

SUGGESTED READINGS

1. Barrow, H. M. (1983): "Man and Movements: Principles of Physical Education", Philadelphia, Lea and Febiger.
2. Bucher, C. A. (1979): "Foundations of Physical Education," St. Louis C.V. Mosby Company.

	4. Running Tactics, Rules of competition.
Physical Exercises (Speed and agility)	Test -1 SPEED: 50 Metre Dash Test. Test- 2 AGILITY: Shuttle Run Test.

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1. Barrow, H. M. (1983): "Man and Movements: Principles of Physical Education", Philadelphia, Lea and Febiger.
2. Bucher, C. A. (1979): "Foundations of Physical Education," St. Louis C.V. Mosby Company.
4. Chauhan, S.S. (1985): "Advanced Educational Psychology", New Print-India Pvt. Ltd., Sahibabad, U.P.
3. Christine, M. D. (1999). *Physiology of sports and exercise*. USA: Human Kinetics.
4. Hoeger, Werner W.K, Hoegen, Sharon A. (2004). Principles and Labs for fitness and wellness.
5. Lamb, G. S. (1982). Essentials of exercise physiology. Delhi: Surjeet Publication, 1982.
6. Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam Publications.
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	PHYSICAL FITNESS AND SPORTS INJURIES
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DISCIPLINE SPECIFIC CORE (DSC) -II	SEMESTER-II (PHY-DSC-151)
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WARMING UP, COOLING DOWN AND SPORTS INJURIES	
MINOR DISCIPLINE COURSE (MDC)-II	SEMESTER-II (PHE-M-112)
Course Objectives	<ol style="list-style-type: none"> 1. To understand the importance of warming up and cooling down. 2. To understand the components of Physical Fitness. 3. To teach the concept of First Aid and Sports Injuries.
Course Outcome	<ol style="list-style-type: none"> 1. Students will come to know the importance of warming up and cooling down. 2. Students will understand the the components of Physical Fitness. 3. Students will understand the concept of First Aid and Sports Injuries.
Outline Syllabus	WARMING UP, COOLING DOWN AND SPORTS INJURIES
Credit	4 (3+1)
Marks	100 (Theory: 70, Practical: 20) (Internal Assessment: Theory: 5, Practical: 5)
Contact Hrs	75 Hours (Theory: 45 Hours, Practical: 30 Hours) (15 Hours theory = 1 Credit, 30 Hours practical = 1 credit)
Unit 1	<ol style="list-style-type: none"> 1. Meaning and concept of Warming Up and Cooling Down in Sports, Types of Warming Up. 2. Importance of Warming Up and Cooling Down in Sports. 3. Meaning, definition and components of Physical Fitness. 4. Factors influencing Physical Fitness (age, gender, body composition, diet, climate, exercise)
Unit 2	<ol style="list-style-type: none"> 1. Human Cell, Structure and function of human cell. 2. Meaning of Anatomy. 3. Meaning and functions of Skelton system. 4. Types of bones and name of various bones of the body.
Unit 3	<ol style="list-style-type: none"> 1. Meaning and Importance of First Aid in Sports. 2. Prevention of Sports Injuries. 3. First Aid for sports injuries: Sprain, Strain, Dislocation, Tennis Elbow, Fracture, Laceration, Abrasion, Contusion, Drowning. 4. Rehabilitation of Sports Injuries.
PRACTICAL SYLLABUS	

Kabaddi (NS)	<ol style="list-style-type: none"> 1. Measurements (Kabaddi court for men and women). 2. Number of players and officials. 3. Fundamental offensive skills, touching with hand, leg thrust, front kick, side kick, Mule 4. kick, jump and dive counter. 5. Defensive Skill (wrist catch, normal grip, ankle catch, knee catch and chain formation). 6. Tactics : (a) getting bonus point (b) counter to bonus line crossing (c) Delaying tactics for 7. getting lona.
Physical Exercises (Speed and agility)	<p>Test -1 SPEED: 50 Metre Dash Test.</p> <p>Test- 2 AGILITY: Shuttle Run Test.</p>

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1. David, R. M. (2005). *Drugs in sports*, (4th Ed). Routledge Taylor and Francis Group. Hunter, M. D.(1979). *A dictionary for physical educators*. In H. M. Borrow & R. McGee,
2. Hoeger, Werner W.K, Hoegen, Sharon A. (2004). *Principles and Labs for fitness and wellness*.
3. Hunter, M. D.(1979). *A dictionary for physical educators*. In H. M. Borrow & R. McGee,
4. Jeyaprakash, C. S. (2003). *Sports Medicine*, J.P. Brothers Pub., New Delhi.
5. Khanna, G.L. (1990). *Exercise physiology & sports medicine*. Delhi:Lucky Enterprises.
6. Lamb, G. S. (1982). *Essentials of exercise physiology*. Delhi: Surjeet Publication,1982.
7. Moorthy, A. M. (2014). *Anatomy physiology and health education*. Karaikudi: Madalayam Publications.
8. Pandey, P.K. (1987). *Outline of sports medicine*, New Delhi: J.P. Brothers Pub.,1987.
9. Pearce. E. (1989). *Anatomy and Physiology for Nurses*, Delhi, Oxford University Press.
10. Wilmore, J. H and Costill, D. L. (1994). *Physiology of Sports and Exercise*. Human Kinetics.