

# **SUBBALAKSHMI LAKSHMIPATHY COLLEGE OF SCIENCE**

An Autonomous Institution

(Affiliated to Madurai Kamaraj University & Re-Accredited with B+  
Grade by NAAC)

T.V.R. NAGAR, ARUPPUKOTTAI ROAD, MADURAI-22



**Program Outcomes, Program Specific Outcomes & Course  
Outcomes**

**PART - V**

**PHYSICAL EDUCATION**

**All UG PROGRAMME**

**BATCH : 2019 -2020**

SEMESTER : I  
SUBJECT CODE : 19PE108  
INTERNAL : 25 Marks  
PART : V

BATCH : 2019- 2022  
SUBJECT : Physical Education  
EXTERNAL : 75 Marks  
CREDITS : 1

**L T P C**

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### **Course Objectives:**

- The Physical Education program will allow the students to participate in developmentally appropriate activities.
- The Physical Education program will develop and reinforce cooperative behavior.
- The Physical Education program will teach the students to establish lifelong fitness goals.

### **Unit – I**

#### **Track Events**

Introduction of Track events - Skills, Rules and Regulations - Short distance race - 100 m, 200 m, 400 m, - Middle distance race - 800 m, 1,500 m - Long distance - 3,000 m, 5,000 m, 10,000 m

### **Unit – II**

#### **Jump Events**

Introduction of Jump Events – Skills, Rules and Regulations - Long Jump- Triple Jump, High Jump - Pole Vault.

### **Unit – III**

#### **Throw Events**

Introduction of Throw Events – Skills, Rules And Regulations - Discus Throw - Shot Put Throw - Hammer Throw - Javelin Throw.

### **Unit – IV**

#### **Games**

Introduction of Games - Skills - Rules and Regulations - Basketball - Football - Volleyball.

### **Unit – V**

#### **Indigenous Games (Indian Origin Games)**

Introduction of Games - Skills - Rules and Regulations- Ball Badminton - Kabaddi.

**EXTERNAL MARKS (PRACTICAL) (75 Marks)**

**Any one Track Events**

100 meters } - 25 Marks  
800 meters }

**Any one Field Events**

Long Jump, Triple Jump }  
High Jump, Pole Vault } - 25 Marks  
Shot Put, Discus Throw }  
Javelin Throw }

**Any one Games Skill Test**

Ball Badminton }  
Basketball } - 25 Marks  
Football }  
Kabaddi }  
Volley ball }

**TOTAL = 75 Marks**

**Course Outcomes:**

**After the completion of the course the students will be able to,**

CO1: Recall the rules and regulation of Track Events

CO2: Memorize the rules and regulations of Jump Events

CO3: Remember the rules and regulations of Throw Events

CO4: Demonstrate the play skills of Outdoor Games

CO5: Demonstrate the play skills of Indian Origin Games.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PO13	PO14	PO15
<b>CO1</b>	1	-	-	-	-	-	2	-	-	-	1	-	1	3	1
<b>CO2</b>	1	-	-	1	-	-	2	-	-	-	1	-	1	-	1
<b>CO3</b>	1	-	-	1	-	-	2	-	-	-	1	-	1	-	1
<b>CO4</b>	1	1	-	1	-	-	2	-	-	-	1	-	1	3	1
<b>CO5</b>	1	1	-	-	-	-	2	-	-	-	1	-	1	3	1

**(Low-1; Moderate-2; High-3)**

### **TEXT BOOK**

1. Sidhu G.S, Ahluwalia A.K., "*Sports and Games*", Varun Publishing House, Lalkurti, Meerut. 2003.

### **CHAPTERS - TEXT BOOK:**

Unit I : Chapter 1 (1.1, 1.2,1.3,1.4,1.5,1.6,1.7,1.8)

Unit II : Chapter 2 (2.1,2.2,2.3,2.4,2.5,2.6)

Unit III : Chapter 3 (3.1,3.2,3.3,3.4,3.6)

Unit IV : Chapter 4 (4.1,4.2,4.3,4.4,4.5)

Unit V : Chapter 5 (5.1,5.2,5.3,5.4)

### **REFERENCE BOOKS:**

1. George Immanuel, "*Track and Field Layout and Marking*" Krishnamurthy and Co, Chennai,1997.
2. R.L.Anand, "*Play Field Manual*" NIS Publication, Patiala, 1987.
3. H.C.Buck, "*Rules of Games and Sports*", YMCA Publications, Chennai, 1992.
4. Sebastian Coe IAAF President "*IAAF Competition Rules*" Monaco Cedex: IAAF Publishing, 2018- 2019.