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Accredited By NAAC

SHIVAJI UNIVERSITY, KOLHAPUR-416 004. MAHARASHTRA

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शिवाजी विद्यापीठ, कोल्हापूर - ४१६ ००४.

दुरध्वनी: (ईपीएबीएक्स) २६०९००० (अभ्यास मंडळे विभाग- २६०९०९४) तार : युनिशिवाजी

फॅक्स : ००९१-०२३१-२६९१५३३ व २६९२३३३. e-mail bos@unishivaji.ac.in.

SU/BOS/Education/ 4179

Date : 06-07-2009

To,
The Principal,
All Affiliated Phy. Education Colleges
Shivaji University,
Kolhapur.

Subject: Regarding the revised syllabi for the B. A. Part II (Opt) Physical Education Paper No. II & III & Yoga Studies under Faculty of Education.

Sir/Madam,

With reference to the subject mentioned above, I am directed to inform you that, the university authorities have accepted granted approval to the revised syllabi of various courses under the faculty of **Education** as mentioned below.

1.	B. A. Part II (Opt) Physical Education Paper No. II & III
2.	B. A. Part II (Opt) Yoga Studies

The above mentioned syllabi will be implemented from the academic year 2009-2010, i.e. from June, 2009 onwards. A soft copy (CD) containing revised/new syllabi is enclosed herewith and it is also available on university website www.unishivaji.ac.in.

Further, it is hereby informed that the question papers on the pre-revised syllabi of above subjects will be set for examinations to be held in October- 2009 and April-2010. These two chances available given for repeater students, if any

You are, therefore, requested to bring this to the notice of all students and teachers concerned.

Thanking you,

Yours faithfully,

Sd/-

Dy Registrar

Encl:- as above

Copy to:- 1)The Dean faculty of Education
2)The Chairman B.O.S. in Phy.Edu.
3)Appointment Section
4) Affiliation Section
5) Eligibility Section
6) O.E.-I Section
7) Computer Section
8) Distance Education

SHIVAJI UNIVERSITY, KOLHAPUR



Modified & Revised Syllabus of

B.A. II Physical Education & Yoga Studies

(Introduced from June 2009 and onwards)

(Subject to the modifications made from time to time)

PHYSICAL EDUCATION (Optional)

B. A. Part II

Paper-II

History of Physical Education

Syllabus to be implemented from June 2009 onwards.

Topics :

40 Marks

Unit-1 : Physical Education in Ancient Times –

- a) Elements of Physical Education in Primitive Societies with reference to Aims, Promotions, Programmes and methods of Physical Education.
- b) Physical Education in Ancient India -
Periods :-
 - i. Advent of Aryans 2000 B.C. (Early Period)
 - ii. Ramayan Period
 - iii. Mahabharat Period.

With reference to the following activities :

Archery, Wrestling, Stck-fighting, Yogic exercises.

- Unit-2 :**
- a) Ancient Olympic Games (Aim & Nature) :- Legendary origin, significance of the games, rules of the games and eligibility, conduct of events, awards, decline of ancient Olympics.
 - b) Modern Olympic Games (Aim & Nature) :- Revival of the Olympic games, controlling body, rules of eligibility for competition, organization and conduct of the games, venues, events, opening ceremony, awards, closing of ceremony, Olympic flag, Olympic torch etc.
 - c) Asian games

Unit-3 : a) Development of Physical Education in India :

1. Mongal Period.
 2. British Period.
 3. Post Independence Period.
- b) Development of Physical Education in Maharashtra.
- i) Maratha Period : 1600 A. D. onwards,
 - ii) Modern Period : 1937 onwards.

Unit-4 : Different Institutions for training in Physical Education in India.

a) SNIPES - i) NSNIS,

II) LNIPE

b) Sports Authority of India – Inceptions and Functions

c) Sports Awards in India – उद्देश/निकष/स्वरूप

1) National Level

i. Arjun Awards

ii. Dronacharya Awards

iii. Rajiv Gandhi Khel Ratna Puraskar.

2) State Level in Maharashtra –

i. Dadoji Kondadev Award

ii. Shiv Chatrapati Award.

Recommended Books

1. शारीरिक शिक्षणाचा विकास – दि. बा. कोठीवाले, श्रीलेखन – वाचन भांडार पुणे भाग 1 व 2,
2. महाराष्ट्रातील शारीरिक शिक्षणाची वाटचाल – दि. गो. वखारकर, मराठवाडा सांस्कृतिक मंडळ प्रकाशन, औरंगाबाद.
3. शारीरिक शिक्षणाचा इतिहास – श्रीपाल जर्दे, अंबा प्रकाशन, कोल्हापूर.
4. Brief History of Physical Education by Rice Hutchenson and Lee. The Ronald Press Company, New York.
- ५७ आलिंपिक – हेमंत जोगदेव – हिमांशु प्रकाशन, पुणे.
6. History of Physical Education – by Eraj Khan, Hyderabad.
7. शारीरिक शिक्षणाचा इतिहास – प्रा. पुरंदरे

RESULT SHEET

Paper N0-II

Exam No.	Roll No.	Name	Athletics	Indian Exercises	Total
			32	8	80

PHYSICAL EDUCATION (Optional) –Paper-III

Organization and Administration in Physical Education and Sports 50 Marks

Unit-1 : Organisation and Administration :

- a) Meaning, Definitions, Concepts and its need in Physical Education and Sports.
- b) Principles of Organization in Physical Education and Sports.
- c) Principles of Administration in Physical Education and Sports.

Unit-2 : Organization and Administration of University competitions :

- i. Zonal Sports of Shivaji University.
- ii. Inter-Zonal Sports of Shivaji University.
- iii. Inter-University Sports.

(With special reference to organize body, Finance and various Committees and their functions.)

Unit-3 : Meets and Tournaments :

- a) Importance of meets and tournaments.
- b) Types of Tournaments – i) Knock-out system, ii) League system, iii) Combination system. (To draw the lots, their merits and demerits).
- c) Athletic Meet : Officials, various Committees, Opening ceremony, closing ceremony.

Unit-4 : A Play ground Facilities – Standards :

- a) Preparation and Maintenance of Playgrounds.
- b) Gymnasium : Standards, Facilities and Maintenances.
- c) Lay-out of Play fields –Kho-Kho, Handball, Basket Ball.

B : Equipments of Sports :

- a) Care and Maintenance.
- b) Policies of purchases of Sports Equipments.

Books Recommended

1. E. F. Voltimen and A. A. E. – Islinger – The Organisation of Administration of Physical Education.
2. Jay B. Nash – The Administration of Physical Education.
3. Prin. P. M. Joseph – Organisation of Physical Education – The Old Student's Association, T.I.P.E., Bombay.
4. Organisation of Physical Education – by J. P. Thomas.
5. Administration of School Health and Physical Education Programme – by C. A. Bucher.
6. Williams J. F. and others – The Administration of Health and Physical Education – Philadelphia – W. B. Saunders Co.
7. Two experienced Professors – Organisation, Administration and Recreation in Physical Education – Prakash Brothers Ludhiana.

8. शारीरिक शिक्षण : संघटन आणि प्रशासन : प्रा. शंकर तिवाडी, शारदा प्रकाशन, नांदेड.
9. शारीरिक शिक्षण : आयोजन, नियोजन, निरीक्षण: प्राचार्य वाखारकर व डॉ. अलेगांवकर, पार्वती प्रकाशन, पुणे.
10. शारीरिक शिक्षण : अध्यापन पध्दतीव मूलतत्वे - प्राचार्य डॉ. वि. कृ. कानडे, नूतन प्रकाशन, पुणे-30.
11. मैदानी स्पर्धा : नियम, आयोजन - रमेश तावडे व राम भागवत - ट्क अँड फील्ड पब्लिकेशन, पुणे-9.
12. शर्यती, स्पर्धा व खेळ - प्राचार्य आ. पा. खरात, मेहता पब्लिकेशन हाउस, पुणे-30.
13. कबडडी : डॉ. नरेंद्र दाभोळकर - महाराष्ट्र विद्यापीठ ग्रंथ निर्मिती मंडळ, नागपूर.
14. कबडडी : श्रीपाल जर्दे व विजय पाटील - अंबा प्रकाशन, कोल्हापूर.
15. कबडडी : प्रा. एन. एम. बहिरट
16. हँडबॉल : प्रा. म. द. खतकर
17. आधुनिक व्हॉलीबॉल : प्रा. व्यंकटेश वांग्वाड, गजानन बुक डेपो, पुणे-30.
18. व्हॉलीबॉल - वा. द. साने - क्रीडा प्रकाशन, नागपूर-10.
19. खो-खो : प्रा. कमल बनसोडे - गजानन बुक डेपो, पुणे.
20. अँथलेटिक्स : राम भागवत - ट्क बँड फील्ड पब्लिकेशन, पुणे-30.
21. मैदानी खेळ - वसंत सांगवीकर अंबा प्रकाशन
22. सांघीक खेळ- वसंत सांगवीकर अंबा प्रकाशन

N. B. : Each theory paper shall be of 2 hours duration carrying 50 marks. There will be three questions of the first two of which will behaving internal option carrying 15 marks. The third question will be of short answer type question and will carry 20 marks.

PRACTICALS - Paper II & III

Practical-100 Marks. (Paper II & III)

A) Practical examination	- 70 Marks
B) Record book	- 10 Marks
Total	- 80 Marks

- A) A Batch of 20 students for Practical period and examination.
- B) Two periods for theory each paper and 2 period for practical each paper

Practical Work :

1. Athletics – High Jump, Discus throw, Middle-distance, Running.
2. One Indian Game – Kho-kho.
3. One Ball Game – Hand-ball / Basket ball.
4. Indian Exercises – Surya Namaskars.
5. Ground Marking – Kho-kho / Hand-ball / Basket-ball (Any one).
6. Knowledge of Rules & Regulation of – Discus throw / High Jump / Middle distance Running.

Practical Examination :

I] Athletics – 32 Marks

A]. High Jump – 9 Marks

a)	Performance	-	
	Men	- 1.30	- 5 Marks
		- 1.25	- 4 Marks
		- 1.20	- 3 Marks
		- 1.15	- 2 Marks
		- 1.10	- 1 Marks
	Women	- 1.05	- 5 Marks
		- 1.00	- 4 Marks
		- 0.95	- 3Marks
		- 0.90	- 2 Marks
		- 0.85	- 1 Marks
b)	For technique and modern style – 4 Marks.		

2. Discus throw – 9 Marks

a)	Performance	-5	
	Men	- 18Mtrs.	- 5 Marks
		- 16Mtrs.	- 4 Marks
		- 14 Mtrs.	- 3 Marks
		- 12 Mtrs.	- 2Marks
		- 11 Mtrs.	- 1 Marks
	Women	- 15 Mtrs.	- 5 Marks
		- 14 Mtrs.	- 4 Marks
		- 13 Mtrs.	- 3 Marks
		- 12 Mtrs.	- 2 Marks
		- 11 Mtrs.	- 1Marks
b)	For technique and modern style – 4 Marks.		

3. 800 Mtrs. Run – 8 Marks.

a)	Performance only. -8		
	Men - 2 Min.	35 Sec.	- 8 Marks
		- 2 Min. 40 Sec.	- 6 Marks
		- 2 Min. 45 Sec.	- 4 Marks
		- 2 Min. 50 Sec.	- 2 Marks
		- 2 Min. 55 Sec.	- 1 Marks

Women	- 3 Min.	35 Sec.	- 8 Marks
	- 3 Min.	40 Sec.	- 6 Marks
	- 3 Min.	45 Sec.	- 4 Marks
	- 3 Min.	50 Sec.	- 2 Marks
	- 3 Min.	55 Sec.	- 1 Marks

OR

4. 1500 Mtrs. – 8 Marks.	Performance only.	-
Men	- 5 Min.	45 Sec. - 8 Marks
	- 5 Min.	50 Sec. - 6 Marks
	- 5 Min.	55 Sec. - 4 Marks
	- 5 Min.	55 Sec. - 2 Marks
	- 6 Min.	30 Sec. - 1 Marks
Women	- 7 Min.	0 Sec. - 8 Marks
	- 7 Min.	10 Sec. - 6 Marks
	- 7 Min.	20 Sec. - 4 Marks
	- 7 Min.	30 Sec. - 2 Marks
	- 7 Min.	40 Sec. - 1 Marks

B) Knowledge of Rules of Disthrow Hisjijump /Midle Ois onning 6

II) One Indian Game – Kho-kho – 11 Marks.

a) Fundamental skills - 6 Marks

b) Knowledge of rules and regulations - 5 Marks

III) One Ball Game – Hand-ball / Basket ball -11 Marks.

a) Fundamental skills - 6 Marks

b) Knowledge of rules and regulations - 5 Marks

IV) Indian Exercises – Assana – 10 (ony 8) 8 Marks

Padmasan, Vagrasan, Vakarasana, Pasuimotanasana, Padhastana, Bhujagasana, Dhanurasana, Sarvagasana, Halasana, Virasana.

V) Ground Marking – Kho-kho / Hand-ball / Basket-ball (Any one). 8 Marks.

Ground marking should be done actually on the Ground – Direction, Straight Line, Rectangle, Circle, Parallel lines and correct measurement etc.–

VI) Record Book – 10 Marks

The Record book will cover the following –

- i) Brief history; ii) Various diagrams; iii) Names and explanation of different fundamental skills in team events and different styles in Athletic events;
- iv) Rules and regulations (This should be completed as per syllabus). The record book will be assessed internally and marks should be submitted to the external examiner.

RESULT SHEET

Paper N0-III

Exam No.	Roll No.	Name	One Indian Game 11	One ball game 11	Ground Marking 8	Record book 10	Total 80

N. B. 1 : Theory paper shall be 2 hours duration carrying 40 marks per paper

2. Theory will have three questions of the first two of which will be having internal choice carrying 30 marks. The Third question will be of short type question and will carry 10 Marks.

3. The practical will carry 80 Marks.

A. Practical Examination shall carry 70 Marks.

B. Record book shall carry 10 Marks.

N. B. 2 : Separate Heads of passing –

a) Theory - Each theory paper – Minimum Marks 14

b) Practical – Minimum Passing - 28 Marks out of total 80 Practical Marks.

c) Practical Examination conducted –

i. Each 20 students batch.

ii. One organizer (Internal subject teacher).

iii. Two Examiners appointed by University.

iv. Peons – Two peons for Ground marking, water supply, equipment supply and collecting it etc.



Shivaji University, Kolhapur
YOGA STUDIES (IDS) June-2009
Theory and Practical

- A) Theory – 40 Marks (Two hours)
B) Practical – 35 Marks + 5 Marks for Record Book.
Unit 1 : Concepts, Definitions, aim and objective of Yoga.

Unit 2 : Current Misconceptions about Yoga

Unit 3: Survey of development of Yoga from Vedic period to Modern Period.

Unit 4 : A) Ashtanga Yoga of Patanjali.

**B) Effect of Yogic exercises and Yoga On Various system of the
Human Body**

C) Yogic Diet

For Distribution of Marks see N. B. Over-leaf.

Practical :

(A batch of 20 students for practical.)

- a) Vajrayana, Svastikasana, Ardhapadmasana, Bhujangasana, Ardha-shalabhasana, Dhanurasana, Vakrasana, Chakrasana (Lateral), Padahastasana, Gomukhasana, Viparitarani, Halasana, Matsyasana, Mayurasana, Shavasana.
- b) Uddiyana Bandha, Jiva Bandha Brahma murdra, Singh mudra Shitali Pranayama, Shitkari Pranayama Kapalabhati.,
- c) Recitation of Om, Svadhyaya (Recitation of any Prayer.)

The Practical examination shall be conducted as follows :

- a) Two examiners appointed by the University and one Internal Organiser.
b) Marking system and proforma .:

From Section (a) of the Practical –

Two asanas of Student's choice 08 Marks

Two asanas of Examiner's choice 08 Marks

From Section (b) of the Practical –

Any two of Student's choice 08 Marks

Any two of Examiner's choice 08 Marks

From Section (c) of the Practical –

Any one of Student's choice 04 Marks

For the record book of the student

(To be submitted by the College to the Examiner) 04 Marks

Separate passing in Theory and Practical is essential –

a) Theory paper – Minimum Passing - 14 Marks

b) Practical – Minimum Passing - 14 Marks

PROFORMA

Exam No.	Roll No.	Name	Section (a)		Section (b)		Section (c) Student's Choice	Record Book	Total
			Student's Choice	Examiners Choice	Student's Choice	Examiners Choice			
			08	08	08	08	04	04	40

Note : In consideration of the recommendations of the Education Policy, this paper should be kept open for any desirous student. This Inter-disciplinary subject may be prescribed for all the optional subjects of B.A. Degree Course.

Books Recommended

1. History of Yoga – Vivian Worthington, Routledge & Kegan Paul Ltd., London, 1982.
 2. Asanas – Kavalayanada, Kaivalyadhama, Lonavla.
 3. Pranayama - Kuvalayananda, Kaivalyadhama, Lonavla.
 4. भारतीय मानसशास्त्र – के. के. कोल्हटकर, के. मि. ढवळे प्रकाशन.
 5. योगाभ्यास मार्गदर्शन – म. ल. घरोटे, मेधा पब्लिकेशन्स, कैवल्यधाम, लोणावळा.
 6. सर्वदर्शन संग्रह – द. वा. जोग
 7. शुद्धिक्रिया: प्रयोजन आणि प्रयोग – ग. द. दातर, योगविद्याधाम, पुणे
- ८० योगाभ्यास सुखी जीवन – प्रा.जर्द एस.ए.

- N.B. :**1) Theory paper shall be of TWO hours duration carrying 40 marks. There will be THREE questions of the first two of which will be having internal option carrying 30 marks. The third question will be of short type question and will carry 10 marks.
- 2) The practical will carry 40 marks.
- a) Practical Examination shall carry 35 marks.
- b) Record-book shall carry 5 marks.