

**ARULMIGU PALANIANDAVAR ARTS COLLEGE FOR WOMEN**



**(Autonomous)**

**(RE-ACCREDITED WITH 'A' GRADE BY NAAC)**

**(A GOVERNMENT AIDED COLLEGE**

**AFFILIATED TO MOTHER TERESA WOMEN'S UNIVERSITY, KODAIKANAL)**

**CHINNAKALAYAMPUTHUR (PO), PALANI -624 615**

**DEPARTMENT OF PHYSICAL EDUCATION**

**CURRICULUM FRAMEWORK AND**

**SYLLABUS FOR OUTCOME BASED EDUCATION**

**IN**

**PART – IV / SKILL ENHANCEMENT COURSE**

**NON-MAJOR ELECTIVE COURSES**

**ON**

**SPORTS**

**&**

**NCC**

**UNDER**

**CHOICE BASED CREDIT SYSTEM**

**WITH EFFECT 2023 ONWARDS**

**BASED ON THE RECOMMENDATIONS OF**

**TAMIL NADU STATE COUNCIL FOR HIGHER EDUCATION, CHENNAI**

**2023 – 2024 ONWARDS**

**Preamble: [Offering Courses on Sports]**

India is growing rapidly as a global super-power. To face the challenges of the century and to keep up with the pace of the world, maintaining health is of prime importance. Giving thrust to healthy society, Physical Education, Sports and Yoga are of great significance in today's world. The Govt of India insists on Physical Fitness, Mental Health and Overall Development of Personality for every citizen. However, creating efficient and skilled human resource in the field of Physical Education, Sports and Yoga is identified as the need of the hour. The Department, then as now, has carefully and thoughtfully planned its course content in order to offer students the best possible curricular experience and to offer upright, sensitive and intelligent citizens to society.

**[Offering Courses on NCC]**

Having been created in 1948, by an Act of Parliament, Govt. of India, the National Cadet Corps is the only organization of its kind, which imparts Leadership, Discipline, Integration, Adventure, Military, Physical and Community Development Training. The National Cadet Corps is one of the earliest to be established by Arulmigu Palaniandavar Arts College for Women in 1970. The freshers are enrolled on voluntary basis. Once enrolled, they take part in regular activities for three years. The training programme of 90-105 hours including 35 Parades is conducted in every academic year. The cadets undergo training to get through the examinations and get 'B' and 'C' Certificates. The Department, then as now, has carefully and thoughtfully planned its course content in order to offer students the best possible curricular experience and to offer upright, sensitive and intelligent citizens to the society.

**Programme Specific Objectives: [Sports]**

- Reinforce the aims, motto, vision and mission of the Physical Education through the academic curriculum.
- Impart the students with basic concepts of Physical Education and Sports for health and wellness.
- Familiarize the students with health related Exercise and sports for overall growth and development.
- Create a foundation for the professionals in Physical Education.
- Impart the basic knowledge and skills to teach Physical Education and Sports Activities.

**Programme Specific Objectives: [NCC]**

- Reinforce the aims, motto, vision and mission of the NCC through the academic curriculum.
- Attain knowledge on History, honours and awards of Indian Military Perform in social service activities and creating awareness about social evils in society.
- Perform in social service activities and creating awareness about social evils in society.
- Understand the life history and leadership qualities of personalities who have contributed in Nation Building and Literature.
- Develop awareness about various types of Natural and manmade disasters and know about life saving tips during disasters.

**Programme Specific Outcomes: [Sports]**

Upon completion of the programme, certain outcomes that could be arrived at are-

- Reinforce the aims, motto, vision and mission of the Physical Education through the academic curriculum.
- Explain the basic principles and practices of Physical Education and Sports.
- Establish health related fitness and mental fitness.
- Train the students, to be graduates with all round development, who apart from their own subject, can successfully compete in other fields such as defence/paramilitary/ police forces and civil services.
- Understand the organizations related to Physical Education and their functioning.

**Programme Specific Outcomes: [NCC]**

Upon completion of the programme, certain outcomes that could be arrived at are-

- Reinforce the aims, motto, vision and mission of the NCC through the academic curriculum.
- Explain the tri services organization, comprising the army, navy and air force, engaged in grooming the youth of the country into disciplined and patriotic citizens.
- Perform in social service activities and creating awareness about social evils in society.

- Train the students, to be graduates with all round development, who apart from their own subject, can successfully compete in other fields such as defence/paramilitary/police forces and civil services.
- Understand the organizations related to disaster management and their functioning.

### **Bloom's Taxonomy in fixing the Learning Objectives:**

Since the Academic year 2022-2023, the curriculum for Part IV NME has been designed and the learning objectives and outcomes of the programmes are set, following the Bloom's Taxonomy Cognitive Domain. Accordingly, it is broken into six levels of learning objectives of each course. They are-

- K1 / Knowledge=Remember
- K2 / Comprehension = Understand
- K3 / Application = Apply
- K4 / Analysis = Analyze
- K5 / Evaluation = Evaluate
- K6 / Synthesis = Create

### **Bloom's Taxonomy Action Verbs:**

- **K1 / Knowledge:** Arrange, Define, Describe, Duplicate, Identify, Label, List, Match, Memorize, Name, Order, Outline, Recognize, Relate, Recall, Repeat, Reproduce, Select, State
- **K2 / Comprehension:** Classify, Convert, Defend, Describe, Discuss, Distinguish, Estimate, Explain, Express, Extend, Generalize, Give example(s), Identify, Indicate, Infer, Locate, Paraphrase, Predict, Recognize, Rewrite, Review, Select, Summarize, Translate
- **K3 / Application:** Apply, Change, Choose, Compute, Demonstrate, Discover, Dramatize, Employ, Illustrate, Interpret, Manipulate, Modify, Operate, Practice, Predict, Prepare, Produce, Relate, Schedule, Show, Sketch, Solve, Use, Write
- **K4 / Analysis:** Analyze, Appraise, Breakdown, Calculate, Categorize, Compare, Contrast, Criticize, Diagram, Differentiate, Discriminate, Distinguish, Examine, Experiment, Identify, Illustrate, Infer, Model, Outline, Point out, Question, Relate, Select, Separate, Subdivide, Test
- **K5 / Evaluation:** Appraise, Argue, Assess, Attach, Choose, Compare, Conclude, Contrast, Defend, Describe, Discriminate, Estimate, Evaluate, Explain, Judge, Justify, Interpret, Relate, Predict, Rate, Select, summarize, Support, Value

- **K6 / Synthesis:** Arrange, Assemble, Categorize, Collect, combine, Comply, Compose, Construct, Create, Design, Develop, Devise, Explain, Formulate, Generate, Plan, Prepare, Rearrange, Reconstruct, Relate, Reorganize, Revise, Rewrite, Set up, Summarize, Synthesize, Tell, Write.

### **Mapping COs with Pos:**

For each programme, the Educational objectives and the Specific objectives are specified. The programme outcomes are designed according to curriculum, teaching, learning and evaluation process. For each course, the definite outcomes are set, giving challenge to the cognitive domain. The course outcomes are mapped with the programme outcomes. The performance of the stakeholders is assessed and the attainment rate is fixed, by using the measurement 'high', 'medium' and 'low'. The restructuring of the curriculum is done based on the rate of attainment.

### **Institutional Objectives:**

- Women Education
- Women Empowerment
- Self-reliance and
- Making Model Citizens

**COMMON ACADEMIC STRUCTURE / SEC / NME/ 2023 ONWARDS**

Sem	Title of the Paper	Course Code	Hrs	Credits	Marks		
					CIA	CE	Total
I	Pat – IV / SEC – NME I / Introduction to Physical Education and Sports Science		02	02	25	75	100
I	Pat – IV / SEC – NME I / Fundamentals of NCC		02	02	25	75	100
II	Pat – IV / SEC – NME II / Recent Trends in Physical Education		02	02	25	75	100
II	Pat – IV / SEC – NME II / NCC an Overview		02	02	25	75	100

Course Code			Hrs	Credits	CIA	CE
All Under-graduate Programmes / Sem – I / SEC / NME - I		<b>Introduction to Physical Education and Sports Science</b>	2	2	25	75

### **Course Outcomes:**

- Gaining knowledge about the aims, motto, aim and objective of the Physical Education.
- Comprehending the value of physical Literacy.
- Practicing and getting trained in health related fitness variables.
- Learning the correct procedure to maintain health and fitness.
- Enjoying sports and games as the best recreations.

### **COURSE CONTENT**

#### **Unit I - Introduction – Physical Education**

Meaning and Definition of Physical Education – Aim, Objective Need and Importance of Physical Education - History and Ethics of Physical Education – Brief concept of Physical Education and Sports Sciences.

#### **Unit II - Physical Literacy**

Meaning, Definition and Importance of Physical Literacy - Core Elements of Physical Literacy-Fundamental Movements –Body Posture and Body Deviation - Art of Movements - Locomotor and Balance stability skills and Tactical Movements.

#### **Unit III – Physical Fitness**

Meaning and Definition of Physical Fitness - Need and Benefits of Physical Fitness - Warm up and Warm Down Conditioning - Health related Fitness components:- Cardio Vascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, Body Composition - Skill Related Physical Fitness Components:- Agility, Balance, Co-ordination, Power, Reaction Time, Speed.

#### **Unit IV - Health and Wellness**

Meaning and Definition of Health - Factors affecting Health – Test Evaluation and Development of Physical Fitness – Aerobic and Anaerobic Exercise – Hypokinetic Diseases- Obesity and Diabetic Mellitas - Active Ageing and Exercise - Metabolism - BMR (Basal Metabolic Rate)

#### **Unit V - Fitness and Recreation**

Meaning, Definition and Concept of Fitness and Recreation – Principles of Fitness and Recreation – Recreation through Sports and Games – Use of Leisure time Activities and their Values.

**Reference:**

Baechle, Thomas. R, & Earle, Roger. W., (2000). *Essentials of Strength Training and Conditioning*. Champaign: Human Kinetics.

Brooks,Douglas.S.(2004) *Complete Book of Personal Training*.Champaign: Human Kinetics.

Singh, Hardayal, (1995). *Science of Sports training*. New Delhi: D.V.S. Publications.

**Question Pattern for CIA:**

Fitness Test (I) – 15 marks

Assignment - 5 Marks

Seminar - 5 Marks

Total - 25 Marks

**Question Pattern for CE:****Question Pattern:****Section – A:** (10X1=10)

Ten questions are to be given, testing K1. All questions are to be answered. Each question carries one mark. Questions must be taken from all units.

**Section – B:** (5X7=35)

Five questions are to be given in the internal choice (Either-or) pattern, testing K2 and K3. Questions must be taken from all units. Each question carries seven marks.

Q.No-11 (A and B) from Unit – I

Q.No -12 (A and B) from Unit – II

Q.No-13 (A and B) from Unit – III

Q.No-14 (A and B) from Unit – IV

Q.No-15 (A and B) from Unit – V

**Section – C** (3X10=30)

Five questions are to be given, testing K4 and K5. Three questions are to be answered. Each question carries Ten Marks. Questions must be taken in this order.

Q.No. – 16 from Unit – I

Q.No. – 17 from Unit – II

Q.No. – 18 from Unit - III

Q.No. – 19 from Unit - IV

Q.No. – 20 from Unit – V

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Course Code			Hrs	Credits	CIA	CE
All Under-graduate Programmes / Sem – I / SEC / NME - I		<b>Fundamentals of NCC</b>	2	2	25	75

### **Learning Objectives:**

- Gaining knowledge about the history of NCC, its organization, and incentives of NCC for their career prospects.
- Inculcating spirit of duty and conduct among the NCC cadets.
- Comprehending the different NCC camps and their conducts.
- Understanding the concept of national integration and its importance.
- Learning to balance self-awareness and emotional intelligence.

### **COURSE CONTENT**

#### **Unit – I: (6 hours)**

##### **NCC and National Integration:**

History, Motto and Aims of NCC. NCC Flag, Organization of NCC, NCC Song, types of Camps, Philosophy and Advantages of NCC training, Ranks in NCC, Certification programme, Honors and Awards, DG's Cardinal principles and Promotion of NCC Cadets. National Integration: Concept of Nation and Nationality, Importance of National Unity, Relevance of NCC in Unifying India, Problems in Nation Building in India, Unity in diversity.

#### **Unit- II: (6 hours)**

##### **Armed Forces and Military History:**

Indian Armed Forces: Army, Navy and Air Force. Modes of entry into army, Infantry weapons. War: Organization of Ancient Indian Army, Famous Battles, Indo Pak War 1971 (Eastern Sector), War in the Western Sector and The Kargil War.

#### **Unit- III: (6 hours)**

##### **Social Service and community development**

Contribution of NCC towards Swachh Bharat Abhiyan, Problems in society, types and methods of social services. Family Planning, AIDS, Cancer, Non Governmental Organizations : Civil Defence Services, Digital awareness and Tree plantation.

#### **Unit- IV: (6 hours)**

##### **Personality Development**

Determinants of Personality development, Measures to develop the personality, Critical and Creativity thinking, Role of NCC in Personality, Principles and styles of Leadership,

Meaning of Value, Ethics, Perception, Time management and soft skills.

**Unit- V: (6 hours)**

**Disaster Management and Fire Fighting**

Disaster Management in India, Types, effects of disaster and assistance required. Role of NCC cadets in maintaining essential services during disasters. Fire Fighting: definition and types of Fire – Modes of spread of fire – Fire fighting equipments.

Lt. S. N. Saravanamoorthy, *A Handbook of NCC (Army Wing)*, Jayalakshmi Pub.Madurai.

**Question Pattern for CIA:**

**Section – A**

**(2 × 2 =4)**

Three questions are to be given, testing K1 and K2. Two questions are to be answered. Each question carries two marks.

**Section – B**

**(1 × 4 =4)**

Two questions are to be given, testing K3 and K4. One question is to be answered. One question carries four marks.

**Section – C**

**(1 × 7 =7)**

Two questions are to be given, testing K5 and K6. Any one question is to be answered. One question carries seven marks

Assignment - 5 Marks

Seminar - 5 Marks

**Total - 25 Marks**

**Question Pattern for CE:**

**Section – A: (10X1=10)**

Ten questions are to be given, testing K1. All questions are to be answered. Each question carries one mark. Questions must be taken from all units.

**Section – B: (5X7=35)**

Five questions are to be given in the internal choice (Either-or) pattern, testing K2 and K3. Questions must be taken from all units. Each question carries seven marks.

Q.No-11 (A and B) from Unit – I

Q.No -12 (A and B) from Unit – II

Q.No-13 (A and B) from Unit – III

Q.No-14 (A and B) from Unit – IV

Q.No-15 (A and B) from Unit – V

**Section – C (3X10=30)**

Five questions are to be given, testing K4 and K5. Three questions are to be answered. Each

question carries Ten Marks. Questions must be taken in this order.

Q.No. – 16 from Unit – I

Q.No. – 17 from Unit – II

Q.No. – 18 from Unit - III

Q.No. – 19 from Unit - IV

Q.No. – 20 from Unit – V

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Course Code			Hrs	Credits	CIA	CE
All Under-graduate Programmes / Sem – II / SEC / NME - II		<b>Recent Trends in Physical Education</b>	2	2	25	75

### **Course Outcomes:**

- Gaining knowledge about the various Yoga and Meditation practices.
- Comprehending and adhering to the correct nutritional practices and diet.
- Gaining practical knowledge on the get remedy for sports injuries.
- Imbibing the sense of national integration through sports.
- Utilizing the career opportunities available to the sports persons.

### **COURSE CONTENT**

#### **Unit I - Yoga as Medicine**

Yoga – Meaning and Definition - Importance of Yogic Practices – Fundamental Principle of Yogic Practices – Eight Limbs of Yoga– Asanas, Pranayama, Mudras and Meditation – Impact of Yogic practices on Human Systems in Body – Yoga as a way of Life.

#### **Unit II – Sports Nutrition**

Definition of Nutrition      Balanced Diet and Mal Nutrition – Components of Diet – Macro, Micro Nutrients – Dietary Guidelines – Energy calculation and food supplement – Diet before during and after Training - Relationship between diet and fitness.

#### **Unit III – Sports Injuries and First Aid**

Sports Injuries – Types - Over Use Injuries - Definition, Aim and Principles of First Aid – CPR – Management of Fracture Dislocation, Wounds, Sprains, Strain, Cramps, Fainting Posture

#### **Unit IV – Sports as a Psycho-social Process**

National Integration through Sports – Social Constructs – Team Dynamics, Cohesion, Leadership – Gender Inequality – Social Mobility - Women Idols in Sports – Moral Behaviour in Sports – Mental Health through Sports.

#### **Unit V - Carrier Opportunities in Physical Education and Sports**

Physical Education Professionals - Sports Trainers, coaches, Managers, Researchers, Event Organizers, Technical Officials, Entrepreneurs and others – Police and Paramilitary forces at State and Central Organizations and Others – Health Clubs and Fitness Centers, Aerobics, Dance and Recreation Clubs in Corporate Sectors and Others - Sports Journalists,

Commentators, Photo and Video Analyst, Sports Marketing and Equipment / Props manufactures.

**Reference:**

Baechle, Thomas. R, & Earle, Roger. W., (2000). *Essentials of Strength Training and Conditioning*. Champaign: Human Kinetics. Brooks, Douglas. S., (2004). *The Complete Book of Personal Training*. Champaign: Human Kinetics.

Chandrasekaran, K., (1999). *Sound Health through Yoga*. Sedapatti: Prem Kalyan Pub.

Iyengar, BKS., (2003). *The Art of Yoga*. New Delhi: Harper Collins Publishers.

**Question Pattern for CIA:**

Yoga Practical Test (I) – 15 marks

Assignment - 5 Marks

Seminar - 5 Marks

Total - 25 Marks

**Question Pattern for CE:**

**Section – A: (10X1=10)**

Ten questions are to be given, testing K1. All questions are to be answered. Each question carries one mark. Questions must be taken from all units.

**Section – B: (5X7=35)**

Five questions are to be given in the internal choice (Either-or) pattern, testing K2 and K3. Questions must be taken from all units. Each question carries seven marks.

Q.No-11 (A and B) from Unit – I

Q. No -12 (A and B) from Unit – II

Q.No-13 (A and B) from Unit – III

Q.No-14 (A and B) from Unit – IV

Q.No-15 (A and B) from Unit – V

**Section – C (3X10=30)**

Five questions are to be given, testing K4 and K5. Three questions are to be answered. Each question carries Ten Marks. Questions must be taken in this order.

Q.No. – 16 from Unit – I

Q.No. – 17 from Unit – II

Q.No. – 18 from Unit - III

Q.No. – 19 from Unit - IV

Q.No. – 20 from Unit – V

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Course Code		Hrs	Credits	CIA	CE
All Under-graduate Programmes / Sem – II / SEC / NME - II	<b>NCC - An Overview</b>	2	2	25	75

### Course Outcomes:

- Gaining knowledge of the methods and practice of map reading
- Comprehending the correct measures to be followed in food habits.
- Gaining practical experience and knowledge in decision making & problem solving.
- Applying the practice of sociability and Provide understanding about the concept of team and its functioning.
- Creating awareness on environmental protection.

## COURSE CONTENT

### UNIT – I: (6 hours)

#### Map Reading

The Layout of a map, Conventional Signs, Scales, Cardinal Points and Finding North, Kinds of North, Magnetic variation and Magnetic declination, Methods of finding the directions: Type of Bearings, Service Protractor, Prismatic Compass, Global Positioning System, Finding Own position, Map to Ground, Ground to Map and Night march chart.

### UNIT – II: (6 hours)

#### Health and Hygiene

Personal Hygiene and sanitation, First Aid in common medical emergencies, Introduction to yoga, Water supply and its purification, Latrines and Urinals, Communicable Diseases.

### UNIT – III: (6 hours)

#### Adventure Activities and Obstacle Training:

Aims and safety tips of Adventure Training, Adventure Activities done by NCC Cadets – List of Planning before any adventure expedition. Obstacle training– types, safety measures and benefits of Obstacle course.

### UNIT – IV: (6 hours)

#### Field Craft, Battle Craft and Communication:

The study of ground, Observation Concealment and Camouflage, Judging Distance, Indication of Target, Field Signal. Communication: Importance and Methods of

Communication, Radio Communication, m Satellite, Characteristics of Wireless technology and Information Technology.

### **UNIT – V: (6 hours)**

#### **Environmental awareness and conservation**

Factors that Influence Human Beings, Wild life conservation – Important National Parks and Sanctuaries, Pollution control, Energy Sources, Role of NCC cadet towards environment and Rain water harvesting.

Lt. S. N. Saravanamoorthy, *A Handbook of NCC (Army Wing)*, Jayalakshmi Pub., Madurai.

#### **Question Pattern for CIA:**

##### **Section – A**

**(2 × 2 =4)**

Three questions are to be given, testing K1 and K2. Two questions are to be answered.

Each question carries two marks.

##### **Section – B**

**(1 × 4 =4)**

Two questions are to be given, testing K3 and K4. One question is to be answered.

One question carries four marks.

##### **Section – C**

**(1 × 7 =7)**

Two questions are to be given, testing K5 and K6. Any one question is to be answered. One question carries seven marks

Assignment - 5 Marks

Seminar - 5 Marks

**Total - 25 Marks**

#### **Question Pattern for CE:**

##### **Section – A: (10X1=10)**

Ten questions are to be given, testing K1. All questions are to be answered. Each question carries one mark. Questions must be taken from all units.

##### **Section – B: (5X7=35)**

Five questions are to be given in the internal choice (Either-or) pattern, testing K2 and K3. Questions must be taken from all units. Each question carries seven marks.

Q.No-11 (A and B) from Unit – I

Q.No -12 (A and B) from Unit – II

Q.No-13 (A and B) from Unit – III

Q.No-14 (A and B) from Unit – IV

Q.No-15 (A and B) from Unit – V

**Section – C (3X10=30)**

Five questions are to be given, testing K4 and K5. Three questions are to be answered. Each question carries Ten Marks. Questions must be taken in this order.

Q.No. – 16 from Unit – I

Q.No. – 17 from Unit – II

Q.No. – 18 from Unit - III

Q.No. – 19 from Unit - IV

Q.No. – 20 from Unit – V

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