



THE MADURA COLLEGE (Autonomous), MADURAI – 625 011
(AFFILIATED TO MADURAI KAMARAJ UNIVERSITY)
RE-ACCREDITED (3rd Cycle) WITH “A” GRADE BY NAAC

PROGRAMME: B.A., / B.Sc., / B.Com.,

COURSE CODE : 18U2NCC1

COURSE TITLE : Introduction to N.C.C

QN.NO : 4009

TIME : 3 Hours

MAX.MARKS :75

UNIT I. N.C.C. Organization

History of NCC – NCC act 1948 – NCC organization-starting from college up to Directorate.NCC song – Motto, Cardinal principles of discipline and Aims of NCC.

UNIT II. Geography & Current affairs in India

Geography: Geography of India, boundary lines with neighboring countries.

Current affairs: Entire cabinet of Indian government – Governor, Chief Minister and capital city of all Indian states – President and Prime Minister of our neighboring countries.

UNIT III. Armed services

Various military organizations in Army, Navy & Airforce.

- Various commands and their headquarters.
- Rank of equivalents in Army, Navy & Airforce.
- Employment opportunities in the armed forces – OTS, NDA, UPSC, IMA, etc.

UNIT IV. Leadership, civil defense& hygiene

Leadership: Basic traits and development. Civil defense: Organization – importance during civil and war times. Hygiene: Brief account of hygiene, sanitation and significance.

UNIT V. Role of NCC in social service activities

Social services: Adult education – Road safety: Traffic rules and regulations. AIDS awareness: causes– mode of transmission – diagnosis – prevention of AIDS.

Pollution: Types and control.

Malaria :Origin and control.

Tree plantation and its importance.

Text Book:

NCC Guide – Army Wing, Priya Publications, Major R. Ramasamy, Karur, 2010.

Reference Books:

- Precis, Published by Officer Training School, Kamptee, 2009.
- Cadet’s diary, Published by cadets’ center, Chennai, 2000.
- NCC: Handbook of NCC cadets, R. Gupta, Ramesh Publishing House, 2015.
- A hand book of NCC-Army wing, Lt. S. N. Saravanamoorthy, Jayalakshmi publications, Madurai, 2015.

Websites:

- www.nccinida.nic.in
- www.joinindianarmy.nic.in
- www.joinindiannavy.gov.in
- www.indianairforce.nic.in



PROGRAMME: B.A., / B.Sc., / B.Com.,

COURSE CODE : 18U4NCC2

COURSE TITLE : Field Training in N. C. C.

QN.NO : 4010

TIME : 3 Hours

MAX.MARKS :75

UNIT I Geography & Current affairs of world

Geography of the world – Continents. Important nations: Capitals and leaders. Important world organizations: NATO, various UN organizations, peace keeping activities – important agreements – current affairs – important achievements in social activities – Adventure activities in mountaineering, trekking, voyage, etc.

UNIT II Drill

Important drill movements – measurements, distance degree, etc. of each drill movement.

Drill without arms: Attention, stand at ease, marching, saluting, halt formation of squad.

Drill without arms: With rifle, Attention, shoulder arm, present arm and saluting with arms.

UNIT III Map reading

Introduction – aim, definition and importance – Technical terms and uses of service protractor – parts and uses of prismatic compass. Conventional signs – Grid systems – reference of four and six figures – Types of north – finding north and won positions – bearing – map to ground and ground to map.

UNIT IV Field craft&Battle craft

Definition –Judging the distance: various methods of judging the distance– Types of grounds – why things are seen? (7 sisters & 1 mother).

Camouflage & concealment: definition & principles.

Patrol: Definition, types, strength, tasks and stages of patrol – patrol moves, briefing and debriefing in patrol.

Ambush: Definition, Types, aims, parties, functions and essentials of ambush. *Section and Platoon formations:* Definition, types and uses.

UNIT V Weapon training

Weapon training: Parts, stripping, assembling, effecting range and weight of the following weapons:

Rifle, Self-loading rifle (SLR) and Light machine gun (LMG).

Text Book:

NCC Guide – Army Wing, Major R. Ramasamy, Priya Publications, Karur, 2010.

Reference Books:

1. Precis, Published by Officer Training School, Kamptee, 2009.
2. Cadet’s diary, Published by cadets’ center, Chennai, 2000.
3. NCC: Handbook of NCC cadets, R. Gupta, Ramesh Publishing House, 2015.
4. A hand book of NCC-Army wing, Lt. S. N. Saravanamoorthy, Jayalakshmi publications, Madurai, 2015.

Websites:

1. www.nccinida.nic.in
2. www.joinindianarmy.nic.in
3. www.joinindiannavy.gov.in
4. www.indianairforce.nic.in



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RE-ACCREDITED (3rd Cycle) WITH “A” GRADE BY NAAC

PROGRAMME: B.A., / B.Sc., / B.Com.,

COURSE CODE : 18U2NSS1

COURSE TITLE : Introduction to N.S.S.

QN.NO : 4011

TIME : 3 Hours

MAX.MARKS :75

OBJECTIVES:

- ❖ To Understand the community in which they work and their relation.
- ❖ To identify the needs and problems of the community and involve them in problem-solving.
- ❖ To develop capacity to meet emergencies and natural disasters.
- ❖ To develop competences required for group living and sharing responsibilities.
- ❖ To acquire leadership qualities and democratic attitude.

Unit-I: Basics of National Service Scheme

History of NSS - Motto – Aim – Role of Programme officer – Role of NSS Group leader and NSS volunteers in the implementation.

Unit-II: Administrative structure of NSS

Organisational structure of NSS at World level, Regional level, University level, College level-Advisory body -functions- planning and execution.

Unit- III: Programmes and activities

Regular activities of NSS- Traffic regulation –Working with Police Commissioner's Office - Working with Corporation of Madurai - Working with Health Department -Blind assistance - Garments collection during disaster - Non-formal education - 'Environmental Education, Awareness and Training (EEAT)' - Blood donation

Unit – IV: Community Development

Special camp- fund allocation- procedure for special camp activities to be carried out in adopted village – general awareness programs during camp.

Unit – V: Development and participation with social issues

Social – economic survey- first aid – disaster management (flood) – communicable and non-communicable diseases- HIV, DENGUE – people participation.

REFERENCE BOOKS:

1. Hand book of National Service Scheme Empanelled Training Institution, Avinashilingam University for Women, Coimbatore.
2. National Service Scheme Manual (Revised), Ministry of Human Resource Development of India.
3. A. Kumar (2006), “Health and Nutritional Status of Indian Women”, Anmol Publications Pvt. Ltd., New Delhi.

Online Resources:

1. www.nss.nic.in
2. www.icmr.nic.in

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RE-ACCREDITED (3rd Cycle) WITH “A” GRADE BY NAAC

PROGRAMME: B.A., / B.Sc., / B.Com.,

COURSE CODE : 18U4NSS2

COURSE TITLE : Community Services

QN.NO : 4012

TIME : 3 Hours

MAX.MARKS :75

OBJECTIVES:

- ❖ To Understand the community in which they work and their relation.
- ❖ To identify the needs and problems of the community and involve them in problem-solving.
- ❖ To develop capacity to meet emergencies and natural disasters.
- ❖ To develop competences required for group living and sharing responsibilities.
- ❖ To acquire leadership qualities and democratic attitude.

Unit-I: SOCIAL AWARENESS

History, Philosophy, Ideology - Relationship of Social Work with Social Service, Social Services, Social Welfare, Social Security & Social Reforms - Drugs abuse.

Unit-II: ENVIRONMENTAL AWARENESS

Environment conservation, enrichment and Sustainability -Climate Change, Global Efforts for environment conservation- Waste management - Natural resource management: Rain water harvesting, Energy Conservation, Waste land development, Soil conservations and Afforestation.

Unit- III: GENDER EQUALITY

Family and Society - Concept of family and society -Growing up in the family-dynamics - Human Values-Concept & Importance - Concept of Gender Justice & its need

Unit – IV: HEALTH AWARENESS

Hygiene & Sanitation - Definition, needs and scope of health education - Food and Nutrition, Concept of Balance Diet- Safe drinking water, water borne diseases- National Health Programme - Home Nursing and First Aid

Unit – V: SOCIAL AND POLITICAL AWARENESS

Basic Features of Constitutions of India - Fundamental Rights and Duties - Human Rights - Consumer awareness and the legal rights of the consumer - Right to Information Act. 2005 – Right to Education Act- Right to Employment Act.

REFERENCE BOOKS:

1. T. Eugene (2010), “Environmental Economics”, Vrinda Publishers, New Delhi.
2. A. Kumar (2006), “Health and Nutritional Status of Indian Women”, Anmol Publications Pvt. Ltd., New Delhi.
3. C.N. Shankar Rao (2012), “Principles of Sociology”, S. Chand & Co. Pvt. Ltd., Ram Nagar, New Delhi.
4. Dr. P. Saravanan & P. AndiChamy (2011), Value Education, Merit India Publications, Madurai.

Online Resources: 1. www.rtionline.gov.in 2. www.nhrc.nic.in



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PROGRAMME: B.A., / B.Sc., / B.Com.,

COURSE CODE : 18U2AEE1

COURSE TITLE : Introduction To A.E.E.P.

QN.NO : 4013

TIME : 3 Hours

MAX.MARKS :75

Unit-I Education-

Definition-Importance-Types of Education-General Education-Technical Education-Vocational Education.

Unit-II Adult

Education-Ageing-problems faced by aged people-measures to overcome-importance of Adult Education.

Unit-III Extension

Activities-Role of students in extension activities-Home Tution by student volunteers to adopted villages.

Unit-IV Extension

Programme in Health-First Aid-importance of Yoga, Health Awareness Programmes-measures to overcome the communicable and non-communicable diseases.

Unit-V

Higher Education-Opportunities – problems-Research in Higher Education.

Text Book:

Prepared Text materials will be given to the students.

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PROGRAMME: B.A., / B.Sc., / B.Com.,

COURSE CODE : 18U4AEE2

COURSE TITLE : Literacy Programmes

QN.NO : 4014

TIME : 3 Hours

MAX.MARKS :75

Unit-I Role of Teachers-Good Qualities of Teachers-students participation in social services.

Unit-II School Education-Types of School Education- Montessori, Nursery-Primary-Secondary- Higher Secondary-CBSE-ICSE.

Unit-III Collegiate Education-Scope and Opportunities of Higher education-Degree courses offered by the colleges-Research and Innovation in Higher Education.

Unit-IV Literacy programmes in India-National Adult Education Programme-Rural and Functional literacy programme – National Literacy Mission and their objectives.

Unit-V Impact of literacy programmes-problems and prospects of education in India.

Text Book:

Prepared Text materials will be given to the students.

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PROGRAMME: B.A., / B.Sc., / B.Com.,

COURSE CODE : 18U2PED1

COURSE TITLE : History of Physical Education

QN.NO : 4015

TIME : 3 Hours

MAX.MARKS :75

Unit-I

Physical Education in Greece-Sparta-Athens-Views on eminent experts on Physical Education-Socrates-Aristotle.

Unit-II

Ancient Olympics-Modern Olympics-Olympic flag-Olympic Torch-Ancient v/s Modern Olympics-A comparison-Marathon race.

Unit-III

History and Development of Physical Education in India-National Reaching Schemes-Sports Authority of India-Schemes.

Unit-IV

Sports Organisations in India-IOA-National Sports Federation-Association of Indian Universities.

Unit-V History of Games-Badminton-Basket ball-Foot ball-Hand ball-Hockey-Volley ball

Text Book:

Bevinson Perinbaraj. S, J. Sathiah, A.S. Nageswaran (2002), **History of Physical Education**, Vinsi Publication, Karaikudi.

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PART V

QUESTION PAPER PATTERN EXTERNAL EXAMINATION – PHYSICAL EDUCATION

Max : 50 MARKS

Part – A (5 x 4 = 20)

Answer any 5 out of 8 questions

Part – B (3 x 10 = 30)

Answer any 3 out of 5 questions



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PROGRAMME: B.A., / B.Sc., / B.Com.,

COURSE CODE : 18U4PED2

COURSE TITLE : Yoga, Fitness and Wellness

QN.NO : 4016

TIME : 3 Hours

MAX.MARKS :75

Unit-I

Yoga-meaning-benefits-Essentials of Yoga-Suriyanamaskar-Asanas-Pranayama-Kriyas-Meditation.

Unit-II

Fitness-meaning-scope-components of fitness-speed-strength-Endurance-flexibility-Benefits of exercises-physical growth and development.

Unit-III

Exercise-meaning- weight training-sand running-uphill running-usage of gadgets-overload principle-uses.

Unit-IV

Differences of Yogic and Physical exercises-Stretching- Aerobics-need for exercises-Neuro muscular co-ordination-injury prevention.

Unit-V

Wellness-meaning-components of wellness-Physical-Mental-Social-challenges of wellness-Stress-Food, Nutrition-Health behaviour gap-Benefits of wellness.

Text Book:

Wuest Deborah, A. and Charles A. Bucher (1987), **Foundations of Physical Education**, B.I. Publication Pvt. Ltd., New Delhi.

Hoeger Werner W.K. and Sharon A. Hoeger (1990), **Fitness and Wellness**, Morton Publishing Company, Colorado.

Chandrasekaran K. (1999), **Sound Health through Yoga**, Prem Kalyan Publications, Sedapatti.



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PROGRAMME : B.A./B.Sc./B.Com.

COURSE CODE : 20U2NCC1

COURSE TITLE : Introduction to NCC

QN.NO : 11903

TIME : 3 Hours

MAX.MARKS :75

Objectives: *The objective of this course is to make the student*

- (i) *To know about NCC & its organization in India.*
- (ii) *To know about the armed forces*
- (iii) *To involve in social service activities.*

UNIT I. N.C.C. Organization

History of NCC – NCC act 1948 – NCC organization-starting from college up to Directorate.
NCC song – Motto, Cardinal principles of discipline and Aims of NCC.

UNIT II. Geography & Current affairs in India

Geography: Geography of India, boundary lines with neighboring countries.

Current affairs: Entire cabinet of Indian government – Governor, Chief Minister and capital city of all Indian states – President and Prime Minister of our neighboring countries.

UNIT III. Armed services

Various military organizations in Army, Navy & Airforce.

- a. Various commands and their headquarters.
- b. Rank of equivalents in Army, Navy & Airforce.
- c. Employment opportunities in the armed forces – OTS, NDA, UPSC, IMA, etc.

UNIT IV. Leadership, civil defense & hygiene

Leadership: Basic traits and development. Civil defense: Organization – importance during civil and war times. Hygiene: Brief account of hygiene, sanitation and significance.

UNIT V. Role of NCC in social service activities

Social services: Adult education – Road safety: Traffic rules and regulations. AIDS awareness: causes – mode of transmission – diagnosis – prevention of AIDS.

Pollution: Types and control.

Malaria : Origin and control.

Tree plantation and its importance.

Books for study:

1. NCC Guide – Army Wing, Priya Publications, Major R. Ramasamy, Karur, 2010.
2. Cadets hand book-Common subjects for SD/SW, OTA training materials, Kamptee.

Books for reference:

1. Precis, Published by Officer Training School, Kamptee, 2009.
2. Cadet’s diary, Published by cadets’ center, Chennai, 2000.
3. NCC: Handbook of NCC cadets, R. Gupta, Ramesh Publishing House, 2015.
4. A hand book of NCC-Army wing, Lt. S. N. Saravanamoorthy, Jayalakshmi publications, Madurai, 2015.

Web resources:

1. <https://indiancc.nic.in/>
2. https://play.google.com/store/apps/details?id=com.chl.ncc&hl=en_IN&gl=US
3. <https://joinindianarmy.nic.in/default.aspx>
4. <https://www.joinindiannavy.gov.in/>
5. <https://indianairforce.nic.in/>

Rationale for nature of the course

This course will enable the students to enrich the understanding of NCC and its organization. Through the course, students are motivated to involve in social service activities.

Activities having direct bearing on Skill development/ Employability/Entrepreneurship

Cadets will be involved in social service activities like tree plantation, awareness rallies, street shows, field works related to NCC and able to act upon various emergency situations. Through battalion, students can participate in trekking, mountaineering and other adventure training national level.

	CLO Statement	Knowledge level
CLO-1	Understand the structure, organization of NCC and armed forces.	Up to K2
CLO-2	Develop leadership qualities and general knowledge from current affairs.	Up to K2
CLO-3	Involve in social service activities and act in the emergency situation.	Up to K2
CLO-4*	Develop qualities like character, comradeship and discipline through regular training and field work.	Up to K2
CLO-5*	Improve secular outlook, spirit of adventure, ethics and ideals of selfless service.	Up to K2

After successful completion of this course, the students will be able to

* CLO-4 *Will be considered for field work*

* CLO-5 *Will be considered for attending camps and attendance (regular parades)*

PO and CLO mapping:

	PO-1	PO-2	PO-3	PO-4	PO-5
CLO-1	2	1	1	2	2
CLO-2	2	1	1	1	2
CLO-3	2	1	1	2	1
CLO-4	2	1	1	1	2
CLO-5	2	1	1	1	2

P.T.O.

EVALUATION PATTERN

INTERNAL ASSESSMENT : 40 marks
EXTERNAL EXAMINATION : 60 marks
TOTAL : 100 marks

• **INTERNAL ASSESSMENT**

TOTAL : 40 MARKS

Following components are fixed for internal assessment:

Field work/Camp/Rallies/Special camp, etc. : 20 marks (CLO-4)
Attendance : 10 marks (CLO-5)
Assignment : 10 marks (CLO-1to3)

• **EXTERNAL ASSESSMENT**

EXTERNAL EXAMINATION : 60 MARKS
QUESTION PAPER PATTERN

Duration: 2 Hrs

Max Marks: 60

Part – A. Answer ALL questions. (Either or type) 5 x 4 = 20
 Part – B. Answer any FIVE questions from eight questions. (Open Choice) 5 x 8 = 40

Summative Examination – Blue Print

Articulation Mapping-K Levels with Courses Learning Outcomes (CLOs)

S. No.	CLOs	K-Level	Section-A (Either / or choice)		Section-B (Open choice)	
			No. of questions	K-Level	No. of questions	K-Level
1	CLO-1	Up to K2	2	K1 & K1	3	K2
2	CLO-2	Up to K2	4	K1 & K1	3	K2
3	CLO-3	Up to K2	4	K1 & K1	2	K2
No. of Questions to be asked			10		8	
No. of Questions to be answered			5		5	
Marks for each question			4		8	
Total Marks for each section			20		40	

K1- Remembering and recalling facts with specific answers

K2- Basic understanding of facts and stating main ideas with general answers.

Distribution of Section-wise marks with K-levels

K Levels	Section A (Either / or)	Section B (Open Choice)	Total Marks	% of Marks without choice
K1	40		40	38.5
K2		64	64	61.5
Total marks			104	100

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PROGRAMME : B.A./B.Sc./B.Com.

COURSE CODE : 20U2NSS1

**COURSE TITLE : Introduction to National
Service Scheme**

QN.NO : 11904

TIME : 3 Hours

MAX.MARKS :75

Objectives: *The objectives of this course is to make the student*

- (i) *To understand the community in which they work and their relation.*
- (ii) *To identify the needs and problems of the community and involve them in problem solving*
- (iii) *To develop capacity to meet emergencies and natural disasters*
- (iv) *To develop competences required for group living and sharing responsibilities.*
- (v) *To acquire leadership qualities and democratic attitude.*

Unit – I –BASICS OF NATIONAL SERVICE SCHEME

NSS-Motto-Aim – Role of Programme officer- Role of NSS Group leader and volunteers in the implementation.

Unit –II – ADMINISTRATIVE STRUCTURE OF NSS

Structure of NSS at world level, Regional level, University level, College level – body –functions- Planning and execution.

Unit – III – PROGRAMMES AND ACTIVITIES

Activities of NSS – Traffic regulation- Working with Police commissioner’s Office- with Corporation of Madurai – Working with Health Department –Blind assistance- collection during disaster – Non-formal education – Environmental Education, and Training (EEAT) Blood donation.

Unit – IV- COMMUNITY DEVELOPMENT

Camp-fund allocation –procedure for special camp activities to be carried out in adopted – general awareness programs during camp.

Unit – V DEVELOPMENT AND PARTICIPATION WITH SOCIAL ISSUES

Economic survey- first aid – disaster management (flood) –communicable and non-diseases –HIV, DENGUE- people participation.

Books for study:

1. NATIONAL SERVICE SCHEME MANUAL (REVISED) by Government of India Ministry of Youth Affairs & Sports New Delhi
2. Hand book of National Service Scheme Empanelled Training Institution, Avinashilingam University for Women, Coimbatore

Reference Books:

1. National Service Scheme Manual (Revised) Ministry of Human Resource Development of India.
2. A. Kumar (2006), “Health and Nutritional Status of Indian Women”, Anmol Publications Pvt, Ltd., New Delhi

P.T.O.

Web resources:

1. <https://nss.gov.in/nss-detail-page>
2. www.icmr.nic.in
3. <https://www.avit.ac.in/nss/index.php>
4. <https://nss.gov.in/>

Rationale for nature of the course

This course will enable the students to enrich the understanding of NSS and its organization. Through the course, students are motivated to involve in social service activities.

Activities having direct bearing on Skill development/ Employability/Entrepreneurship

Cadets will be involved in social service activities like

1. National Integration Camp
2. Shramdaan
3. Blood donation
4. Immunization
5. Plantation
6. Disaster Management
7. Adventure programs.

After successful completion of this course, the students will be able to

CLOs	CLO Statement	Knowledge level
CLO-1	To understand the aims and principles of NSS , the duties and responsibilities of an NSS volunteer to the society.	Up to K2
CLO-2	To know the administrative structure of NSS, its plans and its execution.	Up to K2
CLO-3	To acquire leadership qualities and democratic attitudes through the participation in various social activities	Up to K2
CLO-4*	To aid in character building and develop qualities like comradeship and discipline through regular training and field work.	Up to K2
CLO-5*	To develop the spirit of humanity and ideals of selfless service.	Up to K2

*CLO-4 Will be considered for field work

* CLO-5 Will be considered for attending camps and attendance (regular NSS activities)

PO and CLO mapping:

	PO-1	PO-2	PO-3	PO-4	PO-5
CLO-1	2	1	2	3	3
CLO-2	2	1	2	3	3
CLO-3	2	1	2	3	3
CLO-4	2	1	2	3	3
CLO-5	2	1	2	3	3

EVALUATION PATTERN:

INTERNAL	:	40 marks
EXTERNAL	:	60 marks
TOTAL	:	100 marks

• **INTERNAL ASSESMENT**

TOTAL : 40 MARKS

Following components are fixed for internal assessment:

Fieldwork/Camp/Special camp, etc. : 20 marks (CLO-4)
Assignment : 10 marks (CLO-1 to 3)
Attendance : 10 marks (CLO-5)

EXTERNAL EXAMINATION : 60 MARKS

QUESTION PAPER PATTERN

Duration: 3 Hrs

Max Marks: 60

Part – A. Answer ALL questions. (Either or type) 5 x 4 =20

Part – B. Answer any FIVE questions from eight questions. (Open Choice) 5 x 8=40

Summative Examination – Blue Print

Articulation Mapping-K Levels with Courses Learning Outcomes (CLOs)

S. No.	CLOs	K-Level	Section-A (Either / or choice)		Section-B (Open choice)	
			No. of questions	K-Level	No. of questions	K-Level
1	CLO-1	Up to K2	2	K1	3	K2
2	CLO-2	Up to K2	4	K1	3	K2
3	CLO-3	Up to K2	4	K1	2	K2
No. of Questions to be asked			10		8	
No. of Questions to be answered			5		5	
Marks for each question			4		8	
Total Marks for each section			20		40	

K1- Remembering and recalling facts with specific answers

K2- Basic understanding of facts and stating main ideas with general answers.

Distribution of Section-wise marks with K-levels

K Levels	Section A (Either / or)	Section B (Open Choice)	Total Marks	% of Marks without choice
K1	40		40	38.5
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Total marks			104	100

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PROGRAMME : B.A./B.Sc./B.Com.

COURSE CODE : 20U2PED1

COURSE TITLE : History of Physical education

QN.NO : 11905

TIME : 3 Hours

MAX.MARKS :75

Objectives: *The objective of this course is to make the student*

- (i) *To know about physical education national and international level.*
- (ii) *To know about ancient Olympics and modern Olympics.*
- (iii) *To understand Games rules and ground measurements (volleyball, football, ball badminton).*

UNIT I. PHYSICAL EDUCATION

Meaning _ national level _ international level _ importance _ benefits _ need of physical education.

UNIT II. ANCIENT OLYMPICS & MODERN OLYMPIC

About Olympics _ history of Olympics _ importance of Olympics _ ancient Olympics _ modern Olympics _ history of ancient Olympics _ history of modern Olympics.

UNIT III. GAMES RULES AND GROUND measurements

- a. volley ball rules and ground measurements
- b. football rules and ground measurements
- c. ball badminton rules and ground measurements.

UNIT IV . FIRST AID

Basic things In First Aid _ Importance of First Aid _ Benefits Of First Aid .

UNIT V . YOGA

History Of Yoga _ Important Of Yoga _ Benefits Of Yoga _ Needs of Yoga .

Books for study:

1. Essentials of physical education, A. Singh, J. Bains, Kalyani publications, 2016.
2. The complete book of the Olympics, D. Wallechinsky, Aurum press, 2004.
3. The complete book of yoga, Swami Vivekananda, Finger print publishing, 2019.

Books for reference:

1. Rules of games and sports, K. Sharma, Khel Sathiya Kendra publications, 2018.
2. Sports and games: Rules and Regulations, P. V. Pathak, Khel Sathiya Kendra publications, 2019.
3. Olympics, C. Oxlade, D. Baliheimer, Dorling Kindersley publications, 2000.
4. Light on yoga, B. K. S. Iyengar, Thorsons publications, 2006.
5. Manual of First aid, L. C. Gupta, A. Gupta, JPB publications, 2012.

Web resources:

1. <https://study.com/academy/lesson/what-is-physical-education-definition-overview.html>
2. <https://olympics.com/en/>
3. <https://olympics.com/ioc/ancient-olympic-games>
4. <https://www.verywellhealth.com/basic-first-aid-procedures-1298578>
5. <https://www.yogajournal.com/lifestyle/health/womens-health/count-yoga-38-ways-yoga->

keeps-fit/

Rationale for nature of the course

This course will enable the students to enrich the understanding of Physical education. Through the course, students are motivated to participate in various games in all levels.

**Activities having direct bearing on Skill development/
Employability/Entrepreneurship**

Students will be involved in sports competition under district level, state level and national level and daily sports activities.

After successful completion of this course, the students will be able to

	CLO Statement	Knowledge level
CLO-1	Know physical education in national and international level.	Up to K2
CLO-2	Understand ancient Olympics, modern Olympics, first aid and yoga	Up to K2
CLO-3	Comprehend games rules and ground measurements	Up to K2
CLO-4*	Develop their physique in good shape through regular work outs and exercises.	Up to K2
CLO-5*	Realize the need of physical education.	Up to K2

* CLO-4 *Will be considered for field work*

* CLO-5 *Will be considered for attending games in various levels and attendance*

PO and CLO mapping:

	PO-1	PO-2	PO-3	PO-4	PO-5
CLO-1	2	1	1	2	2
CLO-2	2	1	1	1	2
CLO-3	2	1	1	2	1
CLO-4	2	1	1	1	2
CLO-5	2	1	1	1	2

EVALUATION PATTERN

INTERNAL ASSESSMENT : 40 marks

EXTERNAL EXAMINATION : 60 marks

TOTAL : 100 marks

• **INTERNAL ASSESSMENT**

TOTAL : 40 MARKS

Following components are fixed for internal assessment:

Field work, playing games and participating competition, etc. : 20 marks (CLO-4)

Attendance : 10 marks (CLO-5)

Assignment : 10 marks (CLO-1 to 3)

• **EXTERNAL ASSESSMENT**
EXTERNAL EXAMINATION

: **60 MARKS**

QUESTION PAPER PATTERN

Duration: 2 Hrs

Max Marks: 60

Part – A. Answer ALL questions. (Either or type) 5 x 4 = 20

Part – B. Answer any FIVE questions from eight questions. (Open Choice) 5 x 8 = 40

Summative Examination Blue Print
Articulation Mapping-K Levels with Courses Learning Outcomes (CLOs)

S. No.	CLOs	K-Level	Section-A (Either / or choice)		Section-B (Open choice)	
			No. of questions	K-Level	No. of questions	K-Level
1	CLO-1	Up to K2	2	K1 & K1	3	K2
2	CLO-2	Up to K2	4	K1 & K1	3	K2
3	CLO-3	Up to K2	4	K1 & K1	2	K2
No. of Questions to be asked			10		8	
No. of Questions to be answered			5		5	
Marks for each question			4		8	
Total Marks for each section			20		40	

K1- Remembering and recalling facts with specific answers

K2- Basic understanding of facts and stating main ideas with general answers.

Distribution of Section-wise marks with K-levels

K Levels	Section A (Either / or)	Section B (Open Choice)	Total Marks	% of Marks without choice
K1	40		40	38.5
K2		64	64	61.5
Total marks			104	100

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THE MADURA COLLEGE (Autonomous), MADURAI – 625 011
(AFFILIATED TO MADURAI KAMARAJ UNIVERSITY)
RE-ACCREDITED (3rd Cycle) WITH “A” GRADE BY NAAC

PROGRAMME : B.A.,/B.Sc.,/B.Com.

COURSE CODE : 20U2YRC1

**COURSE TITLE : Introduction to Youth Red
Cross**

QN.NO : 11906

TIME : 3 Hours

MAX.MARKS :75

Objectives: *The objectives of this course is*

- (i) *To furnish the youth representation part in the Red Cross for their humanitarian commitment.*
- (ii) *To equip the Young volunteers for providing significant contribution to the most vulnerable people through the Red Cross youth Programme*
- (iii) *To learn and recognize Logistic Information system.*

Unit – I

Introduction- History of Red Cross and Red Crescent Movement- Origin of Indian Red Cross Society- Principles of YRC- Academic Activities.

Unit -II

Mission: Indian Red Cross Society – Fundamental Principles of the International Red Cross and Red Crescent Movement- Junior/Youth Red Cross – History- Valuing the role of young people.

Unit – III

Organizational structure of IRCS Junior / Youth- Member and Volunteer of IRCS- Formation procedure at Indian Red Cross Society, National Headquarters- Formation procedure at State Branches- Formation procedure at District Branches- Junior/Youth Red Cross groups.

Unit – IV

Organize junior and youth Red Cross- Recognition of services of counselors and Programme officers- Recognition to Junior/Youth Red Cross members & volunteers- Correspondence between State Headquarters & District Branches.

Unit – V

Camps/Zonal meetings- Finances- Membership, fees, etc.- Special fund: Junior/Youth Red Cross funds- Transportation Suggested activities for junior and youth groups.

Books for study:

1. Guidelines for Junior and Youth Red Cross, Indian Red Cross Society

Reference Books:

1. Indian First Aid Manual 2016 (7th Edition) Authorized Manual – English Version
2. Junior Red Cross Activities: Teachers Manual. October, 1918 Paperback – Import, 2 September 2011
3. Basics about red cross - Published by : Indian Red Cross Society, National Headquarters

Web resources:

1. <https://www.indianredcross.org/youth/>
2. <https://henrybakercollege.edu.in/StudentsSupport/G/Youth%20Red%20Cross>
3. <https://indianredcross.org/publications/basics-of-red-cross.pdf>
4. <https://www.icrc.org/en/doc/assets/files/publications/icrc-002-0962.pdf>
5. <https://redcrossernakulam.org/upload/forms/Youth%20Red%20Cross.pdf>

Rationale for nature of the course

This course will enable the students to understand the YRC and its organization, through this course

students are motivated to involve in social service activities.

Activities having direct bearing on Skill development/ Employability/Entrepreneurship

Students will be involved in social service activities like

- Orientation Programme to newly admitted students about YRC AIDS Awareness Programme- Celebrating Life
- Eye Camp
- HIV/AIDS Awareness Programme
- Blood Donation Camp
- First Aid & Fire Safety Training
- Drive Safety Awareness Campaign
- Blood Donation Awareness Rally
- Road Safety Rally and other activities

After successful completion of this course, the students will be able to

CLOs	CLO Statement	Knowledge level
CLO-1	Equip to conduct social and health awareness programmes.	Up to K2
CLO-2	Making awareness regarding red cross service and social activities	Up to K2
CLO-3	Encourage and to youth members and other students to contribute in red cross activities.	Up to K2
CLO-4*	Develop qualities like compassion, kindness and caring sense through regular training and field work.	Up to K2
CLO-5*	Improve kind heartedness, spirit of humanity and ideals of selfless red cross service	Up to K2

*CLO-4 Will be considered for field work

* CLO-5 Will be considered for attending camps and attendance (regular Red Cross activities)

PO and CLO mapping:

	PO-1	PO-2	PO-3	PO-4	PO-5
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CLO-2	2	1	1	2	3
CLO-3	2	1	1	2	3
CLO-4	2	1	1	2	3
CLO-5	2	1	1	2	3

EVALUATION PATTERN:

INTERNAL : **40 marks**
EXTERNAL : **60 marks**
TOTAL : **100 marks**

INTERNAL ASSESMET

TOTAL : **40 MARKS**

Following components are fixed for internal assessment:

Fieldwork/Rallies/Special camp, etc.: : 20 marks (CLO-4)
Attendance : 10 marks (CLO-5)
Assignment : 10 marks (CLO-1 to 3)

EXTERNAL ASSESMET

EXTERNAL EXAMINATION : **60 MARKS**

QUESTION PAPER PATTERN

Duration: 2 Hrs

Max Marks: 60

Part – A. Answer ALL questions.

(Either or type)

5 x 4 = 20

Part – B. Answer any FIVE questions from eight questions. (Open Choice)

5 x 8 = 40

Summative Examination – Blue Print Articulation Mapping-K Levels with Courses Learning Outcomes (CLOs)

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No. of Questions to be asked			10		8	
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