ANNA UNIVERSITY

ANNAMALAINAGAR

DEPARTMENT OF PHYSICAL EDUCATION

BACHELOR OF PHYSICAL EDUCATION AND SPORTS (B.P.E.S)
(THREE YEARS)

REGULATIONS AND SYLLABUS
WITH EFFECT FROM THE ACADEMIC YEAR 2018-2019
1. Eligibility for Admission to the Course

   a. Applicants should have passed the +2 examination in 10 + 2 pattern of the Government of Tamil Nadu or any other equivalent examination recognized by the Government of Tamil Nadu.

   b. The candidates should not have completed 25 years of age as on 1st July. However, relaxation for SC/ST candidates shall be given as per Government of Tamil Nadu norms.

   c. He / she must be medically fit and free from any deformities, students will undergo medical examination at the time of admission.

   e. Admission shall be made on the basis of ranking for a total of 150 marks as detailed below.

   1. Qualifying Examination 40 marks
   2. Participation in Games & Sports 15 marks
   3. Games Skill test 15 marks
   4. Track and Field Skill test 30 marks
      a) 100 m – 10 Marks
      b) Shot-put – 10 Marks
      c) Long Jump – 10 Marks

   Total 100 Marks

   Note: Marks obtained in Qualifying Examination shall be converted to a maximum of 40 marks. For example if a candidate secured 800 marks out of 1200. His / Her marks for qualifying examinations is \([800 / 1200] \times 40 = 26.66\) marks.

   The married women should not be in family way during the course of study. If it is violated, they will not be permitted to continue the course.
2. Duration of the Course

   The course for the degree of Bachelor of Physical Education and Sports shall extend over a period of three academic years for six semesters: The total working days for a semester shall not be less than 90 working days excluding examination days. The curriculum and syllabi for the course shall be as prescribed from time to time.

3. Attendance

   1) A Student must have 80% attendance in theory and practical classes to appear for university examination.

   2) A maximum of 10% of relaxation shall be permitted for the medical reasons. He/she must produce a reliable Medical Certificate with prior permission and following the due procedures.

   3) In other cases, if a student attained less than 80% of attendance he/she should REDO the semester.


   a. Written Examination - 20 Marks:

      I. Continuous assessment shall be graded by the concerned subject teachers. Two tests will be conducted for each paper. Each test carries a maximum of 10 marks and the average of two tests shall be considered for continuous assessment.

      II. Pre-Semester shall be held at the end of each semester before the final semester examination covering all the portions. Each paper carries 75 marks and this will be converted into 10 marks.

      The average of marks obtained in the two continuous assessment tests along with converted marks obtained in Pre-sintermester Examination will constitute 20 marks out of 25 for internal assessment.

      Method of Calculation:

      |                      | Test Marks | Average Marks | Total Marks |
      |----------------------|------------|---------------|-------------|
      | First Test           | 10         |               |             |
      | Second Test          | 10         | 10            | 20          |
      | Pre-Semester         | 10         |               |             |
III. However, in the case of students who miss the tests for any valid reasons with prior permission from the Professor and Director, Department of Physical Education and Sports Sciences (Viz. Participating in Sports and Games competitions), he/she may be granted special permission to write the tests before the commencement of semester examination.

b. Assignment / Seminar - 3 Marks:

The teachers shall give assignments to the students and 3 marks are allotted for assignments. This may be of any accepted method such as Seminar, Project, Written materials, Record etc.

c. Attendance - 2 Marks:

Regularity in attending theory and Practical classes shall be graded as per the percentage of attendance.

<table>
<thead>
<tr>
<th>Percentage of Attendance</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>95 – 100</td>
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<td>90 – 94</td>
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<td>85 – 89</td>
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<td>80 – 84</td>
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Method of Calculation for Overall Internal Assessment (Max 25 marks) :

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<thead>
<tr>
<th>Test</th>
<th>Marks</th>
<th>Average Marks</th>
<th>Total Marks</th>
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<tbody>
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<tr>
<td>Second Test</td>
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<td>10</td>
<td>20</td>
</tr>
<tr>
<td>Pre-Semester</td>
<td>10</td>
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<td>Maximum Marks</td>
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5. Requirement for Passing

No candidate shall be eligible for the award of the B.P.E.S. degree unless he / she has passed the examinations in Part I, II, III and IV.

A student who fails in any one or more papers in the semester examination will be permitted to rewrite the paper or papers in the subsequent semester examination.
To qualify for the degree, supplementary candidates are required to pass all the papers prescribed for the course within a period of three years after he/she complete the course. Beyond this period, the candidate shall follow the current syllabi for the examination if applicable. Examination fee will be collected normally according to the rules and regulations of the university. A Separate examination fee will be collected in this case.

Students who fail in a paper/papers are permitted to apply for recounting or revaluation in examination section of the University within the prescribed period with specified fee.

Appeal against the results of the semester examination shall be made to the controller of examinations by the student concerned through the Professor and Director of Physical Education and Sports Sciences within 15 days of the publication of results by paying re-totalling / revaluation fee.

a. Grading System

To pass in an examination a student has to score a minimum of 40% marks in each paper – Theory and Practical.

Minimum Passing : 40% Marks.

40 to 49% : Third Class.

50 to 59% : Second Class.

60% and above : First Class.

A Candidate shall be declared to have passed with distinction if he/she obtains 75% or more of the aggregate marks at his/her first appearance.
SYLLABUS

Part I – Language: Tamil
Part II – English
Part III – Core and Allied (Theory and Practical)
Part IV – Non-Major Elective

Theory Course

<table>
<thead>
<tr>
<th>Semester I</th>
<th>Course Type</th>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part - I</td>
<td>BPET-101</td>
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<tr>
<td>Part - II</td>
<td>BPEE-102</td>
<td>English – I</td>
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<td>BPES-103</td>
<td>General Knowledge and History of Physical Education</td>
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<td>BPEL-104</td>
<td>Fitness and wellness</td>
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<td>Part - II</td>
<td>BPEE-202</td>
<td>English – II</td>
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<td>BPES-203</td>
<td>Organization and Administration</td>
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<td>BPEL-204</td>
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<tr>
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<td>BPEE-302</td>
<td>English – III</td>
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<tr>
<td>Part - III</td>
<td>BPES-303</td>
<td>Methods in Physical Education</td>
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<td></td>
<td>BPES-304</td>
<td>Scientific Principles of Sports Training</td>
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<td>BPEA-305</td>
<td>Health and Safety Education</td>
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<td>Exercise Physiology and Nutrition</td>
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<td>BPES-404</td>
<td>Rules of Games and Sports – I (Track and Field and Cross Country)</td>
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<td>Elementary Statistics</td>
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<td>BPES-502</td>
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# Practical Course

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<tbody>
<tr>
<td>1. Calisthenics &amp; Minor Games</td>
</tr>
<tr>
<td>2. Drill &amp; Marching</td>
</tr>
<tr>
<td>3. Basketball</td>
</tr>
<tr>
<td>4. Badminton &amp; Kabaddi</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Semester II</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Dands &amp; Baiteks</td>
</tr>
<tr>
<td>2. Light Apparatus</td>
</tr>
<tr>
<td>3. Handball &amp; Kho-Kho</td>
</tr>
<tr>
<td>4. Volleyball</td>
</tr>
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<table>
<thead>
<tr>
<th>Semester III</th>
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<tbody>
<tr>
<td>Track and Field Activity</td>
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<tr>
<td>1. Short, Middle, Long Distance Running &amp; Relay Races</td>
</tr>
<tr>
<td>2. Long Jump</td>
</tr>
<tr>
<td>3. Triple Jump</td>
</tr>
<tr>
<td>4. Shot put &amp; Hammer</td>
</tr>
<tr>
<td>5. Discus</td>
</tr>
<tr>
<td>6. Javelin</td>
</tr>
<tr>
<td>7. High Jump &amp; Pole Vault</td>
</tr>
<tr>
<td>8. Hurdles</td>
</tr>
<tr>
<td>Semester IV</td>
</tr>
<tr>
<td>-------------</td>
</tr>
<tr>
<td>1. Marking (Track &amp; Field) [Marking manual for Track &amp; Field events must be submitted to the concerned staff]</td>
</tr>
<tr>
<td>2. Yoga, Gymnastics, Pyramid, Malkhamb</td>
</tr>
<tr>
<td>3. Ball Badminton, Tennis, Tennikoit</td>
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<tr>
<td>4. Football</td>
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<table>
<thead>
<tr>
<th>Semester V</th>
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<tbody>
<tr>
<td>1. Marking (Ground) [Marking manual for Sports &amp; Games must be submitted to the concern staff]</td>
</tr>
<tr>
<td>2. Project Sports Athletics</td>
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<td>3. Hockey</td>
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<tr>
<td>4. Netball, Throw ball &amp; Table Tennis</td>
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<table>
<thead>
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<th>Semester VI</th>
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<tbody>
<tr>
<td>1. Bharathiam &amp; Aerobics</td>
</tr>
<tr>
<td>2. Test and Measurement</td>
</tr>
<tr>
<td>3. Project Sports Major Games</td>
</tr>
<tr>
<td>4. Cricket &amp; Softball</td>
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## SCHEME OF EXAMINATION

### Theory

| Semester I |  |  |  |  |  |
|------------|---------------------------------------------------------------|
| **Course Type** | **Course Code** | **Course Title** | **Credit** | **Internal** | **External** | **Total** |
| Part - I | BPET-101 | Tamil – I / Other Language | 3 | 25 | 75 | 100 |
| Part - II | BPEE-102 | English – I | 3 | 25 | 75 | 100 |
| Part - III | Core | BPES-103 | General Knowledge and History of Physical Education | 3 | 25 | 75 | 100 |
| | Elective | BPEL-104 | Fitness and Wellness | 3 | 25 | 75 | 100 |
| | Allied | BPEA-105 | General Science | 3 | 25 | 75 | 100 |

| Semester II |  |  |  |  |  |
|--------------|---------------------------------------------------------------|
| **Course Type** | **Course Code** | **Course Title** | **Credit** | **Internal** | **External** | **Total** |
| Part - I | BPET-201 | Tamil – II / Other Language | 3 | 25 | 75 | 100 |
| Part - II | BPEE-202 | English – II | 3 | 25 | 75 | 100 |
| Part - III | Core | BPES-203 | Organization and Administration | 3 | 25 | 75 | 100 |
| | Elective | BPEL-204 | Science of Yoga | 3 | 25 | 75 | 100 |
| | Allied | BPEA-205 | Anatomy and Physiology | 3 | 25 | 75 | 100 |

| Semester III |  |  |  |  |  |
|--------------|---------------------------------------------------------------|
| **Course Type** | **Course Code** | **Course Title** | **Credit** | **Internal** | **External** | **Total** |
| Part - I | BPET-301 | Tamil – III / Other Language | 3 | 25 | 75 | 100 |
Bachelor of Physical Education and Sports – B.P.E.S. (Three Years)

<table>
<thead>
<tr>
<th>Part - II</th>
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<td>English – III</td>
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## Bachelor of Physical Education and Sports – B.P.E.S. (Three Years)

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<td>Core</td>
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<tr>
<td>Part - IV</td>
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<tr>
<td>Non-Major Elective</td>
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| Total Credits and Marks for Theory | 90 | 750 | 2250 | 3000 |

### SCHEME OF EXAMINATION

#### Practical

#### Semester I

<table>
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<tr>
<th>Course Code</th>
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<tr>
<td></td>
<td>3. Basketball</td>
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</tr>
<tr>
<td></td>
<td>4. Badminton &amp; Kabaddi</td>
<td>50</td>
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Regulation & Syllabus - 2018-2019 onwards
### Semester II

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<td>2. Light Apparatus</td>
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<td>3. Handball &amp; Kho-Kho</td>
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### Semester III

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<td></td>
<td>2. Long Jump</td>
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<td></td>
<td>3. Triple Jump</td>
<td>25</td>
<td>-</td>
<td>25</td>
<td></td>
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<tr>
<td></td>
<td>4. Shot put &amp; Hammer</td>
<td>25</td>
<td>-</td>
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<td></td>
<td>5. Discus</td>
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<td>6. Javelin</td>
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<td>8. Hurdles</td>
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### Semester IV

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### Semester V
## Bachelor of Physical Education and Sports – B.P.E.S. (Three Years)

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<td>VI</td>
<td>10</td>
<td>200</td>
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<td><strong>TOTAL</strong></td>
<td><strong>150</strong></td>
<td><strong>4200</strong></td>
<td></td>
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</tbody>
</table>

### Course Type-wise

<table>
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<tr>
<th>Part</th>
<th>Course</th>
<th>Assessment</th>
<th>No. of Papers</th>
<th>Marks</th>
<th>Total</th>
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<tbody>
<tr>
<td>I</td>
<td>Tamil / Other Language</td>
<td>Internal</td>
<td>4 Papers × 25</td>
<td>100</td>
<td>400</td>
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<td></td>
<td></td>
<td>External</td>
<td>4 Papers × 75</td>
<td>300</td>
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<td>II</td>
<td>English</td>
<td>Internal</td>
<td>4 Papers × 25</td>
<td>100</td>
<td>400</td>
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<td></td>
<td></td>
<td>External</td>
<td>4 Papers × 75</td>
<td>300</td>
<td></td>
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<tr>
<td>III</td>
<td>Core, Allied and Elective</td>
<td>Internal</td>
<td>20 Papers × 25</td>
<td>500</td>
<td>2000</td>
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<tr>
<td></td>
<td>Core: Practical</td>
<td>Internal</td>
<td>6 Semester × 200</td>
<td>1200</td>
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<tr>
<td></td>
<td>Non-Major Elective</td>
<td>Internal</td>
<td>2 Papers × 25</td>
<td>50</td>
<td>200</td>
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<td></td>
<td></td>
<td>External</td>
<td>2 Papers × 75</td>
<td>150</td>
<td></td>
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<td><strong>Grand Total</strong></td>
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<td></td>
<td><strong>4200</strong></td>
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</tbody>
</table>
PAPER:- BPET 101
TAMIL – I

PART – I TAMIL

Kjyhz;L Kjy; gUt;

myF - 1

(1) ghujpahh; :
fhzp epyk; Ntz;Lk;
ey;yNjhj; tPiz

(2) Rujh:
rf;fdk;

myF - 2

GJikg;gpj;jd; rpWfiwfs;
1. fITSK; fe;jrhkp; gps;isAk;
2. rhy; tpNkhrdk;
3. nghd;dfuk;

myF - 3 (ciueil)

tpisahl;Lf;fspd; Njhw;wKk; tsh;r;rpAk;
tpisahl;L tiuaw - tpisahl;bd; Njhw;wk; - jkpo; thopy; tpisahl;L - tpisahl;L tif
njhif - tpisahl;Lf; nfhs;iffs;.

myF - 4 nkhopg; gapw;rp
1. nghUe;jpa nrhy; jUjy;
2. kuGj; njhli;fs;
3. fiyr; nrhw;fs;

myF - 5 jkpo; ,yf;fpa tuyhW
1. ehl;Lg;Gw ,yf;fpa tuyhW> ehl;Lg;Ggw; ghly;fs;> ehl;Lg;Gwf; fijfs;> ehl;Lg;Gf;
fiij; ghly;fs;> gonkhopfs;> tpLfiwfs;.
2. ciueil ,yf;fpa tuyhW> rpWfiwfs;> Gjdpq;fs; Njhw;wKk; tsh;r;rpAk;.
3. ftpij ,yf;fpa tuyhW kuGf; ftpijfs;> GJf; ftpijfs; Njhw;wKk; tsh;r;rpAk;.
4. ehlf ,yf;fpaj;jpd; Njhw;wKk; tsh;r;rpAk;.

Jiz E}w;gl;bay;
1. Nguh. vk;khu; milf;fyrhkp> (2000) jkpo; ,yf;fpa tuyhW> uhrrp gjpg;gfk;> nrd;id -
73.
2. e. kiya urp> (2013)> jkpo; ,yf;fpa;fspy; tpisahl;Lf; $Wfs; - ghit gjpg;gfk;> kJiu-
1.
3. nrh. gukrptk;> (2000)> ew;wkpo; ,yf;fzk;> gl;Lg; gjpg;gfk;> nrd;id-40.
4. rq;f ,yf;fpa E}y;fs; - fo fntspaPL.
LISTENING & SPEAKING:

UNIT – I

  a) Greeting people & responding to greetings.
  b) Introduction oneself & other people.
  c) Asking for & giving personal details (name, occupation... etc.)

UNIT – II

  a) Using the telephone – exchanging information & taking messages
  b) Describing a visual clipping.

WRITING :

UNIT –III

  b) Paragraph writing – converting note making to paragraph.
  c) Interpreting advertisements.

UNIT - IV

  a) Grammar in usage
  b) Descriptive writing – describing a scene / a person / a situation
  c) Translation – 50 words.

UNIT – V

  a) Cabuliwallah – Rabindranath Tagore
  b) The Least Leaf – H. Henry
  c) Upper Division Love -Manohar Malgonkar.

Reference:

  1. The last leaf & other stories by Anand Kumar (Balackle Books).
PAPER:- BPES 103

GENERAL KNOWLEDGE AND HISTORY OF PHYSICAL EDUCATION

GENERAL KNOWLEDGE

UNIT I: Abbreviations & Terminologies
a. Abbreviations (in sports): AIU, AAFI, IAAF, IAF, AFC, AICS, AILTA, AIWHA, BAI, BCCI, FISU, IHF, IOA, IOC, ICC, FIBA, FIFA, FIVB, NCC, NSO, NSC

UNIT II: Awards, Trophies and Schemes

HISTORY OF PHYSICAL EDUCATION

UNIT III: Physical Education in Ancient India
History of Physical Education in Vedic period, Epic period, Buddhist period. Development of Indigenous activities - Yogic system of physical exercise.

UNIT IV: Physical Education in Other Countries and Development of Physical Education
Physical Education in Ancient Greece, Rome and European countries. Contributions to the growth of Physical Education by leaders and movements: Germany: Johann Bernhard Basedow, Johann Christoph Friedrich GutsMuths, Adolph Spiess, Role of Philanthropinum and Turnverein Movement. Sweden: Per Henrik Ling and Swedish medical gymnastics. Denmark: Franz Nachtegall, Niels Bukh.

UNIT V: Physical Education Teacher Training and Sports Promotion
References:

UNIT – I:

UNIT – II

UNIT – III
Preventing Heart Disease and Cancer, Coronary Heart Disease, role of fat and Cholesterol, Low-Density and High-Density Lipoproteins, Other Risk Factors for Heart Disease, hypertension, Obesity or Overweight Stress, Sedentary Lifestyle, Smoking Tobacco, Family History. How to Prevent Coronary Heart Disease, The Role of Physical Activity. Cancer: Causes of Cancer, Cancer Prevention, Physical Activity and Cancer Prevention, Early Detection and Diagnosis of Cancer, Other Diseases and Conditions, Diabetes, Obesity, Hypertension.

UNIT - IV

UNIT - V

REFERENCES

UNIT - I
Importance of Science – Various basic sciences, Value of knowledge required for physical education. Physics


UNIT – II

Light: Nature of light, Reflection of light, at plane and curved surfaces, Lenses (Camera, Human eye, Astronomical Telescope and Compound Microscope)

UNIT – III
Sound: Characteristics of sound, elementary idea of production and transmission of sound, loudness, pitch, hearing process.

UNIT – IV Chemistry

Introduction to organic chemistry, Carbohydrates, Proteins, Amino acids, fats.

UNIT - V Biology
Living organism, cell, protoplasm, cell division, Cellular structure of plants and Animals, Reproduction in plants and Animals, An elementary study, Bacteria and virus, Inter dependence of plants and Animals, Evolution and Heredity.

Reference Books:


Semester - II
PAPER:- BPET 201
TAMIL – II
Kjyhz;L ,uz;lhk; gUtk;

myF - 1
1. ee;jpf; fyk;gfk;
2. jkpo; tpl J}J

myF - 2
1. jpUf;Fw;whyf; FwtQ;rp (Fwj;jp kiytsk; $Wjy;)
2. Kf;$ly; gs;S (ehl;L tsk;)

myF - 3. jkpo; tPpd; tPu tpisahl;Lfs;

VW jOTjy;> kw;NghH> tpw;NghH> Ntl;il> rpyk;gk;> fs hp

myF - 4 nkhopg; gapw;rp
1. gpio ePf;fk;
2. tpsk;gu thrfq;fis cUthf;Fjy;
3. NeHfhzy;

myF - 5 jkpo; ,yf;fpa tuyhW
1. rpw;wp yf;fpa tuyhW
2. fpUj;Jt ,yf;fpa tuyhW
3. ,Ryhkpa ,yf;fpa tuyhW
4. fhg;gpa ,yf;fpa tuyhW

Jiz E}w;gl;bay;
1. Nghu.vk;khH mlf;fyrhkp (2000) jkpo; ,yf;fpa tuyhW> uhrp gjp;gfk;> nr d;id - 73.
2. j.kiyaurp> (2013), jkpo; ,yf;fpaq;fspd; tpisahl;Lf; $WFs; - ghit gjp;gfk;> kJiu-1.
3. nrh.gukrptk; (2000)> ew;wkpo; ,yf;fzk;> gl;Lg; gjp;gfk;> nr d;id.40.
4. rq;f ,yf;fpa E}y;fs; -fof ntspaPL.
PAPER:- BPEE 202
ENGLISH- II
SEMESTER -II
ENGLISH – II DEVELOPING THE LANGUAGE SKILLS

LISTENING & SPEAKING:

UNIT – I

a) Asking for & giving permission
b) inviting a person-accepting/declining

WRITING:

UNIT –II

a) Grammar in usage.
b) Translation-idioms & phrases.
c) Filling up forms – Bank chalans/pay in slips/Demands Draft, Railway Reservation/Cancellation.

UNIT - III

a) Welcoming a foreign visitor & describing region & country
b) Letter writing
c) Descriptive writing-describing on event.

UNIT – IV

a) Ode to the best wind- P.B.Shelley
b) The Gift of India- Sarojini Naidu

UNIT –V

b) The Verger – Somer Set Maugham.

Reference:

1. The last leaf & other stories by Anand Kumar (Balackle Books).
2. The Silent Song- K.M.Tharakan (Macmillan)
Bachelor of Physical Education and Sports – B.P.E.S. (Three Years)

PAPER:- BPES 203

ORGANISATION AND ADMINISTRATION

UNIT – I
Meaning – Nature and scope of organization and administration, principles of organization and administration. Scheme of organization.

UNIT – II
Facilities:
   a. Play field location, standard, preparation, layout and Maintenance.
   b. Gymnasium – construction, factors, care and maintenance and allied facilities.
   c. Swimming pool – construction, dimension, filtration and supervision of swimming pool.

Equipments in Physical Education:
   Need and importance, lists of equipments, suggested type of equipments, criteria for selection procedure of purchase, care and maintenance, store-keeping routine care repairs, disposal etc.

UNIT – III
Staff and Leadership:
   Importance of qualified teacher, qualifications of good teacher, values, staff co-operation, student leadership, values of student of leadership.
   Selection and training of student leaders, role of student leaders, recognition of student leaders.

Time – Table:
   Physical Education classes, factors affecting time-table, required periods, instruction period, practice period, games period, participation periods.

UNIT – IV
Programme of Activities:
   a. Intramurals - Importance of organizing Intramurals, Units of competition, activities, points systems role, awards and incentives for participation.
   b. Extra murals: Educational emphasis, Civil practices, extent of participation, Selection conditioning of teams, Training team and management, sports tours.

Office Managements:
   Setting up and management of office correspondence records and reports filing, relationship with superior officer and assistants, parents, pupils.

Financial Budget:
Bachelor of Physical Education and Sports – B.P.E.S. (Three Years)

Physical Education Budget – budget making income and expenditure, accounting petty cash, fund imp rest.

UNIT – V

Public Relation:

Definition – Need of Public relations in physical education. Principles of public relations in physical education. Techniques and Media of Relation with the public, parents, pupils and other agencies.

Evaluation:

Need and importance – Method of evaluation in terms of objectives. Detection of deficiencies, examination in physical education - follow up action for improvement.

Reference Books:

6. J.P. Thomas, Organization of Physical Education.
UNIT I: Introduction to Yoga

Meaning, Definition, Aim, Concept, Scope of Yoga. Schools of Yoga Hastangayoga: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana and Samadhi.

UNIT II: Yoga and Physical Education

Meaning and Definition of Physical Education – Relationship between Yoga and Physical Education. Comparison of Yoga Practices and Physical Exercises.

UNIT III: Asana

Asana: Meaning, Definition, Types of asanas. Benefits of Asana: Physiological, Psychological and Therapeutical values.

UNIT IV: Pranayama and Meditation

Pranayama meaning., Definition, Aim, Concept of Pranayama - Types of pranayama - Physiological, psychological and Therapeutical values. Meaning, Definition, Aim, Concept of Meditation

UNIT V: Bandhas, Shatkriyas and Mudras


REFERENCES:

UNIT I: Introduction

Need and importance of anatomy and physiology for the students of physical education.
Define Cell Tissue. Microscopic structure of the cell. Classification, Structure and functions of various types of tissues.

UNIT II: Musculo Skeletal System

Skeletal systems: Names of the bones of upper and lower extremities - Classification of joints. Names of the major muscles and their actions.

UNIT III: Cardio Respiratory System


UNIT IV: Nervous System

Structure and functions of Brain, Spinal cord reflex arc. Hormones and their roles.

UNIT V: Digestive System

Structure and functions of alimentary canal - Accessory organs - liver, Pancreas, Gall bladder.

REFERENCES:

Semester - III
PAPER:- BPET 301
TAMIL – III

myF - 1

1. jpUthrfk; - khzpff thrfH
   (jpUfg;ghit Kjy; 5 nra;As;fs;
2. ehyhapuj; jpt;a gpuge;jk; - Mz;lhs;
   thuzk; Mapuk; njhlq;fp 5 nra;As;fs;

myF - 2

fk;guhkhazk;

(Re;ju fhz;lk; - Ch; NjL glyk; Kjy; 74 nra;As;fs;)

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myF - 4 nkhopg; ngaw;rp

1. Ntiy tha;G Gntz;b tpz;Zg;Gk; vOJjy;
2. fbjk; vOJjy;
3. Neh;fhzy;

myF - 5 jkpo; ,yf;fpa tuyhW

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2. gpw;fhr; Nrhoh; fhy ,yf;fpa tuyhW

Jiz E}w;gl;bay;

1. Nguh. vk;khk; mlfk;jhkp> (2000) jkpo; ,yf;fpa tuyhW> uhrg gjp;gjk;> nrd;id-73.
2. j.kiyaurp> (2013)> jkpo; ,yf;fpa;fspy; tpisahl;Lf; $Wfs;ghit gjp;gjk;> kJiu-1.
3. nrh. gukrptk;> (2000)> ew;wkpo; ,yf;fzk;> gl;Lg; gjp;gjk;> nrd;id-40.
4. rq;f ,yf;fpa E}y;fs; - fof ntspaPL.
LISTENING & SPEAKING

UNIT-I

a) Discussing interests & leisure activities.
b) Checking in & out of a hotel.
c) Complaint & apology.

WRITING

UNIT – II

a) Comprehension.
b) Developing hints.

UNIT – III

a) Descriptive Writing – Comparing & Contrasting.
b) Translation – Sentences – English to Tamil.

UNIT - IV

a) Where The Cross is Made – O Eugene O’Neil
b) Pip & The Convict – Guy R. Williams

UNIT – V

a) The Dream of The Message – A.P.J. Abdul Kalam
b) Women of the Public Sphere – Dona.S.Sanzone.

REFERENCE:

1. A.K. Rama Bushanam “Human Values through English Prose” – (Blackle)
2. Short Plays of Yesterday & Today – V. Sachidanandam.
UNIT I: Method

Meaning – Factors influencing method, Presentation techniques: Planning - Presentation – Steps in the way of presentation. Teaching aids – Class management – General – Specific – Principles to be adopted for good class management.

UNIT II: Lesson Plan


UNIT III: Tournaments


Unit IV: Methods of Teaching


Unit V: Supervision


REFERENCES:

UNIT I: Sports Training


UNIT II: Strength, Speed and Endurance


UNIT III: Endurance

Definition of endurance - types of endurance - importance of endurance - factors determining endurance training methods for improving endurance.

UNIT IV: Flexibility and Coordinative Abilities


UNIT V: Various Method of Training

Circuit Training Fartlek Training - Internal method - Weight training – Resistance training, Plyometric, Core training - Functional training, Swiss ball training, Medicine Ball Training.

REFERENCES:

PAPER:- BPEA 305
HEALTH AND SAFETY EDUCATION

UNIT I: Introduction

UNIT II: School Health
Problems - Growth Stress of school planning Health instruction, Health appraisal follow up, Health service and supervision. Role of Physical Education Teacher in School Health Programmes.

UNIT III: Infections

UNIT IV: Safety At Home

UNIT V: Safety at School and Physical Education

REFERENCES:
Semester - IV
PAPER:- BPET 401
TAMIL - IV

,uz;lhk; Mz;L ehd;fhk;; gUtk;

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jpUf;Fws; : mwj;Jg;ghy;; tho;f;ifj; Jizeyk;> kf;fs; NgW> nghUl;ghy;; fy;tp> Nfs;tp.
fhkj;Jghy;; Fwpg;G mwpjy;> Gzh;r;rp kfpo;jy;.

myF - 2

gj;Jg;ghl;L
neLey;thil

myF - 3

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ek;gpj;ifAk; gop;ftof;fq;fSk; - aw;fifNahL ,iajy; - tpisahl;by; mw czh;T - mwptpaYk; tpisahl;Lk; -

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nkhopg;ngaw;rp

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2. jkpo; ,Ue;J Mq;fpj;jf;F nkhop ngah;j;jy;

myF - 5

jkpo; ,yf;fpa tuyhW

1. rq;f ,yf;fpa tuyhW
2. mw ,yf;fpa tuyhW

Jiz E}w;gl;bay;

1. Nguh.vk;khu; milf;fyrhkp> jkpo; ,yf;fpa tuyhW> uhrp gjpg;gfk;> nrd;id-73.
2. Kidtu; j.kiyaurp> (2013)> jkpo; ,yf;fpaq;fspj; tpisahl;Lf; $Wfs;- ghit gjpg;gfk;> k.Jiu-1.
3. Kidtu; nrh. gukrptk;> (2000)> ew;wkpo; ,yf;fzk;> gl;Lg; gjpg;gfk;> nrd;id-40.
4. rq;f ,yf;fpa E}y;fs; - fof ntspaPL.
UNIT – I

a) Group discussion – predicting and describing future possibility.
   1. Globalization
   2. Consumerism
   3. Current event.

b) Interview – focus on personality development and body language.

WRITING

UNIT - II

a) Report Writing
b) Note Making

UNIT - III

a) How to write an e-mail
b) Descriptive writing – writing with a purpose.

UNIT - IV

b) Leave this chanting – Robindranath Tagore.

UNIT – V

a) Dharma in Tirukural – C. Subramanian
b) Love all serve all – Derek Williams.

REFERENCE:

1. A.K. Rama Bhushanam “Human values through English prose” (Blackle)
UNIT I: Muscular Contraction and Exercise


UNIT II: Effect of Exercise on Human Body System

Effect of exercise on: Muscular system, Circulatory system – Respiratory system.

UNIT III: Effect of Exercise on Human Body System

Effect of exercise on: Nervous system- Digestive system - Endocrine system.

UNIT IV: Basic Food Group


UNIT V: Sports Nutrition

Diet for sports competition- supplement to the daily diet. Vitamins, Minerals, Fluids. Electrolyte replacement, Carbohydrate loading, Protein loading, Calcium and iron supplement. Pre-event meal. Time for pre-event meal, Alternate eating pattern, Foods to avoid. Exercise and weight control, Crash dieting, Weight Control.

REFERENCE:

UNIT I: Methods of Marking Non Standard Track
Method of marking Non Standard Track: 200m, 400m track, Calculation of Stagger, Diagonal Excess, Compensated Arc Start, Relay Exchange Zones.

UNIT II: Methods of Marking Standard Track
Method of marking Standard Track: 400m track, Calculation of Stagger, Diagonal Excess, Compensated Arc Start, Relay Exchange Zones, Marking for Hurdles event.

UNIT III: Methods of Marking Field Events
Method of marking Shot-put Circle and Sector, Hammer Throw Circle and Sector, Discus Throw Circle and Sector, Long Jump, Triple Jump, High Jump and Pole Vault.

UNIT IV: General Competition Rules and Their Interpretations

UNIT V: Officials in Track and Field & Cross Country
Authorities and Duties of Officials in Track and Field Meet and Cross country races: International Officials, Competition Officials Additional Officials.

REFERENCES:
UNIT I:
Statistics – meaning and definition, Functions of Statistics, Scope and Limitations,
Population and Sample – Methods of Sampling – Sampling error and Non-sampling error,
Probability and Non-probability sampling,
Normal curve,

UNIT II:
Descriptive and Inferential Statistics,
Variables - Quantitative and Qualitative variables
Levels of measurement Nominal / Ordinal / Interval and Ratio measurement.
Frequency distribution of data – Simple and Cumulative distributions.

UNIT III:
Measures of Central Tendency including arithmetic mean, geometric mean and harmonic
mean: properties and applications; mode and median. Partition values - quartiles, deciles,
and percentiles.
Measures of Variation: absolute and relative. Range, quartile deviation and mean deviation;
Variance and Standard deviation: calculation and properties.

UNIT IV:
Simple Linear Correlation Analysis: Meaning, and measurement. Karl Pearson's co-efficient
and Spearman's rank correlation
Simple Linear Regression Analysis: Regression equations and estimation. Relationship
between correlation and regression coefficients

REFERENCE BOOKS:
   Company. 1978.
Semester - V
UNIT I: Introduction to Test, Measurement and Evaluation

Meaning and Definition of test, measurement and Evaluation. Need and importance of test and measurement in physical education.

UNIT II: Criteria and Administration of Test


UNIT III: Fitness Test

Physical fitness test: AAHPERD Health-Related Fitness Battery (revised in 1984) - Roger’s physical fitness index. Cardio vascular test: Harvard step test, 12 minutes run test, Multi-stage fitness test (Beep test). Motor Fitness: Indiana. Motor Fitness Test (For elementary and high school boys, girls, and College Men), JCR test. SDAT World Beaters Battery Test (For VI, VII & VIII Standard School Boys and Girls)

UNIT IV: Sports Skill Test


UNIT V: Sports Skill Test


REFERENCES:

UNIT I: Introduction of Kinesiology

Introduction: History and Development. Role of Kinesiology in physical education.

UNIT II: Muscles and Joints


UNIT III: Basics of Biomechanics

Biomechanics in Sports - Mechanical principles, laws of motion, types of Motion, Factors influencing motion, air, gravity and water friction, simple machines - Levers - Types of levers and examples in from the human body. Equilibrium: Meaning, Definition and types.

UNIT IV: Motion


UNIT V: Biomechanical Analysis in Sports

Application of Biomechanics to skill learning
1. Track and Field: Sprint, Shot-put and High Jump.
2. Games:
   a. Basketball
   b. Cricket
   c. Badminton
   d. Kabaddi
   e. Hockey

REFERENCES:
UNIT I: Prerequisites of an Official
Qualification and Qualities of officials, Philosophy of Officiating in the above listed four games.

UNIT II: History and Organizational Setup
History and Development, International, national level organisational setup, Major Tournaments and Trophies in the above listed four games.

UNIT III: Principles and Mechanism of Officiating
General principles of officiating - Duties and powers of officials - Mechanism of officiating in the above listed four games.

UNIT IV: Dimensions of Play Field
Measurements of play fields of the above listed four games.

UNIT V: Rules and Their Interpretations
Rules and interpretation of the above listed four games.

REFERENCES:
PAPER:- BPES 504
RULES OF GAMES AND SPORTS – III
(BASKETBALL, BADMINTON, KABADDI & SOFTBALL)

UNIT I: Prerequisites of an Official
Qualification and Qualities of officials, Philosophy of Officiating in the above listed four games.

UNIT II: History and Organizational Setup
History and Development, International, national level organisational setup, Major Tournaments and Trophies in the above listed four games.

UNIT III: Principles and Mechanism of Officiating
General principles of officiating - Duties and powers of officials - Mechanism of officiating in the above listed four games.

UNIT IV: Dimensions of Play Field
Measurements of play fields of the above listed four games.

UNIT V: Rules and Their Interpretations
Rules and interpretation of the above listed four games.

REFERENCES:
UNIT 1: Introduction to Environmental Studies
- Multidisciplinary nature of environmental studies;
- Scope and importance; Concept of sustainability and sustainable development.

UNIT 2: Ecosystems
What is an ecosystem? Structure and function of ecosystem; Energy flow in an ecosystem: food chains, food webs and ecological succession. Case studies of the following ecosystems:
  a) Forest ecosystem
  b) Grassland ecosystem
  c) Desert ecosystem
  d) Aquatic ecosystems (ponds, streams, lakes, rivers, oceans, estuaries)

UNIT 3: Natural Resources: Renewable and Non-renewable Resources
- Land resources and landuse change; Land degradation, soil erosion and desertification.
- Deforestation: Causes and impacts due to mining, dam building on environment, forests, biodiversity and tribal populations.
- Water: Use and over-exploitation of surface and ground water, floods, droughts, conflicts over water (international & inter-state).
- Energy resources: Renewable and non renewable energy sources, use of alternate energy sources, growing energy needs, case studies.

UNIT 4: Biodiversity and Conservation
- Levels of biological diversity: genetic, species and ecosystem diversity;
- Biogeographic zones of India; Biodiversity patterns and global biodiversity hot spots
- India as a mega-biodiversity nation; Endangered and endemic species of India
- Threats to biodiversity: Habitat loss, poaching of wildlife, man-wildlife conflicts, biological invasions; Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity.
- Ecosystem and biodiversity services: Ecological, economic, social, ethical, aesthetic and Informational value.

UNIT 5: Environmental Pollution
- Environmental pollution: types, causes, effects and controls; Air, water, soil and noise pollution
- Nuclear hazards and human health risks
- Solid waste management: Control measures of urban and industrial waste.
- Pollution case studies.
- Climate change, global warming, ozone layer depletion, acid rain and impacts on human communities and agriculture.
- Human population growth: Impacts on environment, human health and welfare.

Suggested Readings:
Semester - VI
UNIT I: Corrective Physical Education


UNIT II: Posture

Normal curve of the spine and its utility. Kyphosis, Lordosis, Deviations in posture: Kypholordosis, Flat back, Scoliosis, Round shoulders, Knock knee, Bow leg, Flat foot. Causes for these deviations and treatment including exercises.

UNIT III: Movements

Passive, Active, Assisted, Resisted exercise for Rehabilitation.

UNIT IV: Massage

Brief history of massage - Massage as an aid for relaxation - Points to be considered in giving massage - Physiological, Chemical, Psychological effects of massage - Indication/contra indication of massage - Classification of the manipulations used in massage and their specific uses on the human body - Stroking manipulation: Effleurage - Pressure manipulation : Petrissage Kneading (finger Kneading, circular) Ironing Skin Rolling - Percussion manipulation : Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

UNIT V: Sports Injuries Care and Treatment and Supports

Principles pertaining to the prevention of Sports injuries - Care and treatment of Exposed and unexposed injuries in sports - Principles of apply cold and heat, Infra red rays-Ultrasonic Therapy-Short wave diotherapy. Principles and techniques of Strapping and Bandages.

Note: Each student shall submit Physiotherapy record.

REFERENCE:
PAPER:- BPES 602
FUNDAMENTALS OF SPORTS PSYCHOLOGY AND SOCIOLOGY

Sports Psychology

UNIT – I
Meaning and importance of psychology. Nature, relationship of sports with psychology, scope of sports psychology.

UNIT – II

UNIT – III
Problems of achievement and adjustment among individuals in learning – influence of intelligence.

Sports Sociology

UNIT – IV

UNIT – V
Socialization, socialization institutions, sports and socialization. Social stratification, Sports and social stratification.

Reference Books:

5. John D. Lauther, Sports Psychology – Prentice Hall Inc., Englewood Cliffs,
UNIT I: Prerequisites of an Official
Qualification and Qualities of officials, Philosophy of Officiating in the above listed four games.

UNIT II: History and Organizational Setup
History and Development, International, national level organisational setup, Major Tournaments and Trophies in the above listed four games.

UNIT III: Principles and Mechanism of Officiating
General principles of officiating - Duties and powers of officials - Mechanism of officiating in the above listed four games.

UNIT IV: Dimensions of Play Field
Measurements of play fields of the above listed four games.

UNIT V: Rules and Their Interpretations
Rules and interpretations of the above listed four games.

REFERENCES:
UNIT I: Prerequisites of an Official
  Qualification and Qualities of officials, Philosophy of Officiating in the above listed four games.

UNIT II: History and Organizational Setup
  History and Development, International, national level organisational setup, Major Tournaments and Trophies in the above listed four games.

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  General principles of officiating - Duties and powers of officials - Mechanism of officiating in the above listed four games.

UNIT IV: Dimensions of Play Field
  Measurements of play fields of the above listed four games.

UNIT V: Rules and Their Interpretations
  Rules and interpretation of the above listed four games.

REFERENCES:
UNIT-I

Introduction to computer, Definition, Types of Computer, basic parts, Hardware, Software, Input and Output devices, Arithmetic & Logic Unit, Control Unit, CPU, Comparison of human being and computer.

UNIT-II

Microsoft Word: Title Bar, Menu bar, Standard tool bar, Formatting tool bar, Ruler, Status bar, task bar. Creating documents, formatting, editing, deleting, copying, saving.

UNIT - III

Microsoft excel Title Bar, Menu bar, Standard tool bar, Formatting tool bar, Formula bar, Rules, Status bar, task bar. Creating documents, formatting, editing, deleting, copying, saving, charts and mathematical operations.

Unit IV

Microsoft Power point Preparing a slide, Animation, Clipart, pictures from file background designing, Computers and Communications, Copying, saving, Presentation, working with slides, adding slides, printing, running a slide show presentations.

Unit – V

Internet: Introduction, History, Uses, Connection, Worldwide Web, Usage of internet explorer, Search box, E-mail, Outwork express, Inbox, Outbox, Sent items, Drafts, Sending Messages, save, print, reply, forward, previous message and text, chatting, Role of computer in coaching techniques in Sports Sciences, research & data analysis, literature collection through internet,

Practical

MS-WORD

1. Create advertisements in MS WORD.
2. To illustrate the concept of mail merging in word.
3. Document creation with scientific notation
4. Text manipulation with scientific notation
5. Table creation, table formatting and conversion
7. Drawing and flow chart.
8. Show the different effect for the given text in the document
9. Create a table of employee and calculate the net salary.
10. Design a table with merge cells and split cells technique.

EXCEL SHEET

1. To create a spreadsheet to analyze the marks of the students in a class and to create appropriate charts.
2. Charts in spread sheets.
3. Formula and formula editor.
4. Conclusion of objects, pictures and graphics protecting the document and sheet.
5. Sorting and import! Export features.
6. Create suitable chart to show the census data in India for the year 2000 to 2004.
7. Create a suitable chart to show the students average in the class.
8. Create an electronic spreadsheet of student marks and find the total, average and respective class secured by each student.
9. Show the error tracing lines if an error occurred in a calculation
10. Generate the numbers vertically starting from 10 to 100 with step value 5.

POWER POINT
1. To create the presentation for the department using the power point.
2. Animation in power point presentation
3. Designing the power point presentation
4. Timing for the slides in power point presentation
5. Back ground designing in power point presentation

REFERENCE
Venugopal ,Fundamentals of Computers, Prentice All India.

Sudharsan.C & John Manojkumar Computer Fundamentals, RBA publication, Chennai

Dromwey, How to solve it by computer, Tata Mcgraw,Gill.