



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)
 Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B
 Coimbatore - 641 043, Tamil Nadu, India

Department of Physical Education

B.P.Ed (Two Years)

Programme Outcomes

- PO1:** Formulate concept, theories and comprehensive pedagogical content knowledge in physical education through evidence and practice based inquiry in teaching and learning.
- PO2:** Design and construct standardized playfield/ equipments/ training plan considering safety, economy, health, fitness, performance, environment in school and non school setting.
- PO3:** Apply historical, physiological, psychological and scientific principles of various sports sciences in school and non school setting.
- PO4:** Gain skills in organising, administering and managing physical activities towards performance-oriented sports.
- PO5:** Equip adequate pedagogical skills for employability and entrepreneurial competencies in sports related fields - Yoga, Fitness centre, Schools, Institutions.
- PO6:** Acquire higher education, competitive exams possibilities and analyze various research /application projects and scientific problems in physical education.
- PO7:** Value the use of information, media and technology to develop digital literacy in physical education.
- PO8:** Practice professional and ethical teaching standards specific to local, national and global realities.
- PO9:** Articulate variety of thinking skills in planning, monitoring, assessing and reporting learning progress and outcomes to become a skilled communicator.
- PO10:** Respect diversity and apply leadership and comradeship skills to implement physical activity/programs in schools and the community

Programme Specific Outcomes :

- PSO1:** Demonstrate basic knowledge of physical education content and disciplinary concepts related to the development of physical, physiological, psychological, sociological, nutritional, technological and scientific contribution for better health, performance and wellbeing.
- PSO2:** Identify, apply, analyze, demonstrate and execute the motor skill, professional and life skills, rules and insights related to indigenous, traditional and combative activities, sports and games to encourage through comradeship and leadership in multidisciplinary setting to gratify the demands of the community.
- PSO3:** Application of theoretical and practical studies into real time application based approaches through economic, environment and societal considerations to enhance, extend, inform and critique the deliberate use of exercise, play, sport and other forms of physical activity with effective communication contexts.

Level of Indicators in CO – PO Mapping

High	3
Medium	2
Low	1

Scheme of Instruction and Examination

(for students admitted from 2023-2024 & onwards)

Part	Subject Code	Name of Paper/Component	Hours of Instruction/week		Scheme of Examination				
			Theory	Practical	Duration of the Exam	CIA	CE	Total	Credit
		First Semester							
I		Core Course – Theory							
	23BPDC01	History, Principles and Foundation of Physical Education	4	-	3	30	70	100	4
	23BPDC02	Anatomy and Physiology and Exercise Physiology	4	-	3	30	70	100	4
	23BPDC03	Educational Technology and Methods of Teaching in Physical Education	4	-	3	30	70	100	4
		Discipline Specific Elective Course							
	23BPDE1A/ 23BPDE1B	DSE I - Olympic Movement/ Health Education, Safety Education and First Aid (Physical Education)	4	-	3	30	70	100	4
II		Core Course – Practicum							
	23BPDC04	Track and Field (Running Events)	-	6	3	100	-	100	4
	23BPDC05	Project Meet, Intramurals and Field Work	-	6	-	100	-	100	4
	23BPDC06	Indigenous Games (Kho-Kho, Kabaddi and Throw ball)	-	6	3	100	-	100	4
	23BPDC07	Mass Demonstration Activities (Malkhambh, Lezium, March past, Dumbbells, Wands and Hoops)	-	6	3	100	-	100	4
	23BAEES1	Ability Enhancement Compulsory Courses Environmental Studies	4	-	3	50	50	100	4
	23BDCS01	Skill Based Compulsory Course I Communication Skill	4	-	3	50	50	100	2
	23BPDLT1	Skill Based Compulsory Course II Leadership Training	30	-	-	-	-	-	2
			44	24					40
			68 hrs						

Second Semester									
I	Core Course – Theory								
	23BPDC08	Indian Knowledge System based Yoga Education	4	-	3	30	70	100	4
	23BPDC09	Organization and Administration in Physical Education	4	-	3	30	70	100	4
	23BPDC10	Computer Applications in Physical Education	4	-	3	30	70	100	4
	Discipline Specific Elective Course								
	23BPDE2A/ 23BPDE2B	DSE II - Contemporary Issues in Physical Education, Fitness and Wellness/ Sports Nutrition and Weight Management (Physical Education)	4	-	3	30	70	100	4
II	Core Course – Practicum								
	23BPDC11	Track and Field (Jumping Events) and Project Meet	-	6	3	100	-	100	4
	23BPDC12	Yoga, Aerobics, Gymnastics and Field Work	-	6	3	100	-	100	4
	23BPDC13	Racket Sports (Badminton, Ball Badminton, Table Tennis and Tennis) and Intramurals	-	6	3	100	-	100	4
	23MXCSS1/ 23MXCSR1/ 23MXAED1	Value Based Elective - I CSS / Community Engagement and Social Responsibility/ Adult Education	2	-	-	-	-	-	2
	23BAEIV1	Ability Enhancement Course Industrial Visit	2	-	-	-	-	-	2
	23BDSS01	Skill Based compulsory Course – III Soft Skill	2	-	3	50	50	100	2
III	Internship								
	23BPDC14	Teaching Practice – General (05 lessons - Class Room Teaching and 05 lessons - Outdoor Activities)		6	3	30	70	100	4
			22	24					38
			46 hrs						
Sports Entrepreneur Skill Development Training during first year summer vacation for 15 days***									
	Third Semester								
I	Core Course – Theory								
	23BPDC15	Sports Training	4	-	3	30	70	100	4
	23BPDC16	Measurement and Evaluation in Physical Education	4	-	3	30	70	100	4
	23BPDC17	Sports Psychology and Sociology	4	-	3	30	70	100	4
	23BPDC18	Sports Management (Self Study)	1	-	3	100	-	100	4

	23BPDC19	Physical Education (Computer Based Test)	-	-	1	100		100	2
		Discipline Specific Elective Course							
	23BPDE3A/ 23BPDE3B	DSE III – Sports Medicine, Physiotherapy and Rehabilitation /Curriculum Design (Physical Education)	4	-	3	30	70	100	4
		Generic Elective	2		3	100		100	2
II		Core Course – Practicum							
	23BPDC20	Track and Field (Throwing Events)	-	6	3	100	-	100	4
	23BPDC21	Combative Sports (Martial Arts, Karate, Silambam, Fencing and Taekwondo)	-	6	3	100	-	100	4
	23BPDC22	Team Games (Football, Netball, Handball, Baseball and Cricket)	-	6	3	100	-	100	4
	23BPDGM1	Skill Based Compulsory Course – IV Gym Management	40	-	-	-	-	-	2
III		Internship							
	23BPDC23	Teaching Practice - Particular Lesson: Racket Sport/ Team Games/Indigenous Sports (10 Lessons : 5 Internal and 5 External at practicing School)	-	6	3	30	70	100	4
	23BPDC24	Sports Entrepreneur Skill Development***	-	-	-	100	-	100	2
			61	24					44
			85 hrs						
		Fourth Semester							
I		Core Course – Theory							
	23BPDC25	Kinesiology and Biomechanics	4	-	3	30	70	100	4
	23BPDC26	Officiating and Coaching	4	-	3	30	70	100	4
	23BPDC27	Theory of Sports and Games	4	-	3	30	70	100	4
		Discipline Specific Elective Course							
	23BPDE4A/ 23BPDE4B	DSE IV – Research and Statistics in Physical Education/ Sports Marketing (Physical Education)	40	-	30	30	70	100	4
II		Core Course – Practicum							
	23BPDC28	Track and Field Events (Combined Events, Cross Country, Marathon and Road Races)		6	3	100	-	100	4
	23BPDC29	Team Games (Basketball, Volleyball, Softball & Hockey)		6	3	100	-	100	4

		Value Based Elective II	2	-	3	100	-	100	2
III		Internship							
	23BPDC30	Sports Specialization: Coaching Lesson Plan (5 lessons)	-	6	3	30	70	100	4
	23BPDC31	Games Specialization: Coaching Lesson Plan (5 lessons)	-	6	3	30	70	100	4
			18	24					34
		Total	42 hrs						156

Value Based Elective - II

23BPDVB1 – Equipment maintenance and Management
23BPDVB2 – Sports Journalism

Generic Elective

23BPDGE1 Traditional Games
23BPDGE2 Health care and Fitness

I Semester	*Project Sports Meet	<ul style="list-style-type: none"> • Three day Sports Meet (One day–Pre-meet work, Two days – Meet) • Organized by the students for the students to get experience and meet the need of stakeholders • It is evaluated by internal examiner
	** Leadership Training Camp	<ul style="list-style-type: none"> • It is conducted for the students to develop team building, co-ordination, cohesion, group living, courage, self- confidence and team bonding to get success in their life and work. • This was evaluated for seven days in various aspects and finalized on the last day by the internal examiner
III Semester	***Sports Entrepreneur Skill Development	<ul style="list-style-type: none"> • It is a 15 day Internship training programme in Fitness centers, Yoga centers, Hotels, Shooting range, Golf course, Swimming pool, Industry (shoe, sports goods, ground surface, ground construction and maintenance), Sports kit (designing and stitching) It helps to provide - basic knowledge in his own area of interest, in depth knowledge, hands on experience, job avenue and confidence

Indian Knowledge System based Yoga Education

Semester II
23BPDC08

Hours of Instruction / Week: 4
No. of Credits: 4

Objectives

- Understand and apply the underlying concepts of Yoga
- Promote the knowledge and awareness of skeletal alignment and body mechanics, emphasizing a safe and intelligent use of the body
- Cultivate breath control, relaxation techniques and kinesthetic awareness

Unit I Introduction

Indian Knowledge System – Introduction, Philosophy and related applications and concepts - Meaning and Definition of Yoga, Aims and Objectives of Yoga, Yoga in Early Upanisads, The YogaSutra: General Consideration, Need and Importance of Yoga in Physical Education and Sports 10

Unit II Foundation of Yoga

The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi, Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga, Classification and benefits of Asanas 10

Unit III Pranayama

Pranayama: Concept of Pranayama, Nadis , Ida Nadi, PingalaNadi , Sushumna Nadi , Components of Pranayama, Puraka, Kumbhaka, Rechaka. Varieties of Pranayama and their Benefits, Mudhras, Bhandas. 15

Unit IV Techniques in Yoga

Meaning, definition and classification of Relaxation and meditation, Relaxative and meditative techniques, Influences of relaxative, meditative posture on various system of the body, difference between yoga and physical exercise 10

Unit V Yogic diet & Kriyas

Yogic diet (Rajasic, Tamasic and Sathvic), Yoga therapy, Kriyas (Trataka, Netis, Dhouthi, Nauli), Benefits and limitations of asanas, influence of yoga on health. 15

Total Hours 60

Course Outcomes:

1. Understand the basic concepts, principles and practice skills of Yoga.
2. Implement yogic techniques and practice to bring out healthy change.
3. Analyze the various tools and techniques used in teaching and learning yoga.
4. Evaluate the knowledge through practice, participation and organizing various levels of yoga competitions.
5. Create a new package of yogic techniques for the societal needs.

Text Books:

1. Balizet, A. M., Ballard, J., Blaine, D. Y., Bunn, M., Catlett, B. S., Dark, K., & Horton, C. (2016). Yoga, the Body, and Embodied Social Change: An Intersectional Feminist Analysis. Lexington Books.
2. Wenger, C. I. (2015). Yoga minds, writing bodies: Contemplative writing pedagogy. WACCclearinghouse.
3. Shiraishi, J. C., & Bezerra, L. M. A. (2016). Effects of Yoga Practice on Muscular Endurance in young Women.

Reference Books:

1. Ranganathan, S. (2016). Review of The Yoga Sutra of Patanjali: A Biography, by David Gordon White.
2. Couch, J. (2016). The runner's yoga book: A Balanced Approach to Fitness. Shambhala Publications. Clennell, B. (2016).
3. The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle. Shambhala Publications.

Web Links:

1. <https://en.wikipedia.org/wiki/Yoga>
2. <https://www.artofliving.org/yoga/yoga-for-beginners/science-behind-yoga>
3. https://en.wikipedia.org/wiki/Yoga_Sutras_of_Patanjali
4. <https://www.artofliving.org/in-en/yoga>
5. <https://www.webmd.com/fitness-exercise/tc/yoga-topic-overview>

CO/ PO	P O 1	PO 2	PO 3	P O 4	P O 5	P O 6	PO 7	P O 8	P O 9	PO 10	PO 11	PS O 1	PS O 2	PS O 3
CO 1	M	M	H	L	L	L	M	M	L	M	M	M	M	M
CO 2	M	M	H	M	M	M	M	M	M	H	M	M	M	H
CO 3	M	H	H	M	M	H	H	M	M	M	H	H	H	H
CO 4	M	H	M	H	H	M	M	M	H	H	H	M	H	H
CO 5	H	H	M	H	H	H	M	H	H	H	H	H	H	H