

Paper /Marks wise summary of the Credits for III semester

Sl.No.	Details	Max. Marks		Total Marks	Instruction Hrs/week	Credits/pe r week
		IA	Semester End Exam			
I.	Compulsory Paper/ Core					
3.1	Sports Training Methods	20	80	100	4	4
3.2	Kinesiology	20	80	100	4	4
3.3	Sports Psychology and Sociology	20	80	100	4	4
3.4	Adaptive and Corrective Physical Education	20	80	100	4	4
3.5	OEC Community and Family Health	20	80	100	4	4
3.6	Practicals – I (Games) a. Volley Ball b. Kho-Kho c. Hockey	20	80	100	12	-
		} any one				
	Total Marks/Credits	120	480	600	32	20

Paper /Marks wise summary of the Credits for IV semester

Sl.No	Details	Max. Marks		Total Marks	Instruction Hrs/week	Credits/per week
		IA	Semester End Exam			
I.	Compulsory Paper/ Core					
4.1	Sports Management	20	80	100	4	4
4.2	Exercise Physiology	20	80	100	4	4
4.3	Health, Fitness And Wellness	20	80	100	4	4
4.4	Curriculum of Physical Education	20	80	100	4	4
4.5	Project work (Compulsory for IV semester students)	20	80	100	4	4
4.6	Practical's Specialization (students choice any one game)	20	80	100	4	4
	Total Marks/Credits	120	480	600	24	24

Note: The above curriculum includes the practical's components which includes

1. Record Book
2. Coaching Ability, and
3. Officiating and Viva-Voce test.

III - SEMESTER

3.1 SPORTS TRAINING METHODS

Unit – I Introduction

- 1.1 Definition and meaning of training, coaching and conditioning
- 1.2 Aims and takes of sports training
- 1.3 Principles of sports training
- 1.4 Characteristics of sports training
- 1.5 Scope of sports training
- 1.6 Model of sports training process

Unit –II The Training Load Training means

- 2.1 The factors of load
- 2.2 Load and adaptation process
- 2.3 Condition for super compensation
- 2.4 Recovery
 - 2.4.1 Phases of recovery
 - 2.4.2 Factors affecting the recovery
 - 2.4.3 Means of recovery
- 2.5 Overload
 - 2.5.1 Causes of overload
 - 2.5.2 Symptoms of overload
 - 2.5.3 Remedial means and methods of overcoming the overload syndrome
- 2.6 Principal means of training
- 2.7 Additional means of training, the effects of various means of training
- 2.8 Basic methods of conditioning
 - 2.8.1 Characteristics and common variations
 - 2.8.2 Effects of Load parameters

Unit – III Periodisation and Training Plan:

- 3.1 Sports form and top form.
- 3.2 Aims and contents of periods, Preparatory, competition and transitional period
- 3.3 Periodical cycles: micro, meso and macro cycles
- 3.4 Types of periodisation and duration of the periods
- 3.5 Types of training plans; short term and long term plans
- 3.6 Competitions: Functions, types and frequency, Preparation for competition

Unit –IV Training Components:

- 4.1 Strength – forms: Factors determining strength
- 4.2 Types of muscle contraction
 - 4.2.1 Speed-Different speed abilities :Factors determining speed
 - 4.2.2 Improvement of speed abilities: Speed barrier.
- 4.3 Methods of strength improvement
 - 4.3.1 Endurance-Importance: Types : Factors determining endurance
 - 4.3.2 Improvement endurance
 - 4.3.3 Nutrition and endurance performance
 - 4.3.4 Altitude training for endurance

- 4.4 Importance of strength and its relationship with other performance factors 4.4.1
Flexibility – importance; Types; Factors determining flexibility
- 4.4.2 Importance of Flexible: Flexibility training
- 4.5 Strength in yearly training cycle

Unit –V Co-ordination – Abilities

- 5.1 Nature and definition; Description of co-ordinative abilities
- 5.2 Improvement of co-ordinative abilities
- 5.3 Technique – nature of technique in sports
- 5.4 Training for technique ; Phases of technique training
- 5.5 Tactics: Tactics and training for tact
- 5.6 Identification of Talent
- 5.7 Principles of recognizing athletic talent
- 5.8 Screening and Selection with the aid of Principal performance factors.

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1. Dick, Frank W (1980) Sports training principal, London : Henry-Kimpton Publishers,
2. Harre, Dietrich, (1982) Principles of sports training. Berling Sportverlag
3. Klaf's Carl E. and Daniel, D Amheim (1969). Modern principles of athletics training Saint Louis C.V.Mosby company
4. Llewelly, Jack H and Judy A Blucker (1982) Psychology of coaching: Theory and application New Delhi: Surjeet publications
5. Matevev, L (1981) Fundamentals of sports training Moscow: Progress publishers

3.2 KINESIOLOGY

Unit I Introduction

- 1.1 Meaning and scope of Kinesiology in physical education and sports
- 1.2 Descriptive terminology
- 1.3 Joint movements, planes and axes

Unit II Skeletal System

- 2.1 Functions and types of skeleton
- 2.2 Composition and Structure of bone-type of Bones
- 2.3 Articular system: types of joints, joint structure
- 2.4 Joint stability and Range of motion.

Unit III Muscular System

- 3.1 Muscle fiber arrangement, functional characteristics of muscle tissue
- 3.2 Length-Tension relationship in muscle Tissue leverage,
- 3.3 Types of muscle contraction
- 3.4 Role of muscle factors affecting the effectiveness of muscular system

Unit IV Muscle Attachments

- 4.1 Muscle of the human body
 - 4.1.1 Origin Insertion, Action and Leverage of the following muscles:
 - 4.1.1.1 Sternocleidomastoid Scalene Trapezius Rhomboid Latissimus dorsi. Pectoralis major Pectoralis minor, Deltoid Biceps brachii Triceps Brachioradialis Brachialis Rectus abdominis, Obliques quadriceps Hamstring sartorius Gracilis Tensor fascia lata Iliopsoas Gluteus maximus minimum and medius Adductor magnus brachii and medius soleus Gastrocnemius Tibialis anterior.

Unit V The Neural Bases of Movement

The nervous tissue

The central nervous system The peripheral nervous system

General characteristics of the Sensory-motor System: The sensory

Unit The sensory receptors exteroceptors proprioceptors

References:

1. **M. Gladys, Scotl (1970).** Analysis of Human Motion (2nd Ed), Eurasia Publishing House(Pvt.) Ltd New Delhi,
2. **Kerighbaum, Ellen and Barthels, Kathrine M. (1985).** Biomechanics; A Qualitative Approach for Studying Human Movement (2nd Ed), Macmillan Publishing Company, New York
3. **Lippert, Lynn; (1996)** Clinical Kinesiology for Physical Therapist Assistants (2nd Ed), Jaypee Brothers Medical Publishers (P) Ltd., New Delhi,
4. **Hay, James G. and Reid, J. Gavin; (1982)** The Anatomical and Mechanical Bases of Human Motion, Prentice-Hall Inc., Englewood Cliffs, N. J.,
5. **Watkins, James; (1983)** An Introduction to Mechanics of human Movement, MTP Press Ltd.,

3.3 Sports Psychology and Sociology

Unit-I Sports Psychology

- 1.1 Meaning, Scope and Development of Sports psychology
- 1.2 Significance to Physical Educators and Coaches
- 1.3 Meaning and Characteristics of Cognitive process
- 1.4 Meaning of Sensation, perception, thinking memory, attention and Imagination and creativities
- 1.5 Strategies to develop attention

Unit-II Emotions and Psychological Aspects of Competitions

- 2.1 Meaning and Classification
- 2.2 Influence on Performance and Conflicts and frustration
- 2.3 Anxiety, Fear and Stress in Management
- 2.4 Definition of Competition and Determinants of Competitive Behavior
- 2.5 Characteristics of Pre, during and Post Competitions states.
- 2.6 Short and Long-term psychological preparation for Competition

Unit-III Introduction

- 3.1 Definition and meaning of Sports Sociology.
- 3.2 Sports as a social phenomenon.
- 3.3 Sports sociology, as a separate discipline. Dh
- 3.4 Nature need and scope of sports sociology.
- 3.5 Sports and socialization of the individual.

Unit-IV Cultural bases of Sports, Social Attitude and Values

- 4.1 Basic concepts of culture,
- 4.2 Elements and functions of culture.
- 4.3 Relationship of sports with other elements of culture. Ku
- 4.4 Social planning and physical culture - work, leisure and culture.
- 4.5 Physical culture as a requirement of social development. La
- 4.6 Development of socialistic production and physical culture.
- 4.7 Physical activity and the social attitudes of infants, children and adolescents. .
- 4.8 Sports as a reflection and transmitter of values.
- 4.9 Cross-cultural differences in culture.
- 4.10 Ethnic, political and democratic issues related to sports.

Unit -V Social institutions and Sports

- 5.1 Economic, political, religious institutions.
- 5.2 Sports as a social institution.
- 5.3 Relationship of sports with other social institutions.
- 5.4 Emergence and growth of commercial sports-Commercialization of sports.
- 5.5 Financial status of sportsmen in moderm society.

References

1. Ball and Ley. (1967). *Sports and Social Order*. Addison Wesley Pub. Co.
2. Cratty, B. J. (1967) . *Social Dimensions of Physical Activity*. Englewood Cliffs, NJ: Prentice Hall Inc.,
3. Dharam, V. R. (1989).*Sports and Society: Readings in the Sociology of Sports*. New Delhi: Classical Publishing Co.,
4. Hylton, Kelvin, (2001.) et.al. *Sports Development: Policy, Process and Practice*.London: Routledge Falmer
5. Iso-Ahola, Seppo E. and Brad Hatfield. (1986). *Psychology of Sports: A Social Psychological Approach*. Dubque, Iowa: WMC Brown Publishers, _-
6. Kuppaswamy, B. (1982). *An Introduction to Social Psychology*. Bombay: Media Promoters and Publishers Pvt. Ltd.,
7. Laker, Anthony (Ed.). (2002). *The Sociology of Sport and Physical Education*. London: Routledge Falmer
8. Martin, Rainer. (1975). *Social Psychology and Physical Achieving*. New York: Harpen and Row Publishers,
9. Mohanty, Girish Bala. (1977) *Social Psychology*. New Delhi: Kalyani Publishers, t.””
10. Snyder, Eldon E. and Eloner Spreitzer. (1968.) *Social aspects of Sports*. Englewood Cliffs, NJ: Prentice Hall Inc.,

3.4 ADAPTIVE AND CORRECTIVE PHYSICAL EDUCATION

UNIT 1.1 Meaning of Adapted Physical Education.

Brief history of adapted physical education. functions of adapted physical education. objectives of adapted programme

1.2 Individuals with disabilities Education Act (IDEA) of USA. History of adapted sports. Current status of Adapted physical **Education.**

UNIT 2.1 HUMAN RESOURCES:

Director of physical education and Athletics, adapted physical educator or Co-ordinator, regular physical educator, Nurse, Physician. Qualifications of the adapted physical education teacher.

2.2 Attributes of the adapted physical education teacher. Role of physical education teacher in catering to the physical activity needs of the disabled. The remedial therapist.

Unit 3.1 NATURE OF DISABILITIES

Low physical fitness: - Nature, Causes, Components, Tests, development of Physical Fitness. Inefficient Body mechanics:- Values, Causes, Testing, Programme to improve Body mechanics. Nutritional disturbances:- Nature, Associated Problems, Programme.

Visual impairments: - Causes, Testing, Programme.

Auditory impairments: - Causes, Programme.

3.2 Cerebral Palsy:- Nature, Characteristics, Classification of Neuromuscular disability, Planning the Programme.

3.2.1 Orthopaedic Handicaps: - Nature, Programme Planning.

3.2.2 Cardiopathic Conditions: - Nature, Programme.

3.2.3 Convalescence: - Nature, Programme.

Postural deviations: - Exercise Programme to improve posture.

Unit IV MOVEMENT.

4.1.1 Active Movement

4.1.2 Voluntary Movement:- a) Free exercise-classification technique, effects

b) Assisted exercise-Technique, effects c) Assisted-Resisted exercise- Technique, effects.

4.2. Involuntary Movement:- Reflex Movement, effects.

Passive Movement:- a) Relaxed passive Movement. b) Passive manual mobilization techniques. Definitions, Principles, Effects and Uses.

Unit V 5.1 Possible treatments with physical therapy and remedial exercises for, i) Sprains ii) Contusions iii) Luxations iv) Fractures v) Muscle pull & Tear vi) Cramps vii) Inflamed muscle viii) Periostitis xi) Strained and pulled Tendons x) Torn Tendon.

5.2 Passive Treatments:

- i) Massage:- Basic Techniques- Stroking (Effleurage)- Kneading (Petrissage)- Rubbing (Friction)-Hacking, Thumping and Slapping- vibration and Shaking. Conditions for application of massage.
- ii) Uses of heat, Dry heat and moist heat
- iii) Uses of Cold
- iv) Hydrotherapy and Electrotherapy

5.3 Active Treatments:

- i) Strengthening
- ii) Proprioceptive Neuromuscular facilitation (PNF)
- iii) Loosening
- iv) Stretching
- v) Exercises in water.

References:

1. J.P. Winnicks (2005) *Adopted Physical Education And Sports (Ed) 4th Edition. Human Kinetic*
2. Clarke Harrison H. and Clarke David H.,(1963) *Development and Adapted Physical Education. Englewood Cliffs N.J., Prentice Hall, Inc.,*
3. Hollis F. Philadelphia. W.B. Saunders Co., 1962 *Adopted Physical Education*
4. Auxter David, Pyfer Jean, Huettig Carol, Mosby. Year Book Inc., 1993. *Adapted Physical Education and Recreation.*
5. Either Doris, Meissner Luty, Ork Helmut, W.B. Saunders Company, Philadelphia, 1982.
6. Gardiner Dena M., C.B.S. Publishers and Distributors, Delhi, 1985 *physical Therapy for Sports. The Principles of Exercise Therapy.*
7. *Physical Therapy for Sports. The Principles of Exercise Therapy.*

3.5 OPEN ELECTIVE COURSE

I - COMMUNITY AND FAMILY HEALTH

Unit I Meaning and definition

Role of WHO

Unit II Agencies Working for Community Health.

- 1) Government
- 2) Private Ui
- 3) Social Clubs & organization

Unit III Nutrition, Diet and Obesity

- 1 Children's
 - 2 Adolescent
 - 3 Old age
 4. Principals of Nutrition; Balanced Diet
- Obesity – Causes, Problems, Prevention and Weight Reduction

Unit IV Common Disease & Prevention

- a. Blood Pressure
- b. Diabetic
- c. Cardiac Problem
- d. Stress
- e. Joint and Muscles skeleton

Unit V Healthy Habits

Healthy Life Style

Reference:

1. **Park J E& Park k (1989)** – *Text book of Preventive & Social Medicine (P & SM)*
Banarasi Das, III rd Publication Nagapur.
2. **Nanda V K (1997)** *Health Education*, Anmol Publication Pvt Ltd New Delhi
3. **L.C.Gupta** . 6th Edn. Jaypee; Food & Nutrition, Facts & Figures
4. **George A- Bray- Saunders (2006)**; *Office.Management of Obesity*
5. **Goviudraj and Rayappa J (1972)** : *Health Education*, Madras Feen Thomas and Co.,
6. **Neelkanthan .N. (1973)** :*Hand book of Health and Hygiene*, **Quilon College**
Books House.

