

**E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI – 625 014.**

*(An Autonomous Institution – Affiliated to Madurai Kamaraj University)*

Re-accredited (**3<sup>rd</sup> Cycle**) with Grade **A+** & **CGPA 3.51** by NAAC

## **DEPARTMENT OF PHYSICAL EDUCATION**



**CBCS with OBE**

## **COURSE STRUCTURE**

(w.e.f. 2023 – 2024 Batch onwards)

**E.M.G. YADAVA WOMENS COLLEGE, MADURAI -14.****(An Autonomous Institution – Affiliated to Madurai Kamaraj University)****(Re –accredited (3<sup>rd</sup> cycle) with Grade A<sup>+</sup> and CGPA 3.51 by NAAC)****CBCS with OBE****DEPARTMENT OF PHYSICAL EDUCATION -UG****(w.e.f. 2023– 2024 Batch onwards)****COURSE STRUCTURE**

| Sem       | Part      | Sub code          | Title of the Paper                                                 | Teaching hrs (per week) | Exam Duration (hrs) | Marks allotted |    |       | Credits |
|-----------|-----------|-------------------|--------------------------------------------------------------------|-------------------------|---------------------|----------------|----|-------|---------|
|           |           |                   |                                                                    |                         |                     | CIA            | SE | Total |         |
| <b>I</b>  | <b>IV</b> | <b>23OUPSECN1</b> | <b>SEC1: Introduction to Physical Education and Sports Science</b> | 2                       | 3                   | 25             | 75 | 100   | 2       |
| <b>II</b> | <b>IV</b> | <b>23OUPSECN2</b> | <b>SEC2 : Yoga, Health Education and First Aid</b>                 | 2                       | 3                   | 25             | 75 | 100   | 2       |

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**DEPARTMENT OF PHYSICAL EDUCATION**  
 (w.e.f. 2023– 2024 Batch onwards)

| Department of Physical Education |                                  |             |                                                       | Class: All I UG |                     |     |    |       |
|----------------------------------|----------------------------------|-------------|-------------------------------------------------------|-----------------|---------------------|-----|----|-------|
| Sem                              | Category                         | Course Code | Course Title                                          | Credits         | Contact Hours/ Week | CIA | SE | Total |
| I                                | Skill Enhancement Course (NME-1) | 23OUPSECN1  | Introduction to Physical Education and Sports Science | 2               | 2                   | 25  | 75 | 100   |

| Nature of the Course         |                               |                           |
|------------------------------|-------------------------------|---------------------------|
| Knowledge and Skill Oriented | <b>Employability Oriented</b> | Entrepreneurship oriented |

**Course Objectives**

1. To enable the students to be active and winning women
2. To help the students to lead healthy lifestyle.
3. To promote excellence in Sports.
4. To develop dynamic students by equipping them with skill and confidence.

**Course Content**

**Unit I - Introduction – Physical Education**

Meaning and Definition of Physical Education – Aim, Objective Need and Importance of Physical Education - Brief concept of Physical Education and Sports Science.

**Unit II - Physical Literacy**

Meaning, Definition and Importance of Physical Literacy - Core Elements of Physical Literacy-Fundamental Movements–Body Posture and Body Deviation - Art of Movements.

**Unit III – Physical Fitness**

Meaning and Definition of Physical Fitness - Need and Benefits of Physical Fitness - Warm up and Warm Down Conditioning - Health related Fitness components:- Cardio Vascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Composition - Skill Related Physical Fitness Components:- Agility, Balance, Co-ordination, Power, Reaction Time, Speed.

**Unit IV - Health and Wellness**

Meaning and Definition of Health - Factors affecting Health - wellness wheel - exercise for lifestyle diseases-Weight management - Effect of exercise on human systems

**Unit V - Fitness and Recreation**

Recreation through Sports and Games – Use of Leisure time Activities at home, community and professional places-use of aerobic dance and zumba .

**Books for Study**

1. Edward L.Fox (1990) Life time fitness Saunders College publishing New York
2. Jettoid S (1992) Greenberg David Pargman, Physical fitness –A Wellness Approach. Second edition .The C.V Mosby company St. Louis.

**Reference Books:**

1. Baechle, Thomas. R, & Earle, Roger. W., (2000). Essentials of Strength Training and Conditioning. Champaign: Human Kinetics.
2. Brooks, Douglas. S., (2004). The Complete Book of Personal Training. Champaign: Human Kinetics.
3. Singh, Hardayal, (1995). Science of Sports training. New Delhi: D.V.S. Publications.

**Web Resources/ E.Books:**

1. <https://julaceduhk.primo.exlibrisgroup.com/discovery/fulldisplay?docid=alma991017224318903410&context>
2. <https://ncert.nic.in/textbook.php?kehp1=0-11>
3. <https://ncert.nic.in/pdf/publication/otherpublications/iehp101.pdf>

**Pedagogy:**

Chalk and Talk, PPT, group discussion and Ground Activities

**Rationale for nature of Course:****Employability oriented**

The knowledge acquired on physical education and sport science will help the students to develop their sports oriented and health oriented skill that enable them become a successful entrepreneur.

**Knowledge and Skill:**

- Understanding physical literacy in the context of health
- Knowing about physical education and sports science

**Activities to be given:**

- To understand the basic concepts of health.
- To understand the fitness reaction.
- To Use of leisure time activities

**Course learning Outcomes (CLOs):**

| CLO  | Course Outcomes Statement                                              | PSOs Addressed | Knowledge(According to Bloom's Taxonomy) |
|------|------------------------------------------------------------------------|----------------|------------------------------------------|
| CLO1 | Understand the basic concepts of Physical Education and Sports Science | PSO 8          | K1 to K3                                 |
| CLO2 | Understanding various various games and sports activities              | PSO 6          | K1 to K3                                 |
| CLO3 | Warm up and Warm Down Conditioning                                     | PSO 4          | K1 to K3                                 |
| CLO4 | To know about health and wellness                                      | PSO 6          | K1 to K3                                 |
| CLO5 | To know the recent trends in Physical Education                        | PSO 8          | K1 to K3                                 |

K1- Remembering and recalling facts with specific answers

K2- Basic understanding of facts and stating main ideas with general answers

K3- Application oriented, Justifying the statement and deriving inferences

**LESSON PLAN: TOTAL HOURS (30HRS)**

| UNIT | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                               | HRS | MODE                                         |
|------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----------------------------------------------|
| I    | Meaning and Definition of Physical Education – Aim, Objective Need and Importance of Physical Education - Brief concept of Physical Education and Sports Sciences.                                                                                                                                                                                                        | 6   | Chalk and Talk,                              |
| II   | Meaning, Definition and Importance of Physical Literacy - Core Elements of Physical Literacy-Fundamental Movements–Body Posture and Body Deviation - Art of Movements                                                                                                                                                                                                     | 6   | Chalk and Talk, videos and ground activities |
| III  | Meaning and Definition of Physical Fitness - Need and Benefits of Physical Fitness - Warm up and Warm Down Conditioning - Health related Fitness components:- Cardio Vascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Composition - Skill Related Physical Fitness Components:- Agility, Balance, Co-ordination, Power, Reaction Time, Speed. | 6   | Chalk and Talk, videos and ground activities |

|    |                                                                                                                                                                       |   |                                              |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|----------------------------------------------|
| IV | Meaning and Definition of Health- Factors affecting Health - wellness wheel -exercise for lifestyle diseases- Weight management - Effect of exercise on human systems | 6 | Chalk and Talk, videos and ground activities |
| V  | Recreation through Sports and Games – Use of Leisure time Activities at home, community and professional places-use of aerobic dance and Zumba.                       | 6 | Talk, videos and dance                       |

**Course Designer: Dr.(Mrs).A.Kalarani**

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|----------------------------------|----------------------------------|-------------|--------------------------------------|-----------------|---------------------|-----|----|-------|
| Sem                              | Category                         | Course Code | Course Title                         | Credits         | Contact Hours/ Week | CIA | SE | Total |
| I                                | Skill Enhancement Course (NME-2) | 23OUPSECN2  | Yoga, Health Education and First Aid | 2               | 2                   | 25  | 75 | 100   |

| Nature of the Course         |                        |                           |
|------------------------------|------------------------|---------------------------|
| Knowledge and Skill Oriented | Employability Oriented | Entrepreneurship oriented |

**Course Objectives**

1. To understand the concept of yoga.
2. To understand the guidelines of sports injuries and first aid
3. To create awareness regarding the diet for sports
4. To be aware of carriers in sports and government schemes

**Course Content:**

**Unit I - Yoga as Medicine**

Yoga – Meaning and Definition - Importance of Yogic Practices – Fundamental Principle of Yogic Practices – Eight Limbs of Yoga– Asanas, Pranayama, Mudras and Meditation – Impact of Yogic practices on Human Systems in Body.

**Unit II – Sports Nutrition**

Definition of Nutrition ,Balanced Diet and Mal Nutrition – Components of Diet – Macro, Micro Nutrients – Dietary Guidelines – Energy calculation and food supplement – Diet before during and after Training .

**Unit III – Sports Injuries and First Aid**

Sports Injuries – Types - Over Use Injuries - Definition, Aim and Principles of First Aid – CPR – (Management of Fracture, Dislocation, Wounds, Sprain, Strain, Cramps.)

**Unit IV – Sports as a Psycho-social Process**

National Integration through Sports – Social Constructs – Team Dynamics, Cohesion, Leadership – Gender Inequality – Social Mobility - Women Idols in Sports – Moral Behavior in Sports – Mental Health through Sports.

### **Unit V - Career Opportunities in Physical Education and Sports**

Physical Education Professionals - Sports Trainers, coaches, Managers, Researchers, Event Organizers, Technical Officials, Entrepreneurs and others – Police and Paramilitary forces at State and Central Organizations and Others – Health Clubs and Fitness Centers, Aerobics, Dance and Recreation Clubs in Corporate Sectors and Others - Sports Journalists, Commentators, Photo and Video Analyst, Sports Marketing and Equipment / Props manufactures.

#### **Books for Study**

1. Chandrasekaran, K., (1999). Sound Health through Yoga. Sedapatti: Prem Kalyan Publications. Iyengar, BKS., (2003). The Art of Yoga. New Delhi: Harper Collins Publishers.

#### **Reference Books:**

1. Baechle, Thomas. R, & Earle, Roger. W., (2000). Essentials of Strength Training and Conditioning. Champaign: Human Kinetics. Brooks, Douglas. S., (2004). The Complete Book of Personal Training. Champaign: Human Kinetics.

#### **Web Resources/ E.Books:**

1. <http://www.sportsinjuryclinic.net/rehabilitation-exercises/stretching-exercises>
2. <http://lincs.worlded.org/>

#### **Pedagogy:**

Chalk and Talk, PPT, group discussion and Ground Activities

#### **Rationale for nature of Course:**

#### **Employability oriented:**

The knowledge acquired on Yoga, Health, education and first aid will help the students to develop their knowledge skills that enable them to become a successful trainer.

#### **Knowledge and Skill:**

- Understanding about health ,yoga, aerobic and zumba
- To know about carrier opportunities in physical education and sports.

#### **Activities to be given:**

- To understand the basic concepts of yoga and first aid.
- To understand the fitness reaction.
- To Use of leisure time activities do the dance



**Course learning Outcomes (CLOs):**

| CLO  | Course Outcomes Statement                                           | PSOs Addressed | Knowledge(According to Bloom's Taxonomy) |
|------|---------------------------------------------------------------------|----------------|------------------------------------------|
| CLO1 | Understand the yoga practices                                       | PSO 8          | K1 to K3                                 |
| CLO2 | Understand Sports Nutrition                                         | PSO 6          | K1 to K3                                 |
| CLO3 | To know the importance Sports Injuries and First Aid                | PSO 4          | K1 to K3                                 |
| CLO4 | To know the importance Sports as a Psycho-social Process            | PSO6           | K1 to K3                                 |
| CLO5 | Able to know Carrier Opportunities in Physical Education and Sports | PSO 8          | K1 to K3                                 |

K1- Remembering and recalling facts with specific answers

K2- Basic understanding of facts and stating main ideas with general answers

K3- Application oriented, Justifying the statement and deriving inferences

**LESSON PLAN: TOTAL HOURS (30HRS)**

| UNIT | DESCRIPTION                                                                                                                                                                                                                    | HRS | MODE                                         |
|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----------------------------------------------|
| I    | Yoga – Meaning and Definition - Importance of Yogic Practices – Fundamental Principle of Yogic Practices – Eight Limbs of Yoga– Asanas, Pranayama, Mudras and Meditation – Impact of Yogic practices on Human Systems in Body. | 6   | Chalk and Talk,                              |
| II   | Definition of Nutrition ,Balanced Diet and Mal Nutrition – Components of Diet – Macro, Micro Nutrients – Dietary Guidelines – Energy calculation and food supplement – Diet before during and after Training .                 | 6   | Chalk and Talk, videos and ground activities |
| III  | Sports Injuries – Types - Over Use Injuries - Definition, Aim and Principles of First Aid – CPR – (Management of Fracture, Dislocation, Wounds, Sprain, Strain, Cramps.)                                                       | 6   | Chalk and Talk, videos and ground activities |
| IV   | National Integration through Sports – Social Constructs – Team Dynamics, Cohesion, Leadership – Gender Inequality – Social Mobility - Women Idols in Sports – Moral Behavior in Sports – Mental Health through Sports.         | 6   | Chalk and Talk, videos and ground activities |

|   |                                                                                                                                                                                                                                                                                                                                                                                                                                                               |   |                                              |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|----------------------------------------------|
| V | Physical Education Professionals - Sports Trainers, coaches, Managers, Researchers, Event Organizers, Technical Officials, Entrepreneurs and others – Police and Paramilitary forces at State and Central Organizations and Others – Health Clubs and Fitness Centers, Aerobics, Dance and Recreation Clubs in Corporate Sectors and Others - Sports Journalists, Commentators, Photo and Video Analyst, Sports Marketing and Equipment / Props manufactures. | 6 | Chalk and Talk, videos and ground activities |
|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|----------------------------------------------|

**Course Designer: Dr.(Mrs).A.Kalarani**