motor Fitness: Indiana. Motor Fitness Test (For elementary and high school boys, girls, and College Men), JCR test. SDAT World Beaters Battery Test (For VI, VII & VIII Standard School Boys and Girls)

#### **UNIT IV - SPORTS SKILL TEST:**

Badminton - Miller wall volley test French short service test. Basketball - Johnson Basket ball test Leilich Basketball test. Cricket : Sutcliff Cricket test. Hockey - Friedal field Hockey test.

#### **UNIT V - Sports Skill Test:**

Sports Skill Test: Football - Johnson soccer test McDonald soccer test. Tennis - Dyer Tennis test. Volleyball - Bradyvolleyball test Russell Lange Volleyball test.

#### **REFERENCES:**

Barrow, H.M.. and McGee, R.,A (1964.) Practical Approach to Measurement in Physical Education, Philadelphia : Lea and Febiger.  
Bovard, J.F., Cozens, F., W. & Hagman, P.E.( 1949) Test and Measurements in Physical Education, Philadelphia: W.B. Sunders Company.  
Campbell, W.R. & Tucker, N.M. (1967) An Introduction in Physical Education, London : G.Bell and Sons Ltd.

Getchell B. Physical Fitness (1979): A Way of Life, 2nd ed. New York: John Wiley and Sons, Inc.

Cureton, T.K. (1947) Physical Fitness Appraisal and Guidance, St. Louis : The Mosby Company.

Hunsicker, P.A. & Montoye, H.J. (1953) Applied Test and Measurements in Physical Education, New York: Prentice Hall Inc

Luc Leger (1983), Testing Physical Fitness, Eurofit Experimental Battery Provisional Handbook, : UK : Strasbourg

Meyers, C.R. & Belsh, E.T. (1962) Measurement in physical Education, New York: The Ronald press Company.

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### **BPS 603**

## **SCIENTIFIC PRINCIPLES OF SPORTS TRAINING**

### **UNIT I SPORTS TRAINING**

Sports Training: Definition, Aims, Characteristics, Principles of sports training.  
Physical Fitness: components of physical fitness - importance of physical fitness  
Training Load.

### **UNIT II STRENGTH AND SPEED AND ENDURANCE**

Definition of strength -types of strength-importance of strength - factors determining strength training method for strength improvement - loading procedure for strength training. Definition of speed - forms of speed - factors determining various speed performance - training - methods of increasing speed.

### **UNIT III ENDURANCE**

Definition of endurance - types of endurance - importance of endurance- factors determining endurance training methods for improving endurance.

### **UNIT IV FLEXIBILITY AND COORDINATIVE ABILITIES**

Definition of flexibility - types of flexibility - factors determining flexibility - methods improving flexibility. Coordinative abilities types Characteristics - training methods for improving coordinative abilities.

### **UNIT V VARIOUS METHOD OF TRAINING**

Circuit Training Fartlek Training - Interval method - Weight training Resistance training, Plyometric ,Core training - Functional training, Swiss ball training, Medicine Ball Training.

**REFERENCES:**

- Jenson, G. and Fisher, A.G(1972) Scientific Basis of Athletic Conditioning, 2nd ed., Philadelphia: Lea and Fibiger.
- Jones, B.J.(1982) Guide to Effective Coaching Principles and Practices. Allyn and Bacon, Inc.
- Singh, H. (1984) Sports Training, General Theory and Physical Fitness NIS, Patiala.
- Thomas, J.P(1964) Let us Coach Soccer, New Delhi:YMCA Publishing House.
- Thomas, J.P (1971) Scientific Weight Training for Games and Sports, Chennai: Gnanodaya Press.

**BPS 604****RULES OF GAMES AND SPORTS - PART V  
(HOCKEY, HANDBALL, CRICKET & NETBALL)****UNIT I - PREREQUISITES OF AN OFFICIAL**

Qualification and Qualities of officials, Philosophy of Officiating in the above listed four games.

**UNIT II HISTORY AND ORGANIZATIONAL SETUP**

**History and Development, International, national level organisational setup,**  
Major Tournaments and Trophies in the above listed four games.

**UNIT III - PRINCIPLES And MECHANISM OF OFFICIATING**

General principles of officiating - Duties and powers of officials - Mechanism of officiating in the above listed four games.

**UNIT IV - DIMENSIONS OF PLAY FIELD**

Measurements of playfields of the above listed four games.

**UNIT V - RULES AND THEIR INTERPRETATIONS**

Rules and regulations of the above listed four games.

**REFERENCES :**

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- Claimé Michal, Taverna (2009) Field Hockey Techniques, Tactics, London: Human Kinetics.
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- Jain (2005) Play and learn Hand ball, Bangalore :KSK Publishers.
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