



TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI

The list of Value Added Courses for imparting Transferable and Life Skills offered by this University during the last five years are attached herewith.



V. S. S.
Registrar
Registrar
Tamil Nadu Physical Education
and
Sports University
Chennai

Department of Physical Education – Board of Studies

The Meeting of the Board of Studies was held on 13.06.2019 at 11.00 a.m. in the Department of Physical Education of Tamil Nadu Physical Education and Sports University. The following members were present at the meeting:

S.No	Name of the Member
1	Dr.S.Thirumalaikumar, Professor & Head, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai
2	Dr.S.Manikandan, Professor, Department of Physical Education Tamil Nadu Physical Education and Sports University, Chennai
3	Dr.P.Kumaravelu, Assistant Professor, Department of Physical Education TNPESU
4	Dr.I.Lilly Pushpam, Assistant Professor, Department of Physical Education, TNPESU
5	Dr. R. Subramanian, Prof & Head, Department of Advanced Sports Training and Technology, TNPESU
6	Dr. S. Selvalakshmi, Assistant Professor & Head i/c., Department of Yoga, TNPESU
7	Dr. V. Shelvam, Head, Department of Physical Education, Annamalai University, Chidambaram
8	Dr. George Abraham, Principal, YMCA College of Physical Education, Chennai
9	Dr. P.K. Subramaniam, Prof & Head, Department of Physical Education, Pondicherry University, Puducherry.
10	Dr. P. Johnson, Principal, University College of Physical Education and Sports Sciences, Acharya Nagarjuna University, Guntoor, Andra Pradesh



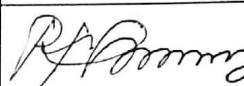
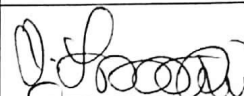

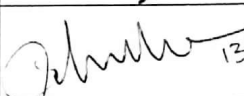

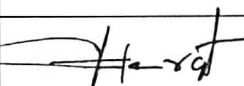
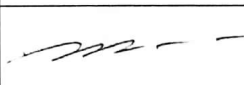
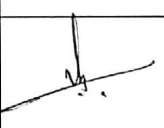
Leave of absence was granted to Dr. (Mrs). Grace Helina, Prof & Head, Department of Exercise Physiology and Biomechanics, TNPESU.

Minutes of the Board of Studies

To consider and approve the Regulation and Syllabus for the Value Added Certificate to be offered through Department of Physical Education from the Academic Year 2019-2020 as follows:

S.no	Name of the Certificate Courses
1	Certificate Course in Adapted Physical Education and Inclusive Games
2	Certificate Course in Pedagogy of Teaching in Physical Education
3	Certificate Course in Pedagogy of Training in Physical Education
4	Certificate Course in Pedagogy of Testing in Physical Education
5	Certificate Course in Construction, Maintenance and Repair of Play Fields and Sports Equipment
6	Certificate Course in Silambam Fencing
7	Certificate Course in Kalaripayattu
8	Certificate Course in Tamil Traditional Games
9	Certificate Course in Anthropometry
10	Certificate Course in Wellness Trainer

Resolved to approve the same. Further it was resolved that the value added Certificate Programme shall be of duration of 35 hours during the holidays consists of both theoretical and practical classes. Classes will be conducted during holidays and free hours without affecting regular classes (Entire Certificate Course's regulation and syllabus for the above said value added courses is appended).

S.No	Name of the Member	Signature
1	Dr.S.Thirumalaikumar , Professor & Head, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai	
2	Dr.S.Manikandan , Professor, Department of Physical Education Tamil Nadu Physical Education and Sports University, Chennai	 13/06/2019
3	Dr.P.Kumaravelu , Assistant Professor, Department of Physical Education TNPESU	
4	Dr.I.Lilly Pushpam , Assistant Professor, Department of Physical Education, TNPESU	
5	Dr. R. Subramanian , Prof & Head, Department of Advanced Sports Training and Technology, TNPESU	
6	Dr. S. Selvalakshmi , Assistant Professor & Head i/c., Department of Yoga, TNPESU	 13/6/19
7	Dr. V. Shelvam , Head, Department of Physical Education, Annamalai University, Chidambaram	
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Tamil Nadu Physical Education And Sports University



Pedagogy



"Take a Prospective Leap
into the Future with
TNPESU's

**Value
Added Courses**



**Adapted
apæ
Physical Education**

WELLNESS





"Take a Prospective Leap
into the Future with
TNPESU's



Adapted
apê
Physical Education

WELLNESS



Regulation

- The syllabus is for 30 hours (Theory 15 Hours & Practical 15 Hours) programme under part time mode will be implemented from the academic year 2019-20 onwards.
- Classes will be conducted during holidays and free hours without affecting regular classes.

Eligibility for Admission

- **Student BPEd, MPED of Tamil Nadu Physical Education and Sports University**
- **M.Phil. and PhD Scholar of Tamil Nadu Physical Education and Sports University**
- **PG Student of Tamil Nadu Physical Education and Sports University**
- **Minimum qualification must be a pass in recognized undergraduate programme.**

Marks Distribution

Part	Marks
Theory	100
Practical	100
Total	200

Examination (Theory & Practical)

- Both theory and practical examination will be conducted by the Department of Physical Education as per the directions of the Controller of Examinations of Tamil Nadu Physical Education and Sports University.
- For a pass in theory and practical, the candidate is required to secure at least 50 Marks out of 100 marks in the theory and practical examination.

Attendance

- Attendance is compulsory minimum of 80%.
- If any student is less than 80% he/ she has redo the course.

FEE

Course fees is Rs. 750/- (Rupees Seven Hundred and Fifty only)

In addition to that the Examination fees as fixed by Controller of Examination.

CERTIFICATE COURSES

- **Certificate Course in Adapted Physical Education and Inclusive Games**
- **Certificate Course in Pedagogy of Teaching in Physical Education**
- **Certificate Course in Pedagogy of Training in Physical Education**
- **Certificate Course in Pedagogy of Testing in Physical Education**

CERTIFICATE COURSES

- **Certificate Course in Construction, Maintenance and Repair of Play Fields and Sports Equipment**
- **Certificate Course in Silambam Fencing**
- **Certificate Course in Kalaripayattu**
- **Certificate Course in Tamil Traditional Games**
- **Certificate Course in Anthropometry**
- **Certificate Course in Wellness Trainer**



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai – 600 127



Value Added Course

**Certificate Course in Adapted Physical
Education and Inclusive Games**

Regulations and Syllabus

(for students admitted from 2019 – 2020 & Onwards)

Department of Physical Education



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai- 600 127

Value Added Course

“Certificate Course in Adapted Physical Education and Inclusive Games”

REGULATIONS

1. Preamble

The Certificate Course in Adapted Physical Education and Inclusive Games is a Value Added programme meant for candidates desirous of learning the concept with hands- on experience. This course enables the learner to understand the concept and methodologies in systematic, specific and scientific way.

2. Regulation

The syllabus is for 30 hours programme under part time mode will be implemented from the academic year 2019-20 onwards. Classes will be conducted during holidays and free hours without affecting regular classes.

3. Eligibility For Admission

- Student BPed, MPed of Tamil Nadu Physical Education and Sports University
- M.Phil. and PhD Scholar of Tamil Nadu Physical Education and Sports University
- PG Student of Tamil Nadu Physical Education and Sports University



- Minimum qualification must be a pass in recognized undergraduate programme.

4. Course of Study

The value added Certificate Programme shall be of duration of 30 hours during the holidays consists of both theoretical and practical classes. The medium of Instruction and examination shall be in English.

Theory - 15 hours

Practical – 15 hours

5. Marks Distribution

Part	Subject	Name of the paper	Total
Theory		Theories and Methods of Adapted Physical	100
Practical		Adapted Physical Education and Inclusive	100
Total			200

6. Examination (Theory & Practical)

Both theory and practical examination will be conducted by the Department of Physical Education as per the directions of the Controller of Examinations of Tamil Nadu Physical Education and Sports University. For a pass in theory and practical, the candidate is required to secure at least 50 Marks out of 100 marks in the theory and practical examination.

7. Attendance

Attendance is compulsory minimum of 80%. If any student is less than 80% he/she has redo the course.

8. Fees

Course fees is Rs. 750/- (Rupees Seven Hundred and Fifty only)

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SYLLABUS

Theory

THEORIES AND METHODS OF ADAPTED PHYSICAL EDUCATION AND INCLUSIVE GAMES

UNIT I : Definition and Meaning of Adapted Physical Education and Inclusive Games. Disabling Conditions Benefits of Physical Education for persons with Disabilities: Recreational Sports Opportunities. Competition Opportunities: Special Olympics, Paralympics and Deaflympics.

UNIT II: Classification of Disability: Visual, Auditory, Neuromuscular, Orthopedic- Cardiovascular, Respiratory, Mental, Emotional. Adapted Physical Education Activities - Specific Guidelines for: Visual Impairment, Hearing Impairment, Intellectually Challenged, Orthopedically Handicapped.

UNIT III: Adaptation of Motor Activities – Principles for Adaptation of Motor Activities – Facilities and Equipment for different disabilities. Orientation on Facilities - Types of Equipment- Minimum equipment, Additional Equipment, Evaluation of Equipment. Leisure, Recreation and Sports Facilities for persons with disabilities.

UNIT IV: Adapted Games for Persons with Disability: Rules of Adapted games and Class Management – Adapted Games for the blind: Adapted Volleyball, Kabaddi, Tennis, Table Tennis and Adapted minor games and Track and Field events. Teaching methods to be adapted by the Special Educator in Sports, Recreation and Games. Kinesthetic – one on one teaching , group teaching, circular method of teaching. Unified Sports.

UNIT V : Aim and Objectives of Inclusive Games. Strategies for including students. Steps for modifying and adaptation of the physical education curriculum. Methods of playing Inclusive games: Hula Contortion, Lasso, Pumpkin Fun, Snickers & Hoots,



What Do You Like To Eat, Mr. & Mrs. Owl?, Toy soldier, Clean-up Your Own Back Yard, Parachute Activities, Freeze Tag Not!, Peace Release, Top Gun High Five's and Rock, Paper, Scissors, Dynamite.

REFERENCE

- Auxter, D. (1993). Principles and Methods of Adapted Physical Education. Mosby Publications. Chapman, F. M. (1960). Recreation Activities for the Handicapped. New York: The Ronald Press Company.
- Daniel, R. C. (1982). Games Sports and Exercises for the Physically Handicapped. Philadelphia Jaimitra.S (1990) Physical Education for the Blind Chennai: Grace Printer,
- Jain, A. (2003). Adapted Physical Education. Delhi: Sports Publication.
- Kassar, Susan (1995). Inclusive Games. Human Kinetics Champaign, IL.
- Lau, D. S. (2001). Physical Education for the Physically Handicapped. Delhi: Khel Sahitya Kendra.
- Mary E. Samples (2012) Camarillo, CA 93012, www.venturacountyselpa.com
- Schiffer, M. (1971). The Therapeutic Play Group. London: George Allen and Unwin ltd.
- Sharma, D. (2006), Adapted Physical Education. New Delhi: Friends Publication.
- Sullivan, G. M. (1982), Teaching Physical Activities to Impaired Youth: An Approach to Mainstreaming. USA: Jhon Wilkey and Sons.
- Thind, M. N. (2010), Special Olympics Bharat Trainer Manuel. New Delhi: Special Olympics Bharat.



PRACTICALS

Adapted Physical Education and Inclusive Games

1. Facilities and Equipment for different disabilities. Recreation and Sports Facilities for persons with disabilities.
2. Adapted games and Class Management. Methods of Instruction –Adapted Volleyball, Kabaddi, Tennis, Table Tennis and Adapted Minor games and Track and Field events. Safety Procedures .
3. Recreation and Games. – One on One teaching , Group teaching, Circular method of teaching. Unified Sports. Safety Procedures .
4. Methods of playing Inclusive games: Hula Contortion, Lasso, Pumpkin Fun, Snickers & Hoots, What Do You Like To Eat, Mr. & Mrs. Owl?, Safety Procedures .
5. Methods of playing Inclusive games Toy soldier, Clean-up Your Own Back Yard, Parachute Activities, Freeze Tag Not!, Peace Release, Top Gun High Five's and Rock, Paper, Scissors, Dynamite. Safety Procedures.



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai – 600 127



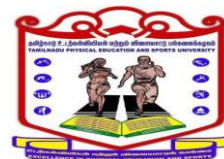
Value Added Course

**Certificate Course in Pedagogy of Teaching in
Physical Education**

Regulations and Syllabus

(for students admitted from 2019 – 2020 & Onwards)

Department of Physical Education



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Value Added Course

“Certificate Course in Pedagogy of Teaching Physical Education”

REGULATIONS

1. Preamble

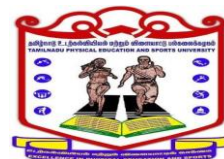
The Certificate Course in Pedagogy of Teaching in Physical Education is a Value Added programme meant for candidates desirous of learning the concept with hands-on experience. This course enables the learner to understand the concept and methodologies in systematic, specific and scientific way.

2. Regulation

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3. Eligibility For Admission

- Student BPED, MPED of Tamil Nadu Physical Education and Sports University
- M.Phil. and PhD Scholar of Tamil Nadu Physical Education and Sports University
- PG Student of Tamil Nadu Physical Education and Sports University
- Minimum qualification must be a pass in recognized undergraduate programme.



4. Course of Study

The value added Certificate Programme shall be of duration of 30 hours during the holidays consists of both theoretical and practical classes. The medium of Instruction and examination shall be in English.

Theory - 15 hours

Practical – 15 hours

5. Marks Distribution

Part	Subject code	Name of the paper	Total
Theory		Fundamentals of Pedagogy of Teaching in Physical Education	100
Practical		Pedagogy of Teaching	100
Total			200

6. Examination (Theory & Practical)

Both theory and practical examination will be conducted by the Department of Physical Education as per the directions of the Controller of Examinations of Tamil Nadu Physical Education and Sports University. For a pass in theory and practical, the candidate is required to secure at least 50 Marks out of 100 marks in the theory and practical examination.

7. Attendance

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8. Fees

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In addition to that the Examination fees as fixed by Controller of Examination.



Syllabus

Theory

FUNDAMENTALS OF PEDAGOGY OF TEACHING IN PHYSICAL EDUCATION

Unit I : Meaning and Definition of Pedagogy. Pedagogy in Education and Physical Education. Scope, Standards based Education. Curriculum Development and Instructional Alignment in Physical Education. Challenges of Teaching in Physical Education. Characteristics of Physical Education Person. Planning for Teaching.

UNIT II: Curriculum Models in Physical Education: Skill Theme Approach (Basic Skill- Combination – Skill in Contexts – Culminating Activity) - Personality and Social Responsibility Model - Teaching Games for Understanding.-Tactical Games Model - Sports Education Model Fitness Education – Adventure Education – Outdoor Education. Cultural Studies in Physical Activity and Sport.

UNIT III: Assessment and Accountability: Types of Assessment: Formative – Summative and Performance based Assessment. Methods of Assessment: Observation- Checklists- Rubrics- Journals- Portfolios – Essays- Role Plays- Projects- Games Performance .Characterstics of Effective Teaching. Salient Teacher Behavior: Organization – Communication - Instruction – Motivation- Human Relations.

UNIT IV : Lesson plan: Values. Types: General, Particular lesson plan and Coaching Lesson Plan. Command : Response Command – Rhythmic Command. Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods. Micro Teaching. Cooperative Learning.

UNIT V: Next Generation Physical Education: A thoughtful Integration of Digital Technologies. Digital Video and Self Modeling in Physical Education. Using Social



Media and Sports Education Model. Virtual Reality and Simulations. Opaque and Transparent Technologies . Innovation in Professional Development - Digital Practice in Physical Education and Sport - Using Technology in Teaching Computers - LCD TV - Smart Board -Audio Visual Aids. Innovative Teaching Aids

REFERENCE

Jeroen Koekoek, Ivo van Hilvoorde (2000) Digital Technology in Physical Education: Global Perspectives, Routledge: OXON

Ashley Casey, Victoria A. Goodyear, Kathleen M. Armour (2010), Digital Technologies and Learning in Physical Education: Pedagogical cases, Routledge: OXON

<https://www.mville.edu/programs/physical-education-and-sports-pedagogy>

Ben Dyson, Ashley Casey (2001) Cooperative Learning in Physical Education and Physical Activity Routledge: OXON

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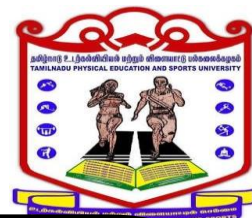
Michael W. Metzler. (2000). Instructional Models for Physical Education. London: Allyn and Bacon.



PRACTICAL

Pedagogy of Teaching

1. Types of Assessment: Formative – Summative and Performance based Assessment.
2. Methods of Assessment: Observation- Checklists- Rubrics- Journals- Portfolios – Essays- Role Plays- Projects- Games Performance .Characterstics of Effective Teaching. Salient Teacher
3. Lesson plan: Values. Types: General, Particular lesson plan and Coaching Lesson Plan.
4. Command : Response Command – Rhythmic Command.
5. Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods.
6. Micro Teaching.
7. Education Model. Virtual Reality and Simulations. Opaque and Transparent Technologies .
8. Using Technology in Teaching Computers – LCD TV – Smart Board –Audio Visual Aids.
9. Preparing Power Point Slides
10. Preparing Video Lessons
11. Preparing Innovative Teaching Aids



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai - 600 127



Value Added Course

**Certificate Course in Pedagogy of Training in
Physical Education**

Regulations and Syllabus

(For students admitted from 2019 - 2020 & onwards)

Department of Physical Education



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai- 600 127

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1. Preamble

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2. Regulation

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3. Eligibility for Admission

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- PG Student of Tamil Nadu Physical Education and Sports University



- Minimum qualification must be a pass in recognized undergraduate programme.

4. Course of Study

The value added Certificate Programme shall be of duration of 30 hours during the holidays consists of both theoretical and practical classes. The medium of Instruction and examination shall be in English.

Theory - 15 hours

Practical – 15 hours

5. Marks Distribution

Part	Subject code	Name of the paper	Total
Theory		Pedagogy of Training in Physical Education	100
Practical		Pedagogy of Training	100
Total			200

6. Examination (Theory & Practical)

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7. Attendance

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8. Fees

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Syllabus

Theory

FUNDAMENTALS OF PEDAGOGY OF TRAINING IN PHYSICAL EDUCATION

UNIT I : Meaning and Definition of Pedagogy. Categories of essential knowledge for teachers: content knowledge -general pedagogical knowledge - pedagogical content knowledge - curriculum knowledge -knowledge of educational contexts - knowledge of learners and their characteristics - knowledge of educational goals. Sports Training: Meaning, Definition, Characteristics and Principles - Training Load: External and Internal Load - Principles of Training Load - Overload: Symptoms and Tackling.

UNIT II : Periodization : Types- Plan : Short term and Long term. Types of Sports Training and their Purpose: Weight Training (Free Weight and Machine Weights) - Circuit Training - Interval Training - Plyometric Training - Fartlek Training - Swiss Ball Training - Medicine Ball Training - Cross Training.

UNIT III: Strength - Definition of strength - Types of Strength: Importance of strength- Factors determining strength- Training method for strength improvement - Loading procedure for strength training. Speed - Definition of speed - Forms of speed,. Training methods for increasing speed. Endurance: Definition - Types -Training Methods for improving Endurance -Flexibility : Definition - Types - Methods for Improving Flexibility

UNIT IV : Lesson plan: Values. Types: General, Particular lesson plan and Coaching Lesson Plan. Command : Response Command - Rhythmic Command. Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods. Micro Teaching. Cooperative Learning.

UNIT V: Next Generation Physical Education: A thoughtful Integration of Digital Technologies. Digital Video and Self Modeling in Physical Education. Using Social Media and Sports Education Model. Virtual Reality and Simulations. Opaque and



Transparent Technologies . Innovation in Professional Development - Digital Practice in Physical Education and Sport - Using Technology in Teaching Computers – LCD TV – Smart Board –Audio Visual Aids. Innovative Teaching Aids

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M. J., and Mishra, P. (2009). "What is Technological Pedagogical Content Knowledge?" Contemporary Issues in Technology and Teacher Education ,9(1), pp. 60-70

Michael W. Metzler. (2000). Instructional Models for Physical Education. London: Allyn and Bacon.

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<https://seniorsecondary.tki.org.nz/Health-and-physical-education/Pedagogy/Pedagogical-content-knowledge>



PRACTICAL

Pedagogy of Training

1. Types of Assessment: Formative – Summative and Performance based Assessment.
2. Methods of Assessment: Observation- Checklists- Rubrics- Journals- Portfolios – Essays- Role Plays- Projects- Games Performance .
3. Lesson plan: Values. Types: General, Particular lesson plan and Coaching Lesson Plan.
4. Command : Response Command – Rhythmic Command.
5. Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods.
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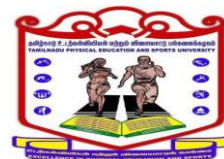
Value Added Course

**Certificate Course in Pedagogy of Teaching in
Physical Education**

Regulations and Syllabus

(for students admitted from 2019 – 2020 & Onwards)

Department of Physical Education



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai- 600 127

Value Added Course

“Certificate Course in Pedagogy of Teaching Physical Education”

REGULATIONS

1. Preamble

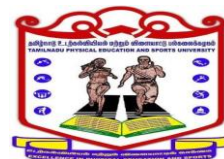
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Syllabus

Theory

FUNDAMENTALS OF PEDAGOGY OF TEACHING IN PHYSICAL EDUCATION

Unit I : Meaning and Definition of Pedagogy. Pedagogy in Education and Physical Education. Scope, Standards based Education. Curriculum Development and Instructional Alignment in Physical Education. Challenges of Teaching in Physical Education. Characteristics of Physical Education Person. Planning for Teaching.

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Media and Sports Education Model. Virtual Reality and Simulations. Opaque and Transparent Technologies . Innovation in Professional Development - Digital Practice in Physical Education and Sport - Using Technology in Teaching Computers - LCD TV - Smart Board -Audio Visual Aids. Innovative Teaching Aids

REFERENCE

Jeroen Koekoek, Ivo van Hilvoorde (2000) Digital Technology in Physical Education: Global Perspectives, Routledge: OXON

Ashley Casey, Victoria A. Goodyear, Kathleen M. Armour (2010), Digital Technologies and Learning in Physical Education: Pedagogical cases, Routledge: OXON

<https://www.mville.edu/programs/physical-education-and-sports-pedagogy>

Ben Dyson, Ashley Casey (2001) Cooperative Learning in Physical Education and Physical Activity Routledge: OXON

George Graham (2015) Teaching Children Physical Education: Becoming a Master Teacher Human Kinetics

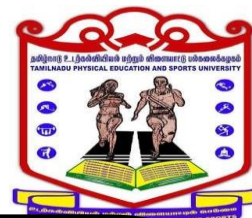
Michael W. Metzler. (2000). Instructional Models for Physical Education. London: Allyn and Bacon.



PRACTICAL

Pedagogy of Teaching

1. Types of Assessment: Formative – Summative and Performance based Assessment.
2. Methods of Assessment: Observation- Checklists- Rubrics- Journals- Portfolios – Essays- Role Plays- Projects- Games Performance .Characterstics of Effective Teaching. Salient Teacher
3. Lesson plan: Values. Types: General, Particular lesson plan and Coaching Lesson Plan.
4. Command : Response Command – Rhythmic Command.
5. Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods.
6. Micro Teaching.
7. Education Model. Virtual Reality and Simulations. Opaque and Transparent Technologies .
8. Using Technology in Teaching Computers – LCD TV – Smart Board –Audio Visual Aids.
9. Preparing Power Point Slides
10. Preparing Video Lessons
11. Preparing Innovative Teaching Aids



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai - 600 127



Value Added Course

**Certificate Course in Pedagogy of Training in
Physical Education**

Regulations and Syllabus

(For students admitted from 2019 - 2020 & onwards)

Department of Physical Education



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai- 600 127

Value Added Course

“Certificate Course in Pedagogy of Training in Physical Education”

REGULATIONS

1. Preamble

The Certificate Course in Pedagogy of Training in Physical Education is a Value Added programme meant for candidates desirous of learning the concept with hands-on experience. This course enables the learner to understand the concept and methodologies in systematic, specific and scientific way.

2. Regulation

The syllabus is for 30 hours programme under part time mode will be implemented from the academic year 2019-20 onwards. Classes will be conducted during holidays and free hours without affecting regular classes.

3. Eligibility for Admission

- Student BPed, MPed of Tamil Nadu Physical Education and Sports University
- M.Phil. and PhD Scholar of Tamil Nadu Physical Education and Sports University
- PG Student of Tamil Nadu Physical Education and Sports University



- Minimum qualification must be a pass in recognized undergraduate programme.

4. Course of Study

The value added Certificate Programme shall be of duration of 30 hours during the holidays consists of both theoretical and practical classes. The medium of Instruction and examination shall be in English.

Theory - 15 hours

Practical – 15 hours

5. Marks Distribution

Part	Subject code	Name of the paper	Total
Theory		Pedagogy of Training in Physical Education	100
Practical		Pedagogy of Training	100
Total			200

6. Examination (Theory & Practical)

Both theory and practical examination will be conducted by the Department of Physical Education as per the directions of the Controller of Examinations of Tamil Nadu Physical Education and Sports University. For a pass in theory and practical, the candidate is required to secure at least 50 Marks out of 100 marks in the theory and practical examination.



7. Attendance

Attendance is compulsory minimum of 80%. If any student is less than 80% he/she has redo the course.

8. Fees

Course fees is Rs. 750/- (Rupees Seven Hundred and Fifty only)

In addition to that the Examination fees as fixed by Controller of Examination.



Syllabus

Theory

FUNDAMENTALS OF PEDAGOGY OF TRAINING IN PHYSICAL EDUCATION

UNIT I : Meaning and Definition of Pedagogy. Categories of essential knowledge for teachers: content knowledge -general pedagogical knowledge - pedagogical content knowledge - curriculum knowledge -knowledge of educational contexts - knowledge of learners and their characteristics - knowledge of educational goals. Sports Training: Meaning, Definition, Characteristics and Principles - Training Load: External and Internal Load - Principles of Training Load - Overload: Symptoms and Tackling.

UNIT II : Periodization : Types- Plan : Short term and Long term. Types of Sports Training and their Purpose: Weight Training (Free Weight and Machine Weights) - Circuit Training - Interval Training - Plyometric Training - Fartlek Training - Swiss Ball Training - Medicine Ball Training - Cross Training.

UNIT III: Strength - Definition of strength - Types of Strength: Importance of strength- Factors determining strength- Training method for strength improvement - Loading procedure for strength training. Speed - Definition of speed - Forms of speed,. Training methods for increasing speed. Endurance: Definition - Types -Training Methods for improving Endurance -Flexibility : Definition - Types - Methods for Improving Flexibility

UNIT IV : Lesson plan: Values. Types: General, Particular lesson plan and Coaching Lesson Plan. Command : Response Command - Rhythmic Command. Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods. Micro Teaching. Cooperative Learning.

UNIT V: Next Generation Physical Education: A thoughtful Integration of Digital Technologies. Digital Video and Self Modeling in Physical Education. Using Social Media and Sports Education Model. Virtual Reality and Simulations. Opaque and



Transparent Technologies . Innovation in Professional Development - Digital Practice in Physical Education and Sport - Using Technology in Teaching Computers – LCD TV – Smart Board –Audio Visual Aids. Innovative Teaching Aids

REFERENCE

Ashley Casey, Victoria A. Goodyear, Kathleen M. Armour (2010), Digital Technologies and Learning in Physical Education: Pedagogical cases, Routledge: OXON

Ben Dyson, Ashley Casey (2001) Cooperative Learning in Physical Education and Physical Activity Routledge: OXON

George Graham (2015) Teaching Children Physical Education: Becoming a Master Teacher Human Kinetics

Hardayal Singh. (2005). Sports Training - General Theory and Methods. Patiala: NSNIS.

Jeroen Koekoek, Ivo van Hilvoorde (2000) Digital Technology in Physical Education: Global Perspectives, Routledge: OXON Koehler,

M. J., and Mishra, P. (2009). "What is Technological Pedagogical Content Knowledge?" Contemporary Issues in Technology and Teacher Education ,9(1), pp. 60-70

Michael W. Metzler. (2000). Instructional Models for Physical Education. London: Allyn and Bacon.

Shulman, L. S. (1987). "Knowledge and Teaching: Foundations of the New Reform". Harvard Educational Review, 57, pp. 1-22.

<https://www.mville.edu/programs/physical-education-and-sports-pedagogy>

<https://seniorsecondary.tki.org.nz/Health-and-physical-education/Pedagogy/Pedagogical-content-knowledge>



PRACTICAL

Pedagogy of Training

1. Types of Assessment: Formative – Summative and Performance based Assessment.
2. Methods of Assessment: Observation- Checklists- Rubrics- Journals- Portfolios – Essays- Role Plays- Projects- Games Performance .
3. Lesson plan: Values. Types: General, Particular lesson plan and Coaching Lesson Plan.
4. Command : Response Command – Rhythmic Command.
5. Methods of Teaching Physical Activities: Command, Oral, Demonstration, Imitation, Dramatization, At-will, Set-drill, Part, Whole, Whole-Part-Whole methods.
6. Micro Teaching.
7. Education Model. Virtual Reality and Simulations. Opaque and Transparent Technologies .
8. Using Technology in Teaching Computers – LCD TV – Smart Board –Audio Visual Aids.
9. Preparing Power Point Slides
10. Preparing Video Lessons
11. Preparing Innovative Teaching Aids



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai – 600 127



Value Added Course

Certificate Course in Wellness Trainer

Regulations and Syllabus

(for students admitted from 2019 – 2020 & Onwards)

Department of Physical Education



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai- 600 127

Value Added Course

“Certificate Course in Wellness Trainer”

REGULATIONS

1. Preamble

The Certificate Course in Wellness Trainer is a Value Added programme meant for candidates desirous of learning the concept with hands- on experience. This course enables the learner to understand the concept and methodologies in systematic, specific and scientific way.

2. Regulation

The syllabus is for 30 hours programme under part time mode will be implemented from the academic year 2019-20 onwards. Classes will be conducted during holidays and free hours without affecting regular classes.

3. Eligibility for Admission

- Student BPED, MPED of Tamil Nadu Physical Education and Sports University
- M.Phil. and PhD Scholar of Tamil Nadu Physical Education and Sports University
- PG Student of Tamil Nadu Physical Education and Sports University
- Minimum qualification must be a pass in recognized undergraduate programme.



4. Course of Study

The value added Certificate Programme shall be of duration of 30 hours during the holidays consists of both theoretical and practical classes. The medium of Instruction and examination shall be in English.

Theory - 15 hours

Practical - 15 hours

5. Marks Distribution

Part	Subject code	Name of the paper	Total
Theory		Concepts and Methods of Wellness Training	100
Practical		Techniques of Wellness Training	100
Total			200

6. Examination (Theory & Practical)

Both theory and practical examination will be conducted by the Department of Physical Education as per the directions of the Controller of Examinations of Tamil Nadu Physical Education and Sports University. For a pass in theory and practical, the candidate is required to secure at least 50 Marks out of 100 marks in the theory and practical examination.

7. Attendance

Attendance is compulsory minimum of 80%. If any student is less than 80% he/ she has redo the course.

8. Fees

Course fees is Rs. 750/- (Rupees Seven Hundred and Fifty only)

In addition to that the Examination fees as fixed by Controller of Examination.



Syllabus

Theory

CONCEPTS AND METHODS OF WELLNESS TRAINING

UNIT I : Meaning and Definition Wellness - Components of Wellness- Need and Importance of Wellness. Factors affecting Wellness. Multi factorial causation of Chronic diseases. Environmental and Occupational health and Wellness . Wellness Park.

UNIT II : Work place Wellness Importance of Workplace Wellness. Programmes: Onsite-Fitness Centers - Smoking Cessation Programmes - Transit Option - Paramedical Services- Yoga Classes- Lunch and Healthy Snacks - Employees Assistance Programme- Naps - Wellness Challenges- Wellness Adventures.

UNIT III : Fitness Assessment and Exercise Prescription. Meaning and Definition Fitness. Types and Components of Fitness. Assessing Anaerobic, Aerobic Capacities. Assessing Health Related Fitness components. Exercise Prescription for Anaerobic, Aerobic Capacities. Assessing Health Related Fitness components.

UNIT IV : Weight Management. Health and Wellness problem for Under, Over Weight and Obesity. Principles of Eating Right. Lifestyle changes for weight management . Lifestyle interventions for disease management : hypertension, diabetes, heart disease, stroke, cancer and many other chronic conditions. Impact of mental and emotional health on overall wellness.

UNIT V : Psychological Health and Recreation. Psychological Dimension of Health. Psychological Wellbeing and Wellness. Positive Psychology. Management of psychological health including stress, sleep, relationships and addictions. Behavioural change and wellness. Anger: Meaning , Types and Methods of Assessment and Reduction. Recreational Games.

UNIT VI : Stress Management and Yoga. Meaning and Definition of Stress- Types and causes of Stress. Stress and Wellness. Tips for Stress Reduction. Yoga for Wellness. Mindfulness Meditation. Wellness Training: Detox Guidance- Nutrition Program- Fitness Program- Hormone Analysis.



REFERENCE

- Michelle Sutton-Kerchner (2019) <http://fitnessandwellnessnews.com/healthy-stress-management/>
- Muktibodhananda Swami (1998) Hatha Yoga Pradipika, The Yoga Publication: Bihar.
- Nanette E. Tummers (2013) Stress Management: A Wellness Approach, Human Kinetics
- Rujuta Diwekar (2009) Don't Lose Your Mind, Lose Your Weight, Random House India: Mumbai.

PRACTICAL

Techniques of Wellness Training

1. Assessing Anaerobic, Aerobic Capacities. Assessing Health Related Fitness components.
2. Exercise Prescription for Anaerobic, Aerobic Capacities. Assessing Health Related Fitness components.
3. BMI Assessment. Weight Management. Lifestyle changes for weight management
4. Assessment of Sleep and Management of Sleep Disorder
5. Assessment Anger and Reduction.
6. Recreational Games.
7. Stress Reduction through Psychological Approaches
8. Yoga and Mindfulness Meditation of Stress Reduction
9. Wellness Park .



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai – 600 127



Value Added Course

Certificate Course in Kalaripayattu

Regulation and Syllabus

(for students admitted from 2019 – 2020 & Onwards)

Department of Physical Education



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai- 600 127

Value Added Course

“Certificate Course in Kalaripayattu”

REGULATIONS

1. Preamble

The Certificate Course in Kalaripayattu is a Value Added programme meant for candidates desirous of learning the concept with hands- on experience. This course enables the learner to understand the concept and methodologies in systematic, specific and scientific way.

2. Regulation

The syllabus is for 30 hours programme under part time mode will be implemented from the academic year 2019-20 onwards. Classes will be conducted during holidays and free hours without affecting regular classes.

3. Eligibility for Admission

- Student BPED, MPED of Tamil Nadu Physical Education and Sports University
- M.Phil. and PhD Scholar of Tamil Nadu Physical Education and Sports University
- PG Student of Tamil Nadu Physical Education and Sports University
- Minimum qualification must be a pass in recognized undergraduate programme.



4. Course of Study

The value added Certificate Programme shall be of duration of 30 hours during the holidays consists of both theoretical and practical classes. The medium of Instruction and examination shall be in English.

Theory - 15 hours

Practical - 15 hours

5. Marks Distribution

Part	Subject code	Name of the paper	Total
Theory		Concepts and Methods of Kalaripayattu	100
Practical		Techniques of Kalaripayattu	100
Total			200

6. Examination (Theory & Practical)

Both theory and practical examination will be conducted by the Department of Physical Education as per the directions of the Controller of Examinations of Tamil Nadu Physical Education and Sports University. For a pass in theory and practical, the candidate is required to secure at least 50 Marks out of 100 marks in the theory and practical examination.

7. Attendance

Attendance is compulsory minimum of 80%. If any student is less than 80% he/ she has redo the course.

8. Fees

Course fees is Rs. 750/- (Rupees Seven Hundred and Fifty only)

In addition to that the Examination fees as fixed by Controller of Examination.



SYLLABUS

Theory

CONCEPTS AND METHODS OF KALARIPAYATTU

UNIT I :

Meaning and Definition of Kalaripayattu. History and Development of Kalari. Cultural Roots of Kalari. Sampradayam, General ideas behind Kalaripayattu concepts and Techniques. Prerequisite for a Kalari training. Precautions, Attire and Safety Equipments. Preparatory Exercises.

UNIT II :

Chuvadu : Position of the feet - Vadivu: Posture of the body. The combinations of chuvadu and vadivu . Offensive or defensive maneuver. Vadivu: Types of vadvus: Varaha - Wild Boar, Gaja - Elephant, Marjara - Cat, Simham - Lion, Sarpam - Snake, Kukkuda - Cock, Mayura - Peacock and Haya - Horse. Leg Exercises: Types of leg exercises (kicks)- Techniques, Safety and Benefits .

UNIT II:

Meipayattu: Body in practice – Flexibility and general physical fitness benefits. Acrobatics in Kalari: flips and kicks. Kalari with Equipments: Short Stick (Muchan)- Long Stick (Kettukari)- Dagger (Kattaram)- Knife (kathipayattu)- Kaikuthipayattu: Techniques, Safety and Benefits .

UNIT III:

Curved stick (Ottakol): - Sword And Shield (Vallum parichayum) - Sword And Spear (Marapidichakuntham)- Bare-Handed Combat (Verumkai). Techniques, Safety and Benefits .

UNIT IV:

Flexible Sword (Urumi) - Kalari Massage (Uzhichil)- Marmapoints - Marmas (deadly spots) in the human body. Techniques, Safety and Benefits . Practice during hot and cold seasons.



UNIT V :

Northern, Central and Southern Traditions in Kalari. Guru- Role of Guru. Place of Practice. The Puttara. Puttara Vandanam and Kalari Vandanam. Energy and Matter : Vada, Pitta , Kapha, Nadis and Organs.

REFERENCE

Ranjan Mullaratt (2000) , Kalari Margam – Ancient Secrets for Modern Living.
ISBN: 978-93-5196-334-9

Chirakkal Sreedharan T Nair (2016) Kalarippayattu: The Complete Guide to Kerala's Ancient Martial Art, Westland Books: Chennai.

Luijendijk D H (2008) Kalraipayattu, The Structure and Essence of Indian Marital Arts, USA: Gegevens.



PRACTICAL

Techniques Kalaripayattu

1. Precautions, Attire and Safety Equipments. Preparatory Exercises.
2. Guru- Place of Practice - Puttara Vandanam and Kalari Vandanam.- Nadis
3. Chuvadu : . Position of the feet - Vadivu: Posture of the body. The combinations of chuvadu and vadivu . Offensive or defensive maneuver. Techniques and procedures
4. Vadivu:Types of vadivus: Varaha - Wild Boar, Gaja - Elephant, Marjara - Cat, Simham - Lion, Sarpam - Snake, Kukkuda - Cock, Mayura - Peacock and Haya - Horse. Techniques and procedures
5. Leg Exercises: Types of leg exercises (kicks)- Techniques and procedures.
6. Meipayattu: flips and kicks. Kalari with Equipments: Short Stick (Muchan)- Long Stick (Kettukari)- Techniques and procedures.
7. Dagger (Kattaram)- Knife (kathipayattu)- Kaikuthipayattu Techniques and procedures.
8. Curved stick (Ottakol): - Sword And Shield (Vallum parichayum) - Sword And Spear (Marapidichakuntham) Techniques and procedures.
9. Bare-Handed Combat (Verumkai). Techniques and procedures.
10. Flexible Sword (Urumi) - Kalari Massage (Uzhichil)- Marmapoints - Marmas (deadly spots) in the human body. Techniques and procedures.

REFERENCE

- Ranjan Mullaratt (2000) , Kalari Margam – Ancient Secrets for Modern Living.
ISBN: 978-93-5196-334-9
- Chirakkal Sreedharan T Nair (2016) Kalarippayattu: The Complete Guide to Kerala's Ancient Martial Art, Westland Books: Chennai.
- Luijendijk D H (2008) Kalraipayattu, The Structure and Essence of Indian Marital Arts, USA: Gegevens



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai – 600 127



Value Added Course

Certificate Course in Anthropometry

Regulation and Syllabus

(for students admitted from 2019 – 2020 & Onwards)

Department of Physical Education



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai- 600 127

Value Added Course “Certificate Course in Anthropometry”

REGULATIONS

1. Preamble

The Certificate Course in Anthropometry is a Value Added programme meant for candidates desirous of learning the concept with hands- on experience. This course enables the learner to understand the concept and methodologies in systematic, specific and scientific way.

2. Regulation

The syllabus is for 30 hours programme under part time mode will be implemented from the academic year 2019-20 onwards. Classes will be conducted during holidays and free hours without affecting regular classes.

3. Eligibility for Admission

- Student BPED, MPED of Tamil Nadu Physical Education and Sports University
- M.Phil. and PhD Scholar of Tamil Nadu Physical Education and Sports University
- PG Student of Tamil Nadu Physical Education and Sports University
- Minimum qualification must be a pass in recognized undergraduate programme.



4. Course of Study

The value added Certificate Programme shall be of duration of 30 hours during the holidays consists of both theoretical and practical classes. The medium of Instruction and examination shall be in English.

Theory - 15 hours

Practical - 15 hours

5. Marks Distribution

Part	Subject code	Name of the paper	Total
Theory		Concepts and Methods of Anthropometry	100
Practical		Techniques of Anthropometry	100
Total			200

6. Examination (Theory & Practical)

Both theory and practical examination will be conducted by the Department of Physical Education as per the directions of the Controller of Examinations of Tamil Nadu Physical Education and Sports University. For a pass in theory and practical, the candidate is required to secure at least 50 Marks out of 100 marks in the theory and practical examination.

7. Attendance

Attendance is compulsory minimum of 80%. If any student is less than 80% he/ she has redo the course.

8. Fees

Course fees is Rs. 750/- (Rupees Seven Hundred and Fifty only)

In addition to that the Examination fees as fixed by Controller of Examination.



SYLLABUS

Theory

CONCEPTS AND METHODS OF ANTHROPOMETRY

Unit I: Meaning and Definition of Anthropometry . Need and Importance of Anthropometry in Physical Education and Sports. Determining body size. General body measurements: Body Weight- Stature/Height- Sitting Height .

Unit II : Skeletal Diameters: Biacromial Diameter (Shoulder width)- Bicristal Diameter (Abdominal width) - Humerus Bicondylar width (Elbow width)- Wrist Diameter- Femur Bicondylar Diameter (Knee width) -Ankle Diameter Measurement Techniques.

Unit III : Circumference: Chest circumference- Upper-Arm circumference- Fore-Arm circumference- Thigh circumference - Calf circumference. Measurement Techniques.

Unit IV: Skinfold Measurements: Biceps Skinfold width- Triceps skinfold width - Forearm skinfold width - ubscapular skinfold width- Suprailiac skinfold width- Thigh skinfold width- Calf skinfold width. Skinfold calibers and types.

Unit V: Body form (Somototyping)- Measurement Techniques.. Body composition- Measurement Techniques.. Body Mass Index - Measurement Techniques. Physical growth and development. Nutritional status.

Reference

Anup Adhikari (2005) Anthropometry Measurement, ISAK: Canada

Devnder K Kansal (2000) Text Book of Applied Measurement, Evaluation & Sports Selection. Sports and Spiritual Science Publication : New Delhi.

Victor R. Preedy () Handbook of Anthropometry: Physical Measures of Human Form in Health and Disease, Springer Science & Business Media,UK

Westat, (1988) Body Measurements (Anthropometry), National Health And Nutrition Examination Survey, Research Boulevard Rockville, MD.



PRACTICALS

TECHNIQUES OF ANTHROPOMETRY

1. Determining body size
2. General body measurements:
 - . Body Weight
 - Stature/Height
 - . Sitting Height
- 3.. Skeletal Diameters
 - Biacromial Diameter (Shoulder width)
 - Bicristal Diameter (Abdominal width)
 - Humerus Bicondylar width (Elbow width)
 - Wrist Diameter
 - Femur Bicondylar Diameter (Knee width)
 - Ankle Diameter
4. Circumference
 - Chest circumference
 - Upper-Arm circumference
 - Fore-Arm circumference
 - Thigh circumference
 - Calf circumference
5. Skinfold Measurements
 - Biceps skinfold width
 - Triceps skinfold width
 - Forearm skinfold width
 - Subscapular skinfold width
 - Suprailiac skinfold width
 - Thigh skinfold width
 - Calf skinfold width
- 6 Body form (Somototyping)
7. Body composition



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai – 600 127



Value Added Course

Certificate Course in Silambam Fencing

Regulations

(for students admitted from 2019 – 2020 & Onwards)

Department of Physical Education



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai- 600 127

Value Added Course **“Certificate Course in Silambam Fencing”**

REGULATIONS

1. Preamble

The Certificate Course in Certificate Course in Silmabam Fencing is a Value Added programme meant for candidates desirous of learning the concept with hands- on experience. This course enables the learner to understand the concept and methodologies in systematic, specific and scientific way.

2. Regulation

The syllabus is for 30 hours programme under part time mode will be implemented from the academic year 2019-20 onwards. Classes will be conducted during holidays and free hours without affecting regular classes.

3. Eligibility For Admission

- Student BPED, MPED of Tamil Nadu Physical Education and Sports University
- M.Phil. and PhD Scholar of Tamil Nadu Physical Education and Sports University
- PG Student of Tamil Nadu Physical Education and Sports University
- Minimum qualification must be a pass in recognized undergraduate programme.



4. Course of Study

The value added Certificate Programme shall be of duration of 30 hours during the holidays consists of both theoretical and practical classes. The medium of Instruction and examination shall be in English.

Theory - 15 hours

Practical - 15 hours

5. Marks Distribution

Part	Subject code	Name of the paper	Total
Theory		Concepts and Methods of Silambam Fencing	100
Practical		Techniques of Silambam Fencing	100
Total			200

6. Examination (Theory & Practical)

Both theory and practical examination will be conducted by the Department of Physical Education as per the directions of the Controller of Examinations of Tamil Nadu Physical Education and Sports University. For a pass in theory and practical, the candidate is required to secure at least 50 Marks out of 100 marks in the theory and practical examination.

7. Attendance

Eighty percentage (80%) of attendance is compulsory. If any student is less than 80% he/ she has redo the course.

8. Fees

Course fees is Rs. 750/- (Rupees Seven Hundred and Fifty only)

In addition to that the Examination fees as fixed by Controller of Examination.



SYLLABUS

THEORY

CONCEPTS AND METHODS OF SILAMBAM FENCING

Unit I: Meaning – Definitions – Need – Nature – Aim and Objectives – Philosophy and- Scope of Silambam Fencing – – Misconceptions and Clarification about Silambam Fencing and Education, Silambam Fencing and Physical Education. Schools of Silambam Fencing.

Unit II: History of Silambam Fencing – Origin, Modern Developments in Silambam Fencing . Self defense, Hunting for prey – Originised Hunting – Scientific neurology in trapping and hunting – Scientific evolution. Asanas and Silambam.

Unit III: Contribution to Silambam Fencing–Festivals and Recreative aspects – Contributions of various exponents in diverse religious contributions through literature teachers and literary leaders. Posture – Postural tame – Components of good posture – Bad Posture – Beneficial – Silambam Fencing practices.

Unit IV : Competitive Silambam : Rules, Regulations and Interpretations- Equipment – Selection of Equipment- Safety procedures and Equipment.

UNIT V: Silambam Fencing - a martial combat sport - Methods in Fencing of body parts - Controlled Sport for all - Aesthetics Value - Exercise value - Health benefits.

Reference

David Manuel Raj J (1971) Silambam: Technique and Evaluation, Higginbothams, Madras.

Mahalingam m (2001) Silambattam: The Indian Art of Stick Fighting, Silambam Blackbelt Association Selangor and Kuala Lumpur,.

A. Arunācalam (2007) Silambam from Tamilnadu: An Indian Ancient Martial Art

Folklore Resources and Research Centre, St. Xavier's College, 2007



PRACTICALS

TECHNIQUES OF SILAMBAM FENCING

1. Warm-up Routine – Warm Down. Preparatory Exercise.
2. Silambam wand Drills - Front – Up - Down. – Tilt left- Tilt right - Centre grip (left to right swing) - Right to left swing.
3. Hold - front of the chest – Two land proximal end grip - Jog and run backward- Jog and run to the left side with cross step -Jog and run to the right side with cross step- Squat & hold the Stave at hip level & do whipping action to the left & turn right & alternate to left & right Military Swing – Dog/Swing.
- 4 Zig Zag running holding the Stave at chest level passing- Run to the front - Run to the rear without turning. Equipment Maintenance.
- 5 Two footed jump forward - Two footed jump backward -Under the arm-pit swing from the front to the back - Under the arm- pit swing from the rear side to the front - Pivot Swings Three circle move forward- Four circle move to the rear



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai – 600 127



Value Added Course

Certificate Course in Tamil Traditional Games

Regulations and Syllabus

(for students admitted from 2019 – 2020 & Onwards)

Department of Physical Education



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai- 600 127

Value Added Course **“Certificate Course in Tamil Traditional Games”**

REGULATIONS

1. Preamble

The Certificate Course in Tamil Traditional Games is a Value Added programme meant for candidates desirous of learning the concept with hands- on experience. This course enables the learner to understand the concept and methodologies in systematic, specific and scientific way.

2. Regulation

The syllabus is for 30 hours programme under part time mode will be implemented from the academic year 2019-20 onwards. Classes will be conducted during holidays and free hours without affecting regular classes.

3. Eligibility for Admission

- Student BPed, MPed of Tamil Nadu Physical Education and Sports University
- M.Phil. and PhD Scholar of Tamil Nadu Physical Education and Sports University
- PG Student of Tamil Nadu Physical Education and Sports University
- Minimum qualification must be a pass in recognized undergraduate programme.



4. Course of Study

The value added Certificate Programme shall be of duration of 30 hours during the holidays consists of both theoretical and practical classes. The medium of Instruction and examination shall be in English/ Tamil.

Theory - 15 hours

Practical - 15 hours

5. Marks Distribution

Part	Subject code	Name of the paper	Total
Theory		Theories and Methods Tamil Traditional Games	100
Practical		Techniques of Tamil Traditional Games	100
Total			200

6. Examination (Theory & Practical)

Both theory and practical examination will be conducted by the Department of Physical Education as per the directions of the Controller of Examinations of Tamil Nadu Physical Education and Sports University. For a pass in theory and practical, the candidate is required to secure at least 50 Marks out of 100 marks in the theory and practical examination.

7. Attendance

Attendance is compulsory minimum of 80%. If any student is less than 80% he/ she has redo the course.

8. Fees

Course fees is Rs. 750/- (Rupees Seven Hundred and Fifty only)

In addition to that the Examination fees as fixed by Controller of Examination.



Syllabus

Theory

THEORIES AND METHODS TAMIL TRADITIONAL GAMES

Unit I: History and Development of Tamil Traditional Games. Benefits and Advantages. Literature based Tamil Traditional Games: Sangam Literature, Neethi Literature, Kappium Literature and Folklore.

Unit II : Social Aspects of Tamil Traditional Games. Types of Games: Place- Skill- Gender- Season -Equipment – Songs -Number of Player- Time. Equipments and Place for Play.

Unit III : Methods of playing : Oral Games – Calling Moon – Catching with Small Stones – Chasing crab- Goat and Tiger – Playing with Replica of Insects – Stone Lifting – Playing with toys – Walking – Finding the Hidden Object – Breaking the Pot – Swing – Counting -Echo – Ladder Games – Bull Fight – Catapult – Chance Games - River Bed Games – Hide and Seek – Playing with Pebbles.

Unit IV : Methods of playing : Sling - Fan made of Palm Leaf – Paper Boat – Yelling – Stick Game – Horse Riding – Vibration Sounds – Fun Games – Clapping – Word Puzzle -Marble – Test of Luck – Merry Go round - Kabaddi – Stick Fencing – Sand Castle – Cooking Games .

Unit V: Methods of playing : Aquatics – Hopping - Kite – Boat Games – Top – Bird/ Animal Fight – Pebbles Counting Games – Snake and Ladder – Riddles – Game with Flower Names – King and Minister - Imitating Rituals – Catching Games. Chess - Archery.

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Practical

TECHNIQUES OF TAMIL TRADITIONAL GAMES

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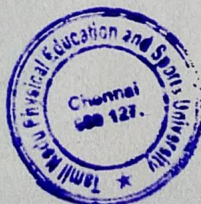
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