

SHIVAJI UNIVERSITY, KOLHAPUR



**Faculty of Interdisciplinary Studies Structure,
Scheme and Syllabus
for Community College (C.C)
Diploma**

SPORTS , FITNESS AND EXERSICE

Part I- Sem. I & II

(Subject to the modifications that will be made from time to time)
Syllabus to be implemented from 2020-2021 onwards.

SHIVAJI UNIVERSITY, KOLHAPUR

PROPOSED STRUCTURE AND SYLLABUS (SEMESTER PATTERN)

COMMUNITY COLLEGE IN SPORTS FITNESS & EXERCISE DIPLOMA

1.TITLE:

C.C Part I (Sports Fitness & Exercise)
Syllabus (Semester Pattern)

2.YEAR OF IMPLEMENTATION:

Syllabus will be implemented from 2020-21

3.DURATION:

C.C Part I Diploma (One Year)

4.PATTERN OF EXAMINATION-Semester Pattern

- Theory Examination – At the end of semester as per Shivaji University Rules.
- Practical Examination –
 - i) In the 1st, 2nd semester of C.C. there will be internal assessment of practical record, related report submission and project reports.
 - ii) In the second semester of C.C. I there will be internal practical examination.
 - iii) In the 4th and 6th semester of C.C. There will be external practical examination at the end of the semester.

5.MEDIUM OF INSTRUCTION:English / Marathi

6.STRUCTURE OF COURSE:

C.C. Part – I

Two Semester Per Year

Two General Papers per year / semester

Three Vocational Papers per Year / Semester

Three Practical papers per Year / Semester

One Project / Industry Visit/ Study Tour / Survey

7.SCHEME OF EXAMINATION –

A) THEORY –

- The theory examination shall be at the end of the Each semester.
- All the general theory papers shall carry 40 marks and all the vocational theory papers shall carry 50 marks.
- Evaluation of the performance of the students in theory shall be on the basis of semester examination as mentioned above.
- Question paper will be set in the view of entire syllabus preferably covering each unit of the syllabus.
- Nature of question paper for Theory examination (excluding Business Communication paper)–
 - i. There will be seven questions carrying equal marks.
 - ii. Students will have to solve any five questions.

Q. No. 1: Short answer type question with internal choice (Two out of Three)

Q. No. 2 to Q. No. 6: Long answer type questions

Q. No. 7: Short Notes with internal choice (Two out of Three)

B) PRACTICAL

Evaluation of the performance of the students in practical shall be on the basis of semester examination (Internal assessment at the end of the year.)

STANDARD OF PASSING –

As per the guidelines and rules of C.C.

8. STRUCTURE OF THE COURSE -**C.C. Part I (Diploma) Semester – I**

| Sr.No. | Paper No. | Title | Theory/Practical /Project | Marks (450) | Theory | Practical |
|---------------|------------------|----------------------------------|----------------------------------|--------------------|---------------|------------------|
| 1. | I | Business Communication Part I | Theory/Practical | 50 | 40 | 10 |
| 2. | II | Foundation of Physical Education | Theory | 50 | 40 | 10 |
| 3. | III | Anatomy | Theory | 50 | 50 | - |
| 4. | IV | Yoga Part I | Theory | 50 | 50 | - |
| 5. | V | Recreation | Theory | 50 | 50 | - |
| 6. | VI | Laboratory Work Paper No-III | Practical | 50 | - | 50 |
| 7. | VII | Laboratory Work Paper No-IV | Practical | 50 | - | 50 |
| 8. | VIII | Laboratory Work Paper No-V | Practical | 50 | - | 50 |
| 9. | IX | Project | Practical | 50 | - | 50 |

C.C. Part I (Diploma) Semester – II

| Sr.No. | Paper No. | Title | Theory/Practical /Project | Marks (450) | Theory | Practical |
|---------------|------------------|-------------------------------|----------------------------------|--------------------|---------------|------------------|
| 10. | X | Business Communication Part I | Theory/Practical | 50 | 40 | 10 |
| 11. | XI | Health Education | Theory | 50 | 40 | 10 |
| 12. | XII | Gym | Theory | 50 | 50 | - |
| 13. | XIII | Yoga Part II | Theory | 50 | 50 | - |
| 14. | XIV | Sports Medicine | Theory | 50 | 50 | - |
| 15. | XV | Laboratory Work Paper No-XII | Practical | 50 | - | 50 |
| 16. | XVI | Laboratory Work Paper No-XIII | Practical | 50 | - | 50 |
| 17. | XVII | Laboratory Work Paper No-XIV | Practical | 50 | - | 50 |
| 18. | XVIII | Project | Practical | 50 | - | 50 |

SCHEME OF TEACHING-**CC Part I (Diploma) Semester I**

| Sr No | Paper No | Title | Distribution of Workload | | |
|-------|----------|----------------------------------|--------------------------|-----------|-------|
| | | | Theory | Practical | Total |
| 1. | I | Business Communication Part I | 4 | 2 | 6 |
| 2. | II | Foundation of Physical Education | 4 | 2 | 6 |
| 3. | III | Anatomy | 4 | - | 4 |
| 4. | IV | Yoga Part I | 4 | - | 4 |
| 5. | V | Recreation | 4 | - | 4 |
| 6. | VI | Laboratory Work Paper No-III | - | 4 | 4 |
| 7. | VII | Laboratory Work Paper No-IV | - | 4 | 4 |
| 8. | VIII | Laboratory Work Paper No-V | - | 4 | 4 |
| 9. | IX | Project | - | - | - |
| | | | 20 | 16 | 36 |

CC Part I (Diploma) Semester II

| Sr No | Paper No | Title | Distribution of Workload | | |
|-------|----------|--------------------------------|--------------------------|-----------|-------|
| | | | Theory | Practical | Total |
| 11. | X | Business Communication Part II | 4 | 2 | 6 |
| 12. | XI | Health Education | 4 | 2 | 6 |
| 13. | XII | Gym | 4 | - | 4 |
| 14. | XIII | Yoga Part II | 4 | - | 4 |
| 15. | XIV | Sports Medicine | 4 | - | 4 |
| 16. | XV | Laboratory Work Paper No-XII | - | 4 | 4 |
| 17. | XVI | Laboratory Work Paper No-XIII | - | 4 | 4 |
| 18. | XVII | Laboratory Work Paper No-XIV | - | 4 | 4 |
| 11. | XVIII | Project | - | - | - |
| | | | 20 | 16 | 36 |

Eligibility for Admission:

10 + 2 from any faculty.

Eligibility for Faculty:

1.B.P.Ed.(Bachelor in Physical Education)

2.D.P.Ed.(Diploma in Physical Education)

Eligibility for Lab Assistant:

Graduation with related field

Staffing Pattern-

Teaching: In the 1st year of C.C– One Full Time & one C. H. B.

One C. H. B. for Business Communication

Lab. Assistant: For 1st Year of C.C. – 1 C. H. B.

COMMUNITY COLLEGE (C.C.) Part I - Sem. I

Paper – I: Business Communication-I

Total Workload: 06 lectures per week of 60 mins. Distribution of Workload:

Theory: 04 lectures per week

Practical: 02 lectures per week per batch of 20 students Units Prescribed for Theory: 40 Marks.

Unit 1: Use of English in Business Environment Topics:

Business Vocabulary: Vocabulary for banking, marketing and for maintaining public relations
What is a sentence?

Elements of a sentence

Types of sentences: Simple, compound, complex

Unit 2: Writing a Letter of Application and CV/ Resume Topics:

Structure of a letter of application for various posts

CV/ Resume and its essentials

Unit 3: Presenting Information/Data Topics:

Presenting information/data using graphics like tables, pie charts, tree diagrams, bar diagrams, graphs, flow charts

Unit 4: Interview Technique Topics:

Dos and don'ts of an interview

Preparing for an interview

Presenting documents

Language used in an interview

Practical: Based on the theory units 10 Marks.

Reference Books:

- Sethi, Anjane & Bhavana Adhikari. Business Communication. New Delhi: Tata McGraw Hill
- Tickoo, Champa & Jaya Sasikumar. Writing with a Purpose. New York: OUP, 1979.
- Sonie, Subhash C. Mastering the Art of Effective Business Communication. New Delhi: Student
- Aid Publication, 2008.
- Herekar, Praksh. Business Communication. Pune: Mehta Publications, 2007.
- Herekar, Praksh. Principals of Business Communication. Pune: Mehta Publications, 2003.
- Rai, Urmila & S. M. Rai. Business Communication. Himalaya Publishing House, 2007.
- Pradhan, N. S. Business Communication. Mumbai: Himalaya Publishing House, 2005.
- Pardeshi, P. C. Managerial Communication. Pune: Nirali Prakashan, 2008.

Pattern of a Question Paper

C.C. Part-I

Business Communication-I

Semester –I Paper: I

Time: 2 hours

Total Marks: 40

- Q. 1 Do as directed. Question items on Unit 1 to be asked. 10
- Q. 2 Write a letter of application. 10
- OR
- Draft a CV/ Resume for a particular post.
- Q. 3 Present a given information or data using a table/ chart/ pie diagram, etc. 10
(Any one diagram to be drawn.)
- Q. 4 Fill in the blanks in the given interview. 10
- Practical Evaluation: 10
- Oral and Presentation based on the units prescribed.

COMMUNITY COLLEGE (C.C.) Part I - Sem. I
Paper No. II Foundation of Physical Education.

Theory: 4 lectures / week

Practical: 2 lectures/week/batch

Total Marks: 50 (Theory 40 + Practical 10)

Unit -I- Introduction of Physical Education.

Meaning & Objective of Physical Education.

Importance of Physical Education.

Physical Education as an Art and science.

Unit – II - History.

Vedic Period(2500 BC- 600 BC).

Medieval Period (1000 AD – 1747 AD)

British Period (Before 1947)

Physical Education in India (After 1947)

Unit – III- Foundation.

- Philosophical Foundation.
- Idealism, pragmatism, Naturalism, Realism, Humanism, Existentialism& Philosophy and culture.
- Fitness and Wellness movement in the contemporary perspectives.
- Sports for all & its role in the maintenance and promotion of fitness.

Unit – IV- Principles of Physical Education.

- Biological.
- Psychological.
- Sociological.

Practical-

1. Visit to industry/Retail Mall

2. Oral/Seminar

References:

History Principal & Foundation of Physical Education by Dr.Minakshi Pathak

Historical Principal & Foundation of Physical Education by Prashant Kumar Rai

Paper –III:Anatomy

Theory: 4 lectures / week

Total Marks: 50

Unit – 1 - Anatomy of Exercise.

- Meaning and definition of Anatomy Its need and importance in Physical Education and Sports.
- Definition of Cell, tissue, organ, and system.
- Structure and functions of Cell.

Unit – 2 - Skeletal and Muscular System.

- Types of Bones and names of various bones of the body.
- Structural classification of skeletal muscle.
- Structure and functions of skeletal muscle.

Unit – 3 - Respiratory and Digestive System.

- Meaning and types of Respiration, Organs of Respiratory System.
- Mechanism of Respiration.
- Meaning, importance and organs of Digestive System.
- Functions, processes, mechanism of Digestive System.

Unit – 4 - Circulatory System and Blood.

- Meaning of the Circulatory System.
- Heart, its structure, functions and control of the Heart Rate.
- Cardiac Cycle.
- Meaning, functions compositions of Blood, maintenance of Blood supply.

References:

- Anatomy & Physiology for Physical Education by Dr. V.Muruguvalavan
- Human Anatomy & Physiology by Pakaj Phogat

Paper IV: Yoga Part – 1

Theory: 4 lectures / week

Total Marks: 50

Unit – 1 Introduction of Yoga

- Meaning of Yoga
- Types of Yoga.
- Ashtanga Yoga.
- Description of the eight limbs of Ashtanga Yoga.

Unit – 2 Yoga and Physical Education.

Importance of yoga in Physical Education.

Yoga Goal.

Yoga Objectives.

Yoga Scope.

Unit – 3 Principles of Yoga

Principles of Yogic Practices

Meaning, Principles & Types of Asanas

Meaning, Principle & Types of Pranayan

Meaning of Kriyas

Unit -4 Asana – The Effect of Asanas on the body.

- Effects of Asanas on Mind.
- Effects of Asanas on body.
- Importance of Asanas
- Classification of Yogasana.

References:

- Fundamental of health yoga & Physical Education by H. L. Khatri
- The complete reference book of yoga and exercise by Kapil Mishra

Paper V: Recreation

Theory: 4 lectures / week

Total Marks: 50

Unit – 1 Introduction of Recreation

- Meaning of Recreation
- Factors of Recreation

Unit – 2 Principles of Recreation

Principles of Recreation

Types of recreation

Unit – 3 Aims & Objectives of Recreations

- Aims of Recreation
- Objectives Recreation

Unit -4 Recreational Agencies

- Home Agency
- State Agency
- Business Agency

References link and e – books:

- Sharirikshiksha ek samagra Adhyayan – Dr.shyam Narayan sinh – khel sahitya kendra

Paper No-VI Laboratory Work for Paper No III

Total Marks – 50

Practical: 4 lectures / week/per batch

1. Yama (Absention)
2. Niyama (Observances)
3. References–(posture)
4. Pranayama (Breath control)
5. Pratyahara (Sense control)
6. Dharana (Concentration)
7. Dhyan (Meditation)
8. Samadhi (absorption)

Paper No-VII Laboratory Work for Paper No IV

Total Marks – 50

Practical: 4 lectures / week/per batch

1. Measurement of Ground as per game
2. Basic Diagrams of Grounds
3. Nominal Scale of Measurement.
4. Ordinal Scale of Measurement.
5. Interval Scale of Measurement.
6. Ratio Scale of Measurement.
7. Process Measure
8. Outcome Measure

Paper No VIII- Laboratory Work for Paper No V

Total Marks – 50

Practical: 4 lectures / week/per batch

1. Squat
2. Deadlift
3. Glute Bridge
4. Push UP
5. Bent Over Row
6. Hollow Body Hold
7. Dumbbell Chopper
8. Pull-ups

Paper No IX- Project

Internal practical evaluation 50 marks

- i) Submission of practical record book =20 marks
- ii) Submission of visit report =15 marks
- iii) Viva-voce 15 =marks

SEMESTER II

C.C.Part-I(Diploma)

Paper-X: EnglishforBusinessCommunication (Part-II)

Semester-II

TotalWorkload:06lecturesperweekof50 mins.

Distrib

utionofWorkload:

Theory: 04 lecturesperweek
Practical: 02lectures perweekperbatchof20students

UnitsPrescribedforTheory:

Unit1:GroupDiscussion

Topics:

- PreparingforaGroupDiscussion
Initiatinga Discussion
- Eliciting
Opinions, Views, etc. Expressing Agr
reement/Disagreement
- MakingSuggestions; AcceptingandDecliningSuggestionsSumming
up.

Unit 2: BusinessCorrespondence

Topics:

- Writing Memos, e-mails, complaints, inquiries,
etc. InvitingQuotations
- PlacingOrders, Tenders, etc.

Unit3: EnglishforNegotiation

Topics:

- Business
NegotiationsAgenda
for
NegotiationStagesofN
egotiation

Unit4: English forMarketing

Topics:

- Describing/ExplainingaProduct/ServicePromotio
nofaProduct
- Dealing/ bargainingwithCustomers
- Marketing a Product/ Service: Using Pamphlets, Hoardings, Advertisement,
PublicFFunction/Festival

➤ ReferenceBooks:

- Herekar,Praksh.*BusinessCommunication*.Pune:MehtaPublications,2007.
- Herekar, Praksh. *Principals of Business Communication*. Pune: Mehta Publications,
2003.3.John,David.*GroupDiscussions*.New Delhi:ArihantPublications.

Paper –XI: HEALTH EDUCATION

Theory: 4 lectures / week

Practical: 2 lectures/week/batch

Total Marks: 50 (Theory 40 + Practical 10)

Unit – 1 Health and Health Education.

- Concept, Dimensions, Spectrum and Determinates of Health.
- Definition of Health, Health Education, Health Instruction, Health supervision.
- Aim, Objective and Principles of Health Education
- Health service and guidance instruction in Personal Hygiene.

Unit – 2 Health Problems in India.

- Communicable and noncommunicable Diseases.
- Obesity, Malnutrition, Adulteration in food, Environmental Sanitation, Explosive Population.
- Objective of School health service, Role of Health Education in Schools.
- Health Service.

Unit – 3 Drugs and Tobacco.

- Effects of Drugs and tobacco
- Individual and its effects on sports performance.
- Doping in sports.

Unit – 4 First Aid.

- Meaning, definition of first aid in Physical Education
- Importance of first aid in Physical Education and Sports.
- First aid to various sports injuries.

Practical-

1. Visit to industry/Retail Mall
2. Oral/Seminar

References:

- Health & Physical Education by Dr H. L. Khatri, Dr Suman Lata.

Paper –XII: GYM

Theory: 4 lectures / week

Total Marks: 50

Unit – 1 Introduction to Gym.

- History of gym
- Introduction & Importance of Gym
- Gym equipment
- Upper & Lower body workout equipment
- Type of Gym.

Unit – 2 Nutrition for Fitness.

- Types & classes Carbohydrates.
- Protein
- Fat & Types of Fat
- List of Micronutrients
- Measurement of BMR
- Diets for weight loose
- List of hearth fat foods

Unit – 3 Fitness Assessment.

- Health related Physical fitness
- Muscular strength & Endurance
- Flexibility
- Meaning of test, Measurement & Evolution
- Need & Importance of test, Measurement & Evolution
In P.E.
- Body component Assessment.
- Measurement of limbs to Estimate standing height.
- BMI WHR 1RM.

Unit – 4 Introduction to Fitness Training.

- Why Exercise & Benefits of Exercise.
- Training Methods, Circuit training, Weight training
- Comparison between free weight & weight machines.
- Plyometric Training

References:

- Basics of Gym and Fitness by Nikhil Maduskar
- Arnold: The Education of a Bodybuilder by Schwarzenegger

Paper –XIII: YOGA PART II

Theory: 4 lectures / week

Total Marks: 50

Unit – 1 Meditation.

- Introduction of meditation
- Types of meditation
- Benefits of meditation

Unit – 2 Asana.

- Importance of Asana.
- Classification of Asana.

Unit – 3 Pranayama.

- Introduction of Pranayama.
- Method of Pranayama.
- Effect of Pranayama.

Unit – 4 Action Research in Yoga.

- Research topic and need.
- Problems in Yoga research.
- Differences between asanas & other Physical exercises.

References:

- The complete reference book of yoga and exercise by Kapil Mishra

References link and e – books:

https://www.google.com/search?q=%E0%A4%AE%E0%A5%87%E0%A4%A1%E0%A4%BF%E0%A4%9F%E0%A5%87%E0%A4%B6%E0%A4%A8&sxsrf=APq-WBtEaQpb8kldun3ZolE0OVquGHilSA%3A1643704391931&ei=R_D4Yb2eOOmRseMPg9CM-A8&oq=Meditation&gs_lcp=Cgdnd3Mtd2l6EAEYADIHCAAQAhdLATIHCAAQAhdLATIHCAAQAhdLATIFCAAQAQyBQgAEMsBMgcIABACEMsBMgUIABDLATIHCAAQAhdLATIHCAAQAhdLATIFCC4QywE6BAgAEBM6BAguEBM6CgguEMcBENEDEBNKBAhBGABKBAhGGABQAFjQF2CrNmgAcAJ4AIABigKIAYcEkgEDMi0ymAEAoAECOAEBwAEB&sclient=gws-wiz

Paper XIV- Sports Medicine

Theory: 4 lectures / week

Total Marks: 50

Unit – 1 Therapy

- **Diathermy**
- Electrotherapy
- Massage

Unit – 2 Sports Injuries

- Cramp
- Muscle pull
- Strain
- Sprain

Unit – 3 Wound

- Penetrating wounds
- Puncture wounds
- Surgical wounds and incisions
- Thermal, chemical or electric burns

Unit – 4 Doping

- History of doping
- Methods and Goals of Doping
- Regulations

Reference-

- The Muscle Book – Paul Blakey – Himalayan Institute Press

Paper No XV- Laboratory Work for Paper No XII

Total Marks – 50

Practical: 4 lectures / week/per batch

1. Agile Strength
2. Endurance Strength
3. Explosive Strength
4. Maximum Strength
5. Speed Strength
6. Starting Strength
7. Relative Strength

Paper No XVI- Laboratory Work for Paper No XIII

Total Marks – 50

Practical: 4 lectures / week/per batch

1. Pranamasana
2. Hastuttanasana
3. Hastapadasana
3. AshwaSanchalanasana
5. Dandasana
6. Ashtanga namaskar
7. Bhujangasana
8. Parvatasana
9. Ashwa Sanchalanasana
10. Hastapadasana
11. Hastuttanasana
12. Tadasana

Paper No XVII- Laboratory Work for Paper No XIII

Total Marks – 50: 4 lectures / week/per batch

Practical -

1. Kettlebell Arm Bar.
2. Lateral Lunge.
3. Half-Kneeling Arm Rotation.
4. Walking Spiderman with Hip Lift and Overhead Reach.
5. Three-Way Ankle Mobilization.
6. Seated 90/90 Hip IR/ER with Reach.
7. Back-to-the-Wall Shoulder Flexion.
8. Prying Squat.

Paper No XVIII- Project

Internal practical evaluation 50 marks

- i) Submission of practical record book =20 marks
- ii) Submission of visit report =15 marks
- iii) Viva-voce =15 marks

Annexure I

Standard of passing:

- A. For diploma programme total credits shall be 60 with 30 credits for each semester. There shall be 12 credits for theory and 18 credits for practical per semester.
- B. Subject wise credits are mentioned in the concerned syllabus of every diploma Programme.
- C. The standard of passing shall be 35 % where the student will have to score 18 marks out of 50, 14 marks out of 40 and 4 marks out of 10.

Award of certificate:

- Diploma is a two semester integrated course spread over the period of 1 year. The course of diploma will be 1 years integrated course commencing from the year as mentioned below:
 - a. C.C. Part-I: Semester I & II- Diploma (C.C)
- After successful completion of one year (Semester I & II) the candidate will get Diploma.

▪ **Scheme of mark:**

Grading chart:

A. Grading chart of 50 points:

| Sr.No. | Marks Obtained | Numerical grade (grade point) | CGPA | Letter grade |
|--------|----------------|----------------------------------|------------|------------------|
| 1 | Absent | 0 (Zero) | - | - |
| 2 | 0-17 | 0 (Zero) | 0.0-4.99 | F (Fail) |
| 3 | 18-22 | 5 | 4.50-5.49 | C (Satisfactory) |
| 4 | 23-27 | 6 | 5.50-6.49 | B (Average) |
| 5 | 28-32 | 7 | 6.50-7.49 | B+ (Good) |
| 6 | 33-37 | 8 | 7.50-8.49 | A (Very Good) |
| 7 | 38-42 | 9 | 8.50-9.49 | A+ (Excellent) |
| 8 | 43-50 | 10 | 9.50-10.00 | O (Outstanding) |

Note:

- i. Marks obtained 0.5 shall be rounded off to next higher digit.
- ii. The SGPA & CGPA shall be rounded off to 2 decimal points.
- iii. Marks obtained in 50 marks or 200 marks paper shall be converted to 100 marks.

Calculation of SGPA & CGPA

1. Semester Grade Point Average (SGPA)

$$\text{SGPA} = \frac{\sum (\text{Course Credits} \times \text{Grade Points Obtained}) \text{ of a semester}}{\sum (\text{course credits}) \text{ of respective semester}}$$

2. Cumulative Grade Point Average (CGPA)

$$\text{CGPA} = \frac{\sum (\text{Total Credits of A Semester} \times \text{SGPA of Respective Semester}) \text{ of all semesters}}{\sum (\text{Total Course Credits}) \text{ of all semester}}$$