

SHIVAJI UNIVERSITY, KOLHAPUR



Modified & Revised Syllabus of B.A. I Introduction of Physical Education & Sports Sem. I & Sem. II

**(Introduced from June 2013 and onwards)
(Subject to the modifications made from time to time)**

SHIVAJI UNIVERSITY, KOLHAPUR
PHYSICAL EDUCATION (Optional)

Introduced from June, 2013

B. A. Part I
Semester I

Introduction of Phy. Education and Sports
(Paper – I)

Practicals – 50 Marks

(4 Periods for Theory)

A batch of 20 students for practical period and Exam.:-

Per Unit 15 Period

Unit 1 :The meaning of Phy. Education and Sports

- A) Meaning, Definition and concept of Phy. Edu.
- B) Changing concept of Phy. Education
 - a) Exercise
 - b) Physical Training
 - c) Gymnastics
 - d) Recreation
 - e) Games & Sports
 - f) Health & Phy. Education

Unit 2 : Aim and Objectives of Phy. Education

- A) General Aim
- B) Objectives
 - a) Organic Power
 - b) Phy. Skills
 - c) Mental and Emotional Development
 - d) Social Development
 - e) Professional Development
 - f) National integration

Unit 3 : Foundation of Phy. Education

- A) Body Posture
 - a) Meaning, Definition, Kinds of body Posture , Characteristics of good body posture
- B) Physical Differences between two sexes with reference to Phy. performance-strength, speed, endurance, Agility, Flexibility etc.

Unit 4 : A) Physical fitness and Health

- a) Physical Fitness
- b) Factors of Phy. Fitness.
- c) Balance Diet.
- d) Bad Habits with Special reference to Phy. Fitnessess Alcohol and Tobacco.
- e) Walking- Meaning, Neet and Importance

B) Play –

- a) Meaning, Definitions, Concepts
- b) Work and Play
- c) Theories of play
 - i) surplus energy – जादा शक्तीचा
 - ii) Anticipatory Theory- पूर्वतयारीचा
 - iii) Recapulatory Theory- पुनरावृत्तीचा
- d) Importance of Play.

(N.B.1- Total Passing in Theory minimum 17 Marks)

Books Recommended

1. शारीरिक शिक्षण : तत्वे व स्वरुप – भा. रा. गोगटे, अखिल महाराष्ट्र शारीरिक शिक्षण मंडळ प्रकाशन, पुणे.
2. शारीरिक शिक्षण : तत्वे व व्यवस्थाद्ध हिराजी पाटील, ठोकळ प्रकाशन, पुणे.
3. शारीरिक शिक्षणाचे स्वरुप : प्रा. श्रीपाल जर्दे व सौ. सुनिता जर्दे, चंद्रमा प्रकाशन, कोल्हापूर.
4. शारीरिक शिक्षणाचा ओनामा : भा. रा. गोगटे, व्हीनस प्रकाशन, पुणे.
5. क्रीडा मानसशास्त्र : डॉ. प. म. आलेगांवकर, श्री. गजानन बुक डेपो, पुणे-30.
6. शारीरिक शिक्षणाचे आधुनिक स्वरुप : दि. गो. वाखारकर, नीलकंठ प्रकाशन व अध्यापन पध्दती पुणे.
7. Principles of Physical Education : J. F. Williams, W.B. Sanders Complanly, Philadelphia, London.
8. Scientific Foundations of Physical Education : C.C. Cowell, Happer and Brothers, New Your.
9. Foundation of Physical Education – C. A. Bucher, W. B. Sanders Company, Philadelphia, London.
10. Recreation and Physical Fitness for Youths and Men : Board of Education, London.
11. Physical Education : Interpretations and objectives – J. B. Nash, The Ronald Press Company – New York.
12. Introduction to Physical Education : L. R. Sharman, A. S. Barnes and Company, New York.
93. कबड्डी – नरेंद्र दाभोळकर, म.वि.ग्रं. नि. मंडळ, नागपूर.
14. कबड्डी – प्रा. श्रीपाल जर्दे व प्रा. विजय पाटील, अंबा प्रकाशन, कोल्हापूर.
15. कबड्डी – प्रा. एन. एम. भैरट.
16. आधुनिक व्हॉलीबॉल – व्यंकटेश वांगवड, गजानन बुक डेपो, पुणे-30.
17. अॅथलेटिक्स – राम भागवत, ट्रॅक अँड फोल्ड पब्लिकेशन, पुणे-9.

18. मैदानी स्पर्धा व नियम, आयोजन – रमेश तावडे, राम भागवत ट्रॅक अँड फील्ड प्रकाशन, पुणे.
19. Introduction to Physical Education : Dr.S.D.Chavan.

Nature of Question Paper

B.A.I Semester I Int. of Phy. Education Sports Paper - 1

Q. No. 1 to 4 are Compulsory

Q. 1	Compulsory	10 Mark Descriptive type
Q-2	Compulsory	10 Mark Descriptive type
Q-3	Compulsory	20 Mark Short Note -4
Q-4	Compulsory	10 Mark Objective type
		05 Mark Choice correct answer
		05 Mark answer in one sentence.

SHIVAJI UNIVERSITY, KOLHAPUR PHYSICAL EDUCATION (Optional)

Introduced from June, 2013.

B. A. Part I Semester I Introduction of Phy. Education and Sports (Paper – II)

Practicals – 50 Marks

(4 Periods for practical per week)

A batch of 20 students for practical period

Per Unit 15 Period

I) Athletics – 15 Marks

1. Sprint – 100 M – 5 marks.
- a) The candidates running 100 Mtrs. Performance- – 3 marks.

100 Mtrs. (Men)	- 14.00 to 14.50 Sec.	-3 Marks
	- 14.50 to 15.50 Sec.	- 2 Marks
	- 15.50 to 16.50 Sec.	-1 Mark

100 Mtrs. (Women)- 16.00 to 16.50 Sec. - 3 Marks

- 16.50 to 17.50 Sec. - 2 Marks

- 17.50 to 18.50 Sec. - 1 Marks

a) For Technique & Modern Style – 2 Marks

2. Shot-put - - 5 Marks

a) Performance - 5.50 Mtrs. - 3 Marks

(Men) - 5.00 Mtrs. - 2 Marks

- 4.50 Mtrs. - 1 Mark

(Women) - 5.00 Mtrs. - 3 Marks

- 4.50 Mtrs. - 2 Marks

- 4.00 Mtrs. - 1 Mark

b) For Technique & Modern Style - 2 Marks

II). Long Jump - - 5 Marks

a) Performance - 4.50 Mtrs. - 3 Marks

(Men) - 4.25 Mtrs. - 2 Marks

(Women) - 3.00 Mtrs. - 3 Marks

- 2.75 Mtrs. - 2 Marks

For Technique & Modern Style – 2 Marks

II) Indian Game : Kabaddi– 10 Marks.

a) Fundamental skills - 6 Marks

b) Knowledge of rules and regulations - 4 Marks

III) Ball Game : Volley ball - 10 Marks

a) Fundamental skills - 6 Marks

b) Knowledge of rules and regulations - 4 Marks

IV) Indian Exercises : - 10 Marks.

A. Suryanamaskar- - 5 Marks

(Boys-20, Girls-15)

B. Asnas- - 5 Marks

a) पश्चिमोत्तानासन, भुजंगासन, वज्रासन, हलासन, सर्वांगासन

- (टिप – 1. प्रत्येक आसन–2 मिनीटे करणे,
2. सर्वआसने आवश्यक आहेत)

Record Book- 5 Marks

The Record book will cover the following-

i) Brief History

ii) Various diagrams

iii) Name of different

fundamental skill in team events and different styles in Athletic events

iv) Rules and regulations (This should be written as per federation roll book)

The Record book will be assessed internally and mark should be submitted to the External Examination

(N.B.1- Total Passing in practical minimum 17 Marks out of 50)

(N.B.2- practical Examination conducted 3

a) A batch of 20 Students for Practical period & examination

b) One organizer (Internal subject Teacher)

c) Two Examiner appointed by university

d) Peons-Two Peons for Ground marking, water supply equipment supply and collecting etc.

= RESULT SHEET for (Practical) Exam

Exam No.	Roll No.	Name	Athletics	Indian Game	ball Game	Indian Exercises	Record book	Total
			15	10	10	10	05	50

Equivalence

B. A. Part-I	B.A Part-I
Pre-Revised Course	Revised Course
Introduction of Phy. Education and Sports Paper -I Sem.I	Introduction of Phy. Education and Sports Paper -I Sem.I
Introduction of Phy. Education and Sports Paper-II Sem.II	Introduction of Phy. Education and Sports Practical Sem.II