

SHIVAJI UNIVERSITY, KOLHAPUR



Revised Syllabus

B.A. Part-III

Introduction of Physical Education & Sports

(Introduced from June 2010 and onwards)

Shivaji University, Kolhapur
PHYSICAL EDUCATION (Special)

B. A. Part III

Paper-IV

Health Education

40 Marks

(Two periods for theory and two periods for practicals per week. A batch of 20 students for practical periods.)

I) Introduction :

- a) Meaning, definitions of Health Education.
- b) Nature and scope of Health Education.

II) Personal Health

- a) I) Factor's of Personal Health – I) Physical II) Mental III) Social
II) Factor's influencing on Health
 - a) Heredity 2) Atmospear 3) Habits 4) Exercise
- b) **Social Health**
 - a) Problems of social Health
 - b) Role of Government in social Health
 - c) Communicable diseases Causes & Prevention (Malaria, Dengu, Chikan Gunia, Sawine Flue)

III) Health of the Community

- a) Health problems in family, Community, School and Colleges.
- b) Communicable diseases
- c) Role of Government in community health.

IV) Health Programme :

- a) Importance of exercises in health and fitness.
- b) Drugs, Alcohol and Tobacco-Adverse effect on performance.

V) Meaning & Scope of Population Education

Aims & objectives of population education in adult education programme,
Historical development of Population – Education Programme in India, Role of
Health Education in Population Education Programme.

VI) World Health Organization –

- a) Constitution, Aims & Objectives, Plans of Operations, Assistance, functions and importance.
- b) Importance and need of family planning and Sex Education in India (In Brief)
- c) What is meant by Aids, causes, symptoms & prevention of Aids.

Reference

1. Health Education and Hygiene – J. S. Manjal, Universal Publishers, Agra.
2. Health in India – Grant.
3. Preventive and Social Medicine – J. E. Park.
4. Adapted and Corrective Physical Education – Kielly.
5. Applied anatomy and Kinesiology – Rash and Burke.
6. Exercise Physiology – Fox.

Paper-V
Recreation in Physical Education **40 Marks**

(Two periods for theory and two periods for practicals per week. A batch of 20 students for practical periods.)

Unit-I : a) Concept, Definitions, Nature and function of Rhythm.

b) Need & Importance of Recreation in Sports & Phy. Education

Unit-II : Objectives of recreation.

Unit-III: Main trends in patterns of recreation.

- a) Haiking.
- b) Treaking.
- c) Trips/Picnic
- d) Sports Camps and Competations.

Unit-IV: a) Recreational Scheduling Programmers provides for primary
And secondary Schools, Colleges, Universities & Industrial
Workers.

b) Recreational Games and Facilities

I) Importance of recreational Game in Sports.

II) Recreational Facilities in Sports.

Books Recommended

1. An Introduction to Recreation Education – W. B. Saunders Company
Philadelphia -1955.
2. Community Recreation – Meyer and Brightbill, Prentice Hall, INC 1966.
3. Leisure and Recreation – Neumeyer and Esther. A. S. Barnes and
Company, 1956.
4. क्रीडा आणि रंजन – डी. व्ही. खासनीस.
5. Introduction to Community – Recreation – Bultter.
6. Organisation of Physical Education – J. P. Thomas.

Paper-VI :
Rules of games & Sports

40 Marks

- | | | |
|------------------------|-------------------|---------------|
| A) Rules | B) Ground Marking | C) Officeting |
| 1) Trak And Field | | |
| 2) Foot-Ball | | |
| 3) Soft-Ball | | |
| 4) Basket-Ball | | |
| 5) Badminton (shattal) | | |
| 6) Wrestling | | |

Paper-VII

Anatomy and Physiology

40 Marks

(Two periods for theory and two periods for practicals per week- A batch of 20 students for practical periods.)

I) **Introduction :**

- a) Anatomy, Physiology and Physiology of exercises –Meaning, definition and importance.
- b) The cell and its parts –

II) **A) Skeletal System :**

1. Structure and classification of bones.
2. Difference of bones.
3. Functions of skeletal system.

B) **Muscular System :**

1. Structure of skeletal muscle, Smooth muscle and Cardiac muscle.

III) **A) Respiratory System :**

1. The nose, pharynx, larynx, trachea, bronchioles, lungs structure and functions.
2. Vital capacity – Second wind.

V) **Circulatory System :**

- A) Blood – Its constituents and functions, working of heart.
- B) Blood pressure, Pulse, Blood groups, Oxygen debt.

VI) **Digestive System :**

A) Mouth, teeth, salivary glands, pharynx, oesophages, stomach, small and large intestine pancreas, liver, structure and function – in brief.

B) Excretory System :

Kidney and skin Structure and function

IX) **Nervous System :**

Structure of brain and spinal cord, Reflex action.

Reference Book

1. Anatomy and Physiology for nurses – E. Pearce.
2. Human Anatomy and Physiology – King & Shaver.
3. Physiology & Anatomy – Smart & Macdowel.
4. शरीरशास्त्र – रचना व कार्य – डॉ. व्ही. एल. लेकावळे
5. शरीरशास्त्र – रचना व कार्य – डॉ. साठे
6. शरीरशास्त्र व शरीर शिक्षण – ले. आर.डब्ल्यू. गॅलोचे अनुवाद – के. रा. पालकर, ग्रीन आणि कं. 1947.
7. शरीर व व्यायाम – एच. व्ही. पटवर्धन

Paper-VIII

Dietics and Hygiene

40 Marks

(Two periods for theory + two periods for practicals per week. A batch of 20 students for practical periods.)

Unit-I : आहार घटक

प्रोटीन, कार्बोहाईड्रेट, चरबीयुक्त पदार्थ, जीवनसत्वे, क्षारयुक्त पदार्थ व पाणी

Unit-II : समतोल आहार

व्याख्या घटक

Unit-III: आहाराचा परिणाम

- A) नैसर्गिक आहार B) भेसळयुक्त आहार c) प्रक्रियायुक्त आहार
D) उत्तेजक पदार्थ

Unit-IV: अथलेटिक आहार घटक

Books Recommended

1. Handbook of Hygiene and Public Health – U. Bedi, Anand Publishing Company, Amritsar, 1962.
2. Nutrition and Physical Fitness – Bogert, Briggs and Calloway, W.B. – Saunders Co. 1966.
3. Human Nutrition and Dietics – Davidson and Passmore, The Williams and Wilkins Co., 1966.
4. सुलभ शरीर विज्ञान – आरोग्य शास्त्र, डॉ. नातू, प्रा. सोवनी
5. आरोग्याची गुरुकिल्ली – डॉ. गुंडे, कोल्हापूर.
6. Preventive and Social Medicine J. E. Park.
7. Nutrition – Dr. Swaminathan

Practical (New Course) applicable from June, 2010 and onwards.

175	Practical Marks
25	Project
200	<u>Total Marks(Paper IV to VIII)</u>

(Paper IV to VIII)

Practical Syllabus

1. Athletics –Tripple Jump, Javelin Throw, Hurdles (110 Meters) Long distance run – 5000 Meter Run, Relay Race 4x100 m., Hammer Throw
(Gents – any five items).
Javelin Throw, Hurdles (100 Meters) Relay (4x100 Meters) Triple –Jump, 3000 meter running, Hammer Throw, Pole-vault [Ladies-any five items]
Different styles, Modern Techniques and Performance.
2. A) Weight Lifting/Badminton /Judo Different Styles, Modern Technique and performance for Weight Lifting / Judo skills and Performance for Badminton.
3. Asanas –
A) TEN Minutes sitting in any meditative Asanas.
B) Matsyasana, Akarna Dhanurasana Suptavajrasana, Ardhamatsyantrasana, Buddha Padmasana.
C) Pranayama – Anulom Vilom, Bhastrika, Bhramari, Shitkari, Shitali.
4. Gymnastics – Ground Exercises.
5. First Aid – Practical.

- A) First Aid – Meaning, objectives, important rules.
 - B) Material in the First Aid box.
 - C) Fracture – types, signs and symptoms – use of sling and splint.
 - D) Bleeding – types, signs and symptoms – use of sling and splint.
 - E) Artificial Respiration – Meaning and method of artificial respiration.(any two)
 - F) Bandage – Meaning, types, ways of applying sling, simple dressing.
6. Marking of the Track – 400 Meter Running.
 7. One ball game- Croquet or Foot-Ball
 8. Journal-Project/प्रकल्प— खेळ, खेळसाहित्य, खेळाडू सोयीसुविधा, स्पर्धा इ. यापैकी कोणत्याही विषयावर प्रकल्प करणे.

MARKING SYSTEM

Practical Examination

Marks-200

	Gents	Ladies
A) Athletics	40	40
B) Weight Lifting/Badminton/Judo	20	20
C) Asanas & Pranayama	30	30
D) Gymnastics	25	25
E) First Aid	20	20
F) Marking of Track	25	25
G) Ball Game	15	15
H) Project	25	25
Total :	200	200

Norms for the Practical Examination

- A) Athletics (40 Marks) Gents :** Any five items (Triple Jump, Javelin Throw, 110 Meters Hurdles, 5000 m. Run., Pole Vault, Relay (4x100), Hammer Throw.)

10 marks per item. (divided as under)

(5 marks Technique and style, 5 marks performance)

Triple Jump – GENTS

Marks	Minimum Performance
5	9 Meters and above.
4	8 to 9.9 Meters.
3	7 to 8.9 Meters
2	6 to 7.9 Meters

Javelin Throw –

Marks	Minimum Performance
5	25 Meters and above.
4	22 to 29.99 Meters.

3	19 to 26.99 Meters
2	16 to 23.99 Meters

110 Meters Hurdles –

Marks	Minimum Performance
5	20 Seconds and below.
4	20.01 to 24 Seconds.
3	24.01 to 26 Seconds
2	26 Seconds and above.

5000 Meter Running

Marks	Minimum Performance
5	30 Minutes
4	34 Minutes.
3	36 Minutes
2	38 Minutes and above.

2) Pole Vault

Marks	Minimum Performance
5	2.50 Meters and above.
4	2.25 Meters to 2.99
3	2.00 Meters to 2.39
2	1.80 Meters to 2.19

3) Relay Marks : (4x100 m)

Marks	Minimum Performance
5	Viva-Voce only.
4	
3	
2	

4) Hammer Throw –

Marks	Minimum Performance
5	20 meters
4	18 meters
3	16 meters
2	14 meters

N.B. : 5 Marks for technique (For above any five items each.)

Women

Javelin Throw –

Marks	Minimum Performance
5	20 Meters and above.
4	18 Meters.
3	16 Meters
2	14 Meters

Hurdles (100 Meters) –

Marks	Minimum Performance
5	24 Seconds and below.
4	24.01 to 26 Seconds.
3	26.01 to 28 Seconds
2	28.01 to 30 Seconds and above.

Relay Marks : (4x100 m)

5	
4	Viva-voce only
3	
2	

3000 meter Run -

Marks	Minimum Performance
5	15 minutes
4	16 minutes
3	17 minutes
2	18 minutes

Triple Jump –

Marks	Minimum Performance
5	8 Meters
4	7 Meters.
3	6 Meters
2	5 Meters

Hammer Throw –

Marks	Minimum Performance
5	16 meters
4	15 meters
3	14 meters
2	13 meters

Pole-Vault –

Marks	Minimum Performance
5	2.50 meters
4	2.25 meters
3	2.00 meters
2	1.75 meters

N.B. 5 Marks for technique (For above any FIVE items each)

B) Weight Lifting OR Badminton – 20 Marks (For Gents only)

Badminton OR Judo – 20 marks (for ladies only)

10 Marks for Performance (both styles)

Marks	Minimum Performance
10	115 Kg.
9	110 Kg
8	105 Kg.
6	95 Kg.
5	85 Kg
4	75 Kg.

- 10 Marks for technique. Marks

i) Fundamental Skill 5

ii) Rules & Regulations (Oral) 5

C) Badminton Judo – 10 Marks for performance & 5 marks for technique
5 marks for rules and regulations oral test.

3. **Asanas** – 30 Marks

A) 10 minutes sitting in any – Meditative asana – 10 Marks.

B) From Section (b) of the practical syllabus

Two asanas of student choice - 5 Marks

Two asanas of examiners choice - 5 Marks

C) From Section (c) of the practical syllabus

One pranayama from student choice - 5 Marks

One pranayama of examiners choice - 5 Marks

(From the following pranayams) Anulom vilom, Bhastrikar Bhramari,
Shitkari Shitali,

D) Gymanastics - (Any five of the following items)

Total Marks-25

1. Forward roll 2. Backward role

3. Dive roll 4. Cartwheel

5. Hand Stand 6. Hand Spring

7. Neck Spring 8. Head Spring

9. Summer Sault (Forward or Backward)

5 marks for per item (4 marks for performance – 1marks for grace)

E) First Aid – Total Marks -20

i) Oral Knowledge Test 10 Marks

ii) Practical Knowledge Test 10 Marks

(Use of bandages –

Use of splint – Use of tourniquet.

Artificial respiration and simple dressing)

F) Marking of Track (400 Meters) Total Marks -25

(Students should marks the sectors of the following events, on the ground only.) (Shot-put – Javelin – Discus Throw

- A) Sector Marking for above three events 6 Marks
(3 Marks for sector)
- B) **Marking of 400 Meter Track**
- ... Marking of 400 M. Track 5
- ... Marking of Starting and Finishing line 5
(100 M.R. 100 M. Hurdles, 110 Hurdles)
- ... Marking of stragglers Distance 5
(200 M.R., 400 M. R., 800 M.R.)
- Marking of exchange zone (4 marks)
- 4x100 m. Relay ... 2 Marks
- 4x 400 m. Relay ... 2 Marks
- G) **Ball Game -** Total Marks : 15
(Any one of the following games)
Football, Hockey, Cricket, Tennis, Table – Tennis.
- (A) Fundamental skills 10 Marks
- (B) Rules and Regulations 5 Marks
(Tested Orally)
- H) (Record Book) **Project** 25 Marks
- 1) Separate heads of passing.
- a) Theory papers – Minimum passing 14 Marks
- b) Practical's – Minimum Passing 14 Marks
- c) Total passing (Theory and Practical)
Minimum 28 Marks – Out of 80 marks.
- 2) Practical examination conducted –
- a) Each batch of 20 students
- b) One organizer (Internal subject teacher)
- c) Two examiners appointed by University.
- d) Peons – Two peons for ground marking, water supply and equipment supply and collecting of materials.
- e) Result sheet (Practical)

Exam No.	Athletics	Weight Lifting	Asanas	Gymna	First Aid	Track Mark	One Ball Game	Journal	Total
	40	20	30	25	20	25	15	25	200

- N.B. 3) Theory papers shall be of two hours duration carrying 40 marks. There will be three questions, first two of which will be having internal option carrying 30 marks. The third question will be of short answer type question and will carry 12 marks & Objective types will carry 8 Marks.
- N.B. 4) Two periods for theory + two periods for Practical for each paper – per week.
- N.B. 5) The record book will be assessed by Internally and marks should be submitted to the external examiner.

B.A.- III (Opt.)
(Phy. Education)

**The equivalence of the pre-revised course (2004-2005) with the revised course
(2010-2011)**

Pre – Revised (2004-2005)	Revised Course (2010-2011)
Paper-IV Health Education	Paper-IV Health Education
Paper-V Rhythms and Recreation in Physical Education	Paper-V Recreation in Physical Education
Paper-VI : “Applied Yoga”	Paper-VI : Rules of games & Sports
Paper-VII Anatomy and Physiology	Paper-VII Anatomy and Physiology
Paper-VIII Dietics and Hygiene	Paper-VIII Dietics and Hygiene

बी.ए.भाग-3 शा. शिक्षण तसेच योगा स्टडीज (ऐच्छिक) पेपर क्र. 4 ते 8 या विषयाकरीता शैक्षणिक वर्ष 2010- 2011 पासून 80:20 पॅटर्ननुसार प्रश्नपत्रिकेचे स्वरूप खालील प्रमाणे लागू राहील

(अ) प्रात्याक्षिक परीक्षा -	40 गुण
(ब) लेखी परीक्षा -	40 गुण
(क) महाविद्यालयीन अंतर्गत परीक्षा -	20 गुण
एकूण गुण -	100 गुण

लेखी प्रश्नपत्रिकेचे स्वरूप

गुण:- 40

वेळ:- 2 तास

प्रश्न 1	दीर्घ उत्तराचा प्रश्न किंवा दीर्घ उत्तराचा प्रश्न	10 गुण
प्रश्न 2	दीर्घ उत्तराचा प्रश्न किंवा दीर्घ उत्तराचा प्रश्न	10 गुण
प्रश्न 3	टीपा द्या (एकूण 5 पैकी 3)	12 गुण
प्रश्न 4	अ. पर्यायी	4 गुण
	ब. एका वाक्यात उत्तरे द्या.	4 गुण

टीप:- 3 (ब) खालील प्रमाणे आहे.

10 गुण-दोन स्वाध्याय (Two Home Assignments) / प्रकल्प लेखन/ तोंडी परीक्षा/ चर्चासत्र/ गटचर्चा (Group discussion)/ शैक्षणिक सहल वृतांत या पर्यायापैकी कोणताही एक पर्याय निवडता येईल.