

SANATANA DHARMA COLLEGE

ALAPPUZHA

Affiliated to the University of Kerala Reaccredited by NAAC with A+ grade



CRITERION: 1

Curricular Aspects

1.3.1

Cross Cutting
Issues- Syllabus





FIRST DEGREE PROGRAMMES (CBCS System) in B.A. ENGLISH LANGUAGE AND LITERATURE

SEMESTERS I to VI - COURSE BREAKUP [2020 Admission onwards]

| Sem No | Course No | Course Title | Instructional Hours | Credits |
|-----------|-----------|---|------------------------|---------|
| 1 | EN 1111.1 | Language Course 1: Language Skills | 5 | 4 |
| 1 | | Language Course 2: [Additional Language 1] | 4 | 3 |
| 1 | EN 1121 | Foundation Course 1: Writings on Contemporary Issues | 4 | 2 |
| 1 | EN 1141 | Core Course 1: Introduction to Literary Studies I | 6 | 4 |
| 1 | EN 1131 | Complementary Course 1: Popular Literature and Culture | 3 | 3 |
| 1 | | Complementary Course 2 [External] | 3 | 2 |
| 2 | EN 1211.1 | Language Course 3: Ability Enhancement Compulsory Course- Environmental Studies and Disaster Management | 5 | 4 |
| 2 | EN 1212.1 | Language Course 4: English Grammar Usage and Writing | 4 | 3 |
| 2 | | Language Course 5: [Additional Language 2] | 4 | 3 |
| 2 | EN 1241 | Core Course 2: Introduction to Literary Studies II | 6 | 4 |
| 2 | EN 1231 | Complementary Course 3 : Art and Literary Aesthetics | 3 | 3 |
| 2 | | Complementary Course 4 [External] | 3 | 3 |
| 3 | EN 1311.1 | Language Course 6: English for Career | 5 | 4 |
| 3 | 2 | Language Course 7:[Additional Language 3] | 5 | 4 |
| 3 | EN 1341 | Core Course 3: British Literature I | 5 | 3 |
| 3 | EN 1321 | Foundation Course 2: Evolution of the English Language | 4 | 3 |
| 3 | EN 1331 | Complementary Course 5: Narratives of Resistance | 3 | 3 |
| 3 | | Complementary Course 6 [External] | 3 | 3 |
| 4 | EN 1411.1 | Language Course 8: Readings in Literature | 5 | 4 |
| 4 | | Language Course 9 [Additional Language: 4] | 5 | 4 |
| 4 | EN 1441 | Core Course 4: British Literature II | 5 | 4 |
| 4 | EN 1442 | Core Course 5: Literature of the 20 th Century | 4 | 3 |
| 4 | EN 1431 | Complementary Course 7: Philosophy for | 3 | 2 |



| | | Literature | | |
|---|-----------|--|------|------|
| 4 | | Complementary Course 8 [External] | 3 | 3 |
| 5 | EN 1541 | Core Course 6: Literature of Late 20 th Century and 21 st Century | 5 | 4 |
| 5 | EN 1542 | Core Course 7: Postcolonial Literatures | 4 | 4 |
| 5 | EN 1543 | Core Course 8: 20 th Century Malayalam Literature in Translation | 4 | 3 |
| 5 | EN 1544 | Core Course 9: Linguistics and Structure of the English Language | 4 | 4 |
| 5 | EN 1545 | Core Course 10: Criticism and Theory | 5 | 4 |
| 5 | EN 1551.1 | Open Course 1: Communicative Applications in English | 3 | 2 |
| 5 | EN 1551.2 | Open Course 1: Theatre Studies | -do- | -do- |
| 5 | EN 1551.3 | Open Course 1: Film Appreciation | -do- | -do- |
| 6 | EN 1641 | Core Course 11: Gender Studies | 5 | 4 |
| 6 | EN 1642 | Core Course 12: Indian Writing in English | 5 | 4 |
| 6 | EN 1643 | Core Course13: Film Studies | 5 | 4 |
| 6 | EN 1644 | Core Course 14: World Classics | 4 | 3 |
| 6 | EN 1661.1 | Elective Course: Translation Studies | 3 | 2 |
| 6 | EN 1661.2 | Elective Course: American Literature | -do- | -do- |
| 6 | EN 1661.3 | Elective Course: Creative Writing | -do- | -do- |
| 6 | EN 1661.4 | Elective Course: English for the Media | -do- | -do- |
| 6 | EN 1661.5 | Elective Course: 20 th Century Regional Literatures in English Translation | -do- | -do- |
| 6 | EN 1661.6 | Elective Course: Copy Editing | -do- | -do- |
| 6 | EN1645 | Project | 3 | 4 |



Learning Outcomes Based Curriculum Framework (LOCF) for Career Related First Degree Programme 2(a)

BA English and Communicative English CBCSS

SEMESTERS I to VI- COURSE BREAKUP

[2022 Admission onwards]

| Semester | Course Number | Course Name | Instructional Hours | Credits |
|----------|--|---|------------------------|---------|
| I | EN 1111.3 | Language Course I- Language Skills | 5 | 4 |
| I | | Additional Language | 5 | 3 |
| I | | Foundation Course | 3 | 2 |
| I | CG 1141 | Core I: Introduction to Literary Studies | 5 | 4 |
| I | CG 1171 | Vocational Course I: Soft Skills | 4 | 3 |
| I | CG 1131 | Complementary Course I: English for Specific Purposes | 3 | 3 |
| II | EN 1211.3 | Language Course III- English Grammar, Usage and Writing | 5 | 3 |
| II | | Additional Language | 5 | 3 |
| II | CG 1241 | Core II: British Literature I | 5 | 3 |
| II | CG 1242 | Core III: Narratives of Resistance | 3 | 3 |
| П | CG 1271 | Vocational Course II: Narratives of Social Justice and Restitution | 4 | 3 |
| II | CG 1231 | Complementary Course II: Language for Media | 3 | 2 |
| III | EN 1311.3 | Language Course V- English for Career | 5 | 4 |
| III | | Foundation Course II: History of English Language | 4 | 3 |
| III | | | 5 | 4 |
| III | CG 1342 | Core V: Popular Literature | 4 | 4 |
| III | CG 1371 | Vocational Course III: Translation Studies | 4 | 3 |
| Ш | CG 1331 Complementary Course III : Environmental Studies and Disaster Management | | 3 | 3 |
| IV | EN 1411.3 | Language Course VI Readings in Literature | 5 | 4 |
| IV | CG 1441 | Core VI: 20th Century World Literature | 5 | 4 |
| IV | CG 1442 | Core VII: 20th Century Malayalam Literature in Translation | 4 | 4 |
| IV | CG 1471 | Vocational Course IV: Language Editing and Publishing | 4 | 3 |



| IV | CG 1472 | Vocational Course V: Content Writing | 4 | 3 |
|----|-------------------------------------|--|-----|-----|
| IV | CG 1431 | Complementary Course IV: Literatures of Travel and Tourism | 3 | 3 |
| V | CG 1541 | Core VIII: Film Studies | 4 | 3 |
| V | CG 1542 | Core IX: Indian Literature | 4 | 3 |
| V | CG 1543 | Core X: Criticism and Theory | 5 | 4 |
| V | CG 1571 | Vocational Course VI: Theatre Studies | 3 | 3 |
| V | CG 1572 | Vocational Course VII: English Language Teaching | 3 | 3 |
| V | CG 1573 | Vocational Course VIII: Language for 3 Advertisement and Marketing | | 3 |
| V | CG1551.1 CG1551.2 | Open Course: English for Communication Film Appreciation | 3 | 2 |
| VI | CG 1641 | Core XI: Gender Studies | 5 | 4 |
| VI | CG 1642 | Core XII: Linguistics and Structure of English Language | 5 | 4 |
| VI | CG 1671 | Vocational Course IX: Screen Writing and Subtitling | 4 | 3 |
| VI | CG 1672 | Vocational Course X: Public Relations and Corporate Communication | 4 | 3 |
| VI | CG 1661.1 CG 1661.2 CG 1661.3 | Industry Based Electives: Proof Reading and Copy Editing Academic Writing Professional Communication Practice | 4 | 3 |
| VI | CG 1643 | Project | 3 | 4 |
| | | Total Hours and Credits | 150 | 120 |

SEMESTER VI

FIRST DEGREE PROGRAMME (CBCS System)

Common for

ENGLISH LANGUAGE AND LITERATURE - Core Course XIV: EN 1644 &

CAREER-RELATED FIRST DEGREE PROGRAMME (CBCS) - Group 2 (a) IN ENGLISH & COMMUNICATIVE ENGLISH - Core Course XI - CG 1642

WOMEN'S WRITING

No. of Instructional hours : 4 per week (Total: 72 hrs) - for EN 1644

: 5 per week (Total: 90 hrs) - for CG 1642

No. of Credits : 3 [EN 1644 & CG 1642]

Aims:

- 1. To introduce students to the development of women's writing in various countries.
- 2. To familiarize them with the diverse concerns addressed by feminism.
- 3. To motivate them to critically analyse literary works from a feminist perspective.

Objectives: On completion of the course, the students should be able to

- The students will have an awareness of class, race and gender as social constructs and about how they influence women's lives.
- The students will have acquired the skill to understand feminism as a social movement and a critical tool.
- 3. They will be able to explore the plurality of female experiences.
- 4. They will be equipped with analytical, critical and creative skills to interrogate the biases in the construction of gender and patriarchal norms.

COURSE OUTLINE

Module 1: Essays Module 2: Poetry

Module 3: Short Fiction

Module 4: Drama

COURSE MATERIAL

Module 1: Essays [Detailed study]

- 1. Virginia Woolf: "Shakespeare and his Sister" (Excerpt from A Room of One's Own)
- 2. Alice Walker: "In Search of our Mothers' Gardens" (From In Search of Our Mother's Gardens)
- 3. Jasbir Jain: Indian Feminisms: The Nature of Questioning and the Search for Space in



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| Course Structure | 7 |
| Electives: Selection Options | 8 |
| Question Paper Pattern | 10 |
| Structure of Syllabus | |
| Core Papers | |
| Paper I - EL.511: British Literature I | 15 |
| Paper II- EL.512: British Literature II | 21 |
| Paper III − EL.513: Shakespeare Studies | 27 |
| Paper IV – EL.514: Language Studies | 33 |
| Paper V – EL.521:World Literatures I | 38 |
| Paper VI – EL.522: Literatures of India | 44 |
| Paper VII - EL.523: Gender Studies | 54 |
| Paper VIII - EL.524: Critical Studies I | 64 |
| Paper IX - EL.531: World Literatures II | 73 |
| Paper X - EL.532: Critical Studies II | 80 |
| Paper XI – EL.533: Elective 1 | |
| Paper XII- EL.534: Elective 2 | |
| Paper XIII- EL.535. Elective 3 | |
| Paper XIV -EL.541: Kerala Culture and Literature | 88 |
| Paper XV - EL.542: English Language Teaching: Theory and Practice | 94 |
| Paper XVI –EL.543: Cultural Studies | 100 |
| Paper XVII - EL.544: Elective 4 | |
| Electives | |
| Paper XI- EL.233 | |
| 1 EL.533.1 : European Drama | 107 |
| 2. EL.533.2: Canadian and Australian Literature | 112 |
| 3. EL.533.3: Film Studies | 117 |
| 4. EL.533.4: American Literature | 122 |
| 5. EL.533.5: Women's Writing | 128 |



| Paper XII- EL.234 | |
|---|-----|
| 6. EL.534.1: European Fiction | 133 |
| 7. EL.534.2: African and Caribbean Literature | 138 |
| 8. EL.534.3: Fiction and Film | 143 |
| 9. EL.534.4: Folklore Studies | 147 |
| 10. EL.534.5: Writing Lives, Performing Gender | 152 |
| Paper XIII- EL.235 | |
| 11. EL.535.1: Indian Writing in English | 157 |
| 12. EL.535.2: South Asian Literature | 162 |
| 13. EL.535.3: Screen Writing | 167 |
| 14. EL.535.4: Environment, Ecology and Literature | 171 |
| 15. EL.535.5: Travel Writing | 176 |
| 16. EL.535.6: Content Writing | 180 |
| Paper XVII- EL.244 | |
| 17. EL.544.1: Translation Studies | 185 |
| 18. EL.544.2: Regional Literatures in English Translation | 190 |
| 19. EL.544.3: Media Studies | 194 |
| 20. EL.544.4: Dalit Writing | 198 |
| 21. EL.544.5: Theorizing Sexualities | 204 |
| 22. EL.544.6: Introducing Comics Studies | 209 |



UNIVERSITY OF KERALA

FIRST DEGREE PROGRAMME IN MALAYALAM

under the Choice based Credit and Semester (CBCS) System (2021 Admission onwards)

പ്രോഗ്രാം: മലയാളാ-ഭാഷയും സംസ്കാരവും സാഹിത്യവും Programme: Malayalam Language Culture and Literature Course Structure for First Degree Programme in Malayalam

| Sem. No. | No. | Course Title | International Hours | Credits | Page No. |
|-------------|-----------|--|------------------------|---------|-------------|
| | | സെമസ്റ്റർ ഒന്ന് | | | |
| 1 | EN 1111 | Language Course I (English 1): | 5 | 4 | |
| 1 | ML1111.1 | Language Course 2 : (Additional Language 1) മലയാളകവിത (കാവ്യകൗമുദി) | 4 | 3 | 11 |
| 1 | EN 1121 | Foundation Course - 1 | 4 | 2 | |
| 1 | ML1141 | Core Course 1 : നോവൽസാഹിത്യം | 6 | 4 | 15 |
| 1 | ML1131.1 | Compl. Course 1 : കേരളപഠനം 1 | 3 | 2 | 19 |
| 1 | ML1131.2 | Compl. Course 2 : സംസ്കൃതം -1 | 3 | 2 | |
| | | ருக | 25 | 17 | |
| | | സെമസ്റ്റർ രണ്ട് | | | |
| 2 | EN 1211 | Language Course 3 (English 2): | 5 | 4 | |
| 2 | EN 1212 | Language Course 4 (English 3): | 4 | 3 | |
| 2 | ML 1211.1 | Language Course 5 : (Additional Language 2) ഗദ്യസാഹിത്യം (ഗദ്യകൗമുദി) | 4 | 3 | 22 |
| 2 | ML1241 | Core Course 2 : നാടകസാഹിത്യം | 6 | 4 | 25 |
| 2 | ML 1231.1 | Compl. Course 3 : കേരളപഠനം 2 3 | | 3 | 30 |
| 2 | ML 1231.2 | Compl. Course 4 : സംസ്കൃതം -2 | 3 | 3 | |
| | | ആകെ | 25 | 20 | |
| | | സെമസ്റ്റർ മുന്ന് | | | |
| 3 | EN 1311 | Language Course 6 (English 4): | 5 | 4 | |
| 3 | EN 1311.1 | Language Course 7 : (Additional Language 3) ഭാഷാവബോധവും സർഗാത്മകതയും | 5 | 4 | 33 |
| 3 | ML 1321 | Foundation Course - II (Informatics) വിവരസാങ്കേതികവിദ്യയും മലയാളഭാഷാ പഠനവും | 4 | 3 | 36 |
| 3 | ML 1341 | Core Course 3 : സാഹിതൃമീമാംസ : പൗരസ്തൃവും പാശ്ചാതൃവും | 5 | 4 | 40 |
| 3 | ML1331 | Compl. Course 5 : പരിസ്ഥിതിപഠനം | 3 | 3 | 43 |
| 3 | ML1331.2 | Compl. Course 6 : സംസ്കൃതം -3 | 3 | 3 | |
| | | ആകെ | 25 | 21 | |



| Sem. No. | Course No. | Course Title | International Hours | Credits | Page No. |
|-------------|---------------|---|------------------------|---------|--------------------------|
| | | സെമസ്റ്റർ നാല് | | | |
| 4 | EN 1411 | Language Course 8 (English 5): | 5 | 4 | |
| 4 | ML 1411.1 | Language Course 9 : (Additional Language 4) ദൃശ്യകലാസാഹിത്യം (ദൃശ്യകൗമുദി) | 5 | 4 | 46 |
| 4 | ML 1441 | Core Course - 4 ആധുനിക മലയാളകവിത | 5 | 4 | 48 |
| 4 | ML 1442 | Core Course 5 : നിരൂപണസാഹിത്യം | 4 | 3 | 52 |
| 4 | ML 1431 | Compl. Course 7 : ദളിത് സാഹിത്യം, സ്ത്രീവാദസാഹിത്യം | 3 | 3 | 55 |
| 4 | ML1431.2 | Compl. Course 8 : സംസ്കൃതം -4 | 3 | 3 | |
| | | ആകെ | 25 | 21 | |
| | | സെമസ്റ്റർ അഞ്ച് | | | Ú. |
| 5 | ML 1541 | Core Course 6 : ഭാഷാശാസ്ത്രം | 4 | 4 | 58 |
| 5 | ML 1542 | Core Course 7 : ചെറുകഥാപഠനം | 4 | 4 | 61 |
| 5 | ML 1543 | Core Course 8 : വിവർത്തനം സിദ്ധാന്തവും പ്രയോഗവും | 3 | 3 | 65 |
| 5 | ML 1544 | Core Course 9 : ജീവചരിത്രം, ആത്മകഥ യാത്രാസാഹിത്യം | 3 | 3 | 69 |
| 5 | ML 1545 | Core Course 10 : മലയാളഭാഷാ സാഹിത്യചരിത്രം – 1 | 5 | 4 | 71 |
| 5 | ML 1551 | Open Course ML 1551.1 കേരളീയകലകൾ ML 1551.2 ലിംഗനീതിസാഹിത്യവും ഭിന്നശേഷി പഠനവും ML 1551.3 ചലച്ചിത്രപഠനം ML 1551.4 ജനപ്രിയസാഹിത്യപഠനം | 3 | 2 | 74 78 81 85 |
| 5 | | PROJECT/DISSERTATION | 3 | | |
| | | ആകെ | 25 | 20 | |
| | | സെമസ്റ്റർ ആറ് | | | |
| 6 | ML 1641 | Core Course 11: മലയാള ഭാഷാ സാഹിത്യചരിത്രം 2 | 5 | 4 | 88 |
| 6 | ML 1642 | Core Course 12 : മലയാള വ്യാകരണം | 5 | 4 | 91 |
| 6 | ML 1643 | Core Course 13 : ആധുനികപൂർവ്വ മലയാള കവിത | 5 | 4 | 95 |
| 6 | ML 1644 | Core Course 14: നാട്ടറിവുപഠനം | 4 | 3 | 99 |
| 6 | ML1651 | Open Course 2 (Elective) | 3 | 2 | |
| | | ML1651.1 താരതമുസാഹിത്യം ML1651.2 മാധ്യമലോകം ML1651.3 ചലച്ചിത്രപഠനം ML1651.4 ദേശീസൗന്ദര്യശാസ്ത്രം | | | 102 104 107 111 |
| 6 | ML1645 | PROJECT/DISSERTATION | 3 | 4 | |
| | | ആകെ | 25 | 21 | |
| | | Total | 150 | 120 | |

| HN 1321 | Foundation Course II | Soochana praudyogiki aur adhunik patrakarita | 3 | 4 |
|-----------------------|---|--|--------|---------------------|
| | ntary courses | | | |
| Course code | Course type | Course title | credit | lecture hrs/week |
| HN 1131 | Complementary Course I (compulsory) | Samkaleen Sahityik Vimarsh | 2 | 3 |
| HN 1132/ SK1131.1 | Complementary Course II (Optional) | Pracheen tatha Madhyakaleen Bharateeya Sanskriti | 2 | 3 |
| HN 1231 | Complementary Course III (Compulsory) | Kathakar Premchand | 3 | 3 |
| HN 1232/ SK 1231.1 | Complementary Course IV (optional) | Paristhithik patt aur Hindi Sahitya | 3 | 3 |
| HN 1331/ SK 1331.1 | Complementary Course V (optional) | Tulnatmak Adhyayan | 3 | 3 |
| HN 1332 | Complementary Course VI (Compulsory) | Rajbhasha Prabandhan | 3 | 3 |
| HN 1431 | Complementary Course VII (Compulsory) | Bharatiya Sahitya | 3 | 3 |
| HN 1432/ SK 1431.1 | Complementary Course VIII (optional) | Patkatha Lekhan va vigyapan | 3 | 3 |
| d.Core Cour | ses | | | 24. |
| Course code | Course type | Course title | credit | lecture hrs/week |
| HN 1141 | Core Course I | Hindi kathethar Gadya sahitya | 4 | 6 |
| HN 1241 | Core Course II | Hindi Sahitya ka itihas –Ritikal tak | 4 | 6 |
| HN 1341 | Core Course III | Hindi Sahitya Ka itihas- Adhunik Kal | 4 | 5 |
| HN 1441 | Core Course IV | Hindi Natak aur Rangmanch | 4 | 5 |
| HN 1442 | Core Course V | Vishesh Lekhak Agney | 3 | 4 |

| | | Gadya Sahitya | | |
|-----------------------|---|---|--------|---------------------|
| (iv) | BA/BSc (Career related) | Programme | | |
| Course Code | Course Type | Course Title | Credit | Lecture hrs/weel |
| HN 1111.3 | Common course I | Hindi Gadya Sahitya | 4 | 5 |
| HN 1211.3 | Common Course II | Hindi Padya Sahitya | 4 | 5 |
| | oin Hindi language and liter Courses , Core Courses, Open Dissertation) b. Foundation courses | en Course, Elective Co | | |
| | b. Foundation coul | ise | | |
| Course code | Course type | Course title | credit | lecture hrs/weel |
| HN 1321 | Foundation Course II | Soochana Praudyogiki aur Adhunik Patrakarita | 3 | 4 |
| | c. Complementary co | ourses | | 30 |
| Course code | Course type | Course title | credit | lecture hrs/weel |
| HN 1131 | Complementary Course I (compulsory) | Samkaleen Sahityik Vimarsh | 2 | 3 |
| HN 1132/ SK1131.1 | Complementary Course II (Optional) | Pracheen Tatha Madhyakaleen Bharateeya Sanskriti | 2 | 3 |
| HN 1231 | Complementary Course III (Compulsory) | Kathakar Premchand | 3 | 3 |
| HN 1232/ | Complementary Course IV | Paristhithik path aur Hindi Sahitya | 3 | 3 |
| SK 1231.1 HN 1331/ | (optional) Complementary | Tulnatmak | 3 | 3 |
| SK 1331.1 | Course V | Adhyayan | 3 | |



Scheme and Syllabus (from 2018 Admission onwards)

| SEMES | TER I | | | Marks | |
|--------|------------|---|-----|-------|-------|
| Code | Paper | Subject | CA | ESA | Total |
| CO 211 | Paper1 | Business Ethics and Corporate Governance | 25 | 75 | 100 |
| CO 212 | Paper2 | Legal Framework for Business | 25 | 75 | 100 |
| CO 213 | Paper3 | Research Methodology | 25 | 75 | 100 |
| CO 214 | Paper4 | Planning and Development Administration | 25 | 75 | 100 |
| CO 215 | Paper5 | Advanced Corporate Accounting and Reporting | 25 | 75 | 100 |
| | | Total | 125 | 375 | 500 |
| SEMES | STER II | | | Mark | 3 |
| Code | Paper | Subject | CA | ESA | Total |
| C0 221 | Paper 1 | E-Business and Cyber Laws | 25 | 75 | 100 |
| C0 222 | Paper 2 | Strategic Management | 25 | 75 | 100 |
| C0 223 | Paper 3 | Quantitative Techniques and Financial Econometrics | 25 | 75 | 100 |
| C0 224 | Paper 4 | International Business | 25 | 75 | 100 |
| C0 225 | Paper 5 | Investment Management | 25 | 75 | 100 |
| | | Total | 125 | 375 | 500 |
| Summe | er Interns | hip | | | |

Elective - FINANCE

| SEMESTE | ER III | | | Marks | |
|---------|--------|--|-----|-------|-------|
| Code | Paper | Subject | CA | ESA | Total |
| CO 231U | Paperl | Income tax Planning and Management | 25 | 75 | 100 |
| CO 232F | Paper2 | Security Analysis and Portfolio Management | 25 | 75 | 100 |
| CO 233F | Paper3 | International Financial Management | 25 | 75 | 100 |
| CO 234F | Paper4 | Strategic Cost and Management Accounting | 25 | 75 | 100 |
| | | Total | 100 | 300 | 400 |



| Course I | | I Addition | | | | | |
|-------------------------|----------------|--|---|-----------------------------------|--------|-----------|----|
| Language Course II | 1111 | al Languag e I | 4 | | 3 | | 4 |
| Foundatio n Course I | CO 1121 | Method ology and Perspect ives of Business Educatio n | 4 | (4) | 3 | | 2 |
| Core | | Environ | | | | | |
| Course I | CO 1141 | mental studies Manage | 4 | | 3 | - | 3 |
| | | ment | | | | | |
| Core Course II | CO 1142 | Concept s and | 4 | | 3 | | 3 |
| asmot it | | Thought | | | | | |
| Complem | | Manager | | | | | |
| entary Course I | CO 1131 | ial Econom ics | 4 | | 3 | | 3 |
| Total | 25 | ics | | | | 19 | |
| | | | | STER II | | | |
| Courses | Course Code | Course Title | Instructi onal Hours Per Week | End Semeste r Exam Hours | | Credit | |
| | | | Theory | Practical | Theory | Practical | |
| Language Course III | EN 1211 | English II Addition | 5 | - | 3 | - | 4 |
| Language Course IV | 1211 | al Languag | 4 | | 3 | | 4 |
| | | e II Informat | | | | | |
| Foundatio n Course | CO 1221 | ics and | 4 | | 3 | 1120 | 3 |
| n Course II | CO 1221 | Cyber Laws | 4 | | 3 | | 3 |
| | | | | | | | |
| Core Course III | CO 1241 | Financia 1 | 4 | | 3 | | 23 |



Syllabus for M.A. Economics Programme (Semester System) Offered in Affiliated Colleges. (with effect from 2018 Admission Onwards) Course Structure and Distribution of Marks

| | ope | Title of the paper | Distribution of Instructional hours (Lecture) per semester | Instructional hours (Lecture) per week | Duration of ESA (Hrs.) | Max | ximum M | arks |
|----------|------------|---|--|---|------------------------------|-----|---------|-------|
| Semester | Paper Code | | Distribution of Instructional h (Lecture) per s | Instruct (Lecture | | CA | ESA | Total |
| | EC 211 | Micro Economics I | 120 | 7 | 3 | 25 | 75 | 100 |
| I | EC 212 | Economics of Growth and Development | 110 | 6 | 3 | 25 | 75 | 100 |
| 9X | EC 213 | Indian Economic Policy I | 110 | 6 | 3 | 25 | 75 | 100 |
| | EC 214 | Quantitative Methods for Economics | 110 | 6 | 3 | 25 | 75 | 100 |
| | EC 221 | Micro Economics II | 120 | 7 | 3 | 25 | 75 | 100 |
| | EC 222 | Economics of Social Sector and Environment | 110 | 6 | 3 | 25 | 75 | 100 |
| II | EC 223 | Indian Economic Policy II | 110 | 6 | 3 | 25 | 75 | 100 |
| | EC 224 | Econometrics and Research Methodology | 110 | 6 | 3 | 25 | 75 | 100 |
| | EC 231 | Macro Economics -I | 120 | 7 | 3 | 25 | 75 | 100 |
| | EC 232 | International Economics I | 110 | 6 | 3 | 25 | 75 | 100 |
| III | EC 233 | Public Economics | 110 | 6 | 3 | 25 | 75 | 100 |
| | | Optional I | 110 | 6 | 3 | 25 | 75 | 100 |
| | EC 241 | Macro Economics -II | 120 | 7 | 3 | 25 | 75 | 100 |
| | EC 242 | International Economics II | 110 | 6 | 3 | 25 | 75 | 100 |
| *** | EC 243 | Financial Securities Market Analysis | 110 | 6 | 3 | 25 | 75 | 100 |
| IV | | Optional II | 110 | 6 | 3 | 25 | 100 | 100 |
| | EC 244 | Dissertation | - | - | - | - | - | 100 |
| | | Viva-Voce | - | - | | - | - | 100 |
| | - | Total | 1800 | | | - | | 1800 |

Out of 110 hours, 5 hours for practical session.

CA : Continuous Assessment. ESA : End Semester Assessment



| 3 | 4 | Core X International Economics | EC1545 |
|-----|----|---|---------|
| 2 | 3 | Open Course I – Introductory Economics | EC1551. |
| 2 | 3 | Human Resource Management | EC1551. |
| 2 | 3 | Indian Economy Since Liberalisation | EC1551. |
| ·=: | 3 | Project / Dissertation | |
| 20 | 25 | Total | |

Semester VI

| Credits | Instructio nal hours | Course Title | Course No | Sem No |
|---------|----------------------|---|--------------|-----------|
| 4 | 5 | Core XI Indian Economy | EC1641 | VI |
| 4 | 4 | Core XII Banking and Finance | EC1642 | |
| 4 | 5 | Core XII Public Economics | EC1643 | |
| 3 | 4 | Core XII Environment Economics and Disaster Management | EC1644 | |
| 2 | 4 | Elective : Kerala Economy | EC1661. | |
| 2 | 4 | Mathematical Economics | 1661.2 | |
| 2 | 4 | Introductory Econometrics | 1661.3 | |
| 2 | 4 | History of Economic Thought | 1661.4 | |
| 3 | 3 | Project/Dissertation | EC 1645 | |
| 21 | 25 | | | |
| 120 | 150 | Grand Total | 1 | |

:Complementary Courses Offered
Complementary I
EC 1131 Foundations of Economic Theory
Complementary III
EC 1231 Money and Banking
Complementary V
EC 1331 Introduction to International trade and Public Economics

Complementary VII EC 1431 Indian Economy Since Independence



:Open Courses Offered

.A college can select one from the three courses given

Introductory Economics EC 1551.1

Human Resource Management EC1551.2

Indian Economy Since Liberalisation EC1551.3

:Elective courses offered

.A college can select one from the four courses given

Kerala Economy EC1661.1

Mathematical Economics EC1661.2

Econometrics EC1661.3

History of Economic Thought EC1661.4

Semester I

Core Course I

EC 1141 Introductory Microeconomics

Instructional Hours 6 Credits 4

Course objective: To develop a conceptual foundation and analytical methods used in

Microeconomics

(Module I: Scarcity, Work and choice (15 Hrs

Labour and production – Preferences opportunity costs – The feasible set – Decision making and scarcity – Hours of work and economic growth – Income and substitution effects on hour of work and free time – Explaining our working hours: Changes overtime, Differences between .countries

(Module II: Consumer and Producer Theory (25 Hrs

Demand and Supply – Market Mechanism- Elasticities of Demand and Supply - Consumer behaviour: Consumer Preferences – Budget Constraints – Consumer choice – Revealed Preferences, Marginal Utility and Consumer Choice – Individual and Market Demand: Individual Demand - Income and Substitution Effect – Market Demand – Consumer Surplus - Production: Technology of Production – Production with one variable input – Production with Two Variable Inputs – Returns to Scale – The cost of production: Measuring Cost – Cost in the



| | HY1541 | Core V1-Major trends in Historical thoughts and writings | 4 | 4 |
|----|-----------|---|-------|-----|
| | HY1542 | Core V11-Colonialism and Resistance movements in | 4 | 4 |
| | | India | 122.1 | 103 |
| | HY1543 | CoreV111-History of Modern World – Part II | 3 | 2 |
| | HY1544 | Core 1X-History of Pre- Modern Kerala | 4 | 4 |
| | HY1545 | Core X-Making of Indian Nation | 3 | 2 |
| | | Open Courses- | | |
| V | HY 1551.1 | Empowerment of Women with special reference to India | | |
| | HY 1551.2 | An Introduction to Archaeology | 3 | 2 |
| | HY1551.3 | History of Human Rights Movement. | 1.7 1 | |
| | | Project/Dissertation | | |
| | | Historical Method-Mechanics Project Writing | 3 | 0 |
| | | Study Tour | | |
| | | Study Tour | | |
| | | Total | 25 | 20 |
| V1 | HY1641 | Core XI - Making of Modern Kerala | 5 | 4 |
| | HY 1642 | Core XII - Major trends in Indian Historical thought & writings | 5 | 4 |
| | HY1643 | Core XIII - Contemporary India | 5 | 4 |
| | HY1644 | Core X1V - Twentieth Century Revolutions | 4 | 3 |
| | | Electives | | |
| | HY1651.1 | Historical Tourism | 3 | 2 |
| | HY1651.2 | Heritage Studies | | |
| | HY 1651.3 | Contemporary World | | |
| | HY1651.4 | Empowerment of Women with special reference to India | | |
| | HY1651.5 | An Introduction to Archaeology | | |
| | HY1651.6 | History of Human Rights Movement. | | |
| | HY1651.7 | Environmental History of Modern India | | |
| | HY1645 | Project/Dissertation | 3 | 4 |
| | | Total | 25 | 21 |
| | - | Grand Total | 150 | 120 |



UNIVERSITY OF KERALA

MSc Degree in Botany (Semester System)

Revised Course structure

| semest er | Paper Code | Title of the paper | Hours/ semester | 201000 | ırs / ek | ESA hours | Maximum Marks | | |
|--------------|---------------|---|--------------------|--------|-------------|--------------|---------------|------|------|
| | | | | L | P | 3 | CA | ESA | Tota |
| | BO 211 | Phycology, Mycology & Plant Pathology | 108 | 6 | 2 | 3 | 25 | 75 | 100 |
| I | BO212 | Bryophyta, Pteridophyta & Gymnosperms | 108 | 6 | 2 | 3 | 25 | 75 | 100 |
| | BO213 | Microbiology, histology, Microtechnique & histochemistry | 108 | 6 | 3 | 3 | 25 | 75 | 100 |
| | BO214 | Practical I | 126 | | 7 | 4 | 25 | 75 | 100 |
| | | Total for Semester I | 450 | 18 | 7 | 13 | 100 | 300 | 400 |
| | BO 221 | Taxonomy, Economic Botany & Ethnobotany | 108 | 6 | 2 | 3 | 25 | 75 | 100 |
| п | BO 222 | Environmental Biology, Phytogeography, Conservation Biology & Evolution | 108 | 6 | 2 | 3 | 25 | 75 | 100 |
| | BO 223 | Cell and Molecular Biology & Genetics | 108 | 6 | 3 | 3 | 25 | 75 | 100 |
| | BO224 | Practical II | 126 | | 7 | 4 | 25 | 75 | 100 |
| | 7 | Total for Semester II | 450 | 18 | 7 | 13 | 100 | 300 | 400 |
| | BO 231 | Plant Breeding, Horticulture & Reproductive Biology | 108 | 6 | 1.5 | 3 | 25 | 75 | 100 |
| Ш | BO232 | Biophysics , biochemistry & Plant physiology | 108 | 6 | 3 | 3 | 25 | 75 | 100 |
| ш | BO233 | Research Methodology, Biostatistics Plant Biotechnology | 108 | 6 | 2.5 | 3 | 25 | 75 | 100 |
| | BO234 | Practical III | 126 | | 7 | 4 | 25 | 75 | 100 |
| | | Total for Semester III | 450 | 18 | 7 | 13 | 100 | 300 | 400 |
| | BO241 | Special Paper –I Bioinformatics | 144 | 8 | 2 | 3 | 25 | 75 | 100 |
| | BO242 | special Paper -II Elective | 144 | 8 | 5 | 3 | 25 | 75 | 100 |
| IV | BO243 | Practical IV | 126 | | 7 | 4 | 25 | 75 | 100 |
| 10 | BO201 | Dissertation | 36 | 2 | | | | 100 | 100 |
| | BO202 | Submissions | | | | j | 25 | 75 | 100 |
| | BO203 | Comprehensive Viva Voce | | | | | | 100 | 100 |
| | | Total for Semester IV | 450 | 18 | 7 | 10 | 100 | 500 | 600 |
| | | Grand | l Total | 360 | ** | | 400 | 1400 | 180 |



Table 6. SEMESTER - V

| | | al | uction s/week | Credits | Uty Exam Duration | Evaluation | on | Total credits |
|----------|--|--|--|--|--|--|---|---|
| | | T | P | | | Internal | University | |
| BO1541 | Core Course IV - Angiosperm Morphology, Systematic botany, Economic botany, Ethno botany & Pharmacognosy | 4 | 3 | 4 | | | | |
| BO1542 | Core Course V- Environmental Studies & Phytogeography | 5 | 2 | 4 | ,, | | | |
| BO1543 | Core Course VI- Cell Biology, Genetics & Evolutionary Biology | 4 | 1022 | 3 | " | 25% | 75% | 20 |
| BO1544 | Core (Practical-1) VII (BO1141, BO1221) Core (Practical-2) VIII | _ | | 3 | " | | 7370 | 20 |
| BO1545 | (BO1341 & BO1441) | | (4)* | 4 | ,, | | | |
| BO1551.1 | Open Course I Horticulture | | (02)(9) | | | | | |
| BO1551.2 | Mushroom cultivation & Marketing | 3 | - | 2 | | | | |
| BO1551.3 | Forestry Project | | 2 | | | | | |
| | BO1542 BO1543 BO1544 BO1545 BO1551.1 BO1551.2 | BO1541 Angiosperm Morphology, Systematic botany, Economic botany, Ethno botany & Pharmacognosy BO1542 Core Course V- Environmental Studies & Phytogeography Core Course VI- Cell Biology, Genetics & Evolutionary Biology BO1544 Core (Practical-1) VII (BO1141, BO1221) Core (Practical-2)VIII (BO1341 & BO1441) Open Course I Horticulture Mushroom cultivation & Marketing BO1551.3 Forestry | BO1541 Core Course IV - Angiosperm Morphology, Systematic botany, Economic botany, Ethno botany & Pharmacognosy BO1542 Core Course V- Environmental Studies & Phytogeography Core Course VI- Cell Biology, Genetics & Evolutionary Biology BO1544 Core (Practical-1) VII (BO1141, BO1221) Core (Practical-2) VIII BO1545 (BO1341 & BO1441) Open Course I Horticulture BO1551.1 Mushroom cultivation & Marketing BO1551.3 Forestry | Core Course IV - Angiosperm Morphology, Systematic botany, Economic botany, Ethno botany & Pharmacognosy BO1542 Core Course V- Environmental Studies & Phytogeography Core Course VI- Cell Biology, Genetics & Evolutionary Biology BO1544 Core (Practical-1) VII (BO1141, BO1221) Core (Practical-2)VIII BO1551.1 BO1551.1 Horticulture BO1551.2 Mushroom cultivation & Marketing BO1551.3 Forestry Core Course I A (4)* | BO1541 Core Course IV - Angiosperm Morphology, Systematic botany, Economic botany, Ethno botany & Pharmacognosy BO1542 Core Course V- Environmental Studies & Phytogeography Core Course VI- Cell Biology, Genetics & Evolutionary Biology BO1544 Core (Practical-1) VII (BO1141, BO1221) Core (Practical-2)VIII BO1551.1 (BO1341 & BO1441) Open Course I Horticulture BO1551.2 Mushroom cultivation & Marketing BO1551.3 Forestry 2 4 4 4 4 4 4 4 4 4 4 4 4 | BO1541 Core Course IV - Angiosperm Morphology, Systematic botany, Economic botany, Economic botany, Ethno botany & Pharmacognosy 3 | BO1541 Core Course IV - Angiosperm Morphology, Systematic botany, Economic botany, Ethno botany & Pharmacognosy 3 3 | BO1541 Core Course IV - Angiosperm Morphology, Systematic botany, Economic botany, Ethno botany & Pharmacognosy 3 3 3 3 3 3 3 3 3 |



C.C.- Core Course, F.C.-Foundation Course, O.P.-Open Course, E.C- Elective Course T-Theory, P-Practical. Since the other requirements as the components of continuous evaluation are satisfied, for each of the practical courses in semester V is given a credit of 2 even though the examinations are on semester 6.

B.Sc. Degree Programme in Chemistry Table III. Distribution of Open Course offered to students of other disciplinesSemester V

| | | | No. | discipilitessei | ilester v | |
|----------|---------------------|------------|---------|-----------------|---|-----------------------|
| Semester | No. of Hours / W | eek | Credits | Course Code | Title of the Course | Instructiona Hours |
| | Lectures | Practicals | | | | |
| | | | | CH1551.1 | Essentials of Chemistry | |
| 5 | 3 | - | 2 | CH 1551.2 | Fundamentals of Chemistry & Its Application to Everyday Life | 54 |
| | | | | CH 1551.3 | Environmental Chemistry | |
| | | | | | | |

B.Sc. Degree Programme in Chemistry

Table IV. Distribution of Elective Course offered in Semester VI

| Semester | No. of Hours / Week | | Credits | Course Code | Title of the Course | Instructional Hours | |
|----------|------------------------|------------|---------|-------------|--|------------------------|--|
| | Lectures | Practicals | | | | | |
| | | | | CH1661.1 | Supramolecular, Nano Particles and Green Chemistry | | |
| 5 | 3 | - | 2 | CH 1661.2 | Computational, Combinatorial and Physical Organic Chemistry | 54 | |
| | | | | CH 1661.3 | Polymer chemistry | | |
| | | | | CH 1661.4 | Biochemistry | | |



| | & Thermo dynamic s | | | | |
|---|---|---|---|----|---|
| 3 | PY1341 - Electrod ynamics | 3 | 3 | 54 | 3 |
| 4 | PY1441 - Classica 1 & Relativi stic Mechani cs | 3 | 3 | 54 | 3 |
| | PY1541- Quantum Mechanic s | | 4 | 72 | 3 |
| | PY1542 Statistic al Mechani cs Researc h Method ology and Disaster | 4 | 4 | 72 | 3 |



Table 6. Semester V

| Course Code | Course Title | Instructional hours/week | | Credits | Univ. | Evaluation | | Total |
|----------------|---|-----------------------------|------|---------|------------------|------------|---------------|---------|
| | | L | P | | Exam Duration | Internal | Univ. Exam | Credits |
| MB 1541 | Core Course IV Instrumentation in Microbiology | 4 | 3 | 4 | | | | |
| MB 1542 | Core Course V Environmental Microbiology | 4 | 2 | 3 | | | | |
| MB 1543 | Core Course VI Medical Microbiology & Molecular Biology | 5 2 | | 4 | 3 Hrs | 25% | 75% | 20 |
| MB 1544 | Core Course VII Practical (Instrumentation in Microbiology & Environmental Microbiology) | (5)* | | 3 | | | | |
| MB 1545 | Core Course VIII Practical (Medical Microbiology & Molecular Biology) | | (5)* | 4 | | | | |
| MB 1551.1 | Open Course – I Mushroom Culture | | 8 | | | | | |
| MB 1551.2 | Microbial Waste Management | 3 | | 2 | | | | |
| MB 1551.3 | Bio-fertilizer Technology | | | | | | | 5-7 |
| | Project | | 2 | | | | | |

Table 6. Semester V

| Course Code | Course Title | Instructional hours/week | | Credits | Univ. | Evaluation | | Total Credits |
|----------------|--|-----------------------------|---|---------|------------------|------------|---------------|------------------|
| | | L | P | | Exam Duration | Internal | Univ. Exam | Credit |
| MB 1541 | Core Course V Microbial Physiology and Genetics | 4 | 3 | 4 | | 20% | 80% | 20 |
| MB 1542 | Core Course VI Medical microbiology | 4 | 2 | 3 | 3 Hrs | | | |
| MB 1543 | Core Course VII Environmental Microbiology | 5 | 2 | 4 | | | | |
| MB 1544 | Core Course VIII Practical(Microbial Physiology and Genetics & Environmental Microbiology) | (5)* | | 3 | | | | |
| MB 1545 | Core Course IX Practical (Medical Microbiology) | (5) * | | 4 | | | | |
| MB 1551.1 | Open Course – I Mushroom Culture | | | | | | | |
| MB 1551.2 | Microbial Waste Management | 3 | | 2 | | | | |
| MB 1551.3 | Bio-fertilizer Technology | | | | | | | |
| | Project | | 2 | | | | | |

(Paracural)

M.Sc. Zoology - Semester System

| Sem | Paper | Title | Distribution Instruction Buration of hours / hours/weekof ESA | | | | | | |
|-------------|------------------|---|---|------------------------|----|---------|-------------|-------------|------|
| | Code | | semeste | | | P (Hrs) | CA | ESA | Tota |
| 1 | ZO 211 | Systematics & Evolutionary Biology | 100 | 5 | | 3 | 25 | 75 | 100 |
| | ZO 212 | Biochemistry | 100 | 5 | | 3 | 25 | 75 | 100 |
| | Z0 213 | Biophysics, Instrumentation & Computer Science | 100 | 5 | | 3 | 25 | 75 | 100 |
| | Z0 214 | Practical | 120 | - | 10 | 4 | 25 | 75 | 100 |
| | Total for | r S 1 | 450* | 15 | 10 | | 100 | 300 | 400 |
| 2 | ZO 221 | Advanced Physiology & Functional Anatomy | 100 | 5 | - | 3 | 25 | 75 | 100 |
| | ZO 222 | Genetics, Quantital Analysis & Research Methodol | | 5 | | 3 | 25 | 75 | 100 |
| | Z0 223 | Cell Biology, MolecularBiology& Bioinformatics | 100 | 5 | 2 | 3 | 25 | 75 | 100 |
| | Z0 224 | Practical | 120 | - | 10 | 4 | 25 | 75 | 100 |
| | Total for | | 450* | 15 | 10 | - | 100 | 300 | 400 |
| 3 | | Microbiology | && | NAME OF TAXABLE PARTY. | 0 | | | | |
| | ZO 231 | Biotechnology | 100 | 5 | - | 3 | 25 | 75 | 100 |
| | ZO 232 | & Biodiversity Conservation | 100 | 5 | | 3 | 25 | 75 | 100 |
| | Z0 233 | Immunology & Developmental Bio | lo ĝ9 0 | 5 | | 3 | 25 | 75 | 100 |
| | Z0 234 | Practical | 120 | - | 10 | 4 | 25 | 75 | 100 |
| | Total for | | 450* | 15 | 10 | | 100 | 300 | 400 |
| | ZO 241 | Special Paper 1 | 100 | 8 | | 3 | 25 | 75 | 100 |
| | ZO 242 | Special Paper 2 | 100 | 7 | - | 3 | 25 | 75 | 100 |
| 4 | Z0 243 | Special Paper Practical 1 | 100 | • | 5 | 3 | 25 | 75 | 100 |
| | Z0 244 | Special Paper Practical 2 | 120 | - | 5 | 4 | 25 | 75 | 100 |
| | Total for | | 450* | 15 | 10 | (-) | 100 | 300 | 400 |
| | ZO 201 ZO 202 | Project Comprehensive | - | | | | 25 marks | 75 marks | |
| | | Viva Voce | | - | - | | 400 | 100 | 100 |
| Grand Total | | | | - | - | - | 400 | 1400 | 1800 |

L - Lecture, P - Practical; T - Tutorial; CA Continuous Assessment; ESA - End
SemesterAssessment;
* Tutorial 30 hours per week



Zoology Open Course II Human Health and Sex Education Course Code - Z01551.2

No. of credits - 2

Total hours 54

Aim of the course

To redress problem associated with health and sex thereby promoting fitness and well being.

Objectives of the course

- To make the student understand the importance of good health.
- To educate the student on clean sexual habits thereby warding off sexually transmitted diseases.

Module 1 14hrs

Introduction to health, health as a state of wellbeing, health awareness, Immunity, immunization and vaccination, factors affecting health- food, balanced diet, food supplements, pathogens, pollution. sleep. exercise and stress. Physical health, reproductive health, adolescence, senescence. Mental health- mental illness and disabilities, symptoms and prevention of mental illness. Alcoholism. tobacco addiction, de-addiction and lifestyle diseases. Community health- health centres, role of health centres. Spiritual health. yoga and meditation.

Module II 8hrs

Human reproductive system: Male reproductive system- structural details of testis and accessory structures, functions of testis, semen, hormonal control. Female reproductive system- :structure of ovary, accessory structures. puberty, reproductive cycles and hormonal control, menstrual cycle. gestation- period, hysterectorny and menopause.

Module III 7hrs



Semester IV

Zoology Core course III

ECOLOGY, HABITAT DESTRUCTION & DISASTER MANAGEMENT

Course code - ZO 1441

No. of credits - 3 Total hours 54

Course Outcomes

- Students get basic knowledge on ecosystem, food chain, food web and energy flow.
- · Students acquire general awareness on pollution and their impacts.
- · Imparts basic knowledge on ecosystems and their functioning.
- Students learn about various types of anthropogenic pressures on ecosystem, related degradation and management measures.
- Students get awareness of toxicants, their impacts on human health and environment and remedial measures.
- · Create awareness about disasters, prevention and mitigation measures.

ECOLOGY 4 hrs

Module I

Components of ecosystem: Environmental factors - abiotic factors, light, temperature, soil, air; biotic factors- autotrophs, phagotrophs and saprotrophs; ecosystem interaction and relationship between biotic and abiotic factors, the cybernetic nature and the stability of the system. Pond as an ecosystem (self study)

Module II 5 hrs

Biogeochemical cycles: Basic types of biogeochemical cycles - gaseous cycle-carbon and nitrogen cycles, mention sedimentary cycles (P and S), recycling pathways and recycle index.

Limiting Factors- basic concepts- Leibig's law of minimum, Shelford's law of tolerance, combined concept of limiting factors, Light and temperature as limiting factors.



PHYSICAL EDUCATION

OPEN COURSE TITLE & CODE : HEALTH AND FITNESS EDUCATION (PE 1551) Syllabus

Module: 1. Introduction to Physical Education and Health

- * Meaning, Definition, Objectives and Importance of Physical Education.
- . Concepts of Health & Physical Education
- Meaning, Definition and Dimensions of Health (Physical, Mental, Social, Spiritual and Emotional)
- * Factors Affecting Health (Biological, Personal, Environmental & Socio-cultural factors)

Module: 2. Scientific Basis of Physical Activity

- * Benefits of Exercises
- * Effects of Exercises on Circulatory and Respiratory System.
- . Heart Rate, Blood Pressure & Body Mass Index
- Types of Exercises (Aerobic & Anaerobic Exercises)
- * Body Types (Endo morph, mesomorph, ectomorph)

Module: 3. Exercise and Fitness Training

- * Physical Fitness- Health Related physical Fitness and Performance Related Physical Fitness
- * FITT Principles (Frequency, Intensity, Time and Type of Exercise)
- Exercises for improving Speed, Strength, Endurance, Flexibility and Co-coordinative abilities)
- Hypo-Kinetic diseases, causes and their management (Diabetes Mellitus, Obesity, Hypertension, and Coronary Heart Diseases (CHD).
- * Exercise Prescription