

PHYSICAL EDUCATION AND YOGA CENTRE  
GRI-DU, GANDHIGRAM

**18SPOU001- Sports and Games (1 + 0 Credits)**

**Course Objective:**

To gain knowledge about the Sports and Games

**Course Outcomes:**

Students should be able to

- Explain the basic concepts of physical education
- Demonstrate skills in major games.
- Assess the fitness level
- Analyze basic skills involved in track and field events
- Outline the modern trends and development in Physical Education.

**UNIT-I**

Concept, meaning and Definition of Physical Education – Aims and Objectives of Physical Education - Scope of Physical Education.

**Text Books:**

1. Bucher Charles A., (1983), Foundations of Physical Education, St. Louis the C.V. Mosby Company.
2. Kamalesh M.L., (1988), Physical Education: Facts and Foundation, New Delhi, P.B. Publication.

**UNIT –II**

Concept of Fitness, aerobic and anaerobic exercises - practice of aerobic and anaerobic exercises - procedure for Yo Yo and Cooper's 12 / 9 minutes Run or Walk fitness tests.

**Text Books:**

1. Kenneth H.Cooper, (1978), Aerobics, M Evans & Co Publishers.
2. Kenneth H.Cooper, (1982), Aerobics programme for total Wellbeing, NY, Bantam Books Publishers, ISBN 0-553-34677-6, ISBN?N:978-0-307-77725-6.
3. Jan Galen Bishop, (2013), Fitness through Aerobics(9ED), Pearson Publishers, ISBN10:0321884523, ISBN 13:9780321884527

**UNIT-III**

Basic skills of Indigenous games (Kabaddi and Kho-Kho) - Basic skills of any One of the major games (Basketball, Football, Hockey and Volleyball) - one events each from Track and Field Events.

**Text Books:**

1. The Step-by-Step Training Manual of Soccer Skills & Techniques: Hundreds of Training Tips and Techniques, with Easy-to-Follow Instructions in Over 750 Photographs and Diagrams, (Mar 2011), Anness Publishing Ltd (Creator).
2. Conling David,(1980), Athletics, London, Robert Hale.
3. Ken O. Bosen Track & Field Fundamental Techniques NIS Publications, Patiala.
4. Elizabeth Anders, (July,2008), Field Hockey (Steps to Success)
5. National Club Games Rule Book Kho-Kho - Indian Olympic Association.
6. Rule Book, (2014), 9 Provinces battling for the Indigenous Games champs trophy.

## UNIT - IV

Concept and meaning of Intramural and Extramural tournaments – Types of Tournaments - Methods to draw the fixture for knockout and league tournaments – Recreational activities (Minor games).

### Text Books:

1. Joseph. P.M. “Organization of Physical Education”.
2. Thiru. Narayanan C and & Harihara Sharma (1989), “Methods in Physical Education “ Karaikudi CJ and S.H.

## UNIT-V

Personal Hygiene – Safety education with special reference to playfield – Modern trends in Physical Education - Nutrition and Sports diet - Common athletic injuries and first-aid.

Preparation of Physical Education record / album in the area of specialization of one of the major game and two track and field events is a must for each student.

### Text Books:

1. Anderson “School Health Practice”.
2. Ashwani Bhardwaj, A Complete Guide to Family Safety and First-aid, Goodwill Publisher.
3. Goswami Shashikant,(1996), Nutrition for sports, SAINSNIS, Patiala.
4. Hoeger W.K. Werner and Sharon A. (1990), Hoeger, Fitness and Welness : Mortor Publishing Company, Englewood.
5. Park and Park “Preventive and social medicine”
6. Sanju Sira, (2016), First Aid Manual for Nurses.

### References Books:

1. Kamlesh, M.L., Management concepts physical education and sport Metropolitan Book Co., Pvt., Ltd., Nethaji Subhash Marg, New Delhi.
2. Singh M.K. Teaching Methods in Physical Education.
3. Thirunarayanan, C. and Hariharan, S., (1990), Analytical History of Physical Education, Karaikudi, C.T. & S.H., Publications.

### Web Resources:

1. <https://www.iaaf.org/home>
2. <http://www.indiankabaddi.org/>
3. <http://khokhofederation.in/>
4. <https://www.olympic.org/the-ioc>

### Pattern

First CFA	Second CFA	Third CFA		Total Marks 50
		25 Marks		
10 marks	15 marks	Test 20 marks	Assignment 5 marks	

<b>18SPOU001</b>		<b>SPORTS AND GAMES</b>	
<b>Credits : 1+0</b>	<b>Lecture Hours/Week : 1</b>	<b>CFA (T&amp;P) : 50</b>	<b>ESE (T) : NA</b>
<b>Objective:</b> To gain knowledge about the Sports and games			
<b>UNIT</b>	<b>CONTENTS</b>	<b>Lecture Schedule</b>	
I	Concept, meaning and Definition of Physical Education – Aims and Objectives of Physical Education - Scope of Physical Education	<b>1</b>	
II	Concept of Fitness, aerobic and anaerobic exercises - practice of aerobic and anaerobic exercises - procedure for Yo Yo and Cooper’s 12 / 9 minutes Run or Walk fitness tests.	<b>4</b>	
III	Basic skills of Indigenous games (Kabaddi and Kho-Kho) - Basic skills of any One of the major games (Basketball, Football, Hockey and Volleyball) - one events each from Track and Field Events.	<b>6</b>	
IV	Concept and meaning of Intramural and Extramural tournaments – Types of Tournaments - Methods to draw the fixture for knockout and league tournaments – Recreational activities (Minor games)	<b>3</b>	
V	Personal Hygiene – Safety education with special reference to playfield – Modern trends in Physical Education - Nutrition and Sports diet - Common athletic injuries and first-aid	<b>2</b>	
<b>Total Contact Hours</b>			<b>16</b>
<b>Course Outcomes</b>			
<b>Students should be able to</b>			
<ul style="list-style-type: none"> <li>• Explain the basic concepts of physical education</li> <li>• Demonstrate skills in major games.</li> <li>• Assess the fitness level</li> <li>• Analyze basic skills involved in track and field events</li> <li>• Outline the modern trends and development in Physical Education.</li> </ul>			

PHYSICAL EDUCATION AND YOGA CENTRE  
GRI-DU, GANDHIGRAM  
**18SPOU002- Sports and Games (0 + 2 Credits)**

**Course Objective:**

To gain knowledge about the Sports and Games

**Course Outcomes:**

Students should be able to

- Explain the basic concepts of physical education
- Demonstrate skills in major games.
- Assess the fitness level
- Analyze basic skills involved in track and field events
- Outline the modern trends and development in Physical Education.

**UNIT-I**

Concept, meaning and Definition of Physical Education – Aims and Objectives of Physical Education - Scope of Physical Education.

**Text Books:**

1. Bucher Charles A., (1983), Foundations of Physical Education, St. Louis the C.V. Mosby Company.
2. Kamalesh M.L., (1988), Physical Education: Facts and Foundation, New Delhi, P.B. Publication.

**UNIT –II**

Concept of Fitness, aerobic and anaerobic exercises - practice of high and low intensity of aerobic and anaerobic exercises - procedure for Yo Yo fitness test.

**Text Books:**

1. Kenneth H.Cooper, (1978), Aerobics, M Evans & Co Publishers.
2. Kenneth H.Cooper, (1982), Aerobics programme for total Wellbeing, NY, Bantam Books Publishers, ISBN 0-553-34677-6, ISBN?N:978-0-307-77725-6.
3. Jan Galen Bishop, (2013), Fitness through Aerobics(9ED), Pearson Publishers, ISBN10:0321884523, ISBN 13:9780321884527

**UNIT-III**

Basic skills of Indigenous games (Kabaddi and Kho-Kho) - Basic skills of any Two of the major games (Basketball, Football, Hockey and Volleyball) – any two events in Track and Field Events.

**Text Books:**

1. The Step-by-Step Training Manual of Soccer Skills & Techniques: Hundreds of Training Tips and Techniques, with Easy-to-Follow Instructions in Over 750 Photographs and Diagrams, (Mar 2011), Anness Publishing Ltd (Creator).
2. Conling David,(1980), Athletics, London, Robert Hale.
3. Ken O. Bosen Track & Field Fundamental Techniques NIS Publications, Patiala.
4. Elizabeth Anders, (July,2008), Field Hockey (Steps to Success)
5. National Club Games Rule Book Kho-Kho - Indian Olympic Association.
6. Rule Book, (2014), 9 Provinces battling for the Indigenous Games champs trophy.

#### UNIT - IV

Concept and meaning of Intramural and Extramural tournaments – Types of Tournaments - Methods to draw the fixture for knockout and league tournaments – Recreational activities (Minor games).

#### Text Books:

1. Thiru. Narayanan C and & Harihara Sharma (1989), “Methods in Physical Education “ Karaikudi CJ and S.H.
2. Thirunarayanan, C. and Hariharan, S., (1990), Analytical History of Physical Education, Karaikudi, C.T. & S.H., Publications.

#### UNIT-V

Personal Hygiene – Safety education with special reference to playfield – Modern trends in Physical Education - Nutrition and Sports diet - Common athletic injuries and first-aid.

Preparation of Physical Education record / album in the area of specialization of one of the major game and two track and field events is a must for each student.

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1. Anderson “School Health Practice”.
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3. Goswami Shashikant,(1996), Nutrition for sports, SAINSNIS, Patiala.
4. Hoeger W.K. Werner and Sharon A. (1990), Hoeger, Fitness and Wellness : Mortor Publishing Company, Englewood.
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1. <https://www.iaaf.org/home>
2. <http://www.indiankabaddi.org/>
3. <http://khokhofederation.in/>
4. <https://www.olympic.org/the-ioc>

#### Pattern

First CFA	Second CFA	Third CFA		Total Marks 50
		25 Marks		
10 marks	15 marks	Test 20 marks	Assignment 5 marks	

<b>18SPOU002</b>		<b>SPORTS AND GAMES</b>	
<b>Credits : 0+2</b>	<b>Lecture Hours/Week : 4</b>	<b>CFA (T&amp;P) : 50</b>	<b>ESE (T) : NA</b>
<b>Course Objective:</b> To gain knowledge about the Sports and games			
<b>UNIT</b>	<b>CONTENTS</b>	<b>Lecture Schedule</b>	
I	Concept, meaning and Definition of Physical Education – Aims and Objectives of Physical Education - Scope of Physical Education	<b>4</b>	
II	Concept of Fitness, aerobic and anaerobic exercises - practice of high and low intensity of aerobic and anaerobic exercises - procedure for Yo Yo fitness test	<b>16</b>	
III	Basic skills of Indigenous games (Kabaddi and Kho-Kho) - Basic skills of any Two of the major games (Basketball, Football, Hockey and Volleyball) – any two events in Track and Field Events	<b>24</b>	
IV	Concept and meaning of Intramural and Extramural tournaments – Types of Tournaments - Methods to draw the fixture for knockout and league tournaments – Recreational activities (Minor games)	<b>12</b>	
V	Personal Hygiene – Safety education with special reference to playfield – Modern trends in Physical Education - Nutrition and Sports diet - Common athletic injuries and first-aid	<b>8</b>	
<b>Total Contact Hours</b>			<b>64</b>
<b>Course Outcomes</b>			
<b>Students should be able to</b>			
<ul style="list-style-type: none"> <li>• Explain the basic concepts of physical education</li> <li>• Demonstrate skills in major games.</li> <li>• Assess the fitness level</li> <li>• Analyze basic skills involved in track and field events</li> <li>• Outline the modern trends and development in Physical Education.</li> </ul>			