

PART V

Physical Education

N.C.C. (ARMY)

N.C.C. (NAVY)

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THIAGARAJAR COLLEGE, MADURAI – 9.
(Re-Accredited with 'A' Grade by NAAC)
DEPARTMENT OF PHYSICAL EDUCATION
(From 2014-2015 batch onwards)

Paper – I – Physical Education & Health

Course Objective:

1. To make the students familiar with Health and Wellness.

Course content:

UNIT I: Introduction to Physical Education, Need & Scope of Physical Education – Awareness about various system in the human body – Nervous, Endocrine, Digestive, Circulatory and Respiratory systems.

UNIT II: Wellness and Health Education: Fitness, Nutrition, Diet, Drugs cessation, Disease prevention and communicable and non- communicable diseases.

UNIT III : Meaning of Yoga – Astanga Yoga – Asanas: Padmasana, Vajrasana, Sukhasana, Pachimottanasana, Savasana, Sarvangasana, Halasana, Bhujangasana. Dhanurasana, Tadasana, Vrksasana.

UNIT IV: First Aid: Responsibilities of a First Aider – Wounds and bleeding, fractures, dislocations, soft tissue injuries, Sprain, Strain, Cramp – First Aid Kit.

UNIT V: Track and Field: Rules and Techniques 100Mts, 200Mts – Shot Put ,Long Jump

Text Book:

1. Physical Education Guide for TRB NET & SLET, S. Jayavel, T. Susi Arockia malar & B. Selvamuthukrishnan ,First Edition 2005 Jayavel Printers, Pushpa complex, Sri Ram Nagar, Kottaiyur, Karaikudi- 630 106.

Reference Book:

1. Peace, E.C. Anatomy and Physiology for Nurses. Fabur and Fabur ltd. London, 1968
2. Hoeger Werner W.K. and Hoeger Sharon A Fitness and Wellness. Englewood: Morton publishing company, 1990.
3. First Aid to the Injured' New Delhi: St.John Am,bulance Association.
4. Prabhakar Eric, The way to Athletic Gold, Delhi: Affiliated East – West press private Ltd., 1995. Raghavan K
5. Hand book of Health Education, Karaikudi, Meenal Enterprises 1978.
6. Swami Kuvalyananda and Vindekar. S.I. Yogic therapy is basis principals and methods, New Delhi, Government of India
7. Chandrasekaran, K. Sound Health through yoga, Madurai prem kaliaan publication

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DEPARTMENT OF PHYSICAL EDUCATION
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Paper – I I– Foundations of Yoga & Physical Education

Course Objective:

1. To make the students familiar with Yoga & Physical Education techniques.

Course content:

UNIT I: Concepts of Yoga & Physical Education – Aim , Objectives & Scope of Yoga -Guidelines for practicing Yogic Techniques - Difference between Asanas and Physical Exercises.

UNIT II: Meaning of Pranayama, Values of Pranayama – Types - Nadi Suddhi –Nadi Sodhana – Bhastrika – Bhamari- Meditation.

UNIT III: Careers in Physical Education, Teaching Coaching, Fitness and Health related Opportunities, Management, Media and other related opportunities.

UNIT IV: Basketball: History, Organization. Skills – Rules and Regulations, Lay out Equipments, Officiating.

UNIT V: Volleyball: History, Organization. Skills – Rules and Regulations, Lay out Equipments, Officiating.

Text Book:

1. Physical Education Guide for TRB NET & SLET, S. Jayavel, T. Susi Arockia malar & B. Selvamuthukrishnan ,First Edition 2005 Jayavel Printers, Pushpa complex, Sri Ram Nagar, Kottaiyur, Karaikudi- 630 106.

Reference Book:

1. Wirest Deborah, A and Charles A. Bucher, Foundations of Physical Education. New Delhi: B Publication Pvt Ltd., 1979.
2. Dhanaraj V. Hubert, Volley ball, A modern Approach. Patiala, SAINSNIS, 1991.
3. Reddi B.R.Scientific Basketball ,
4. Pranayama – Swamikuvalayananda, Kaivalyadhama, Lonavla.
5. Moorthy A.m. and Alagesan .S, Yoga theraphy TPH coimbatore – 2004.
6. Chandrasekaran, K. Sound Health through yoga, Madurai prem kalian publication

THIAGARAJAR COLLEGE, MADURAI – 9.
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NATIONAL CADET CARDS - ARMY
(From 2014-2015 batch onwards)

| | | | |
|----------|---|---------|--------------|
| Course | : | Code | : ENNA41 (M) |
| Semester | : | Hours | : 2hrs/Week |
| Paper | : | Credits | : 2 |

Title of the Paper: **MILITARY HISTORY & NATIONAL INTEGRATION**

Objectives:

- To enable the cadets to understand the organizational structure of Indian Defence system
- To make the cadets to recognize and respect battle heroes
- To imbibe the spirit of patriotism

Unit 1: Military History:

15 Hrs

- 1.1 Basic organization of Indian Armed Forces (Army, Navy and Air Force), – BSF, CISF, ITBPF - Task and role of fighting army, supporting arms and services - Honours and Awards – concept of integrated defence staff – Current scenario of War Science & technology
- 1.2 Biographies of renowned generals (in brief) – Field Marshal K M Cariappa, Field Marshal SHFJ Manekshaw, Marshal of the Air Force Arjan Singh
- 1.3 Battles – Indo-Pak War 1947, 1965, 1971, 1999 (Kargil) - Chinese aggression 1962 - lessons learnt
- 1.4 Brief history and bravery of Battle heroes - Maj Somnath Sharma, Hav Abdul Hamid, Fg Offr Nirmal Jit Singh Sekhon, Nb Sub Yogendra Singh Yadhav

Unit 2: National Integration:

15 Hrs

- 2.1. Indian Freedom Struggle (reasons behind) – First War of Indian Independence, Gandhiji and Non-Violence, Netaji and INA
- 2.2. Unity in Diversity – Religion, Culture and Heritage of India – Inter-religious faith and harmony
- 2.3. Challenges and threats to National Integration - National identity - National Integration Council – National Security Council
- 2.4. Contribution of NCC towards National Integration - National Integration camps – NIAP, Role of youth in Nation Building

Reference Books:

Anonymous. 1995. Officers training manual. PRECIS, NCC, OTS, Kamptee
Mishra, R.C. 2000. A Hand book of NCC, Kanti Prakashan, Etawah.Precis.
www.indianarmy.nic.in
en.wikipedia.org/wiki/Military_history_of_India
[en.wikipedia.org/wiki/National_Security_Council_\(India\)](http://en.wikipedia.org/wiki/National_Security_Council_(India))

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NATIONAL CADET CARDS - ARMY
(From 2014-2015 batch onwards)

| | | | |
|----------|--------------------------------|---------|--------------|
| Course | : | Code | : ENNA42 (P) |
| Semester | : IV | Hours | : 2hrs/Week |
| Paper | : Non Major Elective Course II | Credits | : 2 |

Title of the Paper: **PERSONALITY & LEADERSHIP DEVELOPMENT**

Objectives:

- To enable the cadets to understand the basic concept of personality
- To develop soft skills and to elucidate the inner power
- To inculcate leadership traits

Unit 1: Personality Development:

15 Hrs

- 1.1. Personality – Definition and factors influencing personality (physical, social, psychological and philosophical) – SWOT analysis
- 1.2. Interpersonal relationship – Group dynamics - Time Management & development – stress management
- 1.3. Soft skills – interview skill – influencing skill – social skill – communication skill – self awareness - self motivation – self esteem – body language.
- 1.4. Goal setting and decision making.

Unit 2: Leadership development:

15 Hrs

- 2.1. Concept of self and self management – Human Resource Management – Managing different personalities – essential skills for HRM – team building
- 2.2. Leader and Leadership – types of leaders – characteristics of leader with special reference to attitude & aptitude, congruence and confidence, dedication and determination, duty, discipline and dedication, education and erudition, honesty and integrity
- 2.3. A brief account on the leadership of Maha Rana Pratap Singh and Shivaji
- 2.4. Life and message of Swami Vivekananda, Mother Teresa and APJ Abdul Kalam in brief

Reference Books:

- Anonymous. 1995. Officers training manual. PRECIS, NCC, OTS, Kamptee
- Bose, R and Faust, L. 2011. Mother Teresa, CEO, Unexpected Principles for Practical Leaders, Tata McGraw Hill Publications, New Delhi.
- Ganapathi, R. 2003. Swami Vivekanandar, Ramakrishna Math Press, Chennai.
- Gandhi, M.K. 1983. An Autobiography or The story of My Experiments with Truth, Navajivan Publishing House, Ahamedabad
- Gupta, S.K. and Joshi, R. 2008. Human Resource Management, Kalyani Publishers, New Delhi.
- Kalam, A.P.J. 1999. Wings of Fire, University Press, Hyderabad
- Mishra, R.C. 2000. A Hand book of NCC, Kanti Prakashan, Etawah. Precis
- Rana, B.S 2004. Maharana Pratap, Diamond Books (P) Ltd., New Delhi.
- Rana, B.S. 2004. Chatrapati Shivaji, Diamond Books (P) Ltd., New Delhi.

THIAGARAJAR COLLEGE, MADURAI – 9.
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NATIONAL CADET CARDS - NAVY
(From 2014-2015 batch onwards)

Course : Under Graduate Code :
Semester : III Hours : 2hrs/Week
Paper : Non Major Elective Paper I Credits: 2

NCC ORGANIZATION AND LEADERSHIP

UNIT I

a) NCC Organisation

Aims and objectives of NCC – Cardinal points of NCC – Organization of defense forces in general- organizational structure of Indian Army- Organizational structure of NCC- NCC song- Incentives of NCC- Ranks in Army, Air force and Navy – Certificate Examinations in NCC– Honors and Awards.

b) Health , hygiene and first – aid

Aims of First Aid – Principle of First Aid – Motto of First Aid – List of items in First aid Box – Types of Bandages – Types of Fracture –Dislocation – Types of Wounds – Burns and Scalds – Sprain – Strain – Asphyxia – Drowning – Poison – Shock – Snake bite – Sun and Heat Stroke – Insect bite – Dog bite – Hanging – Artificial Respiration – Hemorrhage- Artificial respiration- carriage of sick and wounded- Structure and functioning of Human body- Hygiene and sanitation- Physical and mental health- Infectious and contagious diseases and its prevention- basics of home nursing and first aid in common medical emergencies- Introduction to Yoga and exercises

c) National integration and awareness

Religions and culture- Traditions and customs in India- National integration: Importance and necessity- Freedom struggle- Nationalist movement in India- National interests- objectives- threats and opportunities- Problems and challenges of National integration- Unity and diversity- National integration council- Images and slogans for National integration- Contribution of youth in national building

UNIT II

a) Leadership training methods

Leadership traits – types of leadership – attitude: assertiveness and negotiation – time management – effects of leadership with historical examples – stress management skills – interview skills – conflict motives – resolution – importance of group/team work – influencing skills – body language – sociability: social skills – values/code of ethics - public speaking and other leadership exercises.

Case Studies: Leadership traits of

1. Mahatma Gandhi
2. Jawaharlal Nehru
3. B. R. Ambedkar
4. K. Kamaraj
5. Sardar Vallabai Patel
6. Adolf Hitler
7. Martin Luther King Jr.
8. Nelson Mandela, etc.

b) Environment awareness and social service activities

Ecology and Environment – Biodiversity – Pollution – Environment Conservation – Personal Hygiene – Sanitation – Waste management- water conservation- Rain water conservation and harvesting- Pollution control and types of pollution- Communicable and Non communicable Disease – Methods of purification of drinking water.

Basics of social service- weaker sections in the society and its identification - NGOs and their role and contribution - social evils- Drug abuse- family planning- corruption- counter terrorism- Eradication of illiteracy – Aids Awareness programme – Cancer Awareness Programme

Text book:

1. DG- NCC Training directive.

Reference:

Pamphlets issued by the Ministry of Defense.

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NATIONAL CADET CARDS - NAVY

(From 2014-2015 batch onwards)

| | | | |
|----------|------------------------------|---------|-------------|
| Course | : Under Graduate | Code | : |
| Semester | : IV | Hours | : 2hrs/Week |
| Paper | : Non Major Elective Paper 2 | Credits | : 2 |

NAVAL ORIENTATION AND SEAMANSHIP

UNIT I

a) Naval orientation

History of Indian Navy- Organization of Navy- Navy head quarters- commands- Fleets- ships and shore establishments- types of warships and their role- Organization of ships and instruction on onboard organization- Organization of Army-Air Force-Navy commands- Naval customs and traditions- Ranks of officers- sailors- equivalent ranks in three services- mode of entry- Branches of Navy and their functions

b) Naval warfare and its components

Introduction to Anti submarine warfare and fleet operation- role of aviation- Naval aircrafts and helicopters- types of submarines and their role- ASW weapons and sensors- elementary knowledge of gunnery- missiles and types of mounted guns- Parts of a torpedo- Organization of Ship- RAS- Types of warships.

UNIT II

a) Seamanship

Types of ropes and breaking strength, Bends and hitches, knots and their kinds and uses. Types of cordages Introduction to shackles, hooks, blocks and derricks, coiling down and splicing of rope.

Types of anchor- Parts of anchor- Use of Blocks. Parts of Blocks- Parts of boat- parts of an oar- Instructions in boat pulling- pulling orders- precautions whaler pulling- whaler and enterprise class boat including theory of sailing elementary sailing rules- power boats and types- securing and towing boats

b) Navigation

Navigation of a ship- charts and compass- Map reading- Variation- Deviation- CADET rule- fixing the Ship's position- knots and nautical mile definitions- latitude and longitude markings- types of maps and contours- Types of Compass- Gyro compass- True and magnetic north definitions- Meaning of Flags- GPS- RACON- RADAR- SONAR- Brief characteristics of tides and its effect on ships- causes of tides- tidal streams- clouds- types- formation of clouds and effects- introduction to astronomy- Oceanography, living and non living things in sea, Exclusive economic zone, Marine conservation.

c) NBCD

Types of fire- Triangle of fire- Types of fire fighting- water markings in the ship- NBCD organization and structure- Damage control- causes of damage- flooding

REF:

- 1) Pamphlets issued by the Ministry of Defense.**
- 2) DG- NCC Training directive.**

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NATIONAL CADET CARDS - NAVY

(From 2014-2015 batch onwards)

NCC NAVY FIELD TRAINING – 2 CREDITS.

This course is offered to the students who have enrolled in NCC NAVY under Part V scheme in the first academic year. The students will go through intensive field training covering the skills mentioned below:

Basics of Foot Drill:

General word of commands, Attention, stand at ease, turning left, right and inking at halt. Sizing, forming three ranks and numbering, open and close march order, dressing the squad, Saluting at halt, getting on Parade, dismissing and falling out.

Foot Drill on Marching:

Marching, length of pace and time in marching in quick time and halt, slow march and halt, side pace, pace forward and to the rear, Turning on the march and wheeling, saluting on the march, Marching time, forward march and halt in quick march. Changing step, Formation of squad and squad drill.

Naval communication:

Introduction to naval modern communication, purpose and principles, duties of various communications department, Semaphore, letters and prosigns, reading and transmission of messages, phonetic alphabets, radio telephony procedure, wearing of National flag, ensign and admirals flag.

Adventure training:

Adventure training tips, Para sailing and its principles, Slithering, Rock climbing, cycling and trekking and their impacts on physical health.

Knots and Hitches:

Types of ropes and breaking strength, Bends and hitches, knots and their kinds and uses. Types of cordages Introduction to shackles, hooks, blocks and derricks, coiling down and splicing of rope.

Ship modeling Techniques:

Principles of ship modeling, maintenance of tools, types of models, care and handling of models, repairing the models, chemicals paints and adhesives used in modeling, Stability of the model and its practice

THIAGARAJAR COLLEGE, MADURAI – 9.
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NATIONAL SERVICE SCHEME
(From 2014-2015 batch onwards)

| | | |
|-------------------------------|------------------------------|---------------------------|
| YEAR : I | IDEALS AND APPROACHES | PART : V |
| CLASS : ALL UG COURSES | | MARKS : 100(75+25) |
| CODE : P5T1NS | | CREDIT : 1* |

(* Credit will be awarded after passing both 1st and 2nd year NSS(Part V) courses)

Internal Marks : 25 (15 – Attendance; 10 – Activities)

External Marks : 75 (Summative Examination at the end of the academic year)

Unit - I

Introduction to National Service Scheme – Philosophy of National Service Scheme – Basic concepts of National Service Scheme.

Unit – II

National Service Scheme programmes and activities – basic concepts and components – the role of National Service Scheme volunteers.

Unit - III

Regular and Special camp activities – Planning and preparation of regular activities – Planning and preparation of Camping activities.

Unit – IV

Social issues – Student’s participation – Environment – Women empowerment – Communal harmony – HIV and AIDS Awareness.

Unit - V

Community work – Rural development – Adoption of village – Identification of major issues.

Reference Book :

National Service Scheme Manual(Revised), Ministry of Human Resource Development of India.

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NATIONAL SERVICE SCHEME
(From 2014-2015 batch onwards)

| | | |
|-------------------------------|----------------------------------|---------------------------|
| YEAR : II | COMMUNITY DEVELOPMENT | PART : V |
| CLASS : ALL UG COURSES | | MARKS : 100(75+25) |
| CODE : P5T2NS | | CREDIT : 1* |

(* Credit will be awarded after passing both 1st and 2nd year NSS(Part V) courses)

Internal Marks : 25 (15 – Attendance; 10 – Activities)

External Marks : 75 (Summative Examination at the end of the academic year)

Unit - I

Gender equality – role of women – women empowerment – mother-infant welfare – female infanticide

Unit – II

Self help group – function of SHG – Social development – benefits to the society

Unit - III

Sarva Shiksha Abhiyan – frame work – girl child education – children of special need.

Unit – IV

Adult education – Participants – basic concepts of education – the role of education in society.

Unit - V

Social awareness – Voters’ awareness – general health awareness – environmental awareness – Right to information act.

Reference Book :

Guidelines from Ministry of Human Resource Development of India. (downloaded from the website of Ministry of HRD, Govt. of India).

THIAGARAJAR COLLEGE, MADURAI – 9.
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YOUTH RED CROSS SOCIETY
(From 2014-2015 batch onwards)

Course : I Year UG (SF)

Int.Marks : 25
Ext.Marks : 75

Title of the Paper : ORGANIZATION OF RED CROSS SOCIETY (P5YR1)

Max.Marks: 100

Sub.Code : P5YR1

Credit pts : 01 (after completing P5YR2 paper)

Objectives:

To make the students to know about the birth, organizational set up, principles, emblem and activities of Red Cross society and to develop leadership traits

Unit 1: History and Organization of Red Cross Society:

Henry Dunand – memories of Salbarino – Origin of Red Cross Society –
Geneva Convention

IRCS – Organization – objectives – Administrative structure – Organizational set up
of Indian Red Cross Society

Unit 2: Principles of Red Cross Society, Emblem and its uses:

Humanity – Impartiality – Neutrality – Independence – Voluntary service –
Unity – Universality

Aims of Emblem – Red Cross – Red Crescent – protective use – indicative use –
abuse

Unit 3: IRCS activities and YRC:

Types of conflicts & National Disasters – Role of Red Cross Society in relief
activities

Youth Red Cross Movement – origin – objectives – organization – activities

Unit 4: Leadership Development:

First war of Indian Independence – Gandhiji and Non Violence – Nethaji and INA

Leadership – types and traits – Man management

Duty and discipline, factors affecting duty and discipline

Indian Citizenship – duties and responsibilities

Unit 5: Civil Defence and Self Defence:

Civil defence – organization – aim and services – aid to civil authorities in emergency

Fire fighting – types of fire, spreading of fire, fire extinguishing and equipments

Self defence – unarmed combat – attacking and throws – vital parts of human body

Text Book:

Nagendran, N.A. A guide to Youth Red Cross Society. Thiagarajar College,
Madurai.

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YOUTH RED CROSS SOCIETY
(From 2014-2015 batch onwards)

Course : II Year UG (SF) **Int.Marks : 25**
Title of the Paper : FIRST AID **Ext.Marks : 75**
Sub.Code : P5YR2 **Max.Marks: 100**
Credit pts. : 01 (including P5YR1 paper)

Objectives:

To introduce the basic structure of human body, possible damage to the body parts and necessary first aid to the damage

Unit 1: Introduction to human body and principles of First Aid:

- a. Skeleton – bones – joints - heart and circulation
- b. First aid – definition – scope and rules

Unit 2: Wounds, burns and scalds:

- a. Wounds and hemorrhage – types – treatment – dressings
- b. Burns and Scalds – definition – types – treatment

Unit 3: Respiration and shock:

- a. Respiratory tract – mechanism – types of treatment
- b. Shocks – types (nervous, established and electric shocks) and treatment

Unit 4: Bones and fracture:

- a. Fracture – types and treatment
- b. Methods of transportation of patients

Unit 5: Unconsciousness, Poisoning and First aid box:

- a. Unconsciousness – reasons and remedies
- b. Poisoning – types and impact
- c. Components of first aid box

Text book:

Theertham, S. Notes on First Aid. St. John Ambulance Association