

PHYSICAL EDUCATION

Part – V Syllabus

Program Code: PHE

2021- Onwards



MANNAR THIRUMALAI NAICKER COLLEGE

(AUTONOMOUS)

Re-accredited with “A” Grade by NAAC

PASUMALAI, MADURAI – 625 004



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

Course Name	PHYSICAL EDUCATION			
Course Code	21UELAG42	L	P	C
Category	Part - V	-	-	1
Nature of course:	EMPLOYABILITY	SKILL ORIENTED	✓	ENTREPRENEURSHIP
Course Objectives: The learner will be able to				
<ol style="list-style-type: none"> 1. List the different types of tournaments 2. Classify various events in Track and Field 3. Understand the benefits of yoga 4. Remember the rules and regulations of sports and games 5. 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				
Yoga – Meaning and Benefits – Essentials of Yoga – Suryanamaskar, Asanas, Pranayama & Meditation.				
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:				
1. Material will be given by the Department				
Books for References:				
<ol style="list-style-type: none"> 1. Krishnammal. T, Grace Nirmala and A.Nagalakshmi (2014) Physical Education and Health Education, Madurai, Priyakamal Publications. 2. Bevinson Perinbaraj et.al., (2003) Playfield, Karaikudi, Vinsi Publications. 3. Elangovan R (2002) Udarkalvi oru Arimugam – Tirkunelveli, Aswin Publication. 4. Hoeger Werner W.K and Sharon A. Hoeger (1990). Fitness and Wellness, Colorado: Morton Publishing Company. 5. Prabhakar Eric, The Way to Athletic gold , Delhi, Affiliated East – West press Private Ltd 6. Chandrasekaran K. (1999) Sound Health through Yoga Sedapatti: Prem Kalyan 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 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)