



**B.Sc. Physical Education, Health Education and Sports –
Course Structure under CBCS**

(Applicable to the candidates admitted from the academic year 2016-2017 onwards)

(NAAN MUDHALVAN SCHEME was Implemented in 6th semester alone for 2020-21 Batch)

Sem	Part	Course	Title	Ins. Hrs	Credit	Exam. Hours	Marks		Total
							Int.	Ext.	
I	I	Language Course – I (LC) – Tamil*/Other Languages + #		6	3	3	25	75	100
	II	English Language Course - I (ELC)	Communicative English I	6	3	3	25	75	100
	III	Core Course – I (CC)	Foundation of Physical Education and Sports	6	6	3	25	75	100
		Core Practical – I (CP)	Major Games I & II (Major Games-I: Basketball, Badminton and Kabaddi)	3	-	-	-	-	-
		First Allied Course –I (AC)	Anatomy and Physiology	4	4	3	25	75	100
		First Allied Course – II (AP)	Yoga and indigenous activities I & II (Yoga and indigenous activities-I: Yoga)	3	---	---	---	---	---
		Add on Course – I ##	Professional English I	6	4	3	25	75	100
	IV	Value Education		2	2	3	25	75	100
	TOTAL			30	22				600
II	I	Language Course – II (LC) - Tamil*/Other Languages + #		6	3	3	25	75	100
	II	English Language Course – II (ELC)	Communicative English II	6	3	3	25	75	100
	III	Core Course – II(CC)	Health Education and First Aid	6	6	3	25	75	100
		Core Practical – I (CP)	Major Games I & II (Major Games – II: Volleyball, Table Tennis and Kho-Kho)	3	3	3	40	60	100
		First Allied Course – II (AP)	Yoga and indigenous activities I & II (Yoga and indigenous activities-II: Dands, Baithaks, Lezium & Minor games)	3	3	3	40	60	100
		First Allied Course – III (AC)	Yoga Education	4	2	3	25	75	100
		Add on Course – II ##	Professional English II	6	4	3	25	75	100
	IV	Environmental Studies		2	2	3	25	75	100
	TOTAL			30	26				800
III	I	Language Course – III (LC) Tamil*/Other Languages + #		6	3	3	25	75	100
	II	English Language Course - III (ELC)		6	3	3	25	75	100
	III	Core Course – III (CC)	Exercise Physiology	6	6	3	25	75	100
		Core Practical – II (CP)	Major Games III & IV (Major Games – III Hockey, Handball and Cricket)	3	-	-	-	-	-
		Second Allied Course – I (AC)	Sports Management	4	4	3	25	75	100
		Second Allied Course – II (AP)	Mass Demonstration activities I & II (Mass Demonstration activities-I: Marching & Callisthenics)	3	---	---	---	---	---
	IV	Non Major Elective I – for those who studied Tamil under Part I a) Basic Tamil for other language students b) Special Tamil for those who studied Tamil upto 10th +2 but opt for other languages in degree programme	@	2	2	3	25	75	100
	TOTAL			30	18				500

IV	I	Language Course –IV (LC) Tamil*/Other Languages + #		6	3	3	25	75	100
	II	English Language Course – IV (ELC)		6	3	3	25	75	100
	III	Core Course – IV (CC)	Sports Psychology and Sociology	5	5	3	25	75	100
		Core Practical – II (CP)	Major Games – III & IV (Major Games – IV: Tennis, Ball Badminton and Football)	3	3	3	40	60	100
		Second Allied Practical–II (AP)	Mass Demonstration activities I & II (Mass Demonstration activities-II: Light Apparatus & aerobics)	3	3	3	40	60	100
		Second Allied Course – III (AC)	Computer Education	3	2	3	25	75	100
	IV	Non Major Elective II – for those who studied Tamil under Part I a) Basic Tamil for other language students b) Special Tamil for those who studied Tamil upto 10 th +2 but opt for other languages in degree programme	@	2	2	3	25	75	100
		Skill Based Elective I		2	2	3	25	75	100
	TOTAL			30	23				800
V	III	Core Course – V (CC)	Kinesiology and Biomechanics	5	5	3	25	75	100
		Core Course – VI (CC)	Science of Sports Training	5	5	3	25	75	100
		Core Course – VII (CC)	Theories of Games	5	5	3	25	75	100
		Core Practical – III (CP)	Athletics - Track Events	4	3	3	40	60	100
		Major Based Elective – I	Research and Basic Statistics / Nutritional care	5	5	3	25	75	100
	IV	Skill Based Elective – II		2	2	3	25	75	100
		Skill Based Elective – III		2	2	3	25	75	100
		Soft Skills Development		2	2	3	25	75	100
	TOTAL			30	29				800
VI	III	Core Course – VIII (CC)	Test and Measurement in Physical Education	6	6	3	25	75	100
		Core Course – IX (CC)	Theories of Track and Field	6	6	3	25	75	100
		Core Practical – IV (CP)	Athletics - Field Events	5	4	3	40	60	100
		Major Based Elective–II	Fitness and Wellness / Recreation and Camping	6	6	3	25	75	100
		Major Based Elective–III	Modern Trends in Physical Education / Olympic movement	6	6	3	25	75	100
	V	Extension Activities **		-	1	-	-	-	-
		Gender Studies		1	1	3	25	75	100
	VI	Naan Mudhalvan Scheme (NMS) @@	Naandi / Unnati / Quest / IBM Skills Build	-	-	-	-	-	-
	TOTAL			30	30				600
	GRAND TOTAL			180	148				4100

Language Part – I	-	4
English Part –II	-	4
Core Paper	-	9
Core Practical	-	4
Add-on Course	-	2
Allied Paper	-	4
Allied Practical	-	2
Non-Major Elective	-	2
Skill Based Elective	-	3
Major Based Elective	-	3
Environmental Studies	-	1
Value Education	-	1
Soft Skill Development	-	1
Gender Studies	-	1
Extension Activities	-	1 (Credit only)
Naan Mudhalvan Scheme	-	1 (No Credits)

* For those who studied Tamil upto 10th +2 (Regular Stream).

+ Syllabus for other Languages should be on par with Tamil at degree level.

Those who studied Tamil upto 10th +2 but opt for other languages in degree level under Part- I should study special Tamil in Part – IV.

The Professional English – Four Streams Course is offered in the 1st and 2nd Semester in all UG Courses. It will be taught apart from the Existing hours of teaching / additional hours of teaching (1 hour /day) as a 4 credit paper as an add on course on par with Major Paper and completion of the paper is must to continue his / her studies further. The Extra 6 hrs / cycle will be utilized for the Add on Professional English Course. (As per G.O. No. 76, Higher Education (K2) Department dated: 18.07.2020).

@ NCC Course is one of the Choices in Non-Major Elective Course. Only the NCC cadets are eligible to choose this course. However, NCC Course is not a Compulsory Course for the NCC Cadets.

** Extension Activities shall be outside instruction hours.

@@ Naan Mudhalvan Scheme as per Government instruction.

Non Major Elective I & II – for those who studied Tamil under Part I.

a) Basic Tamil I & II for other language students

b) Special Tamil I & II for those who studied Tamil upto 10th or +2 but opt for other languages in degree programme.

Note:

	Internal Marks	External Marks
1. Theory	25	75
2. Practical	40	60
3. Separate passing minimum is prescribed for Internal and External marks		

FOR THEORY

The passing minimum for CIA shall be 40% out of 25 marks [i.e. 10 marks]

The passing minimum for University Examinations shall be 40% out of 75 marks [i.e. 30 marks]

FOR PRACTICAL

The passing minimum for CIA shall be 40% out of 40 marks [i.e. 16 marks]

The passing minimum for University Examinations shall be 40% out of 60 marks [i.e. 24 marks]
