

PHYSICAL EDUCATION

Part – V Syllabus

Program Code: UPE

2023- Onwards



MANNAR THIRUMALAI NAICKER COLLEGE

(AUTONOMOUS)

Re-accredited with “A⁺” Grade by NAAC

PASUMALAI, MADURAI – 625 004

MANNAR THIRUMALAI NAICKER COLLEGE (AUTONOMOUS),

MADURAI – 625 004

PHYSICAL EDUCATION CURRICULUM

(For the students admitted from the academic year 2023-2024 onwards)

Course Code	Title of the Course	Hrs	Credits	Maximum Marks		
				Int	Ext	Total
SIXTH SEMESTER						
Part – V	Extension activities					
23UPEET61	Physical Education	-	1	25	75	100
Total		-	1	25	75	100

SIXTH SEMESTER

MANNAR THIRUMALAI NAICKER COLLEGE (AUTONOMOUS)



PHYSICAL EDUCATION CURRICULUM FOR THOSE WHO JOINED IN 2023-2024 AND AFTER

Name of the Course	Physical Education			
Course Code	23UPEET61	L	P	C
Category	Extension Activities	-	-	1

COURSE OBJECTIVES:

- List the different types of tournaments
- Classify various events in Track and Field
- Understand the benefits of health
- Remember the rules and regulations of sports and games
- Recognize the fundamental skills of the games

UNIT - I

Methods of organizing and conducting tournaments and sports meet - Knock out and League tournaments – Methods of drawing fixtures.

UNIT - II

Track and field - Sprint events - Middle distance events - Long distance events - Jumping events - Throwing events - Technique, rules and regulations.

UNIT -III

Health – Heart Rate – Breathing Rate- Diet – Balanced Diet – BMI- Calculation of BMI – Obesity - Social Ill Effects.

UNIT - IV

Volleyball and Kho-Kho - Fundamental Skills, Essential fitness components, Rules & regulations, Layout of the Court.

UNIT - V

Football & Kabaddi - Fundamental skills, Essential fitness components, Rules & regulations, Layout of the Court.

BOOKS FOR STUDY:

- Material will be given by the Department

BOOKS FOR REFERENCES:

- Krishnammal. T, Grace Nirmala and A.Nagalakshmi (2014) Physical Education and Health Education, Madurai, Priyakamal Publications.
- Bevinson Perinbaraj et.al., (2003) Playfield, Karaikudi, Vinsi Publications.
- Elangovan R (2002) Udarkalvi oru Arimugam – Tirkunelveli, Aswin Publication.
- Hoeger Werner W.K and Sharon A. Hoeger (1990). Fitness and Wellness, Colorado: Morton Publishing Company.
- Prabhakar Eric, The Way to Athletic gold, Delhi, Affiliated East – West press Private Ltd
- Anuradha Subramanian, (2011), Diet Control, Chennai: Usha Publishers.
- Dhanaraj V. Huburt, 1991 Volley ball A Modern Approach, Patiala, SAINSNIS.
- Reddi A.R, (1974) Scientific Kadaddi Madras Raman's publishing Company.

WEB RESOURCES:

- ❖ <https://ncert.nic.in/textbook/pdf/kehp110.pdf>
- ❖ [https://www.newworldencyclopedia.org/entry/Athletics_\(track_and_field\)](https://www.newworldencyclopedia.org/entry/Athletics_(track_and_field))
- ❖ <https://www.who.int/health-topics/obesity>
- ❖ <https://sportinnepal.com/rules-and-skills-of-volleyball/>
- ❖ <https://sportsjone.com/kabaddi-history-rules-and-regulations-fundamental-skills-terminology/>
- ❖ <https://blog.decathlon.in/articles/football-skills-and-techniques-you-need-to-know>
- ❖ <https://khokhoskills.com/kho-kho-skills/>

Nature of Course	EMPLOYABILITY				SKILL ORIENTED		✓	ENTREPRENEURSHIP		
Curriculum Relevance	LOCAL		REGIONAL			NATIONAL			GLOBAL	✓
Changes Made in the Course	Percentage of Change				No Changes Made		✓	New Course		
*Treat 20 % as each unit (20*5=100 %) and calculate the percentage of change for the course.										

COURSE OUTCOMES:**K LEVEL**

After studying this course, the students will be able to:

CO1	List the various types of tournaments	K1 to K2
CO2	Remember the methods of drawing fixtures and rules and regulations of games	K1 to K2
CO3	Understand the importance of health, heart rate, Breathing rate, Diet, Balanced diet, BMI, Calculation of BMI, Obesity and Social ill effects	K1 to K2
CO4	Remember the rules and regulations of sports and games	K1 to K2
CO5	Recognize the fundamental skills of the games	K1 to K2

MAPPING WITH PROGRAM OUTCOMES:

CO/PO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1	-	-	3	3	3	2		
CO2	-	-	2	3	3	2		
CO3	-	-	2	3	3	2		
CO4	-	-	2	2	3	1		
CO5	-	-	1	2	1	1		

S- STRONG**M – MEDIUM****L - LOW****LESSON PLAN:**

UNIT	Physical Education	PEDAGOGY
I	Methods of organizing and conducting tournaments and sports meet - Knock out and League tournaments – Methods of drawing fixtures	Chalk & Board
II	Track and field - Sprint events - Middle distance events - Long distance events - Jumping events - Throwing events - Technique, rules and regulations	Chalk and Board & Practical
III	Health – Heart Rate – Breathing Rate- Diet – Balanced Diet – BMI- Calculation of BMI – Obesity - Social Ill Effects	Chalk and Board & Practical
IV	Volleyball and Kho-Kho - Fundamental Skills, Essential fitness components, Rules & regulations, Layout of the Court	Chalk and Board & Practical
V	Football & Kabaddi - Fundamental skills, Essential fitness components, Rules & regulations, Layout of the Court	Chalk and Board & Practical

Assessment Pattern

Total 100 Marks

Practical - Each athletic performance – 5 Marks (5x 5 = 25 Marks)

- 1) 100 Meters
- 2) Long Jump
- 3) Shot put
- 4) Any four Asanas (Surya Namaskar compulsory)
- 5) 1500 Meters walk

Norms for Girls

100 Meters

13.0 Seconds and Below	4 Marks
13.1 and 14.0 Seconds	3 Marks
14.1 and 15.0 Seconds	2 Marks
15.1 and 16.0 Seconds	1 Marks
16.1 and above Seconds	0 Marks

Long Jump

4.00 Meters and above	4 Marks
3.50 Meters to 3.99 Meters	3 Marks
3.00 Meters to 3.49 Meters	2 Marks
2.50 Meters to 2.99 Meters	1 Marks
Below 2.50 Meters	0 Marks

Shot put

6 Meters and above	4 Marks
5 Meters to 5.99 Meters	3 Marks
4 Meters to 4.99 Meters	2 Marks
3 Meters to 3.99 Meters	1 Marks
Below 3 Meters	0 Marks

1500 Meters Run/Walk

8 Minutes and Below	4 Marks
9 and 6.30 Minutes	3 Marks
10 and 7.00 Minutes	2 Marks
11 and 7.30 Minutes	1 Marks
12 and above Minutes	0 Marks

Norms for Boys

100 Meters

12.0 Seconds and Below	4 Marks
12.1 and 13.0 Seconds	3 Marks
13.1 and 14.0 Seconds	2 Marks
14.1 and 15.0 Seconds	1 Marks
15.1 and above	0 Marks

Long Jump

5.00 Meters and above	4 Marks
4.50 Meters to 4.99 Meters	3 Marks
4.00 Meters to 4.49 Meters	2 Marks
3.50 Meters to 3.99 Meters	1 Marks
3.49 and Below	0 Marks

Shot put

7 Meters and above	4 Marks
6.50 Meters to 6.99 Meters	3 Marks
6.00 Meters to 6.49 Meters	2 Marks
5.50 Meters to 5.49 Meters	1 Marks
Below 5.50 Meters	0 Marks

1500 Meters Run/Walk

5.0 Minutes and Below	4 Marks
5.01 and 5.30 Minutes	3 Marks
5.31 and 6.00 Minutes	2 Marks
6.01 and 6.30 Minutes	1 Marks
6.30 Minutes above	0 Marks

Practical - Game Skill Performance – 25 Marks

Any two Skills in Volleyball or Kho-Kho and Any two Skills in Football or Kabaddi

Volley ball Skills

Upper Arm Pass
Under Arm Pass
Smashing
Serving
Dropping

Kho-Kho Skills

Giving Kho
Pole Diving
Tapping
Diving
Dodging

Football Skills

Dribbling
Passing
Kicking
Heading
Shooting

Kabaddi Skills

Ankle catch
Thigh catch
Wrist catch
Toe touch
Side kick

Minimum marks to be obtained for pass percentage:

40% of the aggregate marks (Internal + External examinations)