

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)

(NaanMudhalvan scheme has been implemented from 2nd to 5th semester for the 2023-2024 Batch)

| Sem. | Part | Course | Title | Ins. Hrs | Credi | Exam Hours | Marks | | Total | |
|--------------|-------------------------------|-------------------------------------------------------------------------------------|-------------------------------|-------------------------------------------------------------------------------------------------------------|-----------|------------|-------|------|------------|-----|
| | | | | | | | Int. | Ext. | | |
| I | I | Language Course – I Tamil \$ / Other Languages + # | | 6 | 3 | 3 | 25 | 75 | 100 | |
| | II | English Course - I | | 6 | 3 | 3 | 25 | 75 | 100 | |
| | III | | Core Course – I (CC) | History and Foundations of Physical Education | 5 | 5 | 3 | 25 | 75 | 100 |
| | | | 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 | | | | 30 | 21 | - | - | - | 600 | |
| II | I | Language Course - II Tamil \$ / Other Languages + # | | 6 | 3 | 3 | 25 | 75 | 100 | |
| | II | English Course - II | | 4 | 3 | 3 | 25 | 75 | 100 | |
| | III | | 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 |
| | | | 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 | NaanMudhalvan Scheme (NMS) @@ | Language Proficiency for Employability - Overview of English Language Communication | | 2 | 2 | 3 | 25 | 75 | 100 | |
| TOTAL | | | | 30 | 29 | - | - | - | 900 | |

| | | | | | | | | | | |
|-----|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---|-----------|-----------|----------|----------|----------|------------|
| III | I | Language Course – III Tamil \$ / Other Languages + # | | 6 | 3 | 3 | 25 | 75 | 100 | |
| | II | English Course - III | | 6 | 3 | 3 | 25 | 75 | 100 | |
| | III | Core Course – III (CC) | Sports Training | | 5 | 5 | 3 | 25 | 75 | 100 |
| | | Core Practical - III (CP) | 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 |
| | | Second Allied Practical (AP) | Mass Demonstration Activities I & II (Mass Demonstration Activities I: Marching, Callisthenics) | | 3 | - | - | - | - | - |
| | | Add on Course – II ## | Professional English - II | | 6* | 4 | 3 | 25 | 75 | 100 |
| | IV | Non-Major Elective I @ - 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. | | 2 | 2 | 3 | 25 | 75 | 100 | |
| | VI | NaanMudhalvan Scheme (NMS) @@ | Digital Skills for Employability – Microsoft Digital Skills | | - | 2 | 3 | 25 | 75 | 100 |
| | TOTAL | | | | 30 | 27 | - | - | - | 800 |
| IV | I | Language Course –IV Tamil \$ / Other Languages + # | | 6 | 3 | 3 | 25 | 75 | 100 | |
| | II | English Course – IV | | 6 | 3 | 3 | 25 | 75 | 100 | |
| | III | Core Course - IV (CC) | Test and Measurement in Physical Education | | 5 | 5 | 3 | 25 | 75 | 100 |
| | | Core Practical - IV (CP) | Major Games-IV (Cricket, Football and Hockey) | | 4 | 4 | 3 | 40 | 60 | 100 |
| | | Second Allied Practical (AP) | Mass Demonstration Activities I & II (Mass Demonstration Activities II: Light Apparatus, Aerobics & Gymnastics) | | 3 | 2 | 3 | 40 | 60 | 100 |
| | | Second Allied Course – II (AC) | Health Education and First Aid | | 4 | 4 | 3 | 25 | 75 | 100 |
| | IV | Non-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. | | 2 | 2 | 3 | 25 | 75 | 100 | |
| | VI | NaanMudhalvan Scheme (NMS) @@ | Digital Marketing | | - | 2 | 3 | 25 | 75 | 100 |
| | TOTAL | | | | 30 | 25 | - | - | - | 800 |

| | | | | | | | | | |
|-------------------------------------|--------------|------------------------------------|-------------------------------------------------------------------------|-------------------------|-----------|----------|----------|-------------|------------|
| V | III | Core Course - V (CC) | Sports Management | 5 | 5 | 3 | 25 | 75 | 100 |
| | | 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 |
| | | Major Based Elective – I (Any one) | 1. Counselling in Sports 2. Sports Journalism | 5 | 4 | 3 | 25 | 75 | 100 |
| | IV | Skill Based Elective I | 1. Fundamentals of Yogic Practices 2. Stress Management Through Yoga | 4 | 2 | 3 | 40 | 60 | 100 |
| | | Soft Skills Development | | 2 | 2 | 3 | 25 | 75 | 100 |
| | VI | NaanMudhalvan Scheme (NMS) @@ | Employability Skills | - | 2 | 3 | 25 | 75 | 100 |
| | TOTAL | | | 30 | 29 | - | - | - | 800 |
| | VI | III | Core Course - VIII (CC) | Sports Entrepreneurship | 6 | 5 | 3 | 25 | 75 |
| 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 |
| Project | | | | 4 | 3 | - | 40 | 60 | 100 |
| IV | | Skill Based Elective – II | 1. Introduction to Asanas and Pranayamas 2. Asanas and Pranayamas | 4 | 2 | 3 | 25 | 75 | 100 |
| V | | Gender Studies | | 1 | 1 | 3 | 25 | 75 | 100 |
| | | Extension Activities ** | | - | 1 | - | - | - | - |
| TOTAL | | | 30 | 25 | - | - | - | 700 | |
| GRAND TOTAL | | | 180 | 156 | - | - | - | 4600 | |

\$ForthosewhostudiedTamilupto10th+2(RegularStream).

+Syllabusfor otherLanguagesshouldbeonparwithTamilatdegreelevel.

#ThosewhostudiedTamilupto10th+2butoptforotherlanguagesindegreelevel underPart-I shouldstudyspecialTamilinPart – 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.

**ExtensionActivitiesshallbeoutsideinstructionhours.

@@ NaanMudhalvan Scheme.

SUMMARY OF CURRICULUM STRUCTURE OF UG PROGRAMMES

| Sl. No. | Part | Types of the Courses | No. of Courses | No. of Credits | Marks |
|--------------|------|----------------------------------------|----------------|----------------|-------------|
| 1. | I | Language Courses | 4 | 12 | 400 |
| 2. | II | English Courses | 4 | 12 | 400 |
| 3. | III | Core Courses | 9 | 45 | 900 |
| 4. | | Core Practical | 6 | 24 | 600 |
| 5. | | Allied Courses I & II | 4 | 16 | 400 |
| 6. | | 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. | IV | Non-Major Elective Courses (Practical) | 2 | 4 | 200 |
| 11. | | Skill Based Elective Courses | 2 | 4 | 200 |
| 12. | | 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. | | Extension Activities | 1 | 1 | 0 |
| 17. | VI | NaanMudhalvan Scheme | 4 | 8 | 400 |
| Total | | | 47 | 156 | 4600 |