MANONMANIAM SUNDARANAR UNIVERISTY, TIRUNELVELI-12
SYLLABUS
UG - COURSES – AFFILIATED COLLEGES
Course Structure for B. Sc. Physical Education
(Choice Based Credit System)

(with effect from the academic year 2021-2022 onwards)

Semester-IV				
Part	**Subject Status**	**Subject Title**	**Subject Code**	**Credit**
I	Language - I	TAMIL/ MALAYALAM/ HINDI	C1TL41/ C1MY41/ C1HD41	4
II	Language - II	ENGLISH	C2EN41	4
III	Core	ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION	CMPE41	4
III	Practical IV	PRACTICAL - TEACHING PRACTICE	CMPEP4	2
III	Allied	SPORTS BIOMECHANICS AND KINESIOLOGY	CAPE41	3
III	SBS	SPORTS PSYCHOLOGY AND SOCIOLOGY	CSPE41	4
IV	NME	MS WORD/ ARIMUGA TAMIL PAPER - II	CNCA42/ CNTL41	2
IV	Common	COMPUTERS FOR DIGITAL ERA	CCDE41	2
V	EXTENSION ACTIVITY	(NCC/NSS/YRS/YWF/PE)	C5EA41	1

Total Marks: 100   Internal Exam: 25 marks + External Exam: 75 marks

A. **Scheme for internal Assessment**:
   Maximum marks for written test: **20 marks**
   3 internal tests, each of **I hour** duration shall be conducted every semester.
   To the average of the **best two** written examinations must be added the marks scored
   in. The **assignment** for 5 marks.

   The break up for internal assessment shall be:
   Written test- 20 marks; Assignment -5 marks   Total - 25 marks

B. **Scheme of External Examination**
   3 hrs. examination at the end of the semester
   A – Part : 1 mark question two - from each unit
   B – Part : 5 marks question one - from each unit
   C – Part : 8 marks question one - from each unit

➤ **Conversion of Marks into Grade Points and Letter Grades**

S.No	Marks	Letter Grade	Grade point (GP)	Performance
1	90-100	O	10	Outstanding
2	80-89	A+	9	Excellent
3	70-79	A	8	Very Good
4	60-69	B+	7	Good
5	50-59	B	6	Above Average
6	40-49	C	5	Pass
7	0-39	RA	-	Reappear
8	0	AA	-	Absent

➤ **Cumulative Grade Point Average (CGPA)**

$$CGPA = \frac{\Sigma \, (GP \times C)}{\Sigma C}$$

- **GP** = Grade point, **C** = Credit
- CGPA is calculated only for Part-III courses
- CGPA for a semester is awarded on cumulative basis

➤ **Classification**
   a) First Class with Distinction   : CGPA $\geq$ 7.5**
   b) First Class   : CGPA $\geq$ 6.0
   c) Second Class   : CGPA $\geq$ 5.0 and $<$ 6.0
   d) Third Class   :   CGPA$<$ 5.0

Nesamony Memorial Christian College, Marthandam

பொதுத்தமிழ்

பாடத்திட்டத்தின் நோக்கங்கள் (Course Objectives)		
சங்க இலக்கியத்தின் சிறப்புகளை உணர வைத்தல்		
எதிர்பார்க்கும் படிப்பின் முடிவுகள் (Expected Course Outcomes)		
CO1	மாணவர் பண்டைத் தமிழரின் பண்பாட்டினை அறிந்து கொள்வர்	K_1, K_4, K_6
CO2	வாழ்வியலுக்கான பொருள் இலக்கணத்தைக் கற்றுக் கொள்வர்	K_2, K_5
CO3	இலக்கியங்கள் வாயிலாக வாழ்வியல் அறங்களைப் புரிந்து கொள்வர்.	K_1, K_3, K_5
CO4.	வரலாற்றுப் பின்புலங்களை மையமாகக் கொண்டு நாடகங்கள் படைக்கும் உந்துதலைப் பெறுவர்.	K_2, K_6
CO5	சங்க இலக்கியங்களின் வரலாற்றையும், தனிச்சிறப்புகளையும் அறிந்து கொள்வர்.	K_2, K_5
K1 – நினைவில் கொள்ளுதல் (Remember) K2 – புரிந்து கொள்ளுதல் (understand) K3 – விண்ணப்பித்தல்(Apply) K4 – பகுத்தாய்தல் (Analyze) K5 – மதிப்பிடு		

அலகு:1 - செய்யுள்

நற்றிணை முதல் பட்டினப்பாலை வரை

நியூ செஞ்சுரி புக் ஹவுஸ் (பி) லிட்., திருநெல்வேலி-1

தொலைபேசி எண்: 0462 2323990

அலகு:2 - இலக்கணம்

1. பொருள் இலக்கணம்

2. ஒரெழுத்து ஒருமொழிகள்

3. மரபுச் சொற்கள்

4. பிறமொழிச் சொற்களை நீக்கி எழுதுதல்

அலகு:3 - உரைநடை

வாழ்வியல் அறம் - தொகுப்பாசிரியர் - முனைவர் ச.பொ.சீனிவாசன்

நெஸ்லிங் புக்ஸ் பப்ளிஷிங் அன்ட் டிஸ்ட்ரிபிêட்டர்ஸ் (பி) லிட்., சென்னை -50

தொலைபேசி எண் : 044-26251968, 26258410, 48601884

அலகு:4 - நாடகம்

ஆதி அத்தி – ஆசிரியர் - பெ.தூரன் - பதிப்பாசிரியர் - முனைவர் சொ.சேதுபதி

நியூ செஞ்சுரி புக் ஹவுஸ் (பி) லிட்., சென்னை -50

தொலைபேசி எண் : 044-26251968, 26258410, 48601884

அலகு:5 - இலக்கிய வரலாறு

1. எட்டுத்தொகை நூல்கள்
2. பத்துப்பாட்டு நூல்கள்
3. சங்க இலக்கியங்களின் சிறப்பியல்புகள்

மேற் பார்வை நூல்கள்

இலக்கணம் : புறப்பொருள் வெண்பாமாலை

இலக்கிய வரலாறு : ஆசிரியர் முனைவர் சி. பாலசுப்பிரமணியன்.

பாவை பப்ளிகேஷன்ஸ் 142இ ஜானி ஜான் கான் சாலை இராயப்பேட்டை

சென்னை – 14 தொலைபேசி எண் : 28482441

முனைவர் பெ. சுயம்பு

பாரதி பதிப்பகம் 113இ இராஜீவ் தெரு திசையன்விளை -57

தொலைபேசி எண் :04637 - 272096

மாணவர்களைக் களஆய்விற்கு அழைத்துச் செல்லலாம்

Mapping with Programme Outcomes

CO$_S$	PO1	PO2	PO3	PO4	PO5
CO1	S	M	S	M	S
CO2	M	S	M	M	M
CO3	S	M	S	S	M
CO4	S	M	M	S	S
CO5	M	S	S	M	M

S- மிகையான (Strong) M- நடுநிலையான (Medium) L- குறைவான (Low)

MALAYALAM

<u>UNIT – 1</u>

മാധ്യമഭാഷ

    മാധ്യമം – നിർവ്വചനം – ചരിത്രം – സാങ്കേതികവിദ്യ – വിവിധതരം മാധ്യമങ്ങൾ - സമൂഹം – സംസ്കാരം - സ്വാധീനം

FOR DETAILED STUDY

1. ഡോ. ടി. അനിതകുമാരി – മാധ്യമഭാഷ ഇന്ന്

<u>UNIT – 2</u>

അച്ചടിമാധ്യമം

    അച്ചടിയുടെ ചരിത്രം – കേരളത്തിലെ ആദ്യകാല പ്രവർത്തനങ്ങൾ - പത്രമാസികകളുടെ ആദ്യകാലം - പുതിയ കാലത്തെ അച്ചടി രീതികൾ - ലിപി പരിഷ്കരണം – ഡിടിപി - തനതു ലിപികൾ

FOR DETAILED STUDY

2. ഡോ. എസ്.എസ്. ശ്രീകുമാർ - മലയാള ലിപി പരിഷ്കരണം വരുത്തിയ വിനകൾ

<u>UNIT – 3</u>

ദൃശ്യശ്രവ്യമാധ്യമം

റേഡിയോ – ടെലിവിഷൻ - മള്ട്ടിമീഡിയ – സിനിമ – പൊതു സ്വഭാവം – ഗുണദോഷവശങ്ങൾ

FOR DETAILED STUDY

3. ടെലിവിഷൻ പഠനങ്ങൾ - സി. എസ്. വെങ്കടേശ്വരൻ
ലവേനം – ജനകീയതയും റിയാലിറ്റിഷോകളും

<u>UNIT – 4</u>

സൈബർമാധ്യമം

    ഇന്റർനെറ്റ് – ചരിത്രം – മലയാളത്തിലെ ബ്ലോഗുകൾ - സൈബർ സാന്നിദ്ധ്യം – സോഷ്യല് മീഡിയ – സ്മാർട്ട് ഫോണ് ഉപയോഗം – ഗുണദോഷവശങ്ങൾ

FOR DETAILED STUDY

4. ഡോ. അച്യുത് ശങ്കര് എസ്. നായര് - സൈബർ മലയാളം

<u>UNIT – 5</u>

പരസ്യകല

പരസ്യം – നിര്‍വ്വചനം – സംസ്കാരം – സ്വാധീനം– വിവിധതരം പരസ്യങ്ങള്‍ - ആശയബോധനം

FOR DETAILED STUDY

5. പ്രായോഗികപരിചയം നടത്തുന്നതിനാവശ്യമായ പ്രവര്‍ത്തനങ്ങള്‍ നടത്തുക. പരസ്യം നിര്‍മ്മിക്കുന്നതിനുള്ള വിഷയം നല്‍കുക.

REFERENCE BOOKS

പത്രലോകം – ഒരു സംഘം ലേഖകര്‍ - കേരള ഭാഷാ ഇന്‍സ്റ്റിറ്റ്യൂട്ട്

ആ ലോകം മുതല്‍ ഇ-ലോകം വരെ – ഡോ. ജെ. വി. വിളനിലം

മാധ്യമങ്ങളും മലയാളസാഹിത്യവും – കേരള ഭാഷാ ഇന്‍സ്റ്റിറ്റ്യൂട്ട്

പത്രഭാഷ – കേരള പ്രസ് അക്കാദമി

മലയാളഭാഷയും ആഗോളവത്കരണവും – ഡോ. കെ. എസ്. പ്രകാശ്, ഡോ. എസ്. എ. ഷാനവാസ് (പ്രകാശനവിഭാഗം, കേരള സര്‍വ്വകലാശാല)

ഭാഷയും മാധ്യമവും – വി. കെ. നാരായണന്‍

മാധ്യമഭാഷാ മാറ്റങ്ങള്‍ - കെ. കെ. ശ്രീരാജ്

ടെലിവിഷന്‍ പഠനങ്ങള്‍ - സി. എസ്. വെങ്കിടേശ്വരന്‍

മാധ്യമങ്ങളും മലയാളസാഹിത്യവും – എം. വി. തോമസ്

ഇന്‍റര്‍നെറ്റും ഇന്‍ഫര്‍മേഷന്‍ വിപ്ലവവും – കെ. രവീന്ദ്രന്‍, ഡോ. കെ. ഇഖ്ബാല്‍

ഇന്‍ഫര്‍മേഷന്‍ സയന്‍സ് – ഒരാമുഖം – ഡോ. ജി. ദേവരാജന്‍

മലയാള സൈബര്‍ സാഹിത്യം – ഡോ. മനോജ് ജെ. പാലക്കുടി

സൈബര്‍ മലയാളം – സുനീത ടി. വി. (എഡി.)

മാറുന്ന ലോകം മാറുന്ന മാധ്യമലോകം – എന്‍. പി. രാജനേന്ദ്രന്‍

Progress in Information Technology – Dr. G. Devarajan

The Mass Media and You – Desmond D' Abreo

Advertising – Dr. C. N. Santakki

HINDI

Objectives:
1. To acquire knowledge regarding fundamental concepts in Hindi grammar.
2. To acquire the ability to master translation skills
3. To develop writing skills for official documentation – Letter, Banking terminologies

C**o**urse **Outcomes:**

C.O. No.	Upon the completion of this course, students will be able to	PSOs Addressed	Cognitive Level
CO 1	Understand the writing skills of novelist - Premchand	F,G	K1,K4
CO 2	Understand the basics of navras, vrith and alankars	B,D	K1,K2
CO 3	Understand the history of Hini Literature – modern and medieval	A,C	K3,K5
CO 4	Apply and analyse administrative Hindi	A,C	K5
CO 5	Writing skills - Essay	B,C,D	K4,K5

K1 – Remember, K2 – Understand, K3 – Apply, K4 – Analyse, K5 – Evaluate, K6 – Create

UNIT I
> NOVEL
>> 1. Nirmala

UNIT II
> POETICS
>> KavyaPradeep
>>> 1. Ras - Navras
>>> 2. Chand – Rola, Doha, Soratta
>>> 3. Alankar – Anupras, Upama, Roopak

UNIT III
> HISTORY OF HINDI LITERATURE
>> 1. Reethikal – Visheshatha, Pramukh Kavi – Bihari Lal
>> 2. Adhunik Kaal – Chaya Vaad – Pramukh Kavi
>> 3. Gadya Sahithya – Bharadendu, Prem Chand

UNIT IV
ADMINISTRATIVE HINDI

UNIT V
ESSAY WRITING

(General Topics – Paryavaran Aur Pradooshan, Bhoomandalikaran Aur Hindi, Varthaman Yug Aur Technique, Nari Ki Desha Aur Disha, Desh Vikas Mein Yuva Peedi Ka Yogdaan)

Text book:
1. Nirmala – Premchand – Published by Gyan Bharathi Prakashan, Dariabad, Allahabad
2. Kavya Pradeep – Ram Bhaori Shukla – Published by Lok Bharathi Prakshan, Pehli Manzil, Darbari Building, Mahatma Gandhi Maarg, Allahabad
3. Hindi Sahithy ka Saral Ithihas – Viswanath Tripathi – Published by Orient Publication Private Limited, Himayath Nagar, Hyderabad

Books for Reference:
1. Hindi Vathayan – Dr. K M Chandra Mohan – Published by Viswavidyalay Prakashan, Varanasi
2. Essay Writing – General Topics

Mapping with POs

Cos	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8
CO 1	S	S	S	S	S	S	S	M
CO 2	S	S	M	S	M	S	S	S
CO 3	S	S	S	S	S	S	M	S
CO 4	S	S	S	S	S	S	S	S
CO 5	S	S	M	S	S	S	L	S
CO 6	S	S	S	S	M	M	S	S

S – Strong, M – Medium, L – Low

ENGLISH

VISION AND MISSION OF DEPARTMENT:
VISION:
- To offer students adequate communication skills to prepare them for their professional needs in the globalized scenario prevalent today.

MISSION:
- To impart zestfully and resourcefully the four skills of LSRW

PREAMPLE:
Language is the primary source of communication. It is the method through which we share our ideas and thoughts with others. Moreover, English is the only language spoken all over the world. As a result every curriculum teaches English as a second language. Given the fact that language proficiency is integral to the learning process TANSCHE has focused on quality higher education. So COMMUNICATIVE ENGLISH I & II are so designed for the students to acquire LSRW skills and introduced in I & II Semester respectively. The course syllabi for III and IV Semesters are also designed accordingly along with the evaluation component (with effect from 2021- 2022 onwards)

PROGRAMME OUTCOMES – PO
At the end of the course students will be able to
PO1: Imbibe moral, ethical, and cultural values through various forms of literature.
PO 2: Enable the learner to communicate effectively and appropriately in real life situation.
PO3: Able to think, speak, and write independently using grammatical forms and Vocabulary.
PO4: Improve their writing and reading fluency skills through extensive reading.
PO5: Develop their pronounciation by studying the sounds of language.

PROGRAMME SPECIFIC OUTCOME: PSO
At the end of the course students will be able to:
PSO1: Provide the students with an ability to build and enrich their communication skills.
PSO2: Critically analyse and appreciate poetry, prose, fiction and play.
PSO3: Enhance sufficient practice in Vocabulary, Grammar, Comprehension.
PSO4: Study the Phonetic symbols for correct pronounciation.
PSO5: Spot language errors and correct them.

GENERAL ENGLISH -- PROSE, POETRY, DRAMA, GRAMMAR, LANGUAGE STUDY& ORAL COMMUNICATION SKILLS

UNIT I - PROSE
1. Give us a Role Model – A.P.J.Abdul Kalam.
2. The Best Investment I have ever made – A.J. Cronin
3. Seven Good Habits – Robin Sharma
4. How much Land does a Man Need - Leo Tolstoy

UNIT II – POETRY
1. Anxiety – A.K.Ramanujam
2. Incident on the French Camp – Robert Browning.
3. Stopping by the woods – Robert Frost
4. Still I raise – Maya Angelo

UNIT III - DRAMA - Select scenes from William Shakespeare
1. Antony and Cleopatra – Death Scene of Cleopatra – Act V, Scene II
2. Macbeth – Sleep Walking Scene – Act V, Scene I
3. King Lear – Heath, before a Hovel – Act lll, Scene IV.

UNIT IV – GRAMMAR
1. Transformation of Sentences
2. Synthesis of Sentences
3. Spot the Error

UNIT V – LANGUAGE STUDY AND ORAL COMMUNICATION
1. Phonetics – Vowel sounds
2. Dialogue Writing
3. One word Substitution
4. Report writing.

COURSE OUTCOMES: At the end of the course students will be able to

	Course Outcomes	Cognitive level
CO1	Use English accurately across the curriculum	K1, K2, K3
CO2	Attained enhanced vocabulary and improved language skills	K2, K3, K4
CO3	Analyse and interpret prescribed text	K2, K4
CO4	Conceptualize the Shakeapearean drama in the prescribed text	K2, K4
CO5	Gain proficiency in LSRW skills	K1, K2, K3, K4, K6

K1- Remember, K2- Understand, K3- Apply ,K4- Analyse , K5- Evaluate,K6- Create

MAPPING OF COURSE OUTCOMES WITH PROGRAMME OUTCOMES

CO/PO	PO1	PO2	PO3	PO4	PO5	POS1	POS2	POS3	POS4	POS5
CO1	S	M	S	S	S	S	M	S	M	S
CO2	M	S	M	M	M	M	M	M	S	M
CO3	M	S	M	S	M	S	M	S	M	S
CO4	S	M	S	M	M	S	S	M	S	M
CO5	M	M	M	S	M	S	S	M	S	M

S – Strongly correlated, M – Moderately Correlated, w- weakly correlated, No Correlation - 0

E- LINKS
1. https://www.msuniversity.ac.in
2. https://www.bdu.ac.in
3. https//www.scribd.com
4. https://www.goodreads.com
5. https://casenglishdepartment.wordpress.com
6. https://www.poetryfoundation.org
7. https://www.britannica.com
8. https://englishgrammar.org

ORGANIZATION AND ADMINISTRATION IN PHYSICAL EDUCATION

Learning outcomes:
Students, after successful completion of the course, will be able to
- Learn the scheme of Physical Education
- To understand the Layout of play fields
- Learn about the management.
- Know budgeting, maintenance of records and registers

Unit I - Introduction
Meaning and importance of organization and Administration - Scheme of Physical Education in Schools, Colleges, Universities, District, State and National level.

Unit II - Layout of Playfield
Facilities and Standards-Layout of play fields for major Games: Basketball, Cricket, Hockey, Football, Volleyball, Kho-Kho, Kabaddi, Handball, Badminton, Ball Badminton, Tennis.

Unit III – Supervision
Supervision in physical education with their guiding principles-Qualification and qualities of physical education teacher and student teacher - Planning and management with their basic principles-Basic needs of planning a program with proper management.

Unit IV - Facilities & Time-Table Management
Types of facilities: Indoor & Outdoor - Care of school building: Gymnasium, Swimming pool, Playfields, Playgrounds - Time Table Management: Meaning, need, importance and factor affecting time table.

Unit V - Record, Register & Budget
Finance - Games Fund - Budgeting-Equipments-care and maintenance-maintaining Records and Registers.

Teaching Learning Strategies: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

Activities: Lecture/Project Work/ Seminars/Term Papers/Assignments/Study etc.

Assessment Rubrics: Classroom Test, Project Work, Assignments, Presentations

References:-

1. Broyles, F. J. &Rober, H. D. (1979). Administration of sports, Athletic programme: A Managerial Approach. New York: Prentice hall Inc.
2. Bucher, C. A. (1983). Administration of Physical Education and Athletic programme. St. Louis: The C.V. Hosby Co.
3. Kozman, H.C. Cassidly, R. & Jackson, C. (1960).Methods in Physical Education. London: W.B. Saunders Co.
4. Pandy, L.K. (1977). Methods in Physical Education. Delhi: Metropolitan Book Depo.
5. Sharma, V.M., & Tiwari, R.H. (1979). Teaching Methods in Physical Education. Amaravati: Shakti Publication.
6. Thomas, J. P. (1967). Organization & administration of Physical Education. Madras: Gyanodayal Press.
7. Tirunarayanan, C., & Hariharan, S. (1969). Methods in Physical Education. Karaikudi: South India Press.
8. Voltmer, E. F., & Esslinger, A. A. (1979). The organization and administration of Physical Education. New York: Prentice Hall Inc.
9. Arumugam, S. (2018). Physical Education: Organization and Administration Methods. Madurai: Shanlax Publications,
10. Karikalan, I. (2017). Organization, Administration and Methods in Physical Education. Tuticorin: Shree Publications.

Course Outcomes

On completion of the course, the students will be able to

CO. No.	Core VI - Organization and Administration in Physical Education	Cognitive Level
CO1	learnorganization and administration strategies in physical education.	K3
CO2	learntoknowvariousplay field insports andgames.	K4
CO3	knowthe various methods in supervision.	K4
CO4	learntheefficiencyinclassmanagementandequipmentmaintains.	K3
CO5	prepareagoodbudgetwiththesourcesofincomeandexpenditure.	K6

Remember (K1); Understand (K2); Apply (K3); Analyze (K4); Evaluate (K5); Create (K6)

Mapping COs with Pos and PSOs

COs	POs						PSOs					
	1	2	3	4	5	6	1	2	3	4	5	6
1	H	L	M	M	L	H	L	M	H	H	L	M
2	H	L	M	M	H	H	L	M	H	H	L	M
3	H	L	M	L	M	H	L	M	H	H	L	M
4	H	L	M	H	L	H	L	M	H	H	L	M
5	H	L	M	H	H	H	L	M	H	H	L	M

Highly Correlated (H); Moderately Correlated (M); Weakly Correlated (L)

PRACTICAL IV- TEACHING PRACTICE

Learning outcomes:

- To help them understand varied responsibilities of a teacher.
- To understand the concept of teaching styles, methods, & approaches and to blend them judiciously in the teaching.
- To help them understand methods of communication & its effective use in the teaching process.
- To help them understand the importance & steps of planning. General lesson Plan and Particular Lesson Plan.

Unit I - Assembly and roll call

1. Class handling
2. Assembly and disposal
3. March past

Unit II - Callisthenic Exercises (Free arm Exercises)

1. Standing exercises
2. Bending exercises
3. Stepping exercises
4. Moving exercises
5. Lunging exercises
6. Clapping exercises

Unit III - Exercise with Equipments

1. Dumbbells
2. Indian clups
3. Vands
4. Scoop
5. Ploe drill

Unit IV - Exercise without Equipments

1. Baithaks
2. Dhands
3. Minor games

Unit V - Teaching skills on major games and athletic events

1. Demonstration
2. Teaching
3. Correcting the mistakes
4. Lead up activities

Practice Teaching includes observation and teaching practice in the college. Students are required to complete 5 general and 5 particular lessons in the College Premises under the supervision of the assigned teaching faculty in the department.

References:-

1. Athicha, P., (2007). Methods in Physical Education. Chennai: South Indian Publication.
2. Verma ,H., (2012). Methods and Management of Physical Education (1st Ed.,). Chennai: Sports Publications.
3. Perinbaraj, B., (2013). Methods in Physical Education. Karaikudi: Vinci Agencies.
4. Mojumdar, &Mohum, R., (2009). Methods in Physical Education. New Delhi: Sports Publications.
5. Gopalakrishnan, R. W., (2012). Teaching Methods of Physical Education. New Delhi: Sports Publications.
6. Arumugam, S., (2018). Physical Education: Organization and Administration Methods. Madurai: Shanlax Publications.
7. Karikalan, I., & Alex, T. A., (2014). Fixtures for Tournaments. Tuticorin: Shree Publications
8. Karikalan, I., (2017). Organization, Administration and Methods in Physical Education. Tuticorin: Shree Publications.

Course Outcomes

On completion of the course, the students will be able to

CO. No.	Core Practical IV- Teaching Practice	Cognitive Level
CO1	understand varied responsibilities of a teacher.	
CO2	understand the concept of teaching styles, methods, & approaches and to blend them judiciously in the teaching.	
CO3	understand methods of communication & its effective use in the teaching process.	
CO4	understand the importance & steps of planning. General lesson Plan and Particular Lesson Plan.	
CO5		

Remember (K1); Understand (K2); Apply (K3); Analyze (K4); Evaluate (K5); Create (K6)

Mapping COs with Pos and PSOs

COs	POs						PSOs					
	1	2	3	4	5	6	1	2	3	4	5	6
1	H	M	M	M	L	H	L	M	H	M	H	L
2	H	M	M	M	H	H	M	H	H	M	H	L
3	H	M	L	L	M	L	M	H	H	M	H	L
4	H	M	L	L	H	L	M	M	H	M	H	L
5	H	M	L	L	H	L	L	M	H	M	H	M

Highly Correlated (H); Moderately Correlated (M); Weakly Correlated (L)

SPORTS PSYCHOLOGY AND SOCIOLOGY

Learning outcomes:

- Orient the student in basic concepts of psychology.
- Identify the factors determining one's overall personality.
- Understand various laws of learning and the irrelevance in teaching and learning process.
- Study about the concept of Sports Sociology.

Unit I – Introduction

Meaning and nature of Sports Psychology – Historical Evolution of Sports Psychology–Relevance of Sports Psychology in Physical Education and Coaching – Psychological factors affecting Sports performance.

Unit II – Personality

Meaning and nature of Personality – Theories of personality in sports–Dimensions of personality and development of personality - impact of motivation on Sports Performance

Unit III – Motivation

Define Motivation: Types of motivation; Intrinsic and extrinsic motivation-Condition of developing achievement motivation – impact of motivation on Sports Performance.

Unit IV – Learning

Meaning nature and principles of Learning, Types of Learning – Laws of learning, Transfer of learning - Factors affecting learning–Learning curve.

Unit V – Sports Sociology and Leadership

Nature of Sports Sociology – Importance of Sports Sociology in Physical Education – Socialization and value education through Physical Education-Impact of society on sports and vice versa.

Teaching Learning Strategies: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

Activities: Lecture/Project Work/ Seminars/Term Papers/Assignments/Study etc.
Assessment Rubrics: Classroom Test, Project Work, Assignments, Presentations

References:
1. Alison Pope-Rhodius, Sara Robinson & Sean Fitzpatrick. (2018). Excelling in

Sport Psychology: Planning, Preparing, and Executing Applied Work. New York: Routledge.

2. Taylor & Jim,(2018). Assessment in Applied Sport Psychology. Champaign, IL: Human kinetics.
3. Coumbe-Lilley,(2018). Complex Casesin Sport Psychology. New York: Routledge.
4. Ball,D.W.&Loy,J.W.(1975). Sport and Social Order; Contribution to the Sociology of Sport. London: Addison Wesley Publishing Co.,Inc.
5. Jain, (2007). Sports Sociology. New Delhi: Khel Sahitya Kendra,
6. Mohan, J. (2005). Psychology of Sports. New Delhi: Friend's Publications.
7. Gupta, R. (2003). Research Process and Studies in Physical Education and Sports Sciences. New Delhi: Friends Publications.
8. Sejwad, S.M, (2011). Sports Psychology. Pacific Publication

Course Outcomes

On completion of the course, the students will be able to

CO. No.	Skill Based Core II - Sports Psychology and Sociology	Cognitive Level
CO1	understandthebasicknowledgeofsportspsychology.	K2
CO2	learntheprinciplesofmotivationandtheoriesoflearning.	K3
CO3	understandthepsychologicalfactorsimportantofsportsperformance.	K2
CO4	learntheneedandimportanceofsocialwellbeing.	K3
CO5	understandthe gameknowledgethe roleof media in sports.	K2

Remember (K1); Understand (K2); Apply (K3); Analyze (K4); Evaluate (K5); Create (K6)

Mapping COs with Pos and PSOs

COs	POs						PSOs					
	1	2	3	4	5	6	1	2	3	4	5	6
1	H	L	M	M	L	H	L	M	H	H	L	M
2	H	L	M	M	H	H	L	M	H	H	L	M
3	H	L	M	L	M	H	L	M	H	H	L	M
4	H	L	M	H	L	H	L	M	H	H	L	M
5	H	L	M	H	H	H	L	M	H	H	L	M

Highly Correlated (H); Moderately Correlated (M); Weakly Correlated (L)

SPORTS BIOMECHANICS AND KINESIOLOGY

Learning outcomes:

- The student would be Oriented with the skeletal structure of human body by identifying the origin and insertion of various muscles.
- Orient the students in basic structure and functions of primary joints of the body.
- Relate and interpret the role of various mechanical principles inhuman movement.

Unit I - Introduction of Kinesiology

History, Meaning and Definition of Kinesiology – Aim and objectives – Need for and importance of Kinesiology in Physical Education and Sports – Axes and planes.

Unit II – Posture

Centre of gravity– Criteria for good Posture –causes for poor posture-Postur aldeformities correction for Lordosis, Kyphosis, Scoliosis - Application of kinesiology to motor skills and Daily living.

Unit III –Upper Body& Lower Body Muscles

Location, origin, insertion, and action of muscles at upper limb: Pectoralis Major, Deltoids, Trapezius, Latissimus Dorsi, Rectus, Triceps and Biceps - Location, Origin, insertion, and action of muscles at lowerlimb: Rectusfemoris, Hamstring group of muscles Semimembranous, Gastronomies, sartorius, gastrocnemius,

Unit IV - Introduction of Biomechanics

Biomechanics: Meaning, aim and objectives – Need for and importance of Biomechanics in Physical Education and Sports- Linear kinematics: Speed – velocity - acceleration - Angular speed - angular velocity - angular projectile motion.

Unit V – Kinetics

Linear kinetics: Mass - weight - force - pressure - work - power - energy - impulse - momentum - impact - friction - Newton's laws of motion - Types of levers - equilibrium.

Teaching Learning Strategies: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

Activities: Lecture/Project Work/ Seminars/Term Papers/Assignments/Study etc.
Assessment Rubrics: Classroom Test, Project Work, Assignments, Presentations
References:-

1. Vijayalakshmi, L, (2005). Biomechanics of Body movements in Sports (1St ed.,). Chennai: Sports Publication.
2. Bijlani. R., & Manchanda, S.K., (2002). The Human Machine(1St ed.,). New Delhi: National Book Trust India.
3. Dhanajoy, S., (2000). Mechanical Basics of Biomechanics(1St ed.,). Chennai: Sports Publication Chennai.
4. Anderson, T.M., (2003). Biomechanics of Human Motion(1St ed.,). Chennai: Sports Publication.
5. Dhanajoy, S., (2005). Pedagogic of Kinesiology. Chennai: Sports Publication.

6. Dhanajoy,S, (2000). Mechanical Basics of Biomechanics. New Delhi: Sports Publication.

Course Outcomes

On completion of the course, the students will be able to

CO. No.	Allied IV - Sports Biomechanics and Kinesiology	Cognitive Level
CO1	knowtheneed ofkinesiologyin sportstraining.	K1
CO2	understandthemechanism ofjointsandmusclesmovements ofthe	K2
CO3	understandtheneedofbiomechanicspreventionofinjuriesin	K4
CO4	learnthe concepts of mechanical principles and its field	K3
CO5	understandtheapplicationofmechanicalprinciplesin sports.	K4

Remember (K1); Understand (K2); Apply (K3); Analyze (K4); Evaluate (K5); Create (K6)

Mapping COs with Pos and PSOs

COs	POs						PSOs					
	1	2	3	4	5	6	1	2	3	4	5	6
1	H	L	M	M	L	H	L	M	H	H	L	M
2	H	L	M	M	H	H	L	M	H	H	L	M
3	H	L	M	L	M	H	L	M	H	H	L	M
4	H	L	M	H	L	H	L	M	H	H	L	M
5	H	L	M	H	H	H	L	M	H	H	L	M

Highly Correlated (H); Moderately Correlated (M); Weakly Correlated (L)

INTRODUCTION TO INTERNET WITH HTML

COURSE OBJECTIVES
* To learn the principle of Web page design.
* To visualize the basic concept of HTML.
* To recognize the elements of HTML.

COURSE OUTCOMES:
* Understand basic concepts in HTML.
* Create basic web pages.
* Implement a variety of hyperlinks to connect pages and communicate with users via email link.

UNIT – 1 INTRODUCTION TO INTERNET
Computer is business – networking – internet - e-mail-gopher-world wide web, Internet Technologies – Internet Browsers.

UNIT – 2 INTRODUCTION TO HTML
History of HTML - HTML generation and Documents – Tags and Links, Head and Body Section.

Nesamony Memorial Christian College, Marthandam

UNIT - 3 DESIGNING
Body Section – Ordered and Unordered List – Table Handling.

UNIT - 4 INTRODUCTION TO DHTML
Features of DHTML – Defining styles – Working with Colors – Text and Fonts with Style.

UNIT - 5 FRAMES
Frame set Definition – Nested frames – A web design project – forms.

Mapping of COs to POs and PSOs

Course Outcome	PO Addressed PO1 to PO7	Correlation Level L/M/H	PSO Addressed PSO1 to PSO7	Correlation Level L/ M/ H	Cognitive Level K1 to K6
CO1	PO1,PO2	H/H	PS01	H	K1
CO2	PO5	H	PS02, PSO5	H/M	K2
CO3	PO3,PO6	H/H	PS04	H	K3

(L – Low, M – Medium, H – High; K1 – Remember, K2 – Understand, K3 – Apply, K4 – Analyze, K5–Evaluate, K6 – Create)

TEXT BOOK:
World Wide Web Design with HTML - C.XAVIER, McGraw Hill Education, 2017

REFERENCE BOOK:
1. The Complete Reference HTML & CSS - Thomas A.Powell, McGraw Hill Education, 2017
2. Fundamental of the internet and the World Wide Web - Greenlaw and Hepp, TMH Publications. 2008

அறிமுகத்தமிழ்

அலகு- 1 : செய்யுள் பகுதி

1. கடவுள் வாழ்த்து
2. கல்வி:
3. அறம்
4. ஆத்திசூடி
5. ஓடி விளையாடு பாப்பா
6. பசுவும் கன்றும் பாடல்

குறிப்பு:- மனப்பாடப்பகுதி

1. கடவுள் வாழ்த்து
2. கல்வி
3. அறம்
4. ஆத்திச்சூடி

அலகு-2: கதை வாசித்து கதை சொல்லல்

1. பணிமிருந்தும் பட்டினி
2. அறிவால் வெல்லுவேன்

அலகு-3 : பொதுக்கட்டுரை

1. ஒன்றுபட்டால் உண்டு வாழ்வு
2. வாய்மையே வெல்லும்

அலகு -4 : சொற்பொருள் அறிதல்

அலகு- 5: மொழித்திறன் பயிற்சி

COMPUTERS FOR DIGITAL ERA

Objectives:

    1. To create the awareness about the digital India among the student community.

    2. To make the student to understand the role of computer in the day to day living.

    3. To create the awareness about the e-learning and security issues.

Unit I
FUNDAMENTALS OF COMPUTERS

    The role of computers in the modern society – Types of Computers and their specifications – Server – Desk Top Computers - Lap Top – Tablet – Smart Phones - Block diagram of Digital Computer –Working Principle of Computer, I/O Devices – Central Processing Unit – Types of Memory - Display – Port – UPS – Setting up and Maintenance of Computer.

Unit II
TYPES OF SOFTWARE AND OFFICE AUTOMATION

    Types of Software with examples – System Software – Application Software – Utility Software - Operating System – Basics on Windows – Introduction to Android –Application Software - Free Open source software – Database and its applications – Office Automation Software – applications of Microsoft Word – Microsoft Power Point – Microsoft Excel.

Unit III
INTERNET AND MOBILE APPLICATIONS

    Introduction to computer networks – LAN – WAN – MAN – Wired and wireless network – Wi Fi Networks - Network Devices – Modem – Switch – Router – Broad Band – Leased Lines- Internet – WWW – URL- Browser – e-mail – SMS – MMS - Client Server Computing - Cloud – Public and Private cloud – Mobile Applications.

Unit IV
E – GOVERNANCE IN INDIA

    E-Governance initiative by the Government – Digital India Platform – Agencies enabling Digital India - Electronic Payment and Receipt – Digital Locker – e-district service – electronic signature service – Digital AIIMS – India BPO Scheme – Integrated Nutrient Managment – GIS – Mobile Seva App Store- GARV- Grameen Vidyutikaran

Unit V

E – LEARNING AND MOOC

E – Learning – Digital Library – E- Journals – Introduction to MOOC – Edex – Course era etc - SWAYAM – NPTEL – Cyber Security – Virus – Malware – Network Security - Hacking – Big Data – Data Analytics – Social Networks – Social Media Analytics- Introduction to IT Act.

> ➢ **10 Hours Practical Sessions are to be allotted for Computer & Mobile Applications**

Suggested List of Exercises:
1. Setting up of computers – Connecting I/O device, UPS, CPU, Printers, Mouse, Key Boards, Pen Drives, etc. (Mandatory)
2. Minor fault findings.
3. Preparing a word Document and saving, copying files, deleting files, renaming files, etc. (Mandatory)
4. Preparing slides – Animation – Slide Transition – Back Ground Changing – Word Art , etc. (Mandatory)
5. Preparing Mark Sheet with Excel - Calculating First Class, second class, etc. (Mandatory)
6. Browsing – Searching for documents – e-mail id creation - Useful mobile apps – downloading. (Mandatory)
7. Data/Wi-Fi Connectivity and Exchanging of Data.
8. Electronic Payment – Online Application Processing
9. Browsing for NPTEL/ SWAYAM Courses
10. Browsing the useful e-learning sites

Learning Outcomes:

At the end of the course the students will be able to:

1. apply the computing technology in their day to day life

2. create awareness regarding digital India initiatives to their surroundings

3. identify the areas where he can extend the digital computing for their benefits.

Text Book:

1. E- Materials of Manonmaniam Sundaranar University on "Computer for Digital Era", http://msuniv.ac.in

References:

1. Andrew S. Tanenbaum, Computer Networks, 4th Edition, Eastern Economy Edition, PHI Private Ltd, New Delhi, 2003.
2. Gautam Shroff, Enterprise Cloud Computing, Technology, Architecture, Applications, Cambridge University Press, First Edition, 2010.
3. Reza B'Far, Mobile Computing Principles, Cambridge University Press, First Edition, 2005.
4. Charles P Pfleeger, Shari Lawrence Pfleeger, Security in Computing, I Edition, Pearson Education, 2003.
5. https://swayam.gov.in
6. http://www.digitalindia.gov.in/content/social-media-analytics

Scheme of Examination	
Internal – 25 Marks	External – 75 Marks
Internal Break Up - 15 for Continuous Assessment Test (CAT) + 5 for Assignment + 5 for Seminar. 3 CATs (Two tests on Theory and one on Practical)are to be conducted	