

# PHYSICAL EDUCATION

## Part – V Syllabus

Course Code: 21UEAG42

2021-2022 onwards

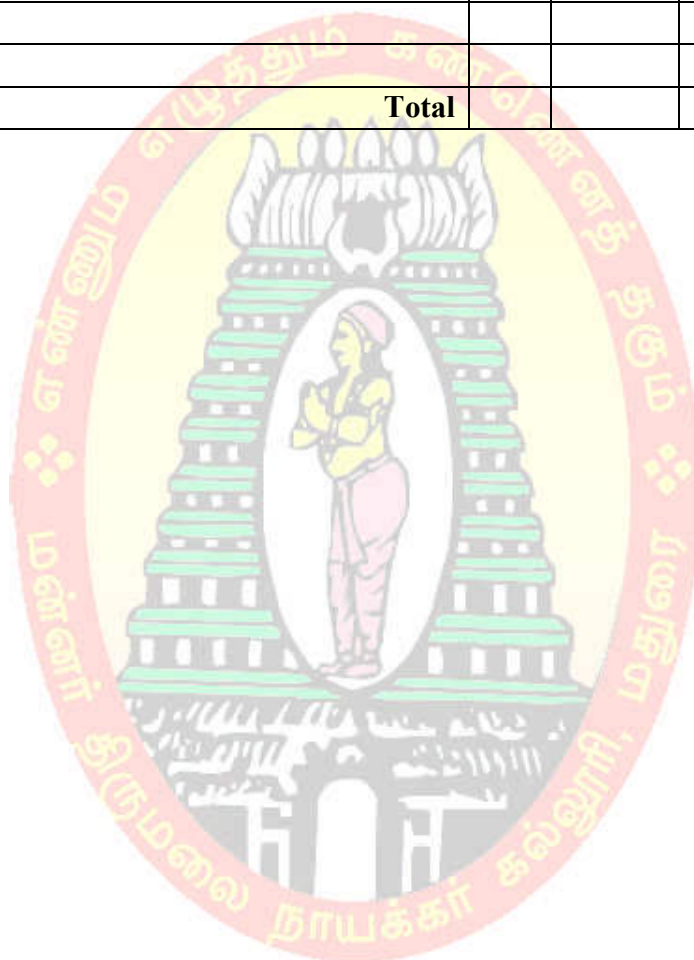
**MANNAR THIRUMALAI NAICKER COLLEGE (AUTONOMOUS)**

**Re-accredited with “A” Grade by NAAC**

**PASUMALAI, MADURAI – 625 004**

**MANNAR THIRUMALAI NAICKER COLLEGE (Autonomous), Pasumalai**  
**Part – V PHYSICAL EDUCATION., Curriculum**  
*(For the student admitted during the academic year 2021-2022 onwards)*

Course Code	Title of the Course	Hrs	Credits	Maximum Marks		
				Int	Ext	Total
<b>FOURTH SEMESTER</b>						
<b>Part V</b>	<b>Extension Activities</b>					
21UEAG42	<b>PHYSICAL EDUCATION AND SPORTS</b>	-	1	-	-	100
	<b>Total</b>					







**MANNAR THIRUMALAI NAICKER COLLEGE (AUTONOMOUS)**  
**PART – V PHYSICAL EDUCATION**  
 (For those who joined in 2021-2022 and after)

<b>Course Name</b>	<b>PHYSICAL EDUCATION AND SPORTS</b>				
<b>Course Code</b>	<b>21UEAG42</b>	<b>L</b>	<b>P</b>	<b>C</b>	
<b>Category</b>	<b>Part - V</b>	0	-	1	
<b>Nature of course:</b>	EMPLOYABILITY	<b>SKILL ORIENTED</b>	✓	ENTREPRENEURSHIP	
<b>Course Objectives:</b> The learner will be able to					
<ol style="list-style-type: none"> <li>1. List the different types of tournaments</li> <li>2. Classify various events in Track and Field</li> <li>3. Understand the benefits of yoga</li> <li>4. Remember the rules and regulations of sports and games</li> <li>5. Recognize the fundamental skills of the games</li> </ol>					
<b>Unit: I</b>					<b>20</b>
Methods of organizing and conducting tournaments and sports meet - Knock out and League tournaments – Methods of drawing fixtures.					
<b>Unit: II</b>					<b>20</b>
Track and field - Sprint events - Middle distance events - Long distance events - Jumping events - Throwing events - Technique, rules and regulations.					
<b>Unit: III</b>					<b>20</b>
Yoga – Meaning and Benefits – Essentials of Yoga – Suryanamaskar, Asanas, Pranayama & Meditation.					
<b>Unit: IV</b>					<b>20</b>
Volleyball and Kho-Kho - Fundamental Skills, Essential fitness components, Rules & regulations, Layout of the Court.					
<b>Unit: V</b>					<b>20</b>
Football & Kabaddi - Fundamental skills, Essential fitness components, Rules & regulations, Layout of the Court.					
<b>Total Lecture Hours</b>					<b>100 Hrs</b>
<b>Books for Study:</b>					
1. Material will be given by the Department					
<b>Books for References:</b>					
<ol style="list-style-type: none"> <li>1. Krishnammal. T, Grace Nirmala and A.Nagalakshmi (2014) Physical Education and Health Education, Madurai, Priyakamal Publications.</li> <li>2. Bevinson Perinbaraj et.al., (2003) Playfield, Karaikudi, Vinsi Publications.</li> <li>3. Elangovan R (2002) Udarkalvi oru Arimugam – Tirkunelveli, Aswin Publication.</li> <li>4. Hoeger Werner W.K and Sharon A. Hoeger (1990). Fitness and Wellness, Colorado: Morton Publishing Company.</li> <li>5. Prabhakar Eric, The Way to Athletic gold , Delhi, Affiliated East – West press Private Ltd</li> <li>6. Chandrasekaran K. (1999) Sound Health through Yoga Sedapatti: Prem Kalyan</li> </ol>					

Publications

7. Dhanaraj V. Huburt, 1991 Volley ball A Modern Approach, Patiala, SAINSNIS.
8. Reddi A.R, (1974) Scientific Kadaddi Madras Raman’s publishing Company.

**Web Resources:**

1. <https://ncert.nic.in/textbook/pdf/kehp110.pdf>
2. [https://www.newworldencyclopedia.org/entry/Athletics\\_\(track\\_and\\_field\)](https://www.newworldencyclopedia.org/entry/Athletics_(track_and_field))
3. <https://www.webindia123.com/yoga/>
4. <https://sportinnepal.com/rules-and-skills-of-volleyball/>
5. <https://sportsjone.com/kabaddi-history-rules-and-regulations-fundamental-skills-terminology/>
6. <https://blog.decathlon.in/articles/football-skills-and-techniques-you-need-to-know>
7. <https://khokhoskills.com/kho-kho-skills/>

Course Outcomes		K Level
CO 1	List the various types of tournaments	K1
CO 2	Remember the methods of drawing fixtures and rules and regulations of games	K1
CO3	Understand the Benemits of Yoga – Suryanamaskar, Asanas, Pranayama & Meditation	K2
CO4	Remember the rules and regulations of sports and games	K1
CO 5	Recognize the fundamental skills of the games	K2

**CO & PO Mappings for Common**

COS	PO 1	PO 2	PO 3	PO 4	PO 5	PO6
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

\*3 – Advanced Application; 2 – Intermediate Development; 1 - Introductory Level

**CO & PO Mapping: Arts**

CO's	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6
CO 1	2	1	2	3	2	3
CO 2	2	2	3	3	1	2
CO 3	2	1	1	3	3	2
CO 4	1	1	3	3	1	2
CO 5	2	1	3	3	1	3

\*3 – Advanced Application; 2 – Intermediate Development; 1 - Introductory Level



**CO & PO Mapping: Science**

CO's	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6
CO 1	2	1	1	3	3	1
CO 2	2	2	2	3	3	1
CO 3	1	1	2	3	3	2
CO 4	1	1	2	2	3	3
CO 5	2	1	3	2	3	2

\*3 – Advanced Application; 2 – Intermediate Development; 1 - Introductory Level

**LESSON PLAN**

Unit	Course Name	Hrs	Pedagogy
I	Methods of organizing and conducting tournaments and sports meet - Knock out and League tournaments – Methods of drawing fixtures	20	Chalk & Board
II	Track and field - Sprint events - Middle distance events - Long distance events - Jumping events - Throwing events - Technique, rules and regulations	20	Chalk and Board & Practical
III	Yoga – Meaning and Benefits – Essentials of Yoga – Suryanamaskar, Asanas, Pranayama & Meditation	20	Chalk and Board & Practical
IV	Volleyball and Kho-Kho - Fundamental Skills, Essential fitness components, Rules & regulations, Layout of the Court	20	Chalk and Board & Practical
V	Football & Kabaddi - Fundamental skills, Essential fitness components, Rules & regulations, Layout of the Court	20	Chalk and Board & Practical

Course Designed by: **Dr. G. Raghavan**, Director of Physical Education

**Assessment Pattern**

**Total 100 Marks**

**Practical - Each athletic performance – 5 Marks (5x 10 = 50 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**

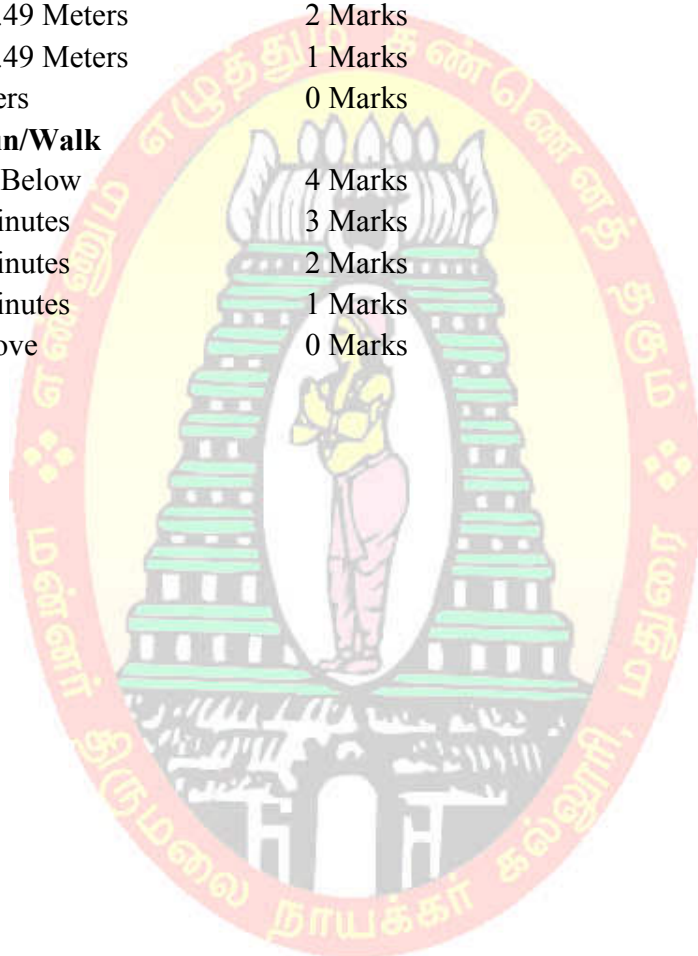
5.00 Meters and above	4 Marks
4.50 Meters to 4.99 Meters	3 Marks
4.00 Meters to 4.49 Meters	2 Marks
3.50 Meters to 3.99 Meters	1 Marks
3.49 and Below	0 Marks

**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 – 50 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

