BHARATHIDASAN UNIVERSITY



B.Sc. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

CHOICE BASED CREDIT SYSTEM -

LEARNING OUTCOMES BASED CURRICULUM FRAMEWORK (CBCS - LOCF)

(Applicable to the candidates admitted from the academic year 2022-2023 onwards)

(Naan Mudhalvan scheme has been implemented from 2nd to 4th semester for the 2023-2024 Batch)

Sem.	Part	Course	Title	Ins. Hrs	Credi		xam Marks ours Int. Ext.		Total
	Ι	Language Course – I Tamil \$ / Other Languages + #		6	3	3	25	75	100
	II	English Course - I		6	3	3	25	75	100
		Core Course – I (CC)	History and Foundations of Physical Education	5	5	3	25	75	100
Ι	III	Core Practical – I (CP)	Major Games-I (Ball Badminton, Kabaddi & Kho-Kho)	4	4	3	40	60	100
		First Allied Course – I (AC)	Anatomy and Physiology	4	4	3	25	75	100
		First Allied Practical (AP)	Yoga & Indigenous Activities I & II (Yoga & Indigenous Activities I: Yoga)	3	-	-	-	-	-
	IV	Value Education		2	2	3	25	75	100
	TOTAL					-	-	-	600
	Ι	Language Course - II Tamil \$ / Other Languages + #		6	3	3	25	75	100
	II	English Course - II		4	3	3	25	75	100
		Core Course – II (CC)	Exercise Physiology	5	5	3	25	75	100
		Core Practical – II (CP)	Major Games-II(Basketball, Handball & Volleyball)	4	4	3	40	60	100
II	III	First Allied Practical (AP)	Yoga & Indigenous Activities I & II (Yoga & Indigenous Activities II: Dands, Baithaks, Lezium & Minor Games)	3	2	3	40	60	100
		First Allied Course – II (AC)	Computer Applications	4	4	3	25	75	100
		Add on Course – I ##	Professional English – I	6*	4	3	25	75	100
	IV	Environmental Studies		2	2	3	25	75	100
	VI	Naan Mudhalvan Scheme (NMS) @@	Language Proficiency for Employability - Overview of English Language Communication	2	2	3	25	75	100
		ΤΟΤΑ	AL	30	29	-	-	-	900

Immit S/ Other Languages + # II English Course - III (CC) Sports Training 5 5 3 25 75 100 Core Course - III (CC) Sports Training 5 5 3 25 75 100 Core Course - II (CC) Sports Psychology 4 4 3 25 75 100 Second Allied Course - I (AC) Sports Psychology 4 4 3 25 75 100 Mass Demonstration Activities 1 & toose an on-major elective course offered by other departments. Those who o not choose Tamil in language was not studied in school level or 3 2 2 3 25 75 100 VI Naam Mudhalvan Scheme (NMS) @@ Digital Skills for Employability - Microsoft Digital Skills 2 3 25 75 100 II Mark hoces either a Basic Tamil if Tamil language was studied upto 10 th & 412 th std. VI Naam Mudhalvan Scheme (NMS) @@ Digital Skills for Employability - Microsoft Digital Skills 2 3 25 75 100 <th -<="" course="" language="" th="" tother=""><th></th><th>Ι</th><th>Language Course – III</th><th></th><th>6</th><th>3</th><th>3</th><th>25</th><th>75</th><th>100</th></th>	<th></th> <th>Ι</th> <th>Language Course – III</th> <th></th> <th>6</th> <th>3</th> <th>3</th> <th>25</th> <th>75</th> <th>100</th>		Ι	Language Course – III		6	3	3	25	75	100
Image: Core Course - III (CC) Sports Training 5 5 3 25 75 100 Core Practical - III (CC) Major Games-III (Badminton, Table Tennis and Tennis) 4 4 3 40 60 100 Second Allied Course - I (AC) Sports Psychology 4 4 3 25 75 100 Mass Demonstration Activities I & Tennis and Tennis) 4 4 3 25 75 100 Add on Course - II ## Professional English - II 6* 4 3 25 75 100 Non-Major Elective (@ - Those who choose Tamil in Part I must choose either a choose at the partnents. Those who do not choose Tamil in school level or 6* 4 3 25 75 100 IV Nam Mudhalvan Scheme Digital Skills for Employability - 2 2 3 25 75 100 II Language was subdied upto 10 ⁶ 4 3 25 75 100 VI Naam Mudhalvan Scheme Digital Skills for Employability - 2 2 3 25 75	III				-						
$ III = \begin{bmatrix} Core Practical - III (CP) & Major Games-III (Badminton, 4 4 4 3 40 60 100 \\ Table Termis and Termis) & 4 4 4 3 25 75 100 \\ Mass Demonstration Activities 1 & 3 & - & - & - & - \\ Second Allied Practical (AP) & Mass Demonstration Activities 3 & - & - & - & - & - \\ Add on Course - II ## Professional English - II & 6* 4 3 25 75 100 \\ Mass Demonstration Activities 1 & - & - & - & - & - & - & - \\ Add on Course - II ## Professional English - II & 6* 4 3 25 75 100 \\ Moose a non-major elective course offered by other departments. Those who do not choose Tamil I and I can those a non-major elective course offered by the choose a studied in school level or - Microsoft Digital Skills for Employability - I & - & - & - & - & - & - & - & - & -$		11		Sports Trojajo 2		-					
Lore Practical - III (CF) Table Tennis and Tennis) 4 4 3 40 60 100 III Second Allied Course - I (AC) Sports Psychology 4 4 3 25 75 100 Mass Demonstration Activities 1 & Second Allied Practical (AP) Mass Demonstration Activities 3 -				· · · · ·		3					
III C Mass Demonstration Activities I & It (Mass Demonstration Activities I & I: Marching, Callishenics) I I I III Add on Course – II ## Professional English - II 6* 4 3 25 75 100 III Non-Major Elective 1(@: Those who choose Tamil in Part I can choose a non-major elective course of Freed by other departments. Those who do not choose Tamil in Part I must choose chain anguage was studied in school level or 2 2 3 25 75 100 VI Nam Mudhalvan Scheme (NRS) @@ Digital Skills for Employability - Microsoft Digital Skills - 2 3 25 75 100 VI Naan Mudhalvan Scheme (NRS) @@ Digital Skills for Employability - Microsoft Digital Skills - 2 3 25 75 100 II English Course - IV (NMS) @@ ToTAL 30 27 - - - 800 II English Course - IV (NMS) @@ Total 30 27 - - 800 II English Course - IV (CC) Test and Measurement in Physical Fdatation 5 5				Table Tennis and Tennis)							
		III	Second Allied Course – I (AC)	· · · ·	4	4	3	25	75	100	
$\begin{tabular}{ c c c c c c c c c c c c c c c c c c c$			Second Allied Practical (AP)	II (Mass Demonstration Activities	3	-	-	-	-	-	
$\begin{array}{ c c c c c c c c c c c c c c c c c c c$			Add on Course – II ##		6*	4	3	25	75	100	
$ \frac{ V }{ V } (NMS) @@ -Microsoft Digital Skills 2 3 25 75 100 \\ \hline TOTAL 30 27 800 \\ \hline ToTAL 30 27 800 \\ \hline Tamil $ / Other Languages + # 6 3 3 25 75 100 \\ \hline I English Course - IV 6 6 3 3 25 75 100 \\ \hline I English Course - IV 7 6 6 3 3 25 75 100 \\ \hline Core Course - IV (CC) 7 \\ \hline Core Course - IV (CC) 7 \\ \hline Core Practical - IV (CP) 7 \\ \hline Cototall and Hockey 7 4 4 4 3 40 60 100 \\ \hline Core Practical - IV (CP) 7 \\ \hline Cototall and Hockey 7 4 4 4 3 40 60 100 \\ \hline Core Allied Practical (AP) 7 \\ \hline Second Allied Practical (AP) 7 \\ \hline Second Allied Course - II (AC) 7 \\ \hline Health Education and First Aid 4 4 3 25 75 100 \\ \hline Second Allied Course - II (AC) 7 \\ \hline Health Education and First Aid 4 4 3 25 75 100 \\ \hline Second Allied Course - II (AC) 7 \\ \hline Health Education and First Aid 4 4 3 25 75 100 \\ \hline Second Allied Course - II (AC) 7 \\ \hline Second Allied Course $		IV	 who choose Tamil in Part I can choose a non-major elective course offered by other departments. Those who do not choose Tamil in Part I must choose either a) Basic Tamil if Tamil language was not studied in school level or b) Special Tamil if Tamil language was studied upto 10th 		2	2	3	25	75	100	
$\begin{tabular}{ c c c c c c c c c c c c c c c c c c c$		VI	(NMS) @@	– Microsoft Digital Skills	-		3	25	75		
$ \begin{bmatrix} 1 & Tamil $\frac{1}{5}$ / Other Languages + # \\ \hline 10 & 5 & 5 & 3 & 23 & 73 & 100 \\ \hline 11 & English Course - IV \\ \hline 11 & English Course - IV (CC) \\ \hline 11 & Education \\ \hline 11 & Core Course - IV (CC) \\ \hline 11 & Education \\ \hline 11 & Core Practical - IV (CP) \\ \hline 11 & Core Practical - IV (CP) \\ \hline 11 & Major Games-IV (Cricket, Football and Hockey) \\ \hline 11 & Mass Demonstration Activities I \\ Second Allied Practical (AP) \\ \hline 11 & Mass Demonstration Activities I \\ Second Allied Course - II (AC) \\ \hline 11 & Mass Demonstration Activities I \\ Second Allied Course - II (AC) \\ \hline 11 & Mass Demonstration Activities I \\ Second Allied Course - II (AC) \\ \hline 11 & Mass Demonstration \\ \hline 11 & Mass Demonstration \\ \hline 11 & Mass Demonstration \\ \hline 12 & Mass Demonstration \\ \hline 13 & 2 & 3 & 40 & 60 \\ \hline 100 & Activities II: Light Apparatus, \\ Acrobics & Gymmatics) \\ \hline 10 & Non-Major Elective II @ - Those \\ \hline 10 & Non-Major Elec$							-	-	-	800	
$\begin{tabular}{ c c c c c c c c c c c c c c c c c c c$		Ι	Tamil \$ / Other Languages + #		6	3	3			100	
$III = \begin{bmatrix} Core Course - IV (CC) & Education & S & S & S & S & S & S & S & S & S & $		II	English Course – IV		6	3	3	25	75	100	
IIICore Practical - IV (CP)Football and Hockey)44454060100IIISecond Allied Practical (AP)Mass Demonstration Activities I & II (Mass Demonstration Activities II: Light Apparatus, Aerobics & Gymnastics)3234060100IVSecond Allied Course - II (AC)Health Education and First Aid4432575100IVNon-Major Elective II @ - Those who choose Tamil in Part I can choose a non-major elective course offered by other departments. Those who do not choose Tamil in Part I must choose either a) Basic Tamil if Tamil language was not studied in school level or b) Special Tamil if Tamil language was studied upto 10 th & 12 th std.2232575100VINaan Mudhalvan Scheme (NMS) @@Digital Marketing-232575100			Core Course - IV (CC)	•	5	5	3	25	75	100	
IVSecond Allied Practical (AP)& II (Mass Demonstration Activities II: Light Apparatus, Aerobics & Gymnastics)3234060100IVSecond Allied Course - II (AC)Health Education and First Aid4432575100IVNon-Major Elective II @ - Those who choose Tamil in Part I can choose a non-major elective course offered by other departments. Those who do not choose Tamil in Part I must choose either a)Basic Tamil if Tamil language was not studied in school level or b)2232575100IVNaan Mudhalvan Scheme (NMS) @@Digital Marketing-232575100			Core Practical - IV (CP)		4	4	3	40	60	100	
Second Allied Course – II (AC)Health Education and First Aid4432575100IVNon-Major Elective II @ - Those who choose Tamil in Part I can choose a non-major elective course offered by other departments. Those who do not choose Tamil in Part I must choose either a) Basic Tamil if Tamil language was not studied in school level or b) Special Tamil if Tamil 		III	Second Allied Practical (AP)	& II (Mass Demonstration Activities II: Light Apparatus,	3	2	3	40	60	100	
IVwho choose Tamil in Part I can choose a non-major elective course offered by other departments. Those who do not choose Tamil 					4	4	3	25	75	100	
$\begin{array}{ c c c c c c c c c c c c c c c c c c c$	IV	IV	 who choose Tamil in Part I can choose a non-major elective course offered by other departments. Those who do not choose Tamil in Part I must choose either a) Basic Tamil if Tamil language was not studied in school level or b) Special Tamil if Tamil language was studied upto 10th & 12th std. 		2	2	3	25	75	100	
		VI		Digital Marketing	-	2	3	25	75	100	
			TOTA	30	25	-	-	-	800		

		Core Course - V (CC)	Sports Management	5	5	3	25	75	100
	III	Core Course – VI (CC)	Kinesiology & Sports Biomechanics	5	5	3	25	75	100
		Core Course – VII (CC)	Theories of Games	5	5	3	25	75	100
		Core Practical -V (CP)	Athletics - Track Events	4	4	3	40	60	100
V		Major Based Elective – I (Any one)	 Counselling in Sports Sports Journalism 	5	4	3	25	75	100
		Skill Based Elective I	 Fundamentals of Yogic Practices Stress Management Through Yoga 	4	2	3	40	60	100
		Soft Skills Development		2	2	3	25	75	100
		ТОТА	30	27	-	-	-	700	
	III	Core Course - VIII (CC)	Sports Entrepreneurship	6	5	3	25	75	100
		Core Course - IX (CC)	Theories of Track and Field	6	5	3	25	75	100
		Core Practical – VI (CP)	Athletics -Field Events	4	4	3	40	60	100
		Major Based Elective – II (Any one)	1.Adapted Physical Education 2.Talent Identification	5	4	3	25	75	100
VI		Project		4	3	-	40	60	100
VI	IV	Skill Based Elective – II	 Introduction to Asanas and Pranayamas Asanas and Pranayamas 	4	2	3	25	75	100
	V	Gender Studies	ř.	1	1	3	25	75	100
		Extension Activities **		-	1	-	-	-	-
		ТОТА	AL	30	25	-	-	-	700
	GRAND TOTAL					-	-	-	4500

- \$ For those who studied Tamil upto $10^{\text{th}} + 2$ (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 2nd and 3rd Semester (only for 2022-2023 Batch) 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. (As per G.O. No. 76, Higher Education (K2) Department dated: 18.07.2020).
- * The Extra 6 hrs / cycle as per the G.O. 76/2020 will be utilized for the Add on Professional English Course.
- @ 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.

SUMMARY OF CURRICULUM STRUCTURE OF UG PROGRAMMES

S1.	Part	Transa of the Courses	No. of	No. of	Marks	
No.	Iait	Types of the Courses	Courses	Credits	Marks	
1.	Ι	Language Courses	4	12	400	
2.	II	English Courses	4	12	400	
3.		Core Courses	9	45	900	
4.		Core Practical	6	24	600	
5.		Allied Courses I & II	4	16	400	
6.	III	Allied Practical	2	4	200	
7.		Major Based Elective Courses	2	8	200	
8.		Add on Courses	2	8	200	
9.		Project	1	3	100	
10.		Non-Major Elective Courses (Practical)	2	4	200	
11.		Skill Based Elective Courses	2	4	200	
12.	IV	Soft Skills Development	1	2	100	
13.		Value Education	1	2	100	
14.		Environmental Studies	1	2	100	
15.	V	Gender Studies	1	1	100	
16.	v	Extension Activities	1	1	0	
17.	VI	Naan Mudhalvan Scheme	3	6	300	
		Total	46	154	4500	