

B.SC. PHYSICAL EDUCATION, HEALTH EDUCATION AND SPORTS

**CHOICE BASED CREDIT SYSTEM-LEARNING OUTCOMES BASED
CURRICULUM FRAME WORK (CBCS - LOCF)**

(Applicable to the candidates admitted from the academic year 2026-2027 onwards)

Sem	Part	Courses	Title	Ins. Hrs.	Credits	Exam. Hours	Maximum Marks		
							Int.	Ext.	Total
I	I	Ability Enhancement Course – I (AEC - I)	(Tamil\$ / Other Languages+, #)	6	3	3	30	70	100
	II	Ability Enhancement Course –II (AEC - II)	English Course - I	6	3	3	30	70	100
	III	Core Course -1 (CC - 1)	History and Foundations of Physical Education	4	4	3	30	70	100
		Core Practical - 1 (CP - 1)	Major Games-I	4	4	3	40	60	100
		Allied Course – 1 (AC - 1)	Any one from the list	4	4	3	30	70	100
		Allied Course Practical - I (AP-I)	Any one from the list	2	**	**	**	**	**
	IV	Value Education		2	2	3	30	70	100
		Interdisciplinary Course – 1 (IDC - 1) #	One Course from Outside Department	2	2	3	30	70	100
	Total			30	22	--	--	--	700
II	I	Ability Enhancement Course – III (AEC - III)	(Tamil\$ / Other Languages+, #)	6	3	3	30	70	100
	II	Ability Enhancement Course – IV (AEC - IV)	English Course - II	6	3	3	30	70	100
	III	Core Course- 2(CC - 2)	Introduction of Exercise Physiology	4	4	3	30	70	100
		Core Practical - 2(CP - 2)	Major Games-II	4	4	3	40	60	100
		Allied Course – 2 (AC - 2)	Any one from the list	4	4	3	30	70	100
		Allied Course Practical - I (AP-I)	Any one from the list	2	4	3	40	60	100
	IV	Skill Enhancement Course - 1 (SEC - 1) ##	Naan Mudhalvan Course/SEC (List enclosed)	2	2	3	30	70	100
		Interdisciplinary Course – 2 (IDC - 2) #	One Course from Outside Department	2	2	3	30	70	100
	Total			30	26	--	--	--	800

III	I	Ability Enhancement Course – V(AEC - V)	(Tamil\$ / Other Languages+, #)	6	3	3	30	70	100
	II	Ability Enhancement Course – VI (AEC - VI)	English Course - III	6	3	3	30	70	100
	III	Core Course- 3(CC - 3)	Science of Sports Training	4	4	3	30	70	100
		Core Practical - 3 (CP - 3)	Major Games-III	4	4	3	40	60	100
		Allied Course – 3 (AC - 3)	Any one from the list	4	4	3	30	70	100
		Allied Course Practical - II (AP-II)	Any one from the list	2	**	**	**	**	**
	IV	Skill Enhancement Course - 2 (SEC - 2) ##	Naan Mudhalvan Course/SEC (List enclosed)	2	2	3	30	70	100
		Interdisciplinary Course – 3 (IDC - 3) \$\$	One Course from Outside Department	2	2	3	30	70	100
		Health & Wellness @		--	1	--			100
	Total			30	23	--	--	--	800
I	Ability Enhancement Course – VII (AEC - VII)	(Tamil\$ / Other Languages+, #)	6	3	3	30	70	100	
IV	II	Ability Enhancement Course – VIII (AEC - VIII)	English Course - IV	6	3	3	30	70	100
	III	Core Course- 4(CC - 4)	Test Measurement and Evaluation	4	4	3	30	70	100
		Core Practical - 4(CP - 4)	Major Games-IV	4	4	3	40	60	100
		Allied Course – 4 (AC - 4)	Any one from the list	4	4	3	30	70	100
		Allied Course Practical - II (AP-II)	Any one from the list	2	4	3	40	60	100
	IV	Skill Enhancement Course - 3 (SEC - 3) ##	Naan Mudhalvan Course/SEC (List enclosed)	2	2	3	30	70	100
		Interdisciplinary Course – 4 (IDC - 4) \$\$	One Course from Outside Department	2	2	3	30	70	100
	Total			30	26	--	--	--	800
	Summer Internship / Industrial Activity during the Summer Vacation after II Year								

V	III	Core Course - 5 (CC - 5)	Methods in Physical Education	4	4	3	30	70	100
		Core Course - 6 (CC - 6)	Sports Kinesiology and Biomechanics	5	4	3	30	70	100
		Core Course - 7 (CC - 7)	Sports Nutrition	5	4	3	30	70	100
		Core Course - 8 (CC - 8)	Theories of Track and Field	5	4	3	30	70	100
		Core Practical - 5(CP - 5)	Track and Field (P)	5	4	3	40	60	100
	IV	Skill Enhancement Course - 4 (SEC - 4)	Any one from the list	2	2	3	30	70	100
		Skill Enhancement Course - 5 (SEC - 5) ##	Naan Mudhalvan Course/SEC (List enclosed)	2	2	3	30	70	100
		Introduction to Disaster Management		2	2	3	30	70	100
		Summer Internship / Industrial Activity @@	(with Viva-Voce)	--	2	--	20	80	100
	Total			30	28	--	--	--	900
VI	III	Core Course - 9(CC - 9)	Research and Statistics for Physical Education	4	4	3	30	70	100
		Core Course- 10(CC - 10)	Sports Physiotherapy	5	4	3	30	70	100
		Core Course- 11(CC - 11)	Organization and Administration in Physical Education	5	4	3	30	70	100
		Core Project Work(CPW) @@	Project Work (with Viva-Voce)	6	4	3	20	80	100
	IV	Value Added Course	General Studies for Competitive Examinations	2	1	--	30	70	100
		Skill Enhancement Course - 6 (SEC - 6)	Any one from the list	2	2	3	30	70	100
		Skill Enhancement Course - 7 (SEC - 7) ##	Naan Mudhalvan Course/SEC (List enclosed)	2	2	3	30	70	100
		Environmental Studies		2	2	3	30	70	100
		Gender Studies		2	1	3	30	70	100
		Extension Activities *		--	1	--	--	--	--
	Total			30	25	--	--	--	900
	Grand Total			180	150	--	--	--	4900

ALLIED COURSE

First Year Students

1. Basic Anatomy and Physiology
2. Fundamentals of Computer Application

Second Year Students

1. Sports Psychology and Sociology
2. Health Education

SKILL ENHANCEMENT COURSE(SEC)			
Sl. No.	Title of paper	Sl. No.	MANDATORY Naan Mudhalvan Scheme##
1.	Sports Journalism	1.	2nd Semester:
2.	Talent Identification		
3.	Adapted Physical Education and Sports	2.	3rd Semester:
4.	Athletic Care and Rehabilitation		
5.	Modern Trends in Physical Education	3.	4th Semester:
6.	Indian Knowledge System in Sports		
7.	Artificial Intelligence in Sports	4.	5th Semester:
--		5.	6th Semester:

INTERDISCIPLINARY COURSE (IDC) FOR WHO HAVE OPT TAMIL AS PART-I (for other Department Students only)	
1 st Semester	Fundamentals of Yoga
2 nd Semester	Fitness and Wellness
3 rd Semester	Safety Education and First Aid
4 th Semester	Health and Nutrition

INTERDISCIPLINARY COURSE (IDC)# FOR WHO HAVE NOT OPT TAMIL AS PART - I		
Those who have studied Tamil upto 10 th +2 but opt for other languages in degree	1 st Semester	Special Tamil - I
	2 nd Semester	Special Tamil - II
Those who have not studied Tamil in school level	1 st Semester	Basic Tamil - I
	2 nd Semester	Basic Tamil - II
Those students who opt for either special Tamil (or) Basic Tamil as IDCs, have to choose 2 more IDCs courses in their 3 rd and 4 th Semester from Outside his/her department.		

INTERDISCIPLINARY COURSE (IDC) \$\$ FOR NCC CADETS ONLY	
NCC Course is a Compulsory Course for the NCC Cadets in the 3rd Semester:	NCC Course is a Compulsory Course for the NCC Cadets in the 4th Semester:
Introduction to NCC	1. Special Subject Army (or) 2. Special Subject Navy (or) 3. Special Subject Air force
Those students who opt for NCC Course as IDCs, have to choose 2 more IDCs courses in their 1 st and 2 nd Semester from Outside his/her department.	

SUMMARY OF CURRICULUM STRUCTURE OF UG PROGRAMMES

Sl. No.	Part	Types of the Courses	No. of Courses	Credits for each Course	Total Credits	Marks
1.	I	Ability Enhancement Course	4	3	12	400
2.	II	Ability Enhancement Course	4	3	12	400
3.	III	Core Course	11	4	44	1100
4.		Core Practical	5	4	20	500
5.		Allied Course (AC)	4	4	16	400
6.		Allied Course Practical (AP)	2	4	8	200
7.		Core Project Work (CPW)	1	4	4	100
8.	IV	Skill Enhancement Course (SEC)	7	2	14	700
9.		Interdisciplinary Course (IDC)	4	2	8	400
10.		Value Education	1	2	2	100
11.		Health and Wellness	1	1	1	100
12.		Introduction to Disaster Management	1	2	2	100
13.		Summer Internship / Industrial Activity	1	2	2	100
14.		Value Added Course	1	1	1	100
15.		Environmental Studies	1	2	2	100
16.		Gender Studies	1	1	1	100
17.		EXTENSIONACTIVITIES (NCC / NSS / SPORTS / ANTI DRUG CELL / YRC & Any Other Activities	--	1	1	--
Total			49	-	150	4900

\$	For those who have studied Tamil upto 10 th +2 (Regular Stream)															
+	Syllabus for other Languages should be onpar with Tamil at degree level															
#	Those who have studied Tamil upto 10 th +2 but opt for other languages in degree level under Part-I should study special Tamil and those who have not studied Tamil in the school level should study Basic Tamil in Part-IV under the Interdisciplinary Course.															
**	Examination at the end of the next semester															
##	Naan Mudhalvan Scheme: Asper the Naan Mudhalvan Scheme instructions, 5 courses from 2 nd to 6 th semester should be studied under Skill Enhancement Course.															
\$\$	NCC Course is one of the Choices in the Interdisciplinary Course. Only the NCC Cadets are eligible to choose this course. However, NCC Course is a Compulsory Course for the NCC Cadets.															
@	Health and Wellness: Assessments: • Use self-reflective worksheets to assess their understanding • submit the worksheets to internal audit / external audit • Every student’s activity report should be documented and the same have to be assessed by the Physical Director with Mentor. The evaluation should be for 100 marks. No examination is required. Scheme of Evaluation: <table><tr><th>Part</th><th>Description</th><th>Marks</th></tr><tr><td>A</td><td>Report</td><td>40</td></tr><tr><td>B</td><td>Attendance</td><td>20</td></tr><tr><td>C</td><td>Activities (Observation During Practice)</td><td>40</td></tr><tr><td colspan="2">Total</td><td>100</td></tr></table>	Part	Description	Marks	A	Report	40	B	Attendance	20	C	Activities (Observation During Practice)	40	Total		100
Part	Description	Marks														
A	Report	40														
B	Attendance	20														
C	Activities (Observation During Practice)	40														
Total		100														
@@	Summer Internship / Industrial Activity Internship will be carried out during the summer vacation after the second year. Viva-Voce will be conducted by the college and Marks shall be sent to the University and the same will be included in the 5th semester Mark Statement. Summer Internship / Industrial Activity& Project Work Scheme of Evaluation: <table><tr><th>Description</th><th>Marks</th></tr><tr><td>Report</td><td>80</td></tr><tr><td>Viva-Voce</td><td>20</td></tr><tr><td>Total</td><td>100</td></tr></table>	Description	Marks	Report	80	Viva-Voce	20	Total	100							
Description	Marks															
Report	80															
Viva-Voce	20															
Total	100															
*	Extension Activities shall be outside instruction hours.															

First year	CORE COURSE 1	Semester: I
	HISTORY AND FOUNDATION OF PHYSICAL EDUCATION	
Code	<u>(Theory)</u>	Credits: 4

Nature of the Course: Employability

COURSE OBJECTIVES:

1. To understand the basic concepts of Physical Education.
2. To learn the history and development of Physical Education.
3. To understand the foundations of Physical Education.
4. To recognize the importance of Physical Education in society.
5. To gain knowledge of sports organizations, federations, and awards.
6. To develop awareness of recent trends in Physical Education.

Unit-I : Introduction to Physical Education (Hrs)

- 1.1 Meaning, definition, and scope of Physical Education, Physical Training, Physical Culture
- 1.2 Aims and objectives – classification and modern perspectives
- 1.3 Misconceptions and myths – critical analysis.
- 1.4 Integration of Physical Education with general education

Unit-II: Origin and Historical Development of Physical Education (Hrs)

- 2.1 Physical education in Ancient Greece (Sparta- Athens)
- 2.2 Evolution of Olympic Movement (Ancient to Modern Olympics)
- 2.3 Major international events: Asian Games, Commonwealth Games
- 2.4 ,
- 2.5 Role of YMCA and other global movements

Unit-III: Physical Education in India (Hrs)

- 3.1 Development across historical periods (Vedic to Modern India)
- 3.2 Contribution during British period and post-independence reforms
- 3.3 Physical Education after 1947 – policies and institutional growth
- 3.4 Professional courses and career pathways in Physical Education
- 3.5 Emerging trends in Indian sports ecosystem

Unit-IV: Foundation of Physical Education (Hrs)

- 4.1 Philosophical foundation: Idealism, Pragmatism, Naturalism, Realism.
- 4.2 Biological foundations: Growth, development, body types, gender differences
- 4.3 Psychological foundations: Motivation, cognition, emotions, learning behaviour.
- 4.4 Sociological foundations: Society, culture, leadership, social integration
- 4.5 Leadership qualities and styles in Physical Education

UNIT-V: Federations, Association and trophies in sports and games**(Hrs)**

- 5.1 National bodies: SAI, SDAT, AIU, IOA – structure and functions
- 5.2 School Games Federation & University Sports systems
- 5.3 Major trophies: Ranji, Santosh, MAKA Trophy, etc
- 5.4 International cups and competitions (Davis, Uber, Ryder, etc.),
- 5.5 Awards & honours: Arjuna, Dronacharya, Major Dhyan Chand Khel Ratna

COURSE OUTCOMES:

CO s	Course Outcome	Bloom's Level
CO1	Explain the fundamental concepts and scope of Physical Education	K2
CO2	Analyze the historical evolution of Physical Education globally and in India	K4
CO3	Examine philosophical and scientific foundations of Physical Education	K4
CO4	Apply foundational principles in educational and practical settings	K3
CO5	Evaluate sports organizations, policies, and their impact on development	K5
CO6	Create informed viewpoints on contemporary issues in Physical Education	K6

First year	CORE PRACTICAL	Semester: I
	MAJOR GAMES – I	
Code	(BASKETBALL, KABADDI, BADMINTON)	Credits: 4

Nature of the Course: Employability

COURSE OBJECTIVES:

- To impart the fundamentals of knowledge about the of sports and games.
- To understand the various scientific principles in coaching of sports and games,
- To provide fundamental knowledge about sports and games.
- To provide basic knowledge about Marking and officiating techniques.
- To provide basic knowledge on planning, preparation and construction of marking for sports and games

Unit-I

Introduction to Basketball Game (5 Hrs)

- 1.1 Layout and Marking of Basketball Court – Court Dimension
- 1.2 Equipment's and their Specification
- 1.3 Rules and Interpretation of the in Basketball
- 1.4 Official Signals in Basketball

Unit-II

Fundamental Skills, Tactics and Training for the Basketball Game (Hrs)

- 2.1 Basic Skills of Basketball
- 2.2 Basketball Skill Tests
- 2.3 Lead up activity for the Fundamental Skill in Basketball
- 2.4 Scoring in Basketball

Unit-III

Introduction to Kabaddi Game (Hrs)

- 3.1 Layout and Marking of Kabaddi Court-Court Dimension
- 3.2 Basic Skills of Kabaddi
- 3.3 Rules and Interpretation of Kabaddi
- 3.4 Official Signals in Kabaddi
- 3.5 Scoring in Kabaddi

Unit-IV

Introduction to basketball Game (Hrs)

- 4.1 Layout and Marking of Badminton Court- Court Dimension
- 4.2 Equipment's and their Specification
- 4.3 Rules and Interpretation of the in-Badminton Game
- 4.4 Official Signals in Badminton

Unit-V

Fundamental Skills, Tactics and Training for the Badminton Game

(Hrs)

- 5.1 Basic Skills of Badminton
- 5.2 Badminton Skill Tests for the Game
- 5.3 Lead up activity for the Fundamental Skill in Badminton
- 5.4 Scoring in Badminton

Course outcomes

CO	Description	Knowledge Level
CO1	Understand the rules and regulations of the chosen game.	K1
CO2	Demonstrate the ability to lay out and mark the dimensions of the playing court/field.	K3
CO3	Organize and officiate sports events related to the chosen game.	K6
CO4	Demonstrate the basic skills of coaching a sports team.	K3
CO5	Plan and organize matches for the respective game.	K5

First year

ALLIED COURSE 1
BASIC ANATOMY AND PHYSIOLOGY
(Theory)

Semester: I

code

Credits: 4

Nature of the Course: Skill development

Objectives

- ◆ To understand the fundamental principles and anatomical organization of the human body.
- ◆ To acquire comprehensive knowledge of the structure and functions of various body systems.
- ◆ To analyze the relationship between anatomical structures and their physiological functions.
- ◆ To develop the ability to identify, recall, and explain the components of different human body systems.
- ◆ To evaluate the role and significance of endocrine glands in maintaining normal body functions.

Unit-I .Introduction

(Hrs)

- 1.1 Meaning -definition -Need and importance of anatomy and physiology
- 1.2 Cell-Structure and Functions of various parts of the Cell- Cell division
- 1.3 Tissues-types of tissues -(Epithelial, Muscular, Connective, and Nerves tissues)
- 1.4 Subject matters of Anatomy and Physiology - Myology, Histology, Osteology, Anthology, Dermatology, Ophthalmology, Cardiology, Neurology, Nephrology

Unit-II Skeletal System

(Hrs)

- 2.1 Skeletal system – function, Bones- Classifications
- 2.2 Bones of Skull, Trunk, Upper limb, Lower limb –Structure and Parts.
- 2.3 Joints-Definition - Functions
- 2.4 Functional and structural classification of Joints

Unit-III Circulatory system & Respiratory system

(Hrs)

- 3.1 Circulatory system – Heart, Blood vessels, Blood
- 3.2 Concept of stroke volume, cardiac output - Blood Pressure.
- 3.3 Blood-Constitutions of Blood-Functions of Blood-Blood Groups-Blood Clotting Mechanism
- 3.4 Respiratory System, mechanism of respiration Lung Volume, Lung Capacities

Unit-IV Digestive system &. Nervous system

(Hrs)

- 4.1 Structural units and functional mechanism of digestive system
- 4.2 Liver, Pancreas –Structure and Functions
- 4.3 Excretory System – Kidney, Skin - Structure and functions.
- 4.4 Classification of Nervous System – Central Nervous System, Peripheral Nervous System- structure and functions

Unit-V Endocrine System**(Hrs)**

- 5.1 Classification of Glands,
- 5.2 Pituitary, Thyroid, - Structure and functions
- 5.3 Parathyroid, Adrenal and Pancreas. Role in growth, development & regulations of Body functions
- 5.4 Difference between Hormones and Enzymes

Course outcomes

COs	Course Outcome	Bloom's Level
CO1	Explain the basic structure and functions of the human body in relation to Physical Education.	K2
CO2	Apply the principles of anatomy and physiology to understand the effects of exercise on various body systems.	K3
CO3	Analyze the relationship between anatomical structures, physiological functions, and human movement during physical activity.	K4
CO4	Evaluate the significance of anatomy and physiology in enhancing health, fitness, and sports performance.	K5
CO5	Create innovative anatomy and physiology-based teaching and learning materials for Physical Education.	K6

First year

INTERDISCIPLINARY COURSE 1
FUNDAMENTAL OF YOGA
(Theory)

Semester 1

Code

Credit 2

Nature of the Course: Employability

COURSE OBJECTIVES:

1. **CO1:** Understand the meaning, history, importance, and philosophical foundations of Yoga.
2. **CO2:** Explain the principles of Ashtanga Yoga and types of Yoga with their applications in daily life.
3. **CO3:** Demonstrate various asanas and Surya Namaskar with correct techniques and benefits.
4. **CO4:** Practice pranayama, meditation, mudras, bandhas, and kriyas for health and wellness.
5. **CO5:** Recognize the role of yoga education, institutions, competitions, and its contribution to harmony and global awareness.

UNIT -I: INTRODUCTION OF YOGA:

(Hrs).

- 1.1 Yoga: Meaning, Definition, Aims and Objectives
- 1.2 Importance of Yoga in Physical Education and Sports
- 1.3 Brief History of Yoga (Indian Origin – IKS Focus)
- 1.4 Contributions of Thirumoolar Patanjali

UNIT –II: FOUNDATION OF YOGA

(Hrs)

- 2.1 Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi
- 2.2 Yoga in Bhagavad Gita
- 2.3 Types of Yoga: Karma Yoga Jnana Yoga Bhakti Yoga Raja Yoga Hatha Yoga Mantra Yoga
- 2.4 Basic principles of: Asana practice Pranayama Meditation

UNIT -III: CLASSIFICATION OF ASANAS, TECHNIQUE AND BENEFITS

(Hrs)

- 3.1 Relaxative Asanas: Shavasana, Makarasana
- 3.2 Meditative Asanas: Padmasana, Vajrasana
- 3.3 Cultural Asanas: Tadasana, Paschimottanasana, Ardha Matsyendrasana, Dhanurasana, Sarvangasana, Halasana.
- 3.4 Surya Namaskar: Steps, technique and benefits

UNIT IV: INTRODUCTION OF PRANAYAMA AND CLEANSING PROCESS:

(Hrs)

- 4.1 Pranayama: Nadi Suddhi, Sitali and Sitkari.
- 4.2 Meditation - Meaning of Mudra, Bandas & Kriya.
- 4.3 Types of Bandhas (Uddiyana Bandha, Jalandhara Bandha, Mula Bandha),
- 4.4 Mudras (Chin Mudra, Chinmaya Mudra, Adi Mudra, Brahma Mudra and Prana Mudra)
- 4.5 Kriyas (Kaphalabhathi, Trataka, Neti -JalaNeti, Sutra Neti, Dhauthi Vamana Dhauthi).

UNIT -V: YOGA EDUCATION:**(Hrs)**

- 5.1 Yoga education Centre's in India: Bihar School of Yoga and SVYASA.
- 5.2 Yoga education Centre's in abroad.
- 5.3 Competitions in yogasanas.
- 5.4 International Yoga Day.
- 5.5 Role of yoga in religion harmony

COURSE OUTCOME

CO No.	Course Outcome Statement	Bloom's Level
CO1	Recall concepts, history, and importance of Yoga in physical education	K1 – Remember
CO2	Explain Ashtanga Yoga, types of Yoga, and basic principles of practice	K2 – Understand
CO3	Demonstrate asanas and Surya Namaskar with correct technique	K3 – Apply
CO4	Analyze the effects of pranayama, meditation, mudras, bandhas, and kriyas on health	K4 – Analyze
CO5	Evaluate the role of yoga education, institutions, and global practices in promoting harmony and well-being	K5 – Evaluate