

**E.M.G. YADAVA WOMEN’S COLLEGE, MADURAI -14.**  
 (An Autonomous Institution – Affiliated to Madurai Kamaraj University)  
 Re-accredited (3<sup>rd</sup> Cycle) with Grade A<sup>+</sup> & CGPA 3.51 by NAAC  
 TANSICHE - CBCS with OBE

**PART V**

**DEPARTMENT OF PHYSICAL EDUCATION**  
 (w.e.f. 2023– 2024 Batch onwards)

**COURSE STRUCTURE**

SEM	Part	Sub. Code	Title of the Paper	Teaching Hrs. ( per week)	Duration of Exam (hrs)	Marks allotted			Credits
						C.A	S.E	Total	
IV	V	23OU5PE4	Health education and sports	1	3	25	75	100	1

DEPARTMENT OF PHYSICAL EDUCATION				Class: UG				
Sem	Category	Course Code	Course Title	Credits	Contact Hours/Week	CIA	SE	Total
I	Part - V	23OU5PE4	Health education and sports	2	3	25	75	100

Nature of the Course		
Knowledge and Skill Oriented	Employability Oriented	Entrepreneurship Oriented
✓		

### Objectives

1. To improve healthy Generation
2. To provide basic knowledge about human body
3. To provide balanced nutrition for life style modification
4. To provide specific game event rules and regulations
5. To bring awareness and prevent diseases

**Unit: I** Definition of health and Health education - Importance of health education – Exercise- Warm-up and Cool Down

**Unit: II** Fitness, Physical fitness - Components of fitness - Health related fitness and specific fitness-Nutrition

**Unit: III** Rules and regulations Volleyball -Basketball- Badminton Court measurement.

**Unit: IV** Rules and regulations of Kabaddi - Kho - Kho - Court Measurement.

**Unit: V** First aid, Importance of First aid for Sports injuries.

### Books for Study:

1. Basu D.S.M .Kamal .R., Introduction to Education A.P. Published Jalandhar 1989.

### Books for Reference:

1. Chandrasekar .K., Sound health through yoga ,Printed at Krish office Madurai.2005
- 2.Krishnammal .T., Physical Education and health Education ,Priyankamal publications Madurai ,2007
3. Shadia B.D., A Text book of health and Physical Education, Priyankamal publications Madurai, 2007
4. Krishnammal .T., A Text book of physical Education ,Priyakamal publications Madurai ,2007.

**Web Resources / E-Books:**

1. [https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwiLm8DKz\\_n\\_AhX-](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwiLm8DKz_n_AhX-)
2. <https://ncert.nic.in/textbook/pdf/keh105.pdf>

**Pedagogy:**

Chalk and Talk, PPT, group discussion and Ground Activities

**Rationale for nature of Course:**

Develop skill and confidence, maintain physical fitness, learn about sports and games, Health education and physical Education.

**Knowledge and Skill:**

- Understanding Physical Education in the context of health
- Knowing about health and rules and regulations.

**Employability Oriented:**

The course will also facilitate employment for them as Trainers/ Instructors/ Coaches in fitness centers, health clubs, sports clubs, and sports academy.

**Activities to be given:**

- To understand the basic concepts of health.
- To understand the fitness reaction.
- To Use of leisure time activities

**Course learning Outcomes (CLOs):**

CLO	Course Outcomes Statement	Knowledge(According to Bloom's Taxonomy)
CLO1	To maintain norms of Good Health.	K1 to K3
CLO2	They know about maintain the fitness	K1 to K3
CLO3	Understanding various games and sports activities	K1 to K3
CLO4	To know the rules of kabaddi and Kho Kho	K1 to K3
CLO5	To know understand the importance of first aid	K1 to K3

**Mapping of Course Learning Outcomes (CLOs) with Programme Outcomes (POs)**  
(SCIENCE)

	PO1	PO2	PO3	PO4	PO5	PO6
CLO1	3	1	-	-	-	3
CLO2	2	2	-	-	-	2
CLO3	2	3	3	1	1	3
CLO4	3	1	2	1	2	2
CLO5	3	2	2	2	1	3

## (ARTS)

	PO1	PO2	PO3	PO4	PO5	PO6
<b>CLO1</b>	3	1	-	-	-	3
<b>CLO2</b>	3	2	-	-	-	3
<b>CLO3</b>	3	3	1	1	1	3
<b>CLO4</b>	3	2	2	1	-	3
<b>CLO5</b>	3	2	2	1	1	3

**1-Basic Level    2- Intermediate Level    3- Advanced Level**

**LESSON PLAN: TOTAL HOURS (30HRS)**

UNIT	DESCRIPTION	HRS	MODE
1	Definition of health and Health education - Importance of health education – Exercise- Warm-up and Cool Down	8	Chalk and Talk
2	Fitness, Physical fitness - Components of fitness - Health related fitness and specific fitness-nutrition	6	Chalk and Talk, videos and ground activities
3	Rules and regulations of Volleyball -Basketball- Badminton court measurement.	6	Chalk and Talk, videos and ground activities
4	Rules and regulations of Kabaddi - Kho - Kho - Court Measurement.	5	Chalk and Talk, videos and ground activities
5	First aid -Importance of First aid, for Sports injuries.	5	Video and talk

**Course Designer:**

**Dr. (Mrs).A.Kalarani**