

**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 from 4<sup>th</sup> onwards for 2021-22 Batch)

Sem	Part	Course	Title	Ins. Hrs	Credit	Exam. Hours	Marks		Total
							Int.	Ext.	
<b>I</b>	I	Language Course – I (LC) – Tamil*/Other Languages + #		6	3	3	25	75	100
	II	English Language Course - I (ELC)		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
<b>TOTAL</b>				<b>30</b>	<b>22</b>				<b>600</b>
<b>II</b>	I	Language Course – II (LC) - Tamil*/Other Languages + #		6	3	3	25	75	100
	II	English Language Course – II (ELC)		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)	<b>Major Games I &amp; II</b> (Major Games – II: Volleyball, Table Tennis and Kho-Kho)	3	3	3	40	60	100
		First Allied Course – II (AP)	<b>Yoga and indigenous activities I &amp; II</b> (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
<b>TOTAL</b>				<b>30</b>	<b>26</b>				<b>800</b>

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 <sup>th</sup> +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
	VI	Naan Mudhalvan Scheme (NMS) @@	Digital Skills for Employability	-	2	3	25	75	100
	TOTAL			30	25				900

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
	VI	Naan Mudhalvan Scheme (NMS) @@	Marketing and Design Tools	-	2	-	25	75	100
	<b>TOTAL</b>			<b>30</b>	<b>31</b>				<b>900</b>
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) @@	Innovative & Creative Skills for Employability	-	2	-	25	75	100
	<b>TOTAL</b>			<b>30</b>	<b>32</b>				<b>700</b>
	<b>GRAND TOTAL</b>			<b>180</b>	<b>154</b>				<b>4400</b>

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	-	3	

\* For those who studied Tamil upto 10<sup>th</sup> +2 (Regular Stream).

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

# Those who studied Tamil upto 10<sup>th</sup> +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 1<sup>st</sup> and 2<sup>nd</sup> 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 10<sup>th</sup> 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].

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