



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Accredited with "B" Grade by NAAC
India's First State University in Physical Education and Sports

1.1. - CURRICULAR DESIGN AND DEVELOPMENT

1.1.1: Curricula developed and implemented have relevance to the local, regional, national and global developmental needs, which is reflected in the programme outcomes (POs), and Course Outcomes (COs) of the programmes offered by the University

DEVELOPMENTAL NEEDS	NO. OF COURSES
LOCAL	14
INTERNATIONAL	163
NATIONAL	103
TOTAL	280

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Chennai - 600 127.**



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LOCAL & REGIONAL

S.NO	NAME OF THE COURSES
1.	FUNDAMENTALS OF FITNESS AND EXERCISE PRESCRIPTION
2.	DYNAMICS OF MOTOR SKILL ACQUISITION
3.	SCIENCE OF SPORTS TRAINING AND STRENGTH AND CONDITIONING
4.	BIOMECHANICS OF TRACK EVENTS
5.	BIOMECHANICS OF FIELD EVENTS
6.	BIOMECHANICS OF SPORTS AND GAMES – I
7.	BIOMECHANICS OF SPORTS AND GAMES – II
8.	SOIL AND GROUND IMPROVEMENT TECHNIQUES
9.	TIRUMULAR'S TIRUMANDIRAM
10.	THIRUMULAR'S TIRUMANTHIRAM IN YOGA THERAPY
11.	COPING WITH STRESS
12.	CLASSROOM PSYCHOLOGY
13.	VILLAGE PLACEMENT PROGRAMME
14.	THESIS



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NATIONAL

S.NO	NAME OF THE COURSES
1.	TEST, MEASUREMENT AND EVALUATION
2.	PHYSIOLOGY OF EXERCISE AND ERGOGENIC AIDS
3.	ENVIRONMENTAL STUDIES
4.	COMMUNICATION SKILL
5.	BASIC ANATOMY & PHYSIOLOGY – I
6.	FUNDAMENTALS IN FOOD SCIENCE
7.	HEALTH EDUCATION
8.	HUMAN ANATOMY AND PHYSIOLOGY –
9.	FLOOR AND STEP AEROBICS
10.	OCCUPATIONAL AND FUNCTIONAL ASSESSMENT
11.	STABILITY AND CORE TRAINING
12.	ENVIRONMENTAL STUDIES (FOUNDATION COURSE)
13.	EXERCISE SCIENCE AND FUNCTIONAL ASSESSMENT
14.	FLOOR AND STEP AEROBICS
15.	STABILITY AND CORE TRAINING
16.	TRAINING AND PERFORMANCE
17.	LIFE SKILLS MANAGEMENT
18.	BIOENERGETICS AND MUSCULAR PHYSIOLOGY
19.	CARDIOVASCULAR AND RESPIRATORY PHYSIOLOGY
20.	ADVANCED HUMAN NUTRITION



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21.	NEURO PHYSIOLOGY
22.	TRAINING AND COMPETITION NUTRITION
23.	STATISTICS IN EXERCISE PHYSIOLOGY AND NUTRITION
24.	COMPUTER APPLICATION IN EXERCISE PHYSIOLOGY AND NUTRITION
25.	ENVIRONMENTAL PHYSIOLOGY
26.	RESEARCH METHODOLOGY IN EXERCISE PHYSIOLOGY AND NUTRITION
27.	EXERCISE AND DIET PRESCRIPTION FOR SPECIAL POPULATION
28.	ENDOCRINOLOGY
29.	HEALTH, FITNESS AND PERFORMANCE ASSESSMENT
30.	MUSCLE AND EXERCISE METABOLISM
31.	EXERCISE BIO-CHEMISTRY
32.	RENAL PHYSIOLOGY
33.	SUPPLEMENTS AND ERGOGENIC AIDS FOR PERFORMANCE ENHANCEMENT
34.	NUTRITIONAL PLANNING FOR SPORTS AND EXERCISE
35.	EXERCISE ASSESSEMENT IN SPECIAL POPULATION
36.	EXERCISE AND SPORTS FOR WOMEN
37.	EXERCISE PHYSIOLOGY
38.	SPORTS NUTRITION
39.	EXERCISE SCIENCE AND FUNCTIONAL ASSESSMENT
40.	STABILITY AND CORE TRAINING
41.	TRAINING AND PERFORMANCE
42.	LIFE SKILLS MANAGEMENT
43.	FINANCIAL AND MANAGEMENT ACCOUNTING
44.	BUSINESS ENVIRONMENT



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45.	LEGAL ASPECTS IN BUSINESS
46.	FINANCIAL MANAGEMENT
47.	BUSINESS LAWS
48.	MANAGEMENT ACCOUNTING
49.	FINANCIAL MANAGEMENT
50.	RESEARCH METHODOLOGY AND IPR
51.	SURVEYING AND CONSTRUCTION MATERIALS
52.	BASIC RELEVANT OF YOGIC SCIENCE - I
53.	METHODS OF NATUROPATHY
54.	CLASSICAL YOGIC PRACTICES AND APPLIED PHYSIOLOGY PRACTICUM-I
55.	PROFESSIONAL PREPARATION FOR COMPETITIVE EXAMS
56.	PATANJALI YOGA SUTRAS
57.	TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES
58.	CLASSICAL YOGA PRACTICES – III
59.	CLINICAL APPLICATIONS IN TRADITIONAL SYSTEMS OF MEDICINES AND THERAPIES
60.	HATHA YOGA TEXT - II
61.	APPLIED YOGA
62.	AREA OF DISSERTATION
63.	COMPUTER PROGRAMMING
64.	FUNDAMENTALS OF YOGA THERAPY
65.	FUNCTIONAL ANATOMY AND PHYSIOLOGY
66.	BASIC PRINCIPLES OF YOGA THERAPY
67.	YOGIC PRACTICES AND MODIFICATIONS – 1
68.	APPLIED PHYSIOLOGY PRACTICALS
69.	COMPUTER APPLICATIONS
70.	TEXT IN YOGA THERAPY



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71.	TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES
72.	CLINICAL APPLICATION IN TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES
73.	YOGA THERAPY IN YOGA SUTRAS
74.	CLINICAL APPLICATION OF YOGA THERAPY
75.	APPLIED YOGA
76.	METHODS OF TEACHING YOGA THERAPY
77.	LESSON PLAN IN YOGA THERAPY
78.	METHODS OF NATUROPATHY
79.	STRESS MANAGEMENT
80.	TRADITIONAL INDIAN SYSTEMS OF MEDICINE AND THERAPIES
81.	STATISTICS IN YOGA THERAPY
82.	YOGIC PRACTICES
83.	TESTING AND ASSESSMENT
84.	APPLIED YOGA PSYCHOLOGICAL
85.	METHODS AND MEASUREMENT IN PSYCHOLOGY
86.	SOCIOLOGY OF HEALTH
87.	ENVIRONMENTAL SOCIOLOGY
88.	MOTOR LEARNING AND PSYCHOLOGY OF COACHING
89.	TEAM COHESION AND GROUP DYNAMICS
90.	SOCIAL PROBLEMS AND ISSUES
91.	POSITIVE PSYCHOLOGY
92.	PSYCHOMETRICS
93.	SPORTS IN INDIAN SOCIETY
94.	EMOTIONAL INTELLIGENCE
95.	MANAGERIAL PSYCHOLOGY
96.	SOCIAL PROBLEMS AND ISSUES
97.	MEDICAL SOCIOLOGY



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98.	INDIAN SOCIAL SYSTEM AND SPORTS
99.	GENDER & SOCIETY
100.	HEALTH PSYCHOLOGY
101.	PSYCHOLOGY OF INTERPERSONAL RELATIONSHIP
102.	ORGANIZATIONAL BEHAVIOR
103.	TRAINING & DEVELOPMENT



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GLOBAL

S.NO	NAME OF THE COURSES
1.	HUMAN ANATOMY AND PHYSIOLOGY – I
2.	HUMAN ANATOMY AND PHYSIOLOGY – I
3.	PHYSICS FOR BIOMECHANICS
4.	MATHEMATICS FOR BIOMECHANICS
5.	KINESIOLOGY
6.	BASIC BIOMECHANICS
7.	HUMAN GAIT, POSTURE AND CORRECTIVE EXERCISE
8.	PHYSIOLOGY OF EXERCISE AND ERGOGENIC AIDS
9.	APPLIED BIOMECHANICS
10.	RESEARCH METHODOLOGY AND STATISTICS IN SPORTS SCIENCE
11.	SPORTS PERFORMANCE ANALYSIS
12.	BIOMECHANICS OF YOGA
13.	BIOENERGETICS AND MUSCULAR PHYSIOLOGY
14.	CARDIOVASCULAR AND RESPIRATORY PHYSIOLOGY
15.	ADVANCED HUMAN NUTRITION
16.	INTRODUCTION TO HUMAN NUTRITION
17.	CLINICAL EXERCISE TESTING PROCEDURES



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18.	CLINICAL EXERCISE TESTING PROCEDURES
19.	KINANTHROPOMETRY
20.	SPORTS NUTRITION
21.	TRAINING AND PERFORMANCE
22.	EXERCISE FOR SPECIAL POPULATION
23.	CLINICAL DIETETICS
24.	EFFECT OF EXERCISE ON VARIOUS SYSTEMS
25.	STRENGTH TRAINING AND CONDITIONING
26.	NUTRITIONAL ERGOGENIC AIDS AND EXERCISE PERFORMANCE
27.	WEIGHT MANAGEMENT
28.	FITNESS AND NUTRITION FOR GERIATRIC
29.	ELEMENTARY STATISTICS IN EXERCISE PHYSIOLOGY & NUTRITION
30.	FIRST AID AND SPORTS INJURY & PHYSIOTHERAPY
31.	SPORTS BIOMECHANICS
32.	NUTRITION AND IMMUNE FUNCTION IN ATHLETES
33.	FITNESS AND WELLNESS COMPUTER APPLICATION IN EXERCISE PHYSIOLOGY AND NUTRITION
34.	NEURO PHYSIOLOGY
35.	TRAINING AND COMPETITION NUTRITION
36.	COMPUTER APPLICATION IN EXERCISE PHYSIOLOGY AND NUTRITION
37.	ENVIRONMENTAL PHYSIOLOGY
38.	RESEARCH METHODOLOGY IN EXERCISE PHYSIOLOGY AND NUTRITION
39.	EXERCISE AND DIET PRESCRIPTION FOR SPECIAL POPULATION
40.	ENDOCRINOLOGY
41.	HEALTH, FITNESS AND PERFORMANCE ASSESSMENT



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42.	MUSCLE AND EXERCISE METABOLISM
43.	EXERCISE BIO-CHEMISTRY
44.	RENAL PHYSIOLOGY
45.	SUPPLEMENTS AND ERGOGENIC AIDS FOR PERFORMANCE ENHANCEMENT
46.	NUTRITIONAL PLANNING FOR SPORTS AND EXERCISE
47.	EXERCISE ASSESSEMENT IN SPECIAL POPULATION
48.	EXERCISE AND SPORTS FOR WOMEN
49.	EXERCISE PHYSIOLOGY
50.	SPORTS NUTRITION
51.	ANATOMY AND PHYSIOLOGY
52.	HISTORY AND ADMINISTRATION OF SPORTS/GAME(ATHLETICS/FOOTBALL/KABADDI/HOCKEY/ VOLLEYBALL)
53.	SCIENCE OF SPORTS TRAINING
54.	SPORTS MEDICINE AND NUTRITION
55.	SPORTS PSYCHOLOGY AND SOCIOLOGY OF SPORT
56.	KINESIOLOGY AND SPORTS BIO MECHANICS
57.	PHILOSOPHY OF SPORTS COACHING
58.	PRINCIPLES OF MANAGEMENT
59.	BUSINESS ECONOMICS
60.	ORGANISATIONAL BEHAVIOR
61.	BUSINESS MATHEMATICS AND STATISTICS
62.	OPERATIONS RESEARCH
63.	MANAGEMENT INFORMATION SYSTEM
64.	PRODUCTION & OPERATIONS MANAGEMENT
65.	MARKETING MANAGEMENT
66.	HUMAN RESOURCE MANAGEMENT
67.	RESEARCH METHODS IN BUSINESS



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68.	TOTAL QUALITY MANAGEMENT
69.	SPORTS ORGANISATION AND ADMINISTRATION
70.	FUNDEMENTALS OF SPORTS MANAGEMENT
71.	ENTREPRENEURIAL DEVELOPMENT
72.	RETAIL MANAGEMENT
73.	SPORTS MARKETING
74.	SPORTS FACILITY MANAGEMENT
75.	PRINCIPLES OF MANAGEMENT
76.	ORGANISATIONAL BEHAVIOR
77.	MANAGERIAL ECONOMICS
78.	QUANTITATIVE METHODS IN BUSINESS
79.	OPERATIONS MANAGEMENT
80.	MARKETING MANAGEMENT
81.	HUMAN RESOURCE MANAGEMENT
82.	OPERATIONS RESEARCH
83.	MANAGEMENT INFORMATION SYSTEM
84.	TOTAL QUALITY MANAGEMENT
85.	STRATEGIC MANAGEMENT
86.	RESEARCH METHODS IN BUSINESS
87.	RESEARCH METHODS IN BUSINESS



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88.	SPORTS MANAGEMENT – PRINCIPLES AND PRACTICES
89.	SPORTS MARKETING
90.	SPORTS FACILITY MANAGEMENT
91.	SPORTS PSYCHOLOGY AND SOCIOLOGY
92.	SPORTS TOURISM
93.	ADVERTISING IN SPORTS
94.	SPORTS MEDIA & EVENT MANAGEMENT
95.	AERODYNAMICS IN SPORTS
96.	SPORTS MATERIALS ENGINEERING AND DESIGN
97.	SPORTS BIOMECHANICS
98.	MEASUREMENT AND INSTRUMENTATION IN SPORTS ENGINEERING
99.	SPORTS ENGINEERING AND TECHNOLOGY
100	ROBOTICS AND ARTIFICIAL INTELLIGENCE
101	PHYSIOLOGY OF SPORTS AND EXERCISE
102	PRINCIPLES AND DESIGN OF SPORTS TURF
103	RACE ENGINE DESIGN FOR OPTIMAL
104	SPORTS EQUIPMENT MATERIALS
105	COMPOSITE AND NANO MATERIALS IN SPORTS APPLICATIONS
106	SOFTWARE IN SPORTS
107	SPORTS PSYCHOLOGY: ISSUES AND APPLICATIONS
108	APPLIED BIOMATERIALS IN SPORTS TECHNOLOGY
109	COMMERCIALISATION OF SPORTS
110	SPORTS ECONOMICS
111	MOTOR SPORTS APPLICATIONS
112	SPORTS EQUIPMENT MATERIALS



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113	APPLICATIONS OF STATISTICS IN SPORTS
114	SPORTS MATERIAL ENGINEERING
115	RACE CAR VEHICLE DYNAMICS
116	FOUNDATIONS OF YOGA CLASSICAL YOGA PRACTICES WITH PROPS (PRATICAL)
117	CLASSICAL YOGA PRACTICES
118	YOGA FOR HEALTH
119	YOGIC DIET AND NUTRITION
120	COMMUNICATION SKILL - I
121	RESEARCH PROCESS IN YOGA AND STATISTICS
122	METHODOLOGY OF TEACHING YOGA
123	BASIC YOGA TEXTS
124	COMPUTER APPLICATION IN YOGA
125	YOGA FOR HEALTH AND WELLNESS
126	YOGA THERAPY - I
127	STATISTICS IN YOGA
128	PERSONALITY DEVELOPMENT
129	STRESS MANAGEMENT
130	CLASSICAL YOGA PRACTICES WITH PROPS (PRATICAL)
131	ENVIRONMENTAL STUDIES
132	YOGA THERAPY AND PSYCHOLOGY
133	PHYSICAL EXAMINATION METHODS OF YOGA THERAPY
134	METHODOLOGY IN YOGA THERAPY
135	PSYCHOLOGICAL TESTING IN YOGA
136	YOGIC PRACTICE AND MODIFICATION - II
137	PATHOLOGY AILMENTS AND YOGA THERAPY
138	YOGIC PRACTICES AND MODIFICATIONS - III
139	RESEARCH PROCESS IN YOGA
140	YOGA PRACTICES AND MODIFICATIONS - IV
141	HEALTH AND YOGA THERAPY



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142	WELLNESS AND YOGA THERAPY
143	NUTRITION AND YOGA THERAPY
144	ADVANCED GENERAL PHYSIOLOGY
145	INTRODUCTION TO SPORTS SOCIOLOGY
146	RESEARCH METHODOLOGY
147	PSYCHOLOGICAL ASPECTS OF SPORTS PERFORMANCE
148	SOCIAL AND BEHAVIORAL STATISTICS
149	FUNDAMENTALS OF COUNSELING SKILLS
150	LIFE SPAN DEVELOPMENT
151	SOCIOLOGICAL THEORIES
152	COUNSELING AND BEHAVIORAL MODIFICATION IN SPORTS
153	SCIENTIFIC DIMENSIONS OF SPORTS PSYCHOLOGY
154	INTERVENTION STRATEGIES AND SPORTS BEHAVIOR
155	PRINCIPLES OF SPORTS PSYCHOLOGY
156	BIOLOGICAL BASIS OF BEHAVIOUR
157	PSYCHOLOGY OF ATHLETIC INJURY & REHABILITATION
158	PSYCHOLOGICAL PREPARATION AND MENTAL SKILLS TRAINING
159	SPORTS FOR THE CHALLENGED
160	ATHLETIC PSYCHOPATHOLOGY
161	PSYCHOPATHOLOGY - I
162	PSYCHOPATHOLOGY II
163	ADVANCED SOCIAL PSYCHOLOGY

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