

NATIONAL COLLEGE (Autonomous)
B.Sc. PHYSICAL EDUCATION
Under Graduate Programme Structure
(For candidate to be admitted from the academic year 2016 onwards)

RESEARCH DEPARTMENT PHYSICAL EDUCATION

SYLLABUS



Since 1919

**B.Sc. DEGREE COURSE IN
PHYSICAL EDUCATION**

(THREE YEAR DEGREE COURSE)

2019-2022

NATIONAL COLLEGE (Autonomous)

B.Sc. PHYSICAL EDUCATION

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SEM	PART	COURSE	COURSE TITL	INST HRS /	CREDITS	EXAM HRS	MARKS		TOTAL	
							INT	EXTERNAL		
S E M E S T E R - 1										
	I	Language – U19TI/ U19HI/ U19S1	Tamil/Hindi/Sanskrit	6	3	3	25	75	-	100
	II	English – I (U19E1)	English	6	3	3	25	75	-	100
	III	Core Course – 1 (U19PE1)	History & Principles of Physical Education	5	3	3	25	75	-	100
		Core course – II (U19PE2P)	Major Practical – 1 (Calisthenics, Minor Games)	3	3	3	25	70	5	100
		First Allied Course -I (U19APE1)	Scientific Aspects of Yoga	5	3	3	25	75	-	100
		First Allied Course – II (U19APE2P)	Allied Practical – I (Yoga, Aerobics & Pyramid)	3	3	3	25	70	5	100
	IV	Environmental Studies (U19ES)	Environmental Science	2	2	3	25	75	-	100
TOTAL				30	20				700	

S E M E S T E R - 2	I	Language – U19T2/ U19H2/U19S2	Tamil/Hindi/Sanskrit	6	3	3	25	75	-	100
	II	English – I (U19E2)	English	4	2	3	25	75	-	100
		Communicative English - (U19CE1)		2	1	3	25	70	5	100
	III	Core course – (U19PE3P)	Major Practical-II - Track & Field Events	3	3	3	25	70	5	100
		Core course – (U19PE4)	Anatomy and Physiology & Health Education	5	4	3	25	75	-	100
		First Allied Course – (U19APE3P)	Allied Practical-II - (Kabaddi, Kho-Kho & Volley Ball	3	3	3	25	70	5	100
		First Allied Course – (U16APE4)	Ruels, Regulations & Officiating in Sports – I	5	4	3	25	75	-	100
	IV	SkB Course – I (U19SBE:1)	Office Automation	2	2	3	25	75	-	100
Total				30	22	-	-	-	-	800
S E M E S T E R - 3	I	Language - U16T3/ U16H3/U16S3	Tamil/Hindi/Sanskrit	6	3	3	25	75	-	100
	II	English – (U16E3)	English	6	3	3	25	75	-	100
	III	Core Course – (U19PE5)	Kinesiology & Biomechanics	4	4	3	25	75	-	100
		Core course – V (U19PE6P)	Major Practical-III (Field -Throws - Combined Events)	4	4	3	25	75	-	100
		Second Allied course – I (U19APE5P)	Allied Practical – III (Basketball, Tennis & Gymnastics)	3	3	3	25	70	5	100
		Second Allied Course –II (U19APE6)	Ruels, Regulations & Officiating in Sports – II	3	3	3	25	70	5	100
	IV	SKB Elective Course – II (U19SBE:2)	DTP	2	2	3	25	75	-	100

		Skill Based Elective Course – III	Practical	2	2	3	25	75	-	100
			Total	30	24				-	800
S E M E S T E R - 4	I	Language Course –U16T4/U16H4/U16S	Tamil/Hindi/Sanskrit	6	3	3	25	75	-	100
	II	English – I (U16E4)	English	4	2	3	25	75	-	100
		Communicative English – (U16CE2)	Communicative English	2	1	3	25	75	-	100
	III	Core course – (U19PE7P)	Major Practical -IV (Hockey,Table Tennis,Weight Training)	3	4	3	25	70	5	100
		Core course – (U16PE8)	Methods in Physical Education & Sports Management	4	4	3	25	75	-	100
		Second Allied Course – (U19APE7P)	Allied Practical-IV (Throwball,Cricket & Swimming)	3	3	3	25	70	5	100
		Second Allied Course – (U19APE8)	Rules,Regulations & Officiating in Sports-III	5	3	3	25	75	-	100
	IV	Non Major Elective Course-I (U19NME: I)	Sirappu Tamil	2	2	3	25	75	-	100
		Value Education Course :U16VE	Value Education	1	2	3	25	75	--	100
				Total	30	24				
S E M	III	Core course – (U19PE11)	Statistics & Computer Application in Physical Education	5	4	3	25	75	-	100
		Core course – (U19PE12)	Rules, Regulations & officiating in Sports - IV	5	4	3	25	75	-	100
		Major Based Elective Course – (U19PE9E)	Guidance for Uniformed Services & Sports Nutrition	5	4	3	25	75	-	100

E S T E R -		Major Based Elective Course – (U19PE10E)	Adapted Physical Education	5	4	3	25	75	-	100	
		Core course - (U19PE13P)	Major Practical-V – (Football,Badminton & Handball)	3	4	3	25	75	-	100	
		Core Course – (U19PE14P)	Major Practical-VI – Intensive teaching Practice	3	3	3	25	70	5	100	
	5	IV	Non Major Elective Course – (U19NME:II)	Sirappu Tamil	2	2	3	25	75	-	100
			Soft Skills – (U19SS)	Soft Skills	2	2	3	25	75	-	100
			Total	30	27				-	800	
S E M E S T E R -	III	Core Course –(U19PE15P)	Major Practical-VII- (Sports Training)	3	3	3	25	70	5	100	
		Core Course – (U19PE16P)	Major Practical-VIII- (Martial Arts, Project Sports Meet)	3	3	3	25	70	5	100	
		Core Course – (U19PE17)	Exercise Physiology & Sports Injuries	6	4	3	25	75		100	
		Core Course – (U19PE18)	Test , Measurement & Evaluation	6	4	3	25	75		100	
		Core Course –(U19PE19)	Pedagogy of Sports Training	6	4	3	25	75		100	
		Major based elective Core course –	Recreation and Camping	5	3	3	25	75		100	
	6	V	Gender Studies Course – (U19GS)	Gender Studies	1	1	3	25	75		100
			Extension ACTIVITIES	Phy.Edu./NSS/NCC/Scrub/Dep.Association	-	1			-		
			Total	30	23					700	
			Grant Total	180	140					4700	
Revised and approved – Board of Studies – 2019 – on 15.05.2019											

தேசியக்கல்லூரி (தன்னாட்சி), திருச்சிராப்பள்ளி - 620 001.
தமிழாய்வுத்துறை

இளநிலை - தமிழ் - முதற் பருவம்
தாள்: மொழிப்பாடம்-1 செய்யுள் (கவிதை), உரைநடை, சிறுகதை,
இலக்கிய வரலாறு, இலக்கணம்

U19T1

கற்பிக்கும் காலம்: 6 மணி
கற்பித்தலின் நோக்கங்கள்

தரப்புள்ளிகள்: 3

1. இக்கால மரபுக்கவிதை, புதுக்கவிதை, சிறுகதை, உரைநடைக்கட்டுரைகளை அறிமுகம் செய்தல்.
2. நாட்டுப்புறப்பாடல்களைப் புலப்படுத்துதல்.
3. எழுத்துக்களின் வேறுபாட்டால் பொருள் மாறுபடலை எடுத்துரைத்தல்.

அலகு - 1: மரபுக்கவிதை

பாரதியார்	- கண்ணன் என் சேவகன், கண்ணன் என் விளையாட்டுப் பிள்ளை.
பாரதிதாசன்	- அழகின் சிரிப்பு
கவிமணி	- வாழ்க்கைத் தத்துவங்கள், இயற்கை வாழ்வு
பட்டுக்கோட்டையார்	- படிப்பும் உழைப்பும், நேர்மை வளையுது
நாமக்கல்லார்	- படிப்பினை
கண்ணதாசன்	- காலக்கணிதம், ஒரு கந்தல் துணியின் கதை
சுரதா	- நீர்

அலகு - 2: புதுக்கவிதை, நாட்டுப்புறப்பாடல்கள்,

வாலி	- ஒரு கௌதமன் வாரானோ!, புன்னகை மன்னன்
மு.மேத்தா	- ஒரு கிராமத்தின் கதையல்ல
அப்துல் ரகுமான்	- சிறகுகள், சுயப்பிரசவம்
ஈரோடு தமிழன்பன்	- மின்மினிக்காடு
அறிவுச்செல்வன்	- நமக்குத் தொழில் மனிதம்
விக்ரமாதியன்	- நிகழ்வுகள்
பொன்மணி வைரமுத்து	- வாழ்க்கை தொடங்குகிறது

நாட்டுப்புறப் பாடல்கள்:

- (1) தாலாட்டு
- (2) கும்மிப்பாடல்
- (3) வேளாண்மை

அலகு - 3: உரைநடைக் கட்டுரைகள்

1. டிங்கினானே - உ.வே.சாமிநாத ஐயர்
2. கடற்கரையிலே - சிதம்பரனார் - ரா.பி.சேதுப்பிள்ளை
3. கம்பரும் நாடகப் பண்பும் - ரசிகமணி டி.கே.சிதம்பரநாத முதலியார்
4. முடத்தெங்கு - கி.ஆ.பெ. விசுவநாதம்
5. இராமன் எத்தனை இராமனடி - முனைவர் சோ.சத்தியசீலன்
6. உரைநடையின் அணிநலன்கள் - முனைவர் மா.இராமலிங்கம்
7. திருவள்ளுவர் குறிப்பிடும் மென்திறன்கள் - முனைவர் ம.திருமலை

அலகு - 4: சிறுகதைகள்

- | | |
|------------------|------------------------|
| 1. கவர்னர் வண்டி | - கல்கி |
| 2. நினைவுப்பாதை | - புதுமைப்பித்தன் |
| 3. சோற்றுச்சமை | - ஜெயகாந்தன் |
| 4. முள்முடி | - தி.ஜானகிராமன் |
| 5. காற்று | - கு.அழகிரிசாமி |
| 6. ஆயுள் | - பிரபஞ்சன் |
| 7. அசலும் நகலும் | - இந்திரா பார்த்தசாரதி |
| 8. மாத்திரை | - ஆண்டாள் பிரியதர்ினி |

அலகு - 5: இலக்கிய வரலாறு, இலக்கணம்

இலக்கிய வரலாறு. (மரபுக்கவிதை, புதுக்கவிதை, உரைநடை, சிறுகதை மட்டும்) - மயங்கொலிச்சொற்கள், ல,ள,ழ, ர,ற, ன,ண,ந வேறுபாடுகளால் பொருள் மாறுபடுதல்.

குறிப்பு: ஐந்து அலகுகளிலும் சம அளவில் வினாக்கள் அமைதல் வேண்டும்.

பாடநூல்

1. தமிழ் - முதற் பருவம் - தேசியக்கல்லூரி வெளியீடு.
2. இலக்கிய வரலாறு - தேசியக்கல்லூரி வெளியீடு.

கற்பித்தலின் பயன்கள்

1. இக்காலத் தமிழை உணர்வர்.
2. கவிதை, சிறுகதை படைக்கும் ஆற்றல்களை வளர்த்துக் கொள்வர்.
3. இலக்கணப் பிழையின்றி எழுத முயற்சிப்பர்.

தேசியக்கல்னூரி (தன்னாட்சி), திருச்சிராப்பள்ளி - 620 001.
தமிழாய்வுத்துறை
இளநிலை - தமிழ் - இரண்டாம் பருவம்
தாள்: மொழிப்பாடம்-2 செய்யுள் (பக்தி இலக்கியம்), புதினம்,
இலக்கிய வரலாறு

U19T2

கற்பிக்கும் காலம்: 6 மணி
கற்பித்தலின் நோக்கங்கள்

தரப்புள்ளிகள்: 3

1. பல்வேறு சமய நெறிமுறைகளை உணர்த்துதல்.
2. பக்தி இலக்கிய மாண்பினைப் புலப்படுத்துதல்.
3. புதின இலக்கிய வகையை அறிமுகம் செய்தல்.

அலகு - 1: சைவ இலக்கியம்

திருஞானசம்பந்தர் - திருச்சிராப்பள்ளி - நன்றுடையானை தியதிலானை.
திருநாவுக்கரசர் - தில்லைப் பெருங்கோயில் - கருநட்ட கண்டனை.
கந்தரர் - திருமழபாடி - பொன்னார் மேனியனே
மாணிக்கவாசகர் - திருச்சாழல் - பூசுவதும் வெண்ணீறு.

அலகு - 2: வைணவ இலக்கியம்

திருப்பாணாழ்வார் - அமலனாதிபிரான் - அமலனாதிபிரான் அடியார்க்கு
தொண்டரடிப்பொடியாழ்வார் - திருமாலை - பச்சைமாமலை போல் மேனி
ஆண்டாள் - நாச்சியார் திருமொழி - வாரணம் ஆயிரம் சூழ
நம்மாழ்வார் - திருவாய்மொழி - உயர்வற உயர்நலம்

அலகு - 3: பிற சமய இலக்கியங்கள்

சமண சமயப் பாடல்கள் - 10
பௌத்த சமயப் பாடல்கள் - 10
காசிப் புலவர் - முனாஜாத்துப் பதிகம் -10
ஹெச்.ஏ.கிருண்பிள்ளை - இரட்சணிய மனோகரம் தோத்திரப்பதிகம் - 10

அலகு - 4: புதினம்

துளசிமாடம் - நா.பார்த்தசாரதி.

அலகு - 5: இலக்கிய வரலாறு, இலக்கணம்

இலக்கிய வரலாறு (சைவம், வைணவம், சமணம், பௌத்தம், இசுலாம், கிறித்தவம் மற்றும் புதினம் பற்றியன மட்டும்), வல்லினம் மிகும் இடங்கள், வல்லினம் மிகா இடங்கள்.

குறிப்பு: ஐந்து அலகுகளிலும் சம அளவில் வினாக்கள் அமைதல் வேண்டும்.

பாடநூல்

1. தமிழ் - இரண்டாம் பருவம் - தேசியக்கல்னூரி வெளியீடு.
2. இலக்கிய வரலாறு - தேசியக்கல்னூரி வெளியீடு.
3. புதினம் - துளசிமாடம் - நா.பார்த்தசாரதி - தேசியக்கல்னூரி வெளியீடு.

கற்பித்தலின் பயன்கள்

1. வேறுபட்ட சமய வழக்காறுகளை அறிவர்.
2. பிற சமயத்தார்களிடம் அன்பு பாராட்டுவர்.
3. புனைகதை வடிவங்களில் புதினம் பற்றி அறிவர்.

தேசியக்கல்லூரி (தன்னாட்சி), திருச்சிராப்பள்ளி - 620 001.
தமிழாய்வுத்துறை

இளநிலை - தமிழ் - மூன்றாம் பருவம்
தாள்: மொழிப்பாடம்-3 செய்யுள் (காப்பியம்), நாடகம்,
இலக்கிய வரலாறு, பொதுக்கட்டுரை

U19T3

கற்பிக்கும் காலம்: 6 மணி

தரப்புள்ளிகள்: 3

கற்பித்தலின் நோக்கங்கள்

1. காப்பிய இலக்கியத்தின் செழுமையை உணர்த்துதல்.
2. காப்பியங்களின் உட்பொருளையும் கவியழகையும் புகட்டுதல்.
3. நாடகத்தின் மேன்மையை உணரச் செய்தல்.

அலகு - 1:

சிலப்பதிகாரம் - அடைக்கலக்காதை
மணிமேகலை - ஆதிரை பிச்சையிட்ட காதை.

அலகு - 2:

கம்பராமாயணம் - சும்பகர்ணன் வதைப்படலம்
பெரியபுராணம் - மெய்ப்பொருள் நாயனார் புராணம்

அலகு - 3:

தேம்பாவணி - வளன் சனித்த படலம்
சீறாப்புராணம் - மானுக்குப் பிணை நின்ற படலம்.

அலகு - 4:

நாடகங்கள்:
1. விசுவநாதன் அல்லது கடமை முரண்.
2. மௌனதேசிகர் - பண்டித ம.கோபாலகிருணய்யர்

அலகு - 5:

இலக்கிய வரலாறு (காப்பியம், புராணம், நாடகம் பற்றியன மட்டும்),
பொதுக்கட்டுரை.

குறிப்பு: ஐந்து அலகுகளிலும் சம அளவில் வினாக்கள் அமைதல் வேண்டும்.

பாடநூல்கள்

1. தமிழ் - மூன்றாம் பருவம், தேசியக்கல்லூரி வெளியீடு.
2. இலக்கிய வரலாறு - தேசியக்கல்லூரி வெளியீடு.
3. நாடகங்கள் - தேசியக்கல்லூரி வெளியீடு.

கற்பித்தலின் பயன்கள்

1. தமிழ்க் காப்பியப் பரப்பினை அறிவர்.
2. காப்பியங்களின் வழிநின்று புதிய முறையில் கற்பனையாற்றலைப் பெறுவர்.
3. நாடகத்தை உருவாக்கவும் நடிக்கவும் பழகுவர்.

தேசியக்கல்லூரி (தன்னாட்சி), திருச்சிராப்பள்ளி - 620 001.

தமிழாய்வுத்துறை

இளநிலை - தமிழ் - நான்காம் பருவம்
தாள்: மொழிப்பாடம் - 4 : செய்யுள் (பண்டைய இலக்கியம்),
இலக்கிய வரலாறு, மொழிபெயர்ப்பு

U19T4

கற்பிக்கும் காலம்: 6 மணி

தரப்புள்ளிகள்: 3

கற்பித்தலின் நோக்கங்கள்

1. அக, புற இலக்கியங்கள் பற்றி விளக்குதல்.
2. சங்கப் புலவர்களின் புலமைச், சிறப்பை எடுத்துரைத்தல்.
3. சங்ககால மக்களின் இல்லற மாண்பினை உணர்த்துதல்.

அலகு - 1:

நற்றிணை (5 பாடல்கள் - 242, 333, 353, 375, 380)

1. இலையில் பிடவம் ஈர்மலர் அரும்பப் - விழிக்கட் பேதைப் பெருங்கண்ணனார் - முல்லை.
2. மழைதொழில் உலந்து மாவிகம்பு கந்தெனக் - கள்ளிக்குடி பூதம் புல்லனார் - பாலை
3. ஆளில் பெண்டிர் தாளின் செய்த - கபிலர் - குறிஞ்சி.
4. நீடுசினைப் புன்னை நறுந்தாது உதிரக் - பொதும்பில் கிழார் - நெய்தல்.
5. நெய்யும் குய்யும் ஆடி மையொடு - கடலூர்ப் பல்கண்ணனார் - மருதம்.

குறுந்தொகை - (5 பாடல்கள் - 3, 27, 38, 135, 186)

1. நிலத்தினும் பெரிதே வானினும் உயர்ந்தன்று - தேவகுலத்தார் - குறிஞ்சி
2. கன்றும் உண்ணாது கலத்தினும் படாது - வெள்ளிவீதியர் - பாலை
3. கான மஞ்சை அறையின் முட்டை - கபிலர் - குறிஞ்சி
4. வினையே ஆடவர்க்குயிரே வானுதல் - பாலை பாடிய பெருங்கடுங்கோ - பாலை
5. ஆர்கலி ஏற்றொடு கார்தலை மணந்த - ஒக்கூர் மாசாத்தியார் - முல்லை

அலகு - 2:

அகநானூறு - (3 பாடல்கள் - 40, 48, 53)

1. கானல் மாலைக் கழிப்புகூ கூம்ப - குன்றியனார் - நெய்தல்
2. அன்னாய்! வாழி! வேண்டு அன்னை! நின்மகள் - தங்கால் முடக்கொற்றனார் - குறிஞ்சி
3. அறியாய், வாழி, தோழி! இருள்அற - சீத்தலைச்சாத்தனார் - பாலை

கலித்தொகை - 2 பாடல்கள்

1. எறிதரு கதிர் தாங்கி ஏந்திய குடை நிழல் - பாலைக்கலி : 8
2. முறம் செவி மறைப் பாய்பு முரண் செய்த புலி செற்று - குறிஞ்சிக்கலி : 16

அலகு - 3:

புறநானூறு (5 பாடல்கள் - 9, 45, 74, 101, 112,)

1. ஆவும் ஆனியற் பார்ப்பன மாக்களும் - நெட்டிமையார்
2. இரும்பனை வெண்தோடு மலைந்தோன் அல்லன் - கோவூர்க்கிழார்
3. குழவி இறப்பினும் ஊன்தடி பிறப்பினும் - சேரன் கணைக்காலிரும்பொறை
4. ஒருநாள் செல்லலம் இருநாள் செல்லலம் - ஓளவையார்
5. அற்றைத் திங்கள் அவ்வெண் நிலவில் - பாரி மகளிர்

திருக்குறள் - 3 அதிகாரங்கள் - 1. கல்வி, 2. ஈகை, 3. அன்புடைமை.

நாலடியார் (5 பாடல்கள் - 8, 19, 21, 36, 65)

1. செல்வம் நிலையாமை - செல்வர்யாம் என்றுதாம் செல்வுழி எண்ணாத
2. இளமை நிலையாமை - மற்றறிவாம் நல்வினை யாம்இளையம் என்னாது
3. யாக்கை நிலையாமை - மலைமிசைத் தோன்றும் மதியம்போல் யானை
4. அறன் வலியுறுத்தல் - இன்றுகொல் அன்றுகொல் என்றுகொல் என்னாது
5. சினமின்மை - இளையான் அடக்கம் அடக்கம் கிளைபொருள்

அலகு - 4:

நெடுநல்வாடை (முழுவதும்).

அலகு - 5:

இலக்கிய வரலாறு - எட்டுத்தொகை, பத்துப்பாட்டு நூல்கள், பதினெண் கீழ்க்கணக்கு நூல்கள், மொழிபெயர்ப்பு.

குறிப்பு: ஐந்து அலகுகளிலும் சம அளவில் வினாக்கள் அமைதல் வேண்டும்.

பகுதி 'அ, ஆ'வில் இலக்கிய வரலாறும், பகுதி 'இ'யில் 5-வது வினா மொழிபெயர்ப்புப் பகுதியினைத் தந்து எழுதக் கூறுதல் வேண்டும்.

(வினாத்தாளில் பகுதி 'இ'யில் கட்டாயம் மொழிபெயர்ப்புப் பகுதி இடம்பெறல் வேண்டும்.)

பகுதி அ - 20x1 = 20

பகுதி ஆ - 5 - 5x5 = 25

பகுதி இ - 5 - 3x10 = 30 (5-ஆவது வினாவில் மொழிபெயர்ப்புப்பகுதி வினாவாகக் கேட்கப்பெறல் வேண்டும்.)

பாடநூல்

1. தமிழ் - நான்காம் பருவம் - தேசியக்கல்லூரி வெளியீடு.
2. இலக்கிய வரலாறு - தேசியக்கல்லூரி வெளியீடு.

கற்பித்தலின் பயன்கள்

1. ஐவகை நில அமைப்புகளைப் பற்றிய அறிவினைப் பெறுவர்.
2. சங்க கால மக்களின் வாழ்வியல் பற்றி அறிவர்.
3. மன்னர்களின் ஆட்சிச்சிறப்பு, கொடைச்சிறப்பு, வீரம் பற்றி உணர்வர்.

ENGLISH FOR COMMUNICATION – U19E1

Semester: I

English Language Course I

Instruction Hours/Week: 6

Credit: 3

COURSE OBJECTIVES

The Learner will be able to

- a. communicate effectively and appropriately in real life situation;
- b. use English effectively for study purpose across the curriculum;
- c. develop interest in and appreciation of Literature;
- d. develop and integrate the use of the four language skills i.e. Reading, Listening, Speaking and Writing;
- e. revise and reinforce structure already learnt.

UNIT I:

1. At the College
2. On the Campus
3. Outside the Class
4. At the Post office
5. For Business and Pleasure
6. Review

UNIT II:

7. Are you Smart ?
8. Are You Creative?
9. Is it too hard to improve?
10. How to win ?
11. View Points
12. Snakes and Ladders
13. Yourself

UNIT III:

1. Birbal story- The loyal gardener
2. Hindu mythological story- The origin of coconut tree
3. A chinese story: The generous student
4. An African Story ; The Three Runners

UNIT IV:

5. The Golden place
6. The one – hundredth prince
7. The mouse Merchant

UNIT V:

8. When wishes come true – Rabindranath Tagore
9. The World and after
10. Julius Caesar

Text Books: 1. A Collection of Short stories, Department of English, National College, Trichy.

2. Creative English for Communication (2nd edition) by Krishnasamy and Sriraman. Published by Macmillan

ENGLISH THROUGH EXTENSIVE READING – U19E2

SEMESTER : II

ENGLISH LANGUAGE

COURSE : II

INSTRUCTION HOURS/WEEK : 4

CREDIT : 2

Course objectives:

The learner will be able to

1. develop interest in and appreciation of Literature;
2. develop and integrate the use of the four language skills i.e. Reading, Listening, Speaking and Writing;
3. integrate the skill of Reading a variety of texts.
4. use English effectively for study purpose across the curriculum

UNIT I

Excitement : Mack R. Douglas

Tight Corners : E.V. Lucas

UNIT II

Water – The Elixir of Life : C.V. Raman

Tree Speaks : C. Rajagopalachari

UNIT III

The Art of Telling Tales : April Hersey

A Job Well Done : Ruskin Bond

UNIT IV

The Panorama of India's Past : Jawaharlal Nehru

The Origin of Grammar : Margaret Bryant & Janet

UNIT V

Dangers of Drug Abuse : Hardin B. Jones

Crime and Punishment : R.K. Narayan

Text Book : Dr. Ananthan , R. Effective Communication. Ed. Chennai : Anu Chithra Pub.2010.

COMMUNICATIVE ENGLISH I – U19CE1

Semester : II
Instruction Hours/ Week : 2

Communicative English Course : I
Credit : 1

COURSE OBJECTIVES:

The Learner will be able to

1. communicate, to define, classify, and understand the methods of communication,
2. improve their LSRW skills,
3. enable them to practice those skills in their daily life by identifying instances of communication in the circumstances of their own.

UNIT I

Writing Stories

Grammar Components : Articles, Prepositions and Tenses

UNIT II

Precis Writing

Grammar Components : Non- Finite Verbs and Phrasal Verbs

UNIT III

Writing Letters

Grammar Components : Conjunctions and Interjections and Punctuation

UNIT IV

Reporting

Grammar Components : Reported Speech and Transformation of Sentences

UNIT V

Writing an Essay

Grammar Components : Sentence structure (S/V/O/C/A) and Simple, Compound and Complex Sentences

Text book : Pillai, Radhakrishna G. English Grammar & Composition Ed. Chennai : Emerald Pub.2016

ENGLISH FOR COMPETITIVE EXAMINATIONS – U19E3

SEMESTER : III

ENGLISH LANGUAGE COURSE : III

INSTRUCTION HOURS/WEEK : 6

CREDIT : 3

COURSE OBJECTIVES:

The Learner will be able to

1. have a knowledge in basic grammatical units of English
2. have a depth of knowledge in Concord, reconstructing passages and précis writing.
3. comprehend the given passage and understand it.
4. gain a good knowledge and understanding in vocabulary
5. write on his/her own on a given topic and gain a good skill in letter/report writing.

UNIT I:

Basics of English(Revision)

- (a)Parts of speech and Articles
- (b)Active and passive voice
- (c)Framing Questions
- (d)Tag questions
- (e)Indirect speech
- (f)Tenses

UNIT II:

- (a)Errors and how to avoid them
- (b)Spotting errors
- (c)Reconstructing passages
- (d)Précis writing

UNIT III:

Reading comprehension

UNIT IV:

- (a)Sentence completion,
- (b) Spelling
- (c)Vocabulary – Words often confused or Misused, Synonyms, Antonyms.

UNIT V:

Letter writing , Report writing ,Paragraph writing, Essay writing

Text book : English for Competitive Examinations by R.P.Bhatnagar&Rajul Bhargava
macmillanIndia ltd. Delhi.

READING POETRY AND DRAMA – U19E4

SEMESTER : IV

ENGLISH LANGUAGE COURSE : IV

INSTRUCTION HOURS/WEEK : 6

CREDIT : 2

COURSE OBJECTIVE:

The Learner will be able to

- a. appreciate a piece of poem and analyze it
- b. appreciate and interpret an one act play.
- c. use English effectively for study purpose across the curriculum;
- d. develop and integrate the use of the four language skills i.e. Reading, Listening, Speaking and Writing;
- e. revise and reinforce structure already learnt.

POETRY:

UNIT I : John Milton : On His Blindness

Oliver Goldsmith : The Village School Master

William Wordsworth : The Solitary Reaper

UNIT II : P.B.Shelly : Ozymandias

John Keats : La Belle Dame Sans Merci

Robert Browning : Incident of the French camp

UNIT III : John Masefield : Laugh and Be Merry

Robert Frost : Stopping by Woods On a Snowy

Evening

John Drinkwater : The Vagabond

DRAMA:

UNIT IV: Anton Chekov : A Marriage Proposal

Lady Gregory : The Rising of the Moon

UNIT V: W.St. John Tayleur : Reunion

William Shakespeare : Othello, The Moor of Venice – Act V

Text Books : 1)**An Introduction to Poetry** edited by A.G.Xavier; [Macmillan]

2)**A Book Plays:** A Group of Editors, Published by Orient Blackswan

COMMUNICATIVE ENGLISH II – U19CE2

SEMESTER : IV
INSTRUCTION HOURS/WEEK : 2

COMMUNICATIVE ENGLISH COURSE : II
CREDIT : 1

The learner will be able to

1. develop interest in and appreciation of Literature;
2. develop and integrate the use of the four language skills i.e. Reading, Listening, Speaking and Writing;
3. integrate the skill of Reading a variety of texts.
4. use English effectively for study purpose across the curriculum

UNIT I:

Enriching Vocabulary – Register Development; who is who; Synonyms, Proverbs

UNIT II:

Tense Forms with emphasis on differences between Present and Present Continuous; Past and Present Perfect , Framing questions, Auxiliaries, if clauses; conjunctions and linkers; Prepositions

UNIT III

Pronunciation, Good Pronunciation habits, Phonetic Transcription, Greetings, Farewells commands etc.,

UNIT IV:

Conversational Skills – Affirmative or Negative Language – idiomatic expressions, Phrases, Dialogue Writing,

UNIT V:

- Writing Skills – Note- taking, note- making, e-mail, Describing an object, narrating a story.
- Circulars
- Notes - reminders, warnings, farewells, apology.
- Draft invitations – marriage, annual day, inaugural functions of associations, valediction, seminar, workshop.
- Draft Short messages- compliments, birthday wishes, notifications
- Draft Posters- Slogans, Announcements
- Draft Advertisements
- Dialogue writing

Text Book

1. Communicative English by Department of English, National College(Autonomous), Trichy.

SYLLABUS
UG Part I – Hindi
Semester – 1

U19H1 : Functional Hindi-1, Prose, Grammar And Translation – 1

Objectives :

Unit I : The Objective of teaching functional Hindi is to encourage the students to learn the functional words.

Unit II : The Objective of teaching grammar is to teach the basic grammatical structures.

Unit III : The Objective of teaching prose is to develop their language ability.

Unit IV : The Objective of teaching translation is to convey the original tone and meaning.

Unit V : The Objective of teaching short stories is to enhance their creative writing and spoken skills through story telling/story writing and story reading mode.

Program Outcome :

The learners will acquire the knowledge of basic letters and functional hindi words. They understand the grammatical structures and able to translate the sentences from source to target language. The learners can read and understand the prose and stories.

SEMESTER – I

COURSE CODE : U19H1

6hrs/wk

**Paper I – FUNCTIONAL HINDI-1, PROSE, GRAMMAR AND
TRANSLATION – 1**

Unit – 1 Functional Hindi

1. Directions, Seasons, Days, Colours
2. Fruits, Vegetables, Flowers, Numbers
3. Groceries, Grains, Taste, Cardinals
4. Domestic Animals, Wild Animals, Relatives, English Month
5. Occupation, Parts of Body, Numbers and Tamil Months

Unit – II Grammar

1. Noun
2. Verb
3. Pronoun
4. Vachan
5. Gender

Unit – III Prose

1. Challis karod kurta kaha se....
2. Bhojan Aur Vigyan
3. Dr. Abdul Kalam

Unit – IV Translation

1. (Hindi to English Lesson -1 to 5)

Unit – V Story

4. Raja Ka Chunaav – Ashok Kumar Kantha Bhatiya
5. Poos Ki Raat – Premchand

DEPARTMENT OF HINDI

For Candidates admitted from the Academic Year 2019 onwards

SEMESTER – 1

Course Code U19H1

Credits – 3

**Paper I – FUNCTIONAL HINDI-1, PROSE, GRAMMAR
AND TRANSLATION – 1**

PROSE

Prescribed Text Book

Bharat – Madhyama Patya Samgiri

O.No.1619 Hindi Prachar Pushtakmala, Madras.

Prescribed Lessons

1. Challis karod kurta kaha se....
2. Bhojan Aur Vigyan
3. Dr. Abdul Kalam

STORY

Vaani Hindi Patmala – Ashok kumar , kanta Bhatya

Oxford University Press ISBN-10:0-19-9469687

1. Raja Ka Chunaav – Ashok Kumar Kantha Bhatiya

Poos Ki Raat – Premchand

Grammar

Reference Book

Sugam Hindi Vyakaran - Prof.Vanshi Dhar and Dharmapal Shastri

Siksha Bharathi, New Delhi

ISBN-10:81-7483-037-5

Prescribed Portion

Noun, Verb, Pronoun, Vachan, Gender

Functional Hindi

Hindi Vataayan – Dr. K.M.Chandra Mohan

ISBN : 81-7124-223-5, Vishwa Vidhyalay Prakashan, Varanasi

Semester – II

U19H2 : Comprehension, Grammar – 2, Drama And Hindi Literature-1

Objectives :

- Unit I :** The Objective of teaching comprehension is to incorporate self-reading and understanding.
- Unit II :** The Objective of teaching grammar is to acknowledge the basic rules of the grammatical structures.
- Unit III :** The Objective of teaching Literature is to acquire the knowledge of the origin of Hindi in literature.
- Unit IV :** The Objective of teaching one act play is to help the learners to understand the method of acting and writing a play.
- Unit V :** The Objective of teaching Drama is to acknowledge the basic dramatic structures.

Program Outcome :

The Learners will be able to comprehend on their own and to improve their reading skills. The learners will be able to communicate accurately free of grammatical errors. The learners will get a widen knowledge of Hindi literature. The learners will understand various geners of literary works. The learners will get deep and broad vision of drama.

SEMESTER - II

COURSE CODE : U19H2

6hrs/wk

**PAPER II – COMPREHENSION, GRAMMAR – 2, DRAMA AND HINDI
LITERATURE-1**

Unit – 1 Comprehension

1. Discipline
2. Humanity
3. Coeducation
4. Student Life
5. Importance of Hard work

Unit – II Grammar

1. Adjective
2. Adverb
3. Conjunction
4. Tense

Unit – III Hindi Literature

1. Aadi kaal (Introduction, Specialities, Famous Poets)

Unit – IV One act play

1. Reed ki Hadhi (Jagdeesh Chandra Mathur)
2. Andheri Nagari (Bharathendu Harischandra)

Unit – V Drama

1. Swarg ke Jalak (Upendranath Ashak)

DEPARTMENT OF HINDI

For Candidates admitted from the Academic Year 2019 onwards

U19H2

SEMESTER – II

PAPER II – COMPREHENSION, GRAMMAR – 2, DRAMA AND HINDI LITERATURE-1

Comprehension

Prescribed Text Book

**Adhunik Hindi Nibandhavali - Praveshika Book
Hindi Prachar Pushtakmala, Madras.**

Prescribed Lessons

1. Discipline
2. Humanity
3. Coeducation
4. Student Life
5. Importance of Hard work

One Act Play

Hindi Sahith Rastrabhasha patya saamgri

O.No.1636 Hindi Prachar Pushtakmala, Pushpa-507

1. Andheri Nagari – Bharatendu Harishchandra
2. Reed ki Haddi – Jagdish Chandra Mathur

Drama

Swarg ki Jalak – Upendranath Ashk

Grammar

Sugam Hindi Vyakaran - Prof. Vanshi Dhar and Dharmapal Shastri

Siksha Bharathi, New Delhi

ISBN-10:81-7483-037-5

Prescribed Portion

Adjective, Adverb, Conjunction, Tense

Hindi Literature

Aadi kaal (Introduction, Specialities, Famous Poets)

Prescribed Book

1. **Hindi Sahithya ki Pravirthiya – Dr. Jaykisan Prasad**

Semester – III

U19H3 : Dialogue Writing, Poetry, Translation -2 Hindi Literature-2

Objectives :

- Unit I :** The Objective of teaching couplet will give learners confidence and energetic.
- Unit II :** The Objective of teaching dialogue writing is to teach the learners about appropriate words and style in appropriate place.
- Unit III :** The Objective of teaching Bhakthi Literature is to acquire the knowledge of the origin of Bhakthi and its movement in Hindi literature.
- Unit IV :** The Objective of teaching Poetry is to make the learners to acquire the knowledge of the poets and their writings.
- Unit V :** The Objective of teaching Translation to the learners to get knowledge of translation from the source to target language. They also gain the knowledge of homonyms and synonyms in Hindi.

Program Outcome :

The Learners will understand the couplets and poetry by the prescribed units. The learners will come to know about the dialogue delivery and their usage in their daily life also they can translate from source to target language. They can understand the Bhakthi movement through Hindi Literature.

SEMESTER - III

COURSE CODE : U19H3

6hrs/wk

PAPER – III DIALOGUE WRITING, POETRY, TRANSLATION -2 HINDI LITERATURE-2

Unit – I Couplets

1. Couplets of Kabir
2. Couplets of Tulshi
3. Couplets of Rahim

Unit –II Dialogue Writing

1. Mother and Daughter
2. Teacher and Student
3. Between Two Friends
4. Brother and Sister
5. Customer and Shopkeeper

Unit – III Hindi Literature

1. Bhakthi Kaal (Introduction, Specialities, Famous Poets)

Unit – IV Poetry

1. Baghavan ke Dakiye (Ramdhari singh Dinakar)
2. Tera Sneh na kovoona (Sumitranandan Pant)
3. Kilonaa (Chiyaram Saran Gupta)

Unit – V Translation

1. English to Hindi (Lesson 1 to 5)
2. Homonyms
3. Synonyms

DEPARTMENT OF HINDI

For Candidates admitted from the Academic Year 2019 onwards

U19H3

SEMESTER – III

**PAPER – III DIALOGUE WRITING, POETRY, TRANSLATION -2
HINDI LITERATURE-2**

Couplets

Prescribed Text Book

Kavya Sourab - Hindi Prachar Pushtakmala, Pushpa- 437

O.No. 1242, Dakshin Hindi Prachar Sabha, Madras.

Prescribed couplet

- 1. Kabir – 5 dohas**
- 2. Tulsi – 5 dohas**
- 3. Rahim – 5 dohas**

Poetry

Prescribed Book

Vasanth III

Subodh Hindi Patmala – 3, Hindi Prachar Pushtakmala, Pushpa – 507, O.No.1636

Prescribed Poem

- 4. Baghavan ke Dakiye - Ramdhari singh Dinakar**
- 5. Tera Sneh na kovoon - Sumitranandan Pant**
- 6. Kilouna - Chiyaram Saran Gupta**

Dialogue Writing

Hindi Vataayan – Dr. K.M.Chandra Mohan

ISBN : 81-7124-223-5, Vishwa Vidhyalay Prakashan, Varanasi

Hindi Literature

Bhakthi Kaal (Introduction, Specialities, Famous Poets)

Prescribed Book

Hindi Sahithya ki Pravirthiya – Dr. Jaykisan Prasad

Translation

Subodh Hindi Patmala – 1

Hindi Prachar Sabha, Madras.

Prescribed Lessons

Lesson 6 to 10

Homonyms

Synonyms

Semester – IV

U19H4 : Letter Writing, General Essay, Hindi Literature-3

Objectives :

- Unit I :** The Objective of teaching letter writing is to improve their communication skills through writing letters in formal and informal way.
- Unit II :** The Objective of teaching Modern Era in Hindi literature to acquire the knowledge of various subjects which was used in pre independence and post independence and also in recent years.
- Unit III :** The Objective of teaching Street play is to introduce theatre arts and the origin of today's theatre.
- Unit IV :** The Objective of teaching Technical words and phrases is to develop their writing skill. Writing essay will develop their creativity. The learners were encouraged to summarise a passage through precise writing.
- Unit V :** The Objective of teaching Fiction is to acquire knowledge of a long story and their characteristics.

Program Outcome :

The Learners will able to draft and structure letters on their own. They come to know about the modern era in Hindi literature. They understand the role of street play in recent times. They can be aware of using technical words and phrases. Now they can understand the role of fiction by reading and get the knowledge of authors vision.

IV SEMESTER

Course Code: U19H4

6hrs/wk

PAPER IV- LETTER WRITING, GENERAL ESSAY,HINDI LITERATURE-3

Unit – I Letter Writing

1. Leave Letter
2. Placing Order for Books
3. Complaint Letter

Unit – II Hindi Literature

1. Modern Era (Introduction, Specialities, Famous Poets)

Unit – III Street Play

1. Aurat

Unit – IV

1. Technical Words
2. Technical Phrases
3. General Essay
4. General Essay
5. Precise Writing

Unit – V Novel

1. Kadiyan (Bhishma Sahani)

DEPARTMENT OF HINDI

For Candidates admitted from the Academic Year 2019 onwards

U19H4

SEMESTER – IV

**PAPER IV- LETTER WRITING, GENERAL ESSAY, HINDI
LITERATURE-3**

Letter Writing

Prescribed Letters

6. Leave Letter
7. Placing Order for Books
8. Complaint Letter

Street Play

Prescribed Book

Indra Gandhi Rashtriya Mukta Vishva Vidhyalay, New Delhi.
ISBN – 81-7605-844-0

Prescribed Play

Aurat

Hindi Literature

Modern Era (Introduction, Specialities, Famous Poets)

Prescribed Book

Hindi Sahithya ki Pravirthiya – Dr. Jaykisan Prasad

Prescribed Book

Hindi Vataayan – Dr. K.M.Chandra Mohan

ISBN : 81-7124-223-5, Vishwa Vidhyalay Prakashan, Varanasi

Prescribed Portion

4. Technical Words
5. Technical Phrases
6. General Essay
9. General Essay
10. Precise Writing



NATIONAL COLLEGE (AUTONOMOUS)
LANGUAGE COURSE PART I SANSKRIT SEMESTER I PAPER I SANSKRIT I
(For the candidates admitted from June 2019 onwards)

SYLLABUS
SUBJECT CODE:U19S1

Unit I

संस्कृतभाषा देवनागरीलिपिः च - परिचयः
कर्तृपद-परिचयः

- १। संस्कृत भाषा - प्रास्ताविकम्
- २। अक्षराभ्यासः, वर्णाः,
- ३। स्वराः, व्यञ्जनानि, संयुक्ताक्षराणि, लेखनप्रकारः च
- ४। अकारन्त-शब्दाः
- ५। लिङ्गत्रयम्
- ६। वचनत्रयम्
- ७। विभक्तयः
- ८। अनुवाद-अभ्यासः
- ९। आङ्गल/तमिल् भाषायां संस्कृतात्
- १०। संस्कृते आङ्गल/तमिल् भाषातः

Unit II

क्रियापदानि (परिचयः)

1. वर्तमानकाले (लट्) धातवः

- १। अन्यपुरुष/प्रथमपुरुष, मध्यमपुरुष, उत्तमपुरुषः च
- २। एकवचनम्, बहवचनं च
- ३। क्रियापदानि - गम् (गच्छ्), पिब्, पठ्, क्रीड्, वद्

2. पुल्लिङ्ग-कर्तृपदानि
सर्वनामपदानि च

- १। बालकः, शिक्षकः, अध्यापकः, नृपः, देवः, मनुष्यः,
हस्तः अलसः कुशलः, अहम्, त्वं, सः।

3. नपुंसक-लिङ्ग-कर्तृपदानि

- १। पुस्तकम्, फलम्, दुग्धम्, घृतम्, उद्यानम्, पुष्पम्,
जलम्, मधुरम्, कन्दुकम्, भोजनम्।

4. अव्ययानि

- १। तत्र, कुत्र, यत्र, अत्र, न, तदा, कदा, यदा-तदा,
शीघ्रं, द्रुतम्, सत्त्वरम्, पश्चात्, अपि, सह, अतः
साकम्, सार्धम्, समं, एव, तावत्, तु, यदि-तर्हि,
सदा।

5. अन्ये अकारान्त-कर्तृपदानि

- १। सूर्यः, सायंकालः, प्रकाशः, वृद्धः, सत्यं, असत्यं,
विद्यालयः, गृहम्, जलम्, दुग्धम्, मधुरम्, भोजनम्

Unit III

1. अनुवाद-अभ्यासः

उपर्युक्त-कर्तृ-क्रियापदानि वाक्येषु उपयोगः,
अनुवाद-अभ्यासः च।

2. विभक्तीनां परिचयः

१। प्रथमा विभक्तिः - संबोधनप्रथमा-विभक्तिपर्यन्तं
विभक्ति-अन्तानां परिचयः ,

२। विभक्ति-अन्तानां प्रत्ययैः आदेशाः

३। तृतीया विभक्तिः - सह, साकं सार्धम्, समं

४। चतुर्थी विभक्तिः - षष्ठ्याः विभक्तेः कृते प्रत्ययः

५। विना इत्यादीनां अव्ययानां उपयोगः।

किम्, कुत्र, कथं, किमर्थम्, कुतः, कदा।

वर्तमानकाले

भू (भव्) अस्, धाव् , कृ (कर्) अस्, धाव्,

पत्, आ-गम् (गच्छ्)।

आङ्गलात् संस्कृते/ संस्कृतात् आङ्गले

3. प्रश्न-निर्माण-पदानि

4. क्रियापदानि(लट्)

5. अनुवाद-अभ्यासः

Unit IV

1. विशेषण-विशेष्यौ

१। रङ्गाः -शुक्ल-नील-पीत-रक्त-हरित-कपिश-
चित्र-भेदाः। तथा अन्यानि सरलपदानि

२। तेषां विशेषणेषु उपयोगः

१। संस्कृते संख्यावाचकपदानि (0 त। १०
पर्यन्तम्।

१। तद् शब्दः - पुल्लिङ्ग-स्त्रीलिङ्ग-
नपुंसकलिङ्गाः

२। अस्मद् - युष्मद् शब्दौ।

३। एतद् शब्दः - त्रिषु लिङ्गेषु

१। गम् (गच्छ्), पठ्, वद, पत्, लिख्, क्रीड्,
आ-गम्(गच्छ्), भू (भव्), धाव्, पा(पिब्),
दृश्(पश्य्), कृ (कर्)।

१। तेषां वाक्येषु उपयोगः।

२। अनुवाद-अभ्यासः।

३। वार्तालापः

4. भविष्यत्काले क्रियापदानि (लृट् लकारः)

5. भोज्यपदार्थनामानि

Unit V

1. प्रत्ययाः
 - १। क्त-प्रत्ययः
 - २। तुमुन्नन्तः
 - ३। क्त्वा प्रत्ययः
 - १। अट्, भक्ष्, अर्च्, खेल्, चल्, धार्, कथ्, क्षाल्, पाल्, तुल्, मार्, घर्ष्, तोष्, गण्, ।
 - १। कृषीवलः इति पाठः।
 - २। नूतन-क्रियापदानि -क्री, वि-क्री, सिच्, रुह्, वर्ष्, रुह्, रच्, निस्ज्-कस्, वस्, कृष्, मुच् ।
2. क्रियापदानि (लट् लकारे)
3. कृषि-संबन्धीनि पदानि
4. आकारान्त-स्त्रीलिङ्गः
 - १। आकारान्तः स्त्रीलिङ्गः माला शब्दः
 - २। समानान्त-पदानि।
 - ३। पदानां वाक्येषु उपयोगः
 - १। सवर्णदीर्घ-सन्धिः
 - २। गुणसन्धिः
 - ३। वृद्धिसन्धिः
 - ४। सन्धीनां वाक्येषु उपयोगः
 - ५। सन्धीनां अभ्यासः
5. सन्धिः (स्वरः)

Prescribed Book: Saral Sanskrit Sikshak Part I, Bharatiya Vidya Bhavan, Mumbai, 400007.

(Omitted portions: Lesson 1: Passage starting: रामो राजमणिः with the meaning.

Lesson 6,7: Passage for memory (Memorise) at the end.

Lesson 10 and Lesson 12: Full)

References:

Sanskrita Bodhini (Prathama), Sanskrita Bhasha Pracharini Sabha, Chittoor, Andhra Pradesh, 2011।

NATIONAL COLLEGE (AUTONOMOUS)
LANGUAGE COURSE PART I SANSKRIT SEMESTER II PAPER II SANSKRIT II
(For the candidates admitted from June 2019 onwards)

SYLLABUS
SUBJECT CODE: U19S2

Unit I

1. पुनश्चर्या

गतषाणमासे अभ्यस्तानाम्

2. कर्तृपदानां परिचयः

१। इकारान्तः पुल्लिङ्गः कविशब्दः
केचन समानान्त-शब्दः च।

२। सर्वनामशब्दः - तद् - स्त्रीलिङ्गे

३। इकारान्तः स्त्रीलिङ्गः मतिशब्दः,
केचन समानान्त-शब्दाः च।

४। एतेषां वाक्येषु उपयोगः, अनुवाद-अभ्यासः च।

3. क्रियापदानि

वर्तमानकालः (लट्)

१। जप्, चर, रक्ष, हस्, वम्, नम्, दह, तप्, वस्,
इच्छ, वाञ्छ, शंस, त्यज्, जल्प, निन्द, क्षिप्।

२। वाक्येषु उपयोगः, अनुवाद-अभ्यासः च।

Unit II

1. भविष्यत्कालः (लृट्) नूतनक्रियापदानि

१। अर्ज्, दण्ड्, चिन्त्, ज्वल्, तर्ज्, तर्क, तप्,
नट्।

1. नूतनकर्तृपद-परिचयः

१। इकारान्त पुल्लिङ्गः तथा स्त्रीलिङ्गपदानि
उपर्युक्त-क्रियापदानि च मिलित्वा वाक्येषु
उपयोगः

2. आत्मनेपदिनः धातवः (क्रियापदानि)

वर्तमानकाले (लट्)

१। यत्, लभ्, रम्, क्षम्, त्रप् सह, स्वद्, बाध्,
भाष्, भास्

२। पूर्वोक्त-कर्तृपदानि क्रियापदानि च वाक्येषु
उपयोगः

३। अनुवाद-अभ्यासः

3. आत्मनेपदिनः धातवः (लट् क्रियापदानि)

१। भाष्, यत्, लभ्, रम्, क्षम्, त्रप्, सह, स्वद्,
भास्

२। संवादः - अभ्यासः



Unit III

1. भूतकालः (लङ्)

- १। सर्वेऽपि धातवः वर्तमानकाले कृताः।
- २। भूतकालक्रियापदानि वाक्येषु उपयोगः।
- ३। वर्तमानकालं भूतकालं च मिश्रित्य वाक्येषु उपयोगः।
- ४। वाक्येषु उपयोगः अनुवाद-अभ्यासः च।

2. प्रेरणार्थकं क्रियापदम् (भविष्यत्) लोट्

- १। सर्वेऽपि धातवः ये वर्तमानकाले तथा भूतकाले कृताः।
- २। प्रेरणार्थकक्रियापदानि च वाक्येषु उपयोगः पूर्ववत् (मध्यमपुरुष-एकवचनमात्रम्)
- ३। अनुवाद-अभ्यासः

Unit IV

1. सन्धिप्रकरणम्

- १। यण् सन्धिः
- २। अयादिसन्धिः

2. नूतन-कर्तृपदानि (पुल्लिङ्गः)

- १। उकारान्तः पुल्लिङ्गः गुरु शब्दः
- २। समानान्त-शब्दा केचन।
- ३। उकारान्त-पदानि वाक्येषु उपयोगः
- ४। अनुवाद-अभ्यासः
- ५। संख्यावाचकपदानि १ - २५ संस्कृते।

३। नूतन-कर्तृपदानि (स्त्रीलिङ्गः)

- १। उकारान्तः स्त्रीलिङ्गः धेनु शब्दः
- २। समानान्तक-शब्दाः केचन।
- ३। उकारान्त-पदानि स्त्रीलिङ्गे उपयोगः
- ४। अनुवाद-अभ्यासः
- ५। पुल्लिङ्ग-स्त्रीलिङ्ग-पदानि मिश्रित्य वाक्येषु उपयोगः ।

4. कथालेखनम्

- १। पाठ्यक्रम-अन्तर्गत-कथा
- २। नूतन-कर्तृपदानि (कथा-अन्तर्गतानि)

Unit V

1. नूतन-प्रत्ययाः

- १। क्तवतु प्रत्ययः- क्तप्रत्ययः
- २। कर्तरि प्रयोगः कर्मणि प्रयोगः च
- ३। सन्नन्ताः - इच्छाप्रकृतिः(Desiderative)

2. नूतन-क्रियापदानि

- १। प्रथ्, प्री, बन्द्, भूष्, मृज् (मार्ज्), युज्, रच्, स्निह्, हिंस् (लट् परस्मैपदि, आत्मनेपदि)
- २। उपरि अभ्यसित-धातु तथा प्रत्ययान् वाक्येषु उपयोगः
- ३। संभाषणम् - कालिदासकृतं अभिज्ञानशाकुन्तलम्।

Prescribed Book: Sarala Sanskrit Sikshak Part II, Bharatiya Vidya Bhavan, Mumbai 400007.

(Omitted portions: 1. Lesson 2: श्लोकाः (pages 14, 15)

2. Lesson 4, श्लोकः (page 23)

3. Lesson 10, सुभाषितानि, संस्कृत-लोकोक्तयः)

References:

1. संस्कृत-व्यवहार-साहस्री, Samskrita Bharati, Bengaluru 560085.
2. संस्कृतबोधिनी, प्रथमा, संस्कृतभाषाप्रचारिणि सभा, चित्तूर, आन्ध्रप्रदेश ५०७५०९
संवत्सरः - २०११

NATIONAL COLLEGE (AUTONOMOUS)
LANGUAGE COURSE PART I SANSKRIT SEMESTER III PAPER III SANSKRIT III
SYLLABUS
SUBJECT CODE: U19S3

Unit I

- १। पुनश्चर्या
- २। पशु-पक्षि-वृक्ष-वर्ग-शलाटुका-फल-नामानि
- ३। वाणिज्य-उपयोगि-पदानि
मापनं तोलनं च
- ५। संख्यावाचकपदानि
- ६। संबत्सरनामानि
- ७। सस्यादि नामानि
- ८। धन/धनपत्र/नाणक नामानि
- ९। इदं शब्दः - पुनपुंस्त्रीषु।
- १०। अनुवाद अभ्यासः

Unit II

- १। क्रियापदानि
लोट् लकारे परस्मैपदि, आत्मनेपदि च
- २। इतोऽपि अव्ययानि
- ३। कथालेखनप्रकारः
- ४। अनुवादः
- ५। उपसर्गाः
- ६। तेषां वाक्येषु उपयोगः

Unit III

- १। ईकारान्त-स्त्रीलिङ्गपदानि
नदी, अटवी, कौमुदी, वाहिनी, नगरी
इत्येतानि पदानि, तेषां शब्दरूपानि च
- २। क्रियापदानि, परस्मैपदिनः
- ३। आत्मनेपदिनः
- ४। उभयपदिनः
- ५। शरीर-अङ्गनामानि, भूषण-नामानि
- ६। ऋकारान्तःपुल्लिङ्ग-शब्दाः कर्तृ, पितृ,
इत्यादयः
- ७। क्रियापदानि
- ८। अनुवाद-अभ्यासः



Unit IV

- १। कृषिकर्म
- २। कृषिसंबन्धीनि उपकरणानि
- ३। अनुवाद-अभ्यासः
- ४। ल्यबन्ताः
- ५। वाक्येषु उपयोगः
- ७। विधिलिङ् (optative/potential mood)-1
- ८। परस्मैपदि आत्मनेपदि च

Unit V

- १। नकारान्तः पुल्लिङ्गः राजन् शब्दः
- २। सन्धिप्रकरणम् - पुनश्चर्या
- ३। विसर्गसन्धिः
- ४। नूतन-अव्यय-पदानि
- ५। अनुवाद-अभ्यासः
- ६। विधिलिङ् (optative/potential mood)-2
- ७। भोजनवेला - संवादः
- ८। नूतन-कर्तृ-क्रिया-अव्यय-विविध-प्रत्यय-पदानि ।
- ९। शब्दरूपाणि, धातुरूपाणि च पुनश्चर्या ।

Prescribed books: 1. Saral Sanskrit Sikshak, Part III, Bharatiya Vidya Bhavan, Mumbai 400007.

Omitted portions: 1. Lesson 9 सीतायाः स्वयंवरः

2. Lesson 11, सुभाषितानि, संस्कृत-लोकोक्तयः

References:

1. Samskrita-vyavaharasahasri, Samskrita Bharati, Bengaluru 85
2. Anjala-samskrita kosha, Samskrita Bharati, Bengaluru 85.

NATIONAL COLLEGE (AUTONOMOUS)
LANGUAGE COURSE PART I SANSKRIT SEMESTER IV PAPER IV SANSKRIT IV
SYLLABUS
SUBJECT CODE: U19S4

Unit I

- १। प्रथम-षाण्मासिक, द्वितीय-षाण्मासिक, तृतीय-षाण्मासिक-अभ्यस्तानां विषयाणां पुनश्चर्या
- २। सर्व-शब्दः त्रिषु लिङ्गेषु।
- ३। वाच् शब्दः स्त्रीलिङ्गेषु
- ४। अनुवाद-अभ्यासः
- ५। हिमालयः - रचनालेखनम्

Unit II

- १। ओकारान्तः स्त्रीलिङ्गः गो शब्दः
- २। गो-संबन्धीनि पदानि
- ३। गां अधिकृत्य लेखः
- ४। नूतन-कर्तृ-क्रियापदानि - शब्दसंग्रहः
- ५। अनुवाद-अभ्यासः
- ६। पदानां वाक्येषु उपयोगः

Unit III

- १। समासः - उपोद्घातः
- २। तत्पुरुष-समासः
- ३। कर्मधारय-समासः
- ४। बहुव्रीहि-समासः
- ५। द्वन्द्व-समासः
- ६। द्विगु-समासः
- ७। अत्ययीभाव-समासः
- ८। एकशेषसमासः

संस्कृतम् - दैनन्दिनव्यवहारः

1. संस्कृत-व्यवहारः

- १। संख्यावाचकपदानि २५ तः ५० पर्यन्तम्।
- २। बन्धुवर्गनामानि
- ३। गृहे उपयुक्तानां वस्तूनां नामानि
- ४। वासर-तिथि-पक्ष-मास-नामानि
- ५। दैवत-ग्रहाणां नामानि

UNIT IV

1. रचनात्मकं कार्यम्

- १। पत्रलेखन- उपोद्घातः, उदाहरणानि च
- २। पिता/माता - पुत्राय/पुत्र्यै
- ३। पितरं/मातरं प्रति - पुत्रः/पुत्री
- ४। मित्राय पत्रम्
- ५। पतिः/पत्नी - पत्न्यै/पत्ये

2. अनुच्छेदः

- १। दत्तं अनुच्छेदं पठित्वा उत्तरलेखनम् - प्रकारः
- २। सरल-कथायुक्तम्, सरल-गद्यांशयुक्तम् च।

3. अनुच्छेदलेखनम्

- १। दत्तानि पदानि विचित्य पञ्चवाक्येषु एकम् अनुच्छेद-लेखनम्।
- २। सरलकथा अथवा गद्यांशयुक्तम्।

4. रचनालेखनम् (पाठ्यपुस्तक-अन्तर्गतम्)

- १। सरलकथा
- २। गद्यांशः

UNIT V

1. श्रेष्ठभाषा द्रविडभाषा - अस्याः ऐतिहासिकं स्थानम्।

- १। भाषायाः स्थापनम्
- २। भाषा-समूहः
- ३। श्रेष्ठभाषायाः गुणानि।
- ४। श्रेष्ठभाषाः
- ५। भारतीय-श्रेष्ठ-भाषे - द्रविड-संस्कृते
- ६। द्रविडभाषायाः पुराणत्वम्।
- ७। द्रविडभाषां श्रेष्ठभाषा-समूहे योजयितुमान्दोलनम्।
- ८। विश्व-श्रेष्ठद्रविडभाषा सम्मेलनम् २०१०

Prescribed Book: Sarala Sanskrit Sikshak Part IV, Bharatiya Vidya Bhavan,
Mumbai 400007.

(Omitted portions:

Lesson 2: विद्याप्रशंसा, Lesson 7: लङ्कातः यदा हनुमान् प्रतिनिवृत्तः Lesson 8: रामस्य वनगमनम्
Lesson 12: नलदमयन्ती-वर्णनम् Lesson 13: किङ्करैः पश्य किं कृतम् Lesson 14: रूपाणि
Lesson 15: सुभाषितानि Lesson 17: लोकोक्तयः।)

References:

1. संस्कृतव्यवहारसाहस्री, संस्कृतभारती, बेङ्गलूरु ५६००८५।

2. संस्कृतबोधिनी (द्वितीया), संस्कृतभाषाप्रचारिणी सभा, धितूर, आन्ध्रप्रदेशः ५१७५०१।

UNIT-I

1. Introduction

Meaning and Definition of Education and Physical Education.
Aims and objectives of Physical Education and Sports.
Scientific basis of Physical Education and Sport.
Contributions of Allied Sciences – Anatomy, Physiology, Biomechanics, Kinesiology,
Psychology, Sociology.

UNIT-II

2. Development of Physical Education in India and World

Vedic and Epic Periods.
Ancient Greece, Sparta and Athens periods.
Y.M.C.A and its contribution

UNIT-III

3. Contribution of Sports in India

Sports and Physical Education Institutions in India (LNIPE, SAI, NIS, TNPESU) and its functions.
Sports Associations and Schemes, Rural Sports, Women in Sports.
National awards and honours in the field of Sports and Games
Values and Ethics in sports – Fair play, doping control, violence and harassment.

UNIT-IV

4. Advancement of Sports and Games

Olympic Games – Ancient and Modern Olympic movement, functioning of IOC and IOA.
Commonwealth and Asian Games – History and countries participating in the games

UNIT-V

5. Motor Growth and Development

Principles governing physical and motor growth and development
Chronological, Anatomical, Mental and Physiological ages in individuals.
Sports and gender differences
Different body types (Somatic Types) – Ectomorph, Endomorph and Mesomorph

STUDY BOOK:

1. Eraj Ahmed Khan. History of Physical Education, Patna: Scientific Book Co, 1964.
2. Wakharkar, D.G., Manual of Physical Education, Bombay, Pearl Publication, 1967.

BOOK REFERENCES

3. Williams Jesse Feiring. Methods in Physical Education – Philadelphia, W.B.Saunders Co. Ltd, 1937
4. <http://www.nostos.com/olympics/>
5. <http://www.thecgf.com/games/story.asp>

SEMESTER-I

**CORE COURSE – II (U19PE2P) MAJOR PRACTICAL-1
CALISTHENICS - MINOR GAMES**

Credits: 3

Max Marks: 100

Hours: 3

1. Drill and Marching:

Attention - Stand-at-ease

Mark time march - Quick march

Eyes right

Turnings (About turn, right turn, left turn)

2. Calisthenics

Standing series - Sitting series

Lunging series - Twisting series

Jumping series - Clapping series

3. Light Apparatus and Rhythmic

Dumbbell - Indian clubs – Wands - Hoops exercises

Pompom

4. Minor Games

Team Games

Tag games

Reaction games

Relay games

5. Pyramid

Two to Ten man pyramids

Wall - Tower - Triangle pyramid

Moving - Collapse pyramid

6. Aerobics

Counts

Mirror (walk or march, touch out, step touch, cap step)

Shapes (A,V,L,Jazz square, Diamond, Mambo, Clock step, Grapevine)

Power move (lunges, gallop, jaz walk, shuffle, squats)

Rhythm (ship, cha-cha)

METHOD OF EVALUATION

1) Proficiency in Skill

40 marks

2) Teaching Ability

30 marks

3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)

15 marks

4) Record of Work

15 marks

TOTAL

100 marks

FIRST ALLIED COURSE-I (U19APE1)
SCIENTIFIC ASPECTS OF YOGA & FITNESS

Credits:3

Max marks: 100

Hours:3

UNIT – I

1. Introduction to Yoga

Definition and meaning of Yoga
Principles of Yoga - Kinds of Yogic Practices
Classification of Yoga – Meditative and Cultural
Difference between yoga and physical exercise

UNIT-II

2. Foundation of Asanas

Asana – Definition, Types, Benefits - Physical, Physiological and Psychological
Pranayama – Meaning, Types, Stages and Benefits
Effect of various yogic practices on Respiratory and Circulatory system
Method of performing various asanas – Suryanamaskar, Padmasana, Vajarasana

UNIT-III

3. Introduction To Fitness

Fitness – Definition and Components of Physical Fitness
Health Related Fitness – Endurance, Flexibility, Strength, Body-Composition, Co-ordination
Warm-up – Definition, Components and effects of warm-up

UNIT-IV

4. Basics of Stretching

Stretching – Definition, Frequency, Duration and Intensity of stretching
Types of Stretching - Factors affecting Flexibility
Static Stretching techniques - Guidelines and Precautions

UNIT-V

5. Exercise for Strength and Endurance

Strength –Definition, Benefits, Types, merits and demerits
Bodyweight Exercises -Squats, Push-ups, core exercises
Endurance – Definition, Types, benefits - frequency, Intensity, VO₂max
Effect of endurance exercise for Cardio vascular and Respiratory system

STUDY BOOK:

1. Maniazhagu, Handbook of Stretching, Friends Publication, 2014
2. Yoga for Health, D Chandrashekar, KhelSahitya Kendra publisher, 2007.

REFERENCE:

3. Wayne Westcott, Building Strength and Stamina, Murfbooks, 2003
4. Gharote M L Guidelines for Yogic Practice, LonawalaMedha Publications 1982

FIRST ALLIED COURSE-I (U19APE2P)
ALLIED PRACTICAL- I
- YOGA

Credits: 3

Hours:3

1. Yoga

Fundamentals of Yoga Exercises
Development aspects of Yoga
Practical Application of Yoga Exercise
Yoga Demonstration

2. Technical Aspects of Yoga Exercise

Spinal posture Exercise
Neck posture Exercise
Abdominal posture exercise
Pranayama-Breath-Control Exercise
Balance Posture Exercise
Folded leg posture Exercise
Pelvic posture and Control exercise
Pectoral limb posture exercise
Pelvic limb posture exercise
Inverse body posture exercise

METHOD OF EVALUATION

1) Proficiency in Skill	40 marks
2) Teaching Ability	30 marks
3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)	15 marks
4) Record of Work	15 marks
TOTAL	100 marks

CORE COURSE- (U19PE3P)
MAJOR PRACTICAL-II-TRACK & FIELD
EVENTS

Credits: 3

Hours: 4

1. Athletics – Track Events

Track Events – Sprint, middle distance, long distance, hurdles, Relay events

Starting and Finishing Techniques – types of start, different phase of running
Duties and Powers of Management, Competition and Additional Officials.

2. Field Events-Jump Events

High Jump

Long Jump

3.2 Tipple Jump

4.2 Pole Vault

METHOD OF EVALUATION

1) Proficiency in Skill	40 marks
2) Teaching Ability	30 marks
3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)	15 marks
4) Record of Work	15 marks
TOTAL	100 MARKS

CORE COURSE- (U19PE4)
ANATOMY AND PHYSIOLOGY & HEALTH EDUCATION

Credits: 5

Max Marks: 100

Hours: 4

UNIT – I

1. Introduction

Need and Importance of Anatomy and Physiology in Physical Education.

Composition of human body - Microscopic structure of the Cell.

Classification, Structure and functions of various types of tissues.

UNIT - II

2. Skeletal, Muscular, Circulatory and Respiratory System

Structure of the human body - Definition and Types of Bone and Joint.

Classification, Structure and functions of Muscles (skeletal, cardiac and smooth muscles).

Functions of blood – Composition of blood - RBC, WBC

Structure and functions of lung and mechanism of respiration.

UNIT - III

3. Nervous, Digestive and Excretory System

Nervous systems - Structure and functions of brain

Digestive system- Structure and functions of alimentary canal, steps of digestion. Accessory organs of digestive – tongue, liver, pancreas, Gall bladder.

Urinary system- Structure and functions of Kidney, Urinary tract and formation of Urine.

UNIT - IV

4. Health and Safety Education

Definition, Meaning, Concepts and Dimension of Health- factors influencing

Health organizations - state, national, international - health services and supervision.

Safety at School, Road, Water, Camps, Picnic and Tours

Safety in physical education and sports – Safety with respect to buildings and play fields - Safety with respect to sports equipment, dress, footwear.

UNIT - V

5. Hygiene and Sanitation

Need and importance of personal hygiene

School health programme – health instruction, health appraisal follow-up.

Infections and Diseases – Communicable diseases – malaria, typhoid, cholera, dysentery – Non

Communicable – Cancer, AIDS, Diabetes, Heart attack, Cause – signs and symptom – prevention

Sanitation problems in Rural and Urban areas.

STUDY BOOK:

1. E.P. Solomon, Introduction to Human Anatomy and Physiology, Health Science Division, 2015
2. A. Maria, Health Education and Health Promotion, Wageningen Academic Publishers, 2014

REFERENCES

3. Human Anatomy and Physiology – Best and Taylor 200

FIRST ALLIED COURSE- (U19APE3P)
ALLIED PRACTICAL – II -KABADDI-KHO-KHO-VOLLEYBALL

Credits: 3

Max marks: 100

Hours: 3

1 Volleyball

Players stance
Passing - Volley (overhead pass), Dig (Under arm pass)
Service – Underarm, Tennis service
Offense – Smash
Defense – single, double, triple block
Lead up games

2 Kabaddi

Skills in raiding (touching with hand, various kicks)
Skills of holding the raider (chain formation, different catches)
Lead up games

3 Kho-Kho

Offensive skills (sitting in the square, giving simple kho, cross step method kho, chain kho,
Turning at the pole)
Defensive skills (entering the field of play, position on the post)
Signals in Kho-Kho

METHOD OF EVALUATION

1) Proficiency in Skill	40 marks
2) Teaching Ability	30 marks
3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)	15 marks
4) Record of Work	15 marks
	TOTAL 100

RULES, REGULATIONS AND OFFICIATING IN SPORTS-1

Credits:5

Max Marks: 100

Hours: 3

UNIT – I Athletics (Track Event), Kabaddi and Volleyball

History and Development of the events and games – Important Terminologies

Associations – State, National and International

Important tournaments and meets held at National and International levels

Warm-up and Warm-down, its importance in sports

UNIT – 2

2. Athletics –Track Marking

Types of track: Standard and Non Standard Track. (400 meters, 200 meters).

Track marking – Area, Layout, RDR, CDR, MDR, Stagger, Relay Zone

UNIT -3

3. Athletics – Track Events

Track Events – Sprint, middle distance, long distance, hurdles, Relay events

Starting and Finishing Techniques – types of start, different phase of running

Duties and Powers of Management, Competition and Additional Officials.

UNIT – 4

4. Kabaddi

Fundamental skills – raiding, holding the raider (offence and defense)

Court measurement and marking

Various lead up games in kabaddi

Rules and interpretations – duties of the officials in kabaddi

UNIT – 5

5. Volleyball

Dimension of the court and equipments used

Fundamental Skills – Service, Attacking, Defense

Playing rotation – Drills and lead-up activities

Rules and Interpretation – Duties of the officials in Volleyball

STUDY BOOK:

1. Dr.N.Govindarajulu, Layout and Marking of Track and Field, Friends Publications,2010.
2. H.C.Buck, Rules of Games and Sports, Madras, Y.M.C.A. Publication, 1992.

STUDY REFERENCES

3. Prabhakar Eric, The Way to Athletic Gold, Madras East-West Press Private Ltd., 1995
4. <http://www.iaaf.org/about-iaaf/documents/rules-regulations>
5. http://www.fivb.org/en/refereeing-rules/documents/fivb-volleyball_rules2013-en_20121214.pdf

B.Sc. PHYSICAL EDUCATION – SYLLABUS (w.e.f 2019-20)
NATIONAL COLLEGE (AUTONOMOUS)
SEMESTER-III

CORE COURSE- (U19PE5)
KINESIOLOGY AND BIOMECHANICS

Credits:4

Max Marks:100

Hours:4

UNIT - I

1. Introduction to Kinesiology

Definition and objective of Kinesiology
Origin, Development and Role of Kinesiology in Physical Education
Application to human body - Axis and planes – Center of Gravity – Line of Gravity – Center of Mass

UNIT - II

2. Musculoskeletal System

Joints and its classification (shoulder, elbow, hip, knee and ankle joints)
Fundamental movements at the joints of upper and lower extremities
Classification of muscles (structural and functional)
Muscular contraction (Isotonic, Isometric and Isokinetic)

UNIT - III

3. Motion, Lever and Friction

Definition, Need and Importance of Biomechanics in sports
Newton's Laws of motion - types of motion.
Lever and Friction – Definition and Different types
Motion, Lever and Friction - Application to sports activities

UNIT - IV

4. Force and Equilibrium

Definition – Force, Equilibrium
Types of force - Centripetal and Centrifugal force
Major factors affecting equilibrium
Role of Force and Equilibrium in sports

UNIT - V

5. Application of Biomechanical Principles

Principles of Biomechanics and motion analysis
Application of biomechanics in skill learning – walking, running and jumping.

STUDY REFERENCES:

1. Uppal A. K, Biomechanics in Physical Education and Exercise Science, Friends Publications, 2012
2. Roger Bartlett, Introduction to Sports Biomechanics, Milton Park, 2007

STUDY BOOK

3. James Watkins, An Introduction to Biomechanics of Sport and Exercise, Churchill Livingstone Elsevier, 2007
4. Neil, D.E. Kinesiology and Anatomy and Motion, Mosby & Co. 1995

B.Sc. PHYSICAL EDUCATION – SYLLABUS (w.e.f 2019-20)
NATIONAL COLLEGE (AUTONOMOUS)
SEMESTER-III

CORE COURSE – (U19PE6P)
(MAJOR PRACTICAL-III) (FIELD - THROWS - COMBINED EVENTS)

Credits:3

Max Marks: 100

Hours:4

1 Athletics (Field Events)

Technique of Long Jump (sailing, hang techniques) Approach run, take off, flight and landing.
Technique of High Jump (Straddle Roll, fosbury flop) Approach run, take off, bar clearance and landing.

Technique of Triple Jump - Approach run, take off, hop, step and jump.

Technique of Shot Put (O' Brien Technique) Grip, stance, glide, release and reverse.

Technique of Discus Throw - grip, stance, swing, release and reverse.

Technique of Javelin Throw (grip, carry, approach, and five stride rhythm)

2. Combined events

Decathlon

Heptathlon

Pentathlon

METHOD OF EVALUATION

1) Proficiency in Skill	40 marks
2) Teaching Ability	30 marks
3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)	15 marks
4) Record of Work	15 marks
	TOTAL-100

B.Sc. PHYSICAL EDUCATION – SYLLABUS (w.e.f 2019-20)
NATIONAL COLLEGE (AUTONOMOUS)
SEMESTER-III

ALLIED COURSE -V - I (U19APE5P)
(ALLIED PRACTICAL-III) BASKETBALL - TENNIS & GYMNASTICS

Credits:3

Max Marks: 100

Hours: 1

1 Basketball

- Players stance and ball handling
- Passing techniques (chest pass, bounce pass, baseball pass)
- Dribbling (low dribble & high dribble)
- Shooting (lay-up shot & set shot)
- Lead-up drills

2 Tennis

- Grips (continental, eastern forehand, western, semi western, double hand back hand grips)
- Ready position, stance and footwork
- Forehand drive, backhand drive
- Scoring system

3 Gymnastics

- Forward - Backward - Sideward roll
- leg split – Bridge
- Head stand – Cartwheel

METHOD OF EVALUATION

- | | |
|---|------------------|
| 1) Proficiency in Skill | 40 marks |
| 2) Teaching Ability | 30 marks |
| 3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations) | 15 marks |
| 4) Record of Work | 15 marks |
| | TOTAL-100 |

II ALLIED COURSE (U19APE6)
RULES, REGULATIONS AND OFFICIATING IN SPORTS-2

Credits:3

Max Marks: 100

Hours:3

UNIT – I

1. Athletics (Field and Combined Event), Basketball, Tennis and Gymnastics

History and Development of the events and games – Terminology used.

Associations – State, National and International

Important tournaments and meets held at National and International levels

UNIT – 2

2. Athletics – Field Events

Different Field Events –Throw

Combined event – Octathlon, Pentathlon, Heptathlon, Decathlon – order of events

Techniques –throwing events -

Layout - Circle / Sector / Pit / Runway

3. Basketball

Basic skills – Passing, Dribbling, Shooting

Dimension – court, board, ring - equipment's used

Various lead up games in Basketball

Rules and interpretations – duties of the officials in Basketball, Mechanism of Officiating.

UNIT – 4

4. Kho – Kho

Basic Skills – Offensive and Defensive

Dimension of the court, equipments used

Lead-up games and drills

Rules and interpretations – duties of the officials in Kho-Kho

UNIT – 5

5. Gymnastics

Basic skills – Rolls (forward, backward), Stands (Head and Hand), Cartwheel

List of events in Artistic Gymnastic and Rhythmic Gymnastics.

Gymnastic equipment dimensions – Floor Exercise, Vault, Balance Beam, parallel bar, uneven parallel bar, Still Rings, Pommel Horse

STUDY BOOK:

1. H.C.Buck, Rules of Games and Sports, Madras, Y.M.C.A. Publication, 1992.
2. Prabhakar Eric, The Way to Athletic Gold, Madras East-West Press Private Ltd., 1995

STUDY REFERENCES:

3. http://www.fiba.com/downloads/Rules/2014/Official_Basketball_Rules_2014_Y.pdf
4. <http://www.fig-gymnastics.com/site/rules/disciplines/rg>

1 Hockey

Grip

Dribbling – Push – Stopping

Hit – Flick – Scoop

Forward pass, square pass

Drills and lead up games related with skill taught

2 Table Tennis

The grip (hammer grip, shake-hand grip & pen hold grip)

Stance and foot work

Service (fore hand, back hand & side hand)

Strokes (push, counter& smash)

Lead-up games related to skill

3 Weight Training

Squat, squat jump

Bicep curl, Hammer curl

Triceps extension, dumbbell kick back

Front raise, side raise, front press

Bent over rowing-with bar, with dumbbell

Dead lift

METHOD OF EVALUATION

1) Proficiency in Skill 40 marks

2) Teaching Ability 30 marks

3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations) 15 marks

4) Record of Work 15 marks

TOTAL

100 marks

CORE COURSE – (U19PE8)

METHODS IN PHYSICAL EDUCATION AND SPORTS MANAGEMENT

Credits:4

Max Marks: 100

Hours: 4

UNIT – I

1. Introduction

Physical Education – Definition – Principles and Factors of Teaching Physical Education
Teaching Procedure – simple to complex, whole method, whole-part-whole method, part-whole method etc.

Teaching Techniques in Physical Education – lecture method, command method, demonstration method, imitation method, project method, simulation method etc.

Teaching aids – Audio visual aids, Importance of teaching aids

UNIT - II

2. Presentation Techniques and Lesson Plan

Preparation – Personal and Technical preparation.

Commands – Types of command, types of formation

Class management – Principles of good class management.

UNIT - III

3. Lesson Plan

Lesson Plan – Meaning, Objectives, Principles.

Types of Lesson plan – General and Specific Lesson plan

Steps of lesson plan – Introductory, Preparatory, Skill part, Group activity and Concluding part.

UNIT - IV

4. Organization of Tournaments

Tournaments – Meaning, types, merits and demerits of tournaments.

Fixture - Knockout, league, combination and challenge tournaments.

Publicity – meaning – Demonstration, play day, exhibition in physical education.

Sports Meet, Intramural and Extramural activities – Organization set-up, Leadership training

UNIT - V

5. Sports Management and Organization Structure

Meaning and Definition – Administration, Management and Sport management.

Office management – maintaining various types of records, registers and reports.

Finance and budget – Source of income – rules for utilization of games fund.

Programme planning – Curriculum, promotion of Physical Education (conferences, clinics and workshops and physical education association).

STUDY BOOK:

1. Principles and Practice of Sport Management, Carol Barr, Jones and Bartlett, March 2011
2. Understanding Sport Organizations - 2nd Edition: The Application of Organization Theory, Trevor Slack, Human Kinetics, 2005

STUDY REFERENCES

3. Thirunarayanan, C. and Hariharan, S. Methods in Physical Education, Karaikudi, South India Press, 1969.

1. Throwball

Dimension of the Court and equipments used

Basic skills – throwing, catching, service

Rotation system – lead-up games

Rules and Interpretation – duties of the officials in Throwball

2 Gymnastics

Forward - Backward - Sideward roll

leg split – Bridge

3 Swimming

Health, safety and hygiene rules

Pool specification

Swimming strokes - Breast stroke, Butterfly, Backstroke, Freestyle, Individual medley

Events in swimming

METHOD OF EVALUATION

1) Proficiency in Skill 40 marks

2) Teaching Ability 30 marks

3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations) 15 marks

4) Record of Work 15 marks

TOTAL

100 marks

UNIT – I

1. Throwball, Table-Tennis,Hockey,Cricket

History and Development of the games – Terminology used.

Associations – State, National and International

Important tournaments held at National and International levels

UNIT – 2

2. Hockey

Dimension of the play Field and equipments used

Fundamental skills – Grip, Tapping, Dribbling, push, Trapping, Hit.

system of play – lead-up games and drills

Rules and Interpretation – duties of the officials in Hockey

UNIT – 3

3. Cricket

Layout and marking of the play Field and Equipments used

Basic Skills – Batting, Bowling, Fielding

Different formats of the game – Test match, One Day, T-20

Rules and interpretations – duties of the umpires and referees in Cricket

UNIT – 4

4. Table-Tennis

Dimension of the table and equipments used

Fundamental skills – grip, stance, service, spin, drive, push

Rules and Interpretation – duties of the officials in Table-Tennis

UNIT-5

5. Throwball

Dimension of the Court and equipments used

Basic skills – throwing, catching, service

Rotation system – lead-up games

Rules and Interpretation – duties of the officials in Throw ball

STUDY BOOK :

1. H.C.Buck, Rules of Games and Sports, Madras, Y.M.C.A. Publication, 1992.
2. <http://www.fih.ch/hockey-basics/rules/>

STUDY REFERENCES

3. <http://throwballfederationofindia.com/Throwball-rules.pdf>
4. <http://www.allabouttabletennis.com/official-rules-of-table-tennis.html>

B.Sc. PHYSICAL EDUCATION – SYLLABUS (w.e.f 2019-20)
NATIONAL COLLEGE (AUTONOMOUS)
SEMESTER-IV

Non Major Elective Course-I (U19NMPE1)
YOGA & HEALTH - I

Credits:2

Max.Marks:100

Hours:2

UNIT – I

1. Introduction to Yoga

Definition and meaning of Yoga
Principles of Yoga - Kinds of Yogic Practices
Classification of Yoga – Meditative and Cultural
Difference between yoga and physical exercise

Unit-II

2. Foundation of Asanas

Asana – Definition, Types, Benefits - Physical, Physiological and Psychological
Pranayama – Meaning, Types, Stages and Benefits
Effect of various yogic practices on Respiratory and Circulatory system
Method of performing various asanas – Suryanamaskar, Padmasana, Vajarasana

Unit-III

3. Health And Lifestyle

Health – Definition, Meaning, Concept
Management of Hypertension - Stress
Management of Obesity, BMI Calculation
Effect of Alcohol, Tobacco on health issues

Unit – IV

4. Health Problems

Communicable Diseases - Malaria, Typhoid, Tuberculosis – Cause, symptoms, treatment
Non-Communicable Diseases – Cancer, AIDS, Diabetics
Prominent health problem associated with inactivity.

Unit - V

5. Introduction to Fitness

Fitness-Meaning-Definition
Components of Physical Fitness - Health related - Skill Related
Factors Affecting Physical Fitness

CORE COURSE-7 (U19PE11)

STATISTICS AND COMPUTER APPLICATION IN PHYSICAL EDUCATION

Credits:5

Max Marks: 100

Hours:4

UNIT - I

1. Introduction to Statistics

Definition – Statistics, Importance of Statistics

Types of Statistics – Descriptive statistics and inferential statistics

Frequency Distribution – Meaning of Raw data and Continuous data, single score and Grouped data

Frequency Table – Merits and demerits, procedure of computing frequency table

UNIT - II

2. Measures of Central Tendency

Discreet series and continuous series

Definition and Merits of Mean, Median, Mode, Range

Computing of Mean, Median, Mode – grouped and ungrouped data

Specific characteristics and uses of the central tendency

UNIT - III

3. Introduction to Research Methods

Research - Definition and Meaning, Need and Scope of Research in Physical Education

Classification of Research – Basic, Applied and Action Research

Location of Research Problem – Criteria for selection of a problem

Definition - Hypothesis - Qualities of a Good Researcher

UNIT - IV

4. Basic understanding of Computer skills

MS Word – Creating, opening and saving document, Formatting text – Cut, Copy and Paste, Inserting Tables and Pictures – Short cut keys

MS Excel – Opening, Creating, Saving document, Simple calculations – Addition, Subtraction, Multiplication and Division, Rows and Columns.

MS PowerPoint – Opening, Creating, Deleting Slides, Templates, Slide design, Slide Show, Animation schemes – Custom Animation.

UNIT – V

5. Communication Technology

Definition – Network, LAN, WAN, WWW, HTML

Need and Advantage of networking – Modem – Internet

E-Mail – Video Conferencing – Browsing – Search Engines (Physical Education).

STUDY BOOK:

1 B.L.Agrawal, Basic Statistics, 2009

2 P.K.Shina and Prithi Sinha, Computer Fundamentals, sixth edition, 2004

STUDY REFERENCES

3 Yogesh Kumar Singh, Fundamentals of Research Methodology and Statistics, new age international publisher, 2006.

RULES, REGULATIONS AND OFFICIATING IN SPORTS-4

Credits:5

Max Marks: 100

Hours:4

UNIT – I

1. Football, Badminton, Handball and Cricket

History and Development of the games – Terminology used.
Associations – State, National and International
Important tournaments held at National and International levels

UNIT – 2

1. Football

Dimension of the field and equipments used
Fundamental Skills – Passing, Dribbling, Kicking, Heading, Goal-keeping
System of Play – Drills and lead-up games
Rules and Interpretation – Duties of the officials in Football, Mechanism of officiating

UNIT – 3

2. Badminton

Basic skills – Grip, service, strokes, footwork
Types of court – court measurement and marking, equipment's
Drills and Lead up activities
Rules, interpretation and Officiating in badminton

UNIT – 4

3. Handball

Basic Skills – Catching, Passing, Shooting, Dribbling, Goal-keeping
Layout and marking of the play area, equipment's used
Lead-up games and drills
Rules and interpretations – duties of the officials in Handball

UNIT – 5

4. Cricket

Layout and marking of the play Field and Equipment's used
Basic Skills – Batting, Bowling, Fielding
Different formats of the game – Test match, One Day, T-20
Rules and interpretations – duties of the umpires and referees in Cricket

STUDY BOOK:

1. H.C.Buck, Rules of Games and Sports, Madras, Y.M.C.A. Publication, 1992.
2. <http://www.thefa.com/football-rules-governance/laws/football-11-11/law-1---the-field-of-play>

STUDY REFERENCES

3. <http://www.bwfbadminton.org/page.aspx?id=14914>
4. http://www.ihf.info/files/Uploads/NewsAttachments/0_RuleGame_GB.pdf
5. <http://www.icc-cricket.com/cricket-rules-and-regulations>

Credits:5

MAJOR BASED ELECTIVE COURSE-
(U19PE10E)
ADOPTED PHYSICAL EDUCATION
Max Marks: 100

Hours: 4

SEMESTER-V

UNIT-I

1. Introduction to Adapted Physical Education

Meaning, definition, aim and objectives of adapted physical education
Definition of Disabling Conditions - Benefits of Physical Education for persons with Disabilities

1.1 Movement Education Concepts

UNIT-II

2. Disability and Rehabilitation

Definition of Disability, Handicap and Impaired
Multiple disability Rehabilitation
Special education - Inclusive education

UNIT-III

3. Classification of Disability

Disability/ differently abled classification and sub classification in each disability
Blind- Deaf and Dumb- Orthopedically-Mentally Retarded
Spastic-Autism-Cerebral palsy

UNIT-IV

4. Rules of Adapted games and Class Management

Adapted games developed by Prof, Jaimitra for the blind
Adapted Volleyball- Kabaddi- Kho-kho –Tennis-Table Tennis – Cricket - track and field
Method to be adapted by the special education in sports- Recreation Games
Kinesthetic – one on one teaching , group teaching, circular method of teaching

UNIT-V

5. International Competitions

Dark Olympics
Silent Olympics
Paralympics
Special Olympic

REFERENCES

1. Thind, M. N., Special Olympics Bharat Trainer Manuel. New Delhi: Special Olympics Bharat, 2010
2. Jain, A. Adapted Physical Education. Delhi: Sports Publication, 2003

STUDY REFERENCES

3. Auxter, D. Principles and Methods of Adapted Physical Education. Mosby Publications. 1993
4. Jaimitra.S, Physical Education for the Blind Chennai: Grace Printer, 1990

B.Sc. PHYSICAL EDUCATION – SYLLABUS (w.e.f 2019-20)
NATIONAL COLLEGE (AUTONOMOUS)

MAJOR BASED ELECTIVE COURSE-(U19PE9E)
INTRODUCTION TO THE UNIFORMED
SERVICES & SPORTS NUTRITION

Credits:5

Max Marks: 100

Hours: 4

SEMESTER-V

Unit I - An Overview of Uniformed Services & Armed Services

Uniformed Services – Definitions –Types –Ranks -Levels and positions in uniformed services -Roles and Responsibilities - Career and Opportunities –Qualification and requirements - Examinations and schedules - Syllabus and pattern -Training in uniformed services

The Indian Army - Indian Air Force - Indian Navy and Indian Coast Guard - Definitions, Organisational Structure – Training- Roles and tasks

Unit II - Indian Police & Paramilitary Forces of India

Indian Police Service - Central Police - Organisational Structure - Training - Roles and tasks

Definitions –Types –Ranks - Organisational Structure- Training - Roles and tasks

Unit III - Fire and Rescue Services & Discipline, Training, Responsibilities and Authority in Uniformed Services

Definitions – Organisational Structure-Training - Civil Defense - Role during emergency -Medical technician and Paramedics - Career and opportunities

Definitions - Role of Discipline – Necessity of Discipline - Self discipline – Necessity of Self discipline – Conformity and obedience - Training -Role of Training – Necessity of Training -Authority/Command, order and duty -Power, Position, Status - Differences among different services

Unit IV - Essential Nutrients

Carbohydrates: Types & Functions - Dietary sources of carbohydrates - Carbo-loading.

Proteins - Classification of Proteins - Essential and Non-essential amino acids -Dietary sources of Proteins, Fats – Types and functions of fats - Dietary sources of Fats - Fats as a fuel for exercise.

Vitamins - Types and classification of vitamins - Importance in body functions –Dietary sources of Vitamins- Minerals – Types of minerals - Importance of Iron, Calcium, Magnesium, Potassium, and Phosphorus - Water - Functions of water in the body - Sources of water.

UNIT - V

5. Food and Diet

Classification of food – Food Pyramid- Concept of balanced diet - Principles of balanced diet-

Composition of Body fluids – fluid needed before, during and after exercise-Sports drinks – types of sports drinks, sports recovery drinks.

STUDY BOOK:

1. Gray, Debra. *Public Services (uniformed) Book-1*. Heinemann, 2004.
2. Hackett, James (ed.) (3 February 2010). *The Military Balance 2010*. International Institute for Strategic Studies; London: Routledge. ISBN 1-85743-557-5.
3. Hackett, James (ed.) (7 March 2012). *The Military Balance 2012*. International Institute for Strategic Studies; London: Routledge. ISBN 1857436423.

STUDY REFERENCES

4. Kundu, A. *Militarism in India: The Army and Civil Society in Consensus*
5. Subramaniam, Arjun. *India's Wars: A Military History, 1947-1971* (2017). ISBN 978-1-68247-241-5
6. Judy A. Driskell, (2007), "Sports Nutrition Fats And Proteins", CRC Press.
7. Robert E.C. Wildman, Barry S. Miller, (2004), "Sports and fitness Nutrition", Thomson.

CORE COURSE - (U19PE13P)

(MAJOR PRACTICAL-V) FOOTBALL, BADMINTON&HANDBALL

Credits: 4

Max Marks: 100

Hours: 3

1 Football

- Kicking with the inside of the foot, instep of the foot
- Trapping rolling ball with the inside, sole and instep of the foot.
- Dribbling with instep of the foot, combination of inner instep & outer instep
- Heading - Throw-in
- Drills and lead up games related with skill taught

2 Badminton

- Grip of the racket
- Position and foot work
- Service – short serve, high serve
- Strokes – Forehand, Backhand stroke, Smash
- Lead up games

3. Handball

- Catching
- Passing - push pass, wrist pass
- Dribbling
- Shot - Jump shot, Pivot shot
- Defensive movement
- Goal keeping
- 1.7 Drills and lead-up games

METHOD OF EVALUATION

- 1) Proficiency in Skill 40 marks
- 2) Teaching Ability 30 marks
- 3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations) 15 marks
- 4) Record of Work 15 marks

TOTAL

100 marks

B.Sc. PHYSICAL EDUCATION – SYLLABUS (w.e.f 2019-20)
NATIONAL COLLEGE (AUTONOMOUS)
SEMESTER-V

CORE COURSE – (U19PE14P)

(MAJOR PRACTICAL-VI) INTERSHIP TRAINING PRACTICE

Credits:3

Max Marks: 100

Hours: 3

INTERSHIP TRAINING PROGRAMME

1. The Students are sent to various schools in and around Trichy for three weeks Intensive Teaching Practice Training.
2. The students will handle the class allotted.
3. The Physical Education Teacher / Director will be the supervisor in monitoring and guiding the students as and when required.

METHOD OF EVALUATION

1) Proficiency in Skill	40 marks
2) Teaching Ability	30 marks
3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)	15 marks
4) Record of Work	15 marks
TOTAL	100 marks

SEMESTER-IV

Non Major Elective Course-I (U19NMPE2)

YOGA & HEALTH-II

Credits:2

Max Marks: 100

Hours: 2

UNIT – I

1. Introduction to Yoga

Definition and meaning of Yoga
Principles of Yoga - Kinds of Yogic Practices
Classification of Yoga – Meditative and Cultural
Difference between yoga and physical exercise

Unit-II

2. Foundation of Asanas

Asana – Definition, Types, Benefits - Physical, Physiological and Psychological
Pranayama – Meaning, Types, Stages and Benefits
Effect of various yogic practices on Respiratory and Circulatory system
Method of performing various asanas – Suryanamaskar, Padmasana, Vajarasana

Unit-III

3. Health And Lifestyle

Health – Definition, Meaning, Concept
Management of Hypertension - Stress
Management of Obesity, BMI Calculation
Effect of Alcohol, Tobacco on health issues

Unit – IV

4. Health Problems

Communicable Diseases - Malaria, Typhoid, Tuberculosis – Cause, symptoms, treatment
Non-Communicable Diseases – Cancer, AIDS, Diabetics
Prominent health problem associated with inactivity.

Unit - V

5. Introduction to Fitness

Fitness-Meaning-Definition
Components of Physical Fitness - Health related - Skill Related
Factors Affecting Physical Fitness

B.Sc. PHYSICAL EDUCATION – SYLLABUS (w.e.f 2019-20)
NATIONAL COLLEGE (AUTONOMOUS)
SEMESTER-VI

Credits:3	CORE COURSE-PRACTICAL-XI-(U19PE15P) MAJOR PRACTICAL -VII SPORTS TRAINING	Hours: 3
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Anaerobic Training

- Plyometrics
- Weights / resistance
- Sprint
- Interval (short / intermediate)
- Circuit (High work rest ratio)

2 Aerobic Training

- Continuous
- Fartlek
- Circuit (low work rest ratio)

3 Fitness Training with equipments

- Swiss ball
- Tera-band
- Medicine ball
- Core board
- TRX Band
- Kettle bell

METHOD OF EVALUATION

1) Proficiency in Skill	40 marks
2) Teaching Ability	30 marks
3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)	15 marks
4) Record of Work	15 marks
TOTAL	100 marks

B.Sc. PHYSICAL EDUCATION – SYLLABUS (w.e.f 2019-20)
NATIONAL COLLEGE (AUTONOMOUS)
SEMESTER-VI

CORE COURSE-PRACTICAL-XII-(U19PE16P)
MAJOR PRACTICAL -VIII

Credits:3

MARTIAL ARTS & PROJECT SPORTS MEET

Hours:3

UNIT – 1

Martial art- Meaning Scope, nature and its significance—Indian martial arts.

History of martial art- silambam

Historical development of silambam- From pre Historic time to the second century A.D .-
Silambam in Tamil Nadu.

UNIT – II

Evolution of stick fencing – Silambam Locks.

Different techniques- Stance- Attack.

Teaching and Coaching- Silambam.

Contemporary Society- Need for protection for girls- Women of self defence

UNIT – III

Fencing

History- Fencing. Field of play- application of rules of fencing equipment- invention of
fencing- foil, Epee, Sabre.(Movement, attack, aprry) competition individual, team.

UNIT – IV

Taekwondo

History, types of defending and offence methods of taekwondo- different techniques- attack
teaching and coaching methods.

UNIT – V

Association- International Silambam, Fencing Association, Research studies- promotion of
silambam as an international game of sport.

METHOD OF EVALUATION

1) Proficiency in Skill	40 marks
2) Teaching Ability	30 marks
3) Viva-voce (Theoretical knowledge of the game, Rules/Interpretations)	15 marks
4) Record of Work	15 marks
TOTAL	100 marks

CORE COURSE – (U19PE17)
EXERCISE PHYSIOLOGY & SPORTS INJURIES

Credits:6

Max Marks: 100

Hours: 4

UNIT - I

1. Functions of Muscle

- Properties and microscopic structure of muscle
- The sliding filament theory
- Heat production on muscle – contraction on cooling
- Muscular fatigue – recovery – residual muscle fitness – muscular training.

UNIT - II

2. Functions of Heart

- Cardio vascular system – short time and longtime effect of exercise.
- Blood flow - Effect of exercise on muscle blood flow
- Cardiac cycle – cardiac output - cardiac index
- Stroke volume – nervous and chemical control of the heart.

UNIT - III

3. Functions of Oxygen

- Oxygen and Carbon-dioxide Transportation
- Effect of exercise on pulmonary diffusion capacity – Gas exchange
- Respiration – lung volume – mechanism of breathing
- Effect of exercise on pulmonary ventilation – alveolar ventilation – reflex regulation.

UNIT - IV

4. Sports Injuries

- Definition and Meaning – Injuries – Tendon, Ligament
- Classification of Injuries – Prevention of sports injuries
- Open Injuries (Abrasion, Laceration, Incision, Puncture) – Closed Injuries (Sprain, Strain, Subluxation, Dislocation, Fracture, Contusion, Cramp)
- First aid and treatment – PRICE therapy

UNIT - V

5. Rehabilitation of Injuries

- Exercise Rehabilitation – Principles of Therapeutic exercise – Rehabilitation goals.
- Range of Motion – Flexibility – Muscle Performance (Strength & Endurance) –Exercise
- Contraindications and Precautions.
- Meaning – Posture, Postural Deformities and types - therapeutic exercise and uses.

STUDY BOOK:

1. Doral M.N, Sports Injuries, Springer, 2011.
2. William. D Mc. Ardle, Essential of Exercise Physiology, Human Kinetics, 2006.

STUDY REFERENCES

3. Thomas. E. H, Conservative Management of Sports Injuries, Johns and Bartlett Publishers, 2007.

SEMESTER-VI
CORE COURSE – (U19PE18)
TEST, MEASUREMENT AND EVALUATION

Credits: 6

Max Marks: 100

Hours:4

UNIT - I

1. Introduction

Meaning, Need and Importance of Test, Measurement and Evaluation.
Criteria of a Good Test - Scientific authenticity (reliability, objectivity, validity, Standards, norms)

UNIT - II

2. Physical Fitness Test

Physical Fitness – Definition, Components of Physical Fitness - Health related and Skill related
Endurance Test – 12 minute run/walk test, Harvard step test, Beep Test
Strength Test - Dip Strength test, 1 RM
Speed Test – 50 yds dash, shuttle run
Balance Test – Stork Stand test (static balance), Balance Backward test (dynamic balance)
Physical Fitness Test Batteries – Kraus Weber test, AAPHER youth fitness test
Motor Fitness and Ability Test Batteries – JCR test battery, Barrow Motor ability test

UNIT - III

3. Sports Skill Test

Basketball - Knox Basketball Test, Johnson Basketball Test
Badminton - French Short serve test, Badminton Smash Test
Football - Mor-Christian General Soccer ability test, MacDonald Soccer Test
Hockey - Chapman Ball Control Test, Henry Friedal Field Hockey Test
Tennis - Broier miller forehand and back hand drive test, Hewitt's service placement Test
Volleyball - Russell – Lange Volleyball test, Helmen Volleyball test

UNIT – IV

4. Test Administration

Classification of Test – Standardized and Teacher made tests – objective and subjective Tests
Administration of Test – Advance preparation – Duties during testing – Duties after testing.

UNIT - V

5. Evaluation

Types of Evaluation – Formative and Summative, Principles of evaluation
Basic methods of evaluation – observation, interview, tests and measurements – self evaluation, co-operative evaluation by pupils and teachers.

STUDY BOOK:

- 1 J. S. Bosco, Measurement and Evaluation in Physical Education, Fitness and Sports, Prontice-Hall, 1983
- 2 Prof. A.Yobu. Test, Measurement and Evaluation in Physical Education, Friends Publication, 2010.

STUDY REFERENCES

- 3 A. Mahaboobjan, Test, Measurement and Evaluation in Physical Education, Kalpaz Pub, 2010

SEMESTER-VI
CORE COURSE-15 (U19PE19)
PEDAGOGY OF SPORTS TRAINING

Credits:6

Max Marks: 100

Hours:4

UNIT - I

1. Introduction

Meaning and Definition – Pedagogy, Sports Training, Coaching, Conditioning
Aim and objectives of sports training
Principles of Sports Training.

UNIT - II

2. Training Methods and Load

Classification of training – Continuous, Fartlek, Interval, Circuit, Plyometric
Types of Training Load – Phase and means of Recovery
Features – Factors of Training Load – intensity, frequency, density.
Adaptation - Relationship between Load and Adaptation.
Over Load – meaning, causes and symptoms of over load.

UNIT - III

3. Training of Motor Qualities

Strength – types of strength, Means and methods to improve strength.
Speed – types of speed, methods of developing speed abilities
Endurance – types of endurance, Means and methods to improve endurance.
Flexibility – types of flexibility, Means and methods to improve flexibility.
Co-ordination – methods to improve coordination training.

UNIT - IV

4. Technical and Tactical Preparation

Definition – Skill, Technique, Tactic and Strategy
Process of skill learning
Technical Preparation – Aims, Stage of technical development.
Tactical preparation – Aims of tactics – methods of tactical development.

UNIT - V

5. Periodization

Planning – Principles of Planning, Types of Training plan- High attitude- Off season.
Periodization – Meaning, concepts of periods
Types of Periodization - preparatory period, competition period, and transitional period.
Preparation for competitions - cyclic process of training.

STUDY BOOK:

1. Joyce, David, High Performance Training for sports, Lewindon, Dan – 2014
2. T. R Baechle, Essential of Strength Training and Conditioning, Human Kinetics, 2008.

STUDY REFERENCES

3. Hardyal Singh. Science of Sports Training, ND: DAV Pub, 1993

SEMESTER-VI

MAJOR BASED ELECTIVE COURSE-16E (U19PE20E)

RECREATION AND CAMPING

Credits:5

Max Marks: 100

Hours:3

UNIT - I

1. Introduction to Recreation

Meaning and Definition of

Recreation. Scope and

Significance of Recreation.

Objectives of Recreation – Relationship between Work, Play and Leisure

UNIT – II

2. Influence of Recreation in other Institutions

Agencies providing recreation. (public, private,

voluntary) Rural, Urban community and Industrial

Recreation.

Special Education – Physically Challenged Recreational Activities.

UNIT - III

3. Leadership

Types of Recreational activities

Qualities and qualification of good leader – Types of leaders and their

roles Adventure Sports – Trekking, Hiking, and Rafting – Safety

measures

UNIT - IV

4. Introduction to Camping

Camping – Definition, Aims and

objectives Scope and Significance

of camping.

Types of camps, selection and layout of camp sites.

UNIT - V

5. Camping Administration and Organization

Organization and administration of camps (camp programme and

activities). Organization set-up in camping

Evaluation of camp work - Supervision

STUDY BOOK:

1. Denford, H.G. Recreation in the American community, Harper & Brothers Publishers, New York, 1953.

2. Butler GD. Introduction of Community Recreation McGraw – Hill Book Company, New York, 1949.

STUDY REFERENCES

3. Royappa, D.J., GovindRajulu, L.K. Camping and Education, Jupiter Press Private Ltd, Madras, 1973.

4. Rubin, R. Book of Camping, N.V. Assn Press, 1949.

5. Torkildsen, G. Leisure and recreation Management, E.& F.N. Span Ltd., New York, 1986.



BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI- 620 024
ENVIRONMENTAL STUDIES – U19ES

(Applicable to the candidates admitted from the Academic year 2019-20 onwards)

Unit: 1 The Multidisciplinary nature of environmental studies
Definition, scope and importance. (2 lectures)
Need for public awareness

Unit: 2 Natural Resources:
Renewable and non-renewable resources:
Natural resources and associated problems.

- a) Forest resources: use and over-exploitation, deforestation, case studies. Timber extraction, mining, dams and their effects on forests and tribal people.
 - b) Water resources: Use and over-utilization of surface and ground water, floods, drought, conflicts over water, dams benefits and problems.
 - c) Mineral resources: Use and exploitation, environmental effects of extracting and using mineral resources, case studies.
 - d) Food resources: World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer-pesticide problems, water logging, salinity, case studies.
 - e) Energy resources: Growing energy needs, renewable and non renewable energy sources, use of alternate energy sources. Case studies.
 - f) Land resources: Land as a resources, land degradation, man induced Landslides, soil erosion and desertification.
- Role of an individual in conservation of natural resources.
 - Equitable use of resources for sustainable lifestyles.

(8 lectures)

Unit: 3 Ecosystems

- Concept of an ecosystem.
- Structure and function of an ecosystem.
- Producers, consumers and decomposers
- Energy flow in the ecosystem
- Ecological succession.
- Food chains, food webs and ecological pyramids
- Introduction, types, characteristic features, structure and function of the following ecosystem:-

- a. Forest ecosystem
- b. Grassland ecosystem
- c. Desert ecosystem
- d. Aquatic ecosystems, (ponds, streams, lakes, rivers, oceans, estuaries)

(6 lectures)

Unit: 4 Biodiversity and its conservation

- Introduction – Definition : Genetic, species and ecosystem diversity
- Biogeographical classification of India
- Value of biodiversity : consumptive use, productive use, social, ethical, aesthetic and option values
- Biodiversity at global, National and local levels
- India as a mega-diversity nation
- Hot-spots of biodiversity
- Threats to biodiversity : habitat loss, poaching of wildlife, man-wildlife conflicts.
- Endangered and endemic species of India
- Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity.
- Biological Diversity Act 2002/ BD Rules, 2004

(8 lectures)

Unit: 5 Environmental Pollution

Definition

Causes, effects and control measures of :

- a. Air Pollution
 - b. Water Pollution
 - c. Soil Pollution
 - d. Marine Pollution
 - e. Noise pollution
 - f. Thermal Pollution
 - g. Nuclear hazards
- Solid waste Management: Causes, effects and control measures of urban and industrial wastes.
 - Role of an individual in prevention of pollution
 - Pollution case studies
 - Disaster management: floods, earthquake, cyclone and landslides.
 - Ill-Effects of Fireworks: Firework and Celebrations, Health Hazards, Types of Fire, Firework and Safety

(8 lectures)

Unit: 6 Social Issues and the Environment

- From Unsustainable to Sustainable development.
- Urban problems related to energy.
- Water conservation, rain water harvesting, watershed management.
- Resettlement and rehabilitation of people; its problems and concerns.

Case studies

- Environmental ethics: Issues and possible solutions.
- Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Case studies.
- Wasteland reclamation.
- Consumerism and waste products.
- Environment Protection Act.
- Air (Prevention and Control of Pollution) Act.
- Water (Prevention and Control of Pollution) Act.
- Wildlife Protection Act.
- Forest Conservation Act.
- Issues involved in enforcement of environmental legislation
- Public awareness.

(7 lectures)

Unit: 7 Human Population and the Environment

- Population growth, variation among nations.
- Population explosion – Family Welfare Programmes
- Environment and human health
- Human Rights - Value Education
- HIV/ AIDS - Women and Child Welfare
- Role of Information Technology in Environment and human health
- Case studies.

Unit: 8 Field Work

- Visit to a local area to document environmental assets-river / forest/ grassland/ hill / mountain

References:

1. Agarwal, K.C. 2001 Environmental Biology, Nidi Public Ltd Bikaner.
2. Bharucha Erach, The Biodiversity of India, Mapin Publishing Pvt ltd, Ahamedabad – 380013, India, E-mail: mapin@icenet.net(R)
3. Brunner R.C. 1989, Hazardous Waste Incineration, McGraw Hill Inc 480 p
4. Clark R.S. Marine Pollution, Clanderson Press Oxford (TB)
5. Cunningham, W.P.Cooper, T.H.Gorhani E & Hepworth, M.T. 2001.
6. De A.K. Environmental Chemistry, Wiley Eastern Ltd
7. Down to Earth, Centre for Science and Environment (R)
8. Gleick, H.P. 1993. Water in crisis, Pacific Institute for Studies in Dev., Environment & Security. Stockholm Env. Institute Oxford University, Press 473p.
9. Hawkins, R.E. Encyclopedia of India Natural History, Bombay Natural History Society, Bombay (R)
10. Heywood, V.H & Watson, R.T. 1995. Global Biodiversity Assessment. Cambridge University Press 1140 p.
11. Jadhav, H & Bhosale, V.M. 1995. Environmental Protection and Laws Himalaya Pub. House, Delhi 284 p.
12. Mckinney, M.L. & Schoch R.M. 1996. Environmental Science systems & Solutions, Web enhanced edition 639 p.
13. Mhaskar A.K. Matter Hazardous, Techno-Science Publications (TB)
14. Miller T.G. Jr. Environmental Science, Wadsworth Publishing Co. (TB)
15. Odum, E.P. 1971 Fundamentals of Ecology. W.B. Saunders Co. USA. 574 p
16. Rao MN & Datta, A.K. 1987 Waste Water treatment, Oxford & IBH Publication Co. Pvt Ltd 345 p.
17. Sharma B.K. 2001 Environmental chemistry Goel Publ House, Meerut.
18. Survey of the Environment, The Hindu (M).
19. Townsend C. Harper, J and Michael Begon, Essentials of Ecology, Blackwell science (TB)
20. Trivedi R.K. Handbook of Environmental Laws, Rules, Guidelines, Compliances and Standards, Vol. I and II, Enviro Media (R).
21. Trivedi R.K. and P.K. Goel, Introduction to air pollution, Techno-Science Publications (TB).
22. Wagner K.D. 1998 Environmental Management. W.B. Saunders Co. Philadelphia USA 499 p
(M) Magazine (R) Reference (TB) Textbook
23. <http://nbaindia.org/uploaded/Biodiversityindia/Legal/33%20Biological%20Diversity%20Rules,%202004.pdf>.

SEMESTER – II

COURSE CODE: U19SBE1

HOURS: 2

CREDITS: 2

OFFICE AUTOMATION

UNIT I:

MS- Word- Introduction to Computers - Hardware - Software, Operating System: Windows XP -MS-Paint, Notepad, WordPad, Introduction to MS-Word, Creating, Editing and Formatting Document - Working with Drawing objects - Text Manipulation

UNIT II:

Working with Tables – Columns – Labels - Plotting, editing and Filling drawing objects - Bookmark – Header & Footer - Checking and Correcting a document - Creating Labels – Envelops – Mail Merge – Formatted output and Report generation Printing Documents, Working with Internet.

UNIT III:

Ms – Excel - Ms – Excel: Introduction – Data Entry – Cell Formatting - Plotting Graphs – Workbook Features – Library Functions

UNIT IV:

Conditional Functions and Data Sorting – Limit the data on a worksheet - Data Validation –Data consolidation - Chart creation - Checking and Correcting Data - Tracking and Managing Changes- Advanced Features

UNIT V:

MS – PowerPoint- Introduction - Creating, Editing and Formatting Presentation – Applying Transition and Animation Effects - Applying Design Templates - Viewing and Setting up a Slide Show - Navigating among Different Views - Ms Outlook: Introduction to Folder List – Address Book.

TEXTBOOKS

1. Jill Murphy, Microsoft Office Word- Comprehensive Course, Labyrinth Publications, 2003.
2. McGraw-Hill/Irwin-Deborah Hinkle, Microsoft Office 2003 PowerPoint: A Professional Approach, Comprehensive w/ Student CD, New Delhi, 2003.
3. Nellai Kannan, C., MS-Office, Nels Publications, Tamil Nadu, 2002.

SEMESTER – III

COURSE CODE: U19SBE2

HOURS: 2

CREDITS: 2

DESKTOP PUBLISHING

UNIT I:

Photoshop Tools : Move, Type, Marquee, Lasso, Crop, Shapes, Healing, Brush, Patch, Cloning Stamp, Eraser, Gradient, Blur, Smudge, Dodge, Pen, Eye Dropper, Patch selection and Zoom tool.

Layer: New layer, Layer set, Duplicate layer, Rasterize and Merge down

Layer Styles: Drop shadow, inner shadow, outer glow & inner glow, Bevel and Emboss, Gradient overlay, Stroke. Text formatting

UNIT II:

File: Save, File formats, Page set up.

Edit: Check spelling, Copy merged, Fill, Transform, Define pattern.

Image: Motion blur, Twirl, lens flare, Glowing edges, lighting effects, solarize, water paper, Stained glass, Mosaic Tiles.

Window: Character and Paragraph settings.

COREL DRAW:

UNIT III:

Drawing Tools: Pick, Shape, Knife, eraser, Smudge, Roughen brush, free transform, Zoom ,hand, Free hand, Bezier, Artistic, Pen, Poly line, Point, Interactive connective, Spiral tool.

Colour Tool: Paint Bucket Tool, Eye Dropper, Fill Tools. Fill Options, Stroke Options.

UNIT IV:

Special Effects: 3D effects, Add perspective, Blend, Contour, Artistic media, lens, and Power clip.

Shaping Options: Weld, trim, Intersect.

Text Effects: Format text, bullet, and fit text to path, align and straighten, spell check.

File Menu: Save, Save as, Import, Page set Up.

PAGE MAKER:

UNIT V:

Page Maker Tools: Pointer, Rotate, Line, Rectangle, Ellipse, Polygon, Hand, Text, Crop, Rectangle frame tools.

Text layout, Style and Objects: Alignments, Styles, fill, frame options, Stroke, Group, Lock, unlock, mask, polygon settings character and paragraph settings.

Text Editing: Edit story: Undo, Redo, Cut, Copy, Paste, paste Special, Spelling check and Find.

File: Page set up, save, Save as.

TEXTBOOKS

1. CorelDraw IN Simple Steps – Shalini Gupta Corel DRAW Bible - DEBORAH MILLER
2. Teach Yourself Adobe Photoshop – Rose Carla Adobe Photoshop Cs Classroom in a Book by Adobe Press.
3. Using Microsoft Word - Asmita Bhatt Pagemaker In Easy Steps - Scott Basham Ctoa Material By Genesis.

SEMESTER – III

COURSE CODE: U19SBE3P

HOURS: 2

CREDITS: 2

OFFICE AUTOMATION & DESKTOP PUBLISHING LAB

UNIT I:

Office Automation

1. MS – Word: Text Formatting, Mail Merge
2. Ms – Excel: Implement the Statistical & Mathematical Function
(Using Min ,Max, Median, Average, Standard Deviation, Correlation, Logical ‘if’ Condition) for the given data.

Prepare a Chart for a given Data using Pie diagram / Histogram

UNIT II:

Photoshop

3. Design a College Brochure / Birthday Card.
4. Cropping, rotating and Overlapping the image.
5. Create a single image from Multiple image.
6. Creating an image with multilayer’s.

UNIT III:

Corel Draw

7. Design a Visiting Card \ Greeting Card using Draw & Text tools.
8. Create a logo for a Company \ College.

UNIT IV:

Page Maker

9. Type and format a letter using text tool.
10. Prepare a Invitation for College Day /Sports Day.

PART – IV: VALUE EDUCATION - U19VE

HOURS: 2

CREDITS: 2

Learning Objectives

This subject deals with the

- Philosophy of life
- Individual qualities
- social values
- Mind culture
- Personal health.

UNIT I:

PHILOSOPHY OF LIFE Human Life on Earth (Kural 629), Purpose of Life (Kural 46) Meaning and Philosophy of Life(Kural 131, 226) The Law of Nature (Kural 374) Glorifying All form of Life in this Universe (Kural 322, 327) – Protecting Nature /Universe (Kural 16, 20, 1038)

UNIT II:

INDIVIDUAL QUALITIES Basic Culture (Kural 72, 431) Thought Analysis (Kural 282, 467, 666) Regulating desire (Kural 367), Guarding against anger (Kural 158, 305, 306, 314), To get rid of Anxiety (Kural 629), The Rewards of Blessing (Kural 3), Benevolence of Friendship (Kural 786), Love and Charity (Kural 76), Self – tranquility/Peace (Kural 318)

UNIT III:

SOCIAL VALUES (INDIVIDUAL AND SOCIAL WELFARE) Family (Kural 45), Peace in Family (Kural 1025), Society (Kural 446), The Law of Life (Kural 952), Brotherhood (Kural 807) , The Pride of Womanhood (Kural 56) Five responsibilities/duties of Man : a) to himself, b) to his family, c) to his environment, d) to his society, e) to the Universe in his lives (Kural 43, 981), Thriftness (Thrift)/Economics (Kural 754), Health (Kural 298), Education (Kural 400), Governance (Kural 691), People’s responsibility/ duties of the community (Kural 37), World peace (Kural 572)

UNIT IV:

MIND CULTURE Mind Culture (Kural 457) Life and Mind - Bio - magnetism, Universal Magnetism (God – Realization and Self Realization) - Genetic Centre – Thought Action – Short term Memory – Expansiveness – Thought – Waves, Channelising the Mind, Stages - Meditation (Kural 261, 266, 270), Spiritual Value (Kural 423)

UNIT V:

TENDING PERSONAL HEALTH Structure of the body, the three forces of the body, life body relation, natural causes and unnatural causes for diseases (Kural 941), Methods in Curing diseases (Kural 948, 949) The Five units, simple physical exercises.

LEARNING OUTCOMES:

On successful completion of the course, the students should have acquired knowledge over

- Philosophy of life
- Individual qualities
- social values
- Mind culture
- Personal health

TEXTBOOKS

1. Philosophy of Universal Magnetism (Bio-magnetism, Universal Magnetism) The World Community Service Centre Vethatri Publications (for Unit IV)
2. Pope, G.U., Dr. Rev., Thirukkural with English Translation, Uma Publication, 156, Serfoji Nagar, Medical College Road, Thanjavur 613004 (for All Units)
3. Value Education for Health, Happiness and Harmony, The World Community Service Centre Vethatri Publications (for All Units)

PART – IV: SOFT SKILLS - U19SS

HOURS: 2

CREDITS: 2

Learning Objectives

This subject deals with knowledge of understanding

- Interpersonal skills
- Communicative skills
- Corporate skills
- Resume Writing.

LEARNING OUTCOMES:

On successful completion of the course, the students should have acquired knowledge over

- Interpersonal skills
- Communicative skills
- Corporate skills
- Resume Writing.

UNIT I:

Know Thyself / Understanding Self Introduction to soft skills self discovery – Developing positive attitude – Improving perceptions – Forming values.

UNIT II:

Interpersonal Skills/ Understanding Others Developing interpersonal relationship –Team building – group dynamics –Net working- Improved work relationship

UNIT III:

Communication Skills/ Communication with others Art of Listening –Art of reading –Art of speaking – Art of writing –Art of writing emails-e mail etiquette

UNIT IV:

Corporate Skills/ Working with Others Developing body language –Practising etiquette and mannerism – Time management – Stress management.

UNIT V:

Selling Self/ Job Hunting Writing resume /cv-interview skills – Group discussion –Mock interview Mock GD –Goal setting –Career planning

TEXT BOOKS

1. Meena. K and V.Ayothi (2013) A Book on Development of Soft Skills (Soft Skills: A Road Map to Success) P.R. Publishers & Distributors, No, B-20 &21, V.M.M Complex, Chatiram Bus Stand, Tiruchirapalli -620 002. (Phone No: 0431-2702824; Mobile No: 94433 70597, 98430 7442) Alex K. (2012)
2. Soft Skills – Know Yourself & Know the World, S.Chand & Company LTD, Ram Nagar, New Delhi - 110 055. Mobile No: 94425 14814(Dr.K.Alex)

REFERENCE BOOKS

1. Developing the leader within you John C Maxwell
2. Good to Great by Jim Collins
3. The Seven habits of highly effective people Stephen Covey
4. Emotional Intelligence Daniel Goleman
5. You can Win Shive Khera

Principle centred leadership Stephen Covey

SEMESTER – VI

COURSE CODE: U19GS

PART – V: GENDER STUDIES

HOURS: 1

CREDITS: 1

Learning Objectives

This subject deals with

- Concept of gender,
- Women's Studies vs Gender Studies,
- Areas of Gender Discrimination,
- Women development and Gender Empowerment

LEARNING OUTCOMES:

On successful completion of the course, the students should have acquired knowledge over

- Concept of gender Women's Studies vs Gender Studies Areas of Gender Discrimination
- Women development and Gender Empowerment

UNIT I:

Concepts of Gender: Sex-Gender-Biological Determinism- Patriarchy- Feminism -Gender Discrimination - Gender Division of Labour -Gender Stereotyping-Gender Sensitivity - Gender Equity —Equality-Gender Mainstreaming Empowerment

UNIT II:

Women's Studies Vs Gender Studies: UGC's Guidelines - VII to XI Plans- Gender Studies: Beijing Conference and CEDAW-Exclusiveness and Inclusiveness.

UNIT III:

Areas of Gender Discrimination: Family Sex Ratio-Literacy -Health -Governance Religion Work Vs Employment-Market - Media - Politics Law Domestic Violence — Sexual Harassment — State Policies and Planning

UNIT IV:

Women Development and Gender Empowerment: Initiatives International Women's Decade - International Women's Year - National Policy for Empowerment of Women - Women Empowerment Year 2001- Mainstreaming Global Policies.

UNIT V:

Women's Movements and Safeguarding Mechanism:— In India National / State Commission for Women (NCW) - All Women Police Station Family Court- Domestic Violence Act - Prevention of Sexual Harassment at Work Place Supreme Court Guidelines - Maternity Benefit Act - PNDT Act - Hindu Succession Act 2003 Eve Teasing Prevention Act - Self Help Groups 73 and 74 Amendment for PRIS.

TEXTBOOKS

1. Bhasin Kamala, Understanding Gender: Gender Basics, New Delhi: Women Unlimited 2004
2. Bhasin Kamala, Exploring Masculinity: Gender Basics, New Delhi: Women Unlimited, 2004
3. Bhasin Kamala, What is Patriarchy? : Gender Basics, New Delhi: Women Unlimited, 1993
4. Pernau Margrit Ahmad Imtiaz, Reifeld Hermut (ed.,) Family and Gender: Changing Values in Germany and India, New Delhi: Sage Publications, 2003
5. Agarwal Bina, Humphries Jane and Robeyns Ingrid (ed.,)
6. Capabilities, Freedom, and Equality: Amartya Sen's Work from a Gender Perspective, New Delhi: Oxford University Press, 2006

7. Rajadurai.S.V, Geetha.V, Themes in Caste Gender and Religion, Tiruchirappalli: Bharathidasan University, 2007 Misra Geetanjali, Chandiramani Radhika (ed.,)
8. Sexuality, Gender and Rights: Exploring Theory and Practice in South and Southeast Asia, New Delhi: Sage Publication, 2005 Rao Anupama (ed.,)
9. Gender &Caste: Issues in Contemporary Indian Feminism, New Delhi: Kali for Women, 2003
10. Saha Chandana, Gender Equity and Gender Equality: Study of Girl Child in Rajasthan, Jaipur: Rawat Publications, 2003
11. Krishna Sumi,(ed.,) Livelihood and Gender Equity in Community Resource Management New Delhi: Sage Publication, 2004
12. Wharton .S Amy, The Sociology of Gender: An Introduction to Theory and Research, USA: Blackwell Publishing, 2005.
13. Mohanty Manoranjan (ed.,) Class, Caste, Gender: Readings in Indian Government and Politics- 5, New Delhi: Sage Publications, 2004.
14. Arya Sadhna, Women, Gender Equality and the State, New Delhi: Deep & Deep Publications, 2000.