

VIVEKANANDA COLLEGE

College with Potential for Excellence

Residential & Autonomous – A Gurukula Institute of Life-Training

Affiliated to Madurai Kamaraj University

Reaccredited with 'A' Grade (CGPA of 3.59 out of 4.00) by NAAC

TIRUVEDAKAM WEST, MADURAI DISTRICT – 625 234



DEPARTMENT OF PHYSICAL EDUCATION

Part VI - Compulsory Course

PHYSICAL TRAINING

(Sub Code: 50601)

SYLLABUS

DEPARTMENT OF PHYSICAL EDUCATION

SCHEME OF EXAMINATIONS PHYSICAL TRAINING

I. Qualification for the Course

Compulsory course to all the Under Graduate and Post Graduate fine year students.

II. Medium of Instruction

Both English and Tamil

III Question pattern

Questions will be in English in the Summative Examinations. Answers may be in Tamil or English.

Summative Examination - Theory

1. Maximum Marks – 50
2. Time – 1hr.
3. Marks evenly distributed to all the five units in all the sections.
4. Question Pattern for Summative Examination - Theory

Section A (10 x 1 = 10 Marks)

Question No.1 to 10

1. Multiple Choice (Four Choices in each question) and Short Answers
2. No 'None of these' choice

Section B (4 X 5 = 20 Marks)

Question No.11 to 14

1. Answer all questions choosing either (a) or (b)

Section C (2 X 10 = 20 Marks)

Question No.15 to 17

1. Answer any two questions out of three

Question Pattern for Summative Examinations – Practical

Sl. No	Content	Marks
1	Attendance in Physical Jerks & Asanas	10
2	100 Mts Dash	10
3	400 Mts Dash	10
4	Long Jump	10
5	Pull Ups	10
Total Marks		50

Distribution of Marks (50) to Practical Examination

Sl. No	Physical Jerks & Asanas (% of Attendance)	100 Mts. Dash (Seconds)	400 Mts Dash (Minutes)	Long Jump (Mts)	Pull Ups (Nos)	Marks
1	50 - 60	17.01 & above	1.31 & above	3.49 & Below	3 & Below	2
2	61 - 70	15.01 -17.00	1.21 - 1.30	3.99 - 3.50	5 - 4	4
3	71- 80	13.01 -15.00	1.11 -1.20	4.49 - 4.00	7 - 6	6
4	81 - 90	11.01 - 13.00	1.01 - 1.10	4.99 - 4.50	9 - 8	8
5	91 - 100	11.00 & Below	0.60 & Below	5.00 & Above	10 & Above	10



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SYLLABUS

Non-Semester		
Subject Title : Physical Training-VI Compulsory course		
Sub Code: 50601	Hours: 20	Total Marks: 50

OBJECTIVES

To enable the learners to

1. Know the concept of Physical Education and Health Education.
2. Know about the Olympic Games.
3. Know the rules and regulations of games and sports.
4. Aware and promote the health and personality development through yoga.
5. Gain the basic knowledge on the importance of Health.

UNIT I

Physical Education: Meaning, Definition, and Objectives - Physical Training - Health Education - Primary Health Care (PHC) - Elements of PHC - Role of individual, family, community and government Health promotion.

Unit II

Olympic- History of Olympic - Ancient, Modern – Origin – Organization and conduct of the game - Olympic Flag, Torch, Emblem, Motto, Asian games and Commonwealth games.

UNIT III

Sports: Rules and Regulations of Athletics - Track Events - Field Events – Long jump - High jump - Javelin throw - Discus throw, Shot-put – Combined Events – Pentathlon, Decathlon, Heptathlon.

UNIT IV

Games: Rules and Regulations of Kabaddi – Basketball – Volleyball – Football – Badminton.

UNIT V

Yoga: Introduction – Origin – Meaning - Definition – Concept - Aims and Objectives of Yoga – Types of Yoga – Difference between Yogic Practices and Physical Exercises.

References

1. Feuerstein George, (2002), *The Yoga Tradition*, Motilal Banarsidass Publishers Pvt. Ltd., Delhi.
2. Taimini, I.K. (2001), *Science of Yoga*, Theosophical Publishing House, Chennai.

3. Sharma,O.P., (1998), *History of Physical Education*, Khel Sahitya Kendra, New Delhi.
4. Wakharkar D.G.,(1997), *Manual of Physical Education in India*, Pearl Publications Pvt. Ltd., Bombay.
5. Conling David (1980), *Athletics*, Robert Hale, London.
6. Prabhakar Eric (1995), *The way to Athletic Gold*, East – West Press Pvt., Ltd, Madras.
7. Mariayyah.P, (1996), *Football*, Sports Publications, Raja Street, Coimbatore.