



B
Accredited By NAAC
(2009)

SHIVAJI UNIVERSITY, KOLHAPUR - 416 004, MAHARASHTRA

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शिवाजी विद्यापीठ, कोल्हापूर - ४१६ ००४, महाराष्ट्र

दुरध्वनी : (ईपीएबीएक्स) २६०९००० (बी .ओ .एस .२६०९०९४) तार : युनिशिवाजी

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

SU/BOS/ Phy. Edu. /BA/10188

Date :- 9 JAN 2012

The Principal,
All Affiliated Physical Education Colleges
Shivaji University, Kolhapur.

Subject:- Regarding revised syllabi, nature of question paper and equivalence of B.A. II- Physical Education (Sem-III & IV) & Yoga Studies (I.D.S.) (Sem-III & IV) Semester System under the Faculty of Education.

Ref:- This Office letter No S.U/BOS/Soc/3189 dated 8th August 2011.

Sir/Madam,

With reference to the subject mentioned above, I am directed to inform you that the University authorities have accepted and granted approval to the syllabi, nature of question paper and equivalence of B.A. II- Physical Education (Sem-III & IV) & Yoga Studies (I.D.S.) (Sem-III & IV) under the Faculty of Education.

This syllabi shall be implemented from the academic year 2011-2012 (i.e. from June 2011) onwards. This syllabi is also available on university website www.unishivaji.ac.in.

The question papers on the pre-revised syllabi of above mentioned course will be set for the examinations to be held in Oct/Nov-2011, March/April-2012, Oct/ Nov-2012 & March/April-2013. These chances are available 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: C.D. of the above mentioned syllabi

Copy to:-

- 1 Dean, Faculty of Education
- 2 Chairman, Ad-hoc Board in Phy. Education
- 3 Appointment Section
- 4 B.A. Section
- 5 Affiliation Section (P.G.)
- 6 Computer Centre

For information & n. a.

Shivaji University, Kolhapur



B
Accredited By NAAC

Revised Syllabus For

Bachelor of Arts

(B.A. - II Semester - III / IV)

Physical Education & Yoga Studies

(Subject to the modifications to be made from time to time)

Syllabus to be implemented from June 2011 onwards.

SHIVAJI UNIVERSITY, KOLHAPUR

**Revised SYLLABUS OF
PHYSICAL EDUCATION**

B. A. Part II

Sem.-III

Paper-III

History of Physical Education

25 Marks

Topics :

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. Epic Age 1500 B.C. to 500 B.C.
 - iii. Buddhist Period.

With reference to the following activities :

Archery, Wrestling, Stick-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

PHYSICAL EDUCATION (Optional)

B. A. Part II

Sem.-III

Paper-IV

Organization and Administration in Physical Education and Sports

25 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 various competitions :

- i. Inter-collegiate 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.)

B.A.-II Physical Education

Semester –III

Total – 50 Marks

1) Athletics			20 Marks
A) Discus Throw			10 Marks
Performance			06 Marks
Men	Women	Marks	
18M.	15M.	06 Marks	
16 M.	14M.	04 Marks	
14M.	13M.	02Marks	
For Techniques & modern Styles			04 Marks
B) Middle Distance Run			
800 M. Running -			10 Marks
Men	Women	Marks	
2.40 Sc.	3.40 Sec.	06 Marks	
2.45 Sc.	3.45 Sec.	04 Marks	
2.50 Sc.	3.50 Sec.	02 Marks	
For Knowledge of Rules & Regulations -			04 Marks

2) Rndian Game	14 Marks
Khokho	14 Marks
Fundamental Skills-	10 Marks
Knowledge of Rules & Regulations -	04 Marks

3) Indian Exercscise	10 Marks
A) Suryanamskar for Men- 20-	05 Marks
Suryanamskar for Women- 15-	05 Marks
B) Yogasans-	05 Marks (Any Five)
Padmasan, PadHastasan, Veerasan, Shawasan,	
Shalbhasan, Navkasan, Tadasan, Suptavajrasan.	

4) Gymnastics	06 Marks
Frrunt Roll, Backroll, Cartwheel	
= RESULT SHEET = (Practical Examination)	50 Marks
Sem-III Paper- No.- III & IV	

Exam No.	Roll No.	Name	Athletics (20)	Indian Exercises (10)	Indian Game (14)	Ggm	Total	Paper	
								III	IV
			20	10	14	06	50	25	25

N. B. :-

- 1) There are two heads for passing that i.e. Theory, Practical
- 2) In theory and Practical minimum 9 marks out of 25 is required for passing in each head.
- 3) For conduct of Practical Examination the Principal and concern teacher will appoint Examiners among the list of the Examiner approved by the University for that year.
- 4) There should be 20 students in single batch while conducting the Practical Examination. The concern College will make all necessary arrangement including ground marking, Water Supplier, Equipments, availability of sports equipments as well as supportive staff for the purpose.

- 5) For Theory Paper the following nature of Question Paper (Pattern) followed by the University.
- A) Each Theory paper have 25 marks and Duration of Paper is one hour.
 - B) There will be 3 Questions for each paper which will be compulsory.
Out of three Questions, Question No. 1 will be descriptive type Question carrying 10 marks. The said Question will also have one optional Question (OR) Question
 - C) Question No. 2 will be of short notes carrying 10 marks in there will be four short notes. Candidate has to attend any two out of four short notes.
 - D) Question 3 will be an objective type question carrying 5 marks for 5 Questions such as Match the Pair, Fill in the blanks, Answer in one sentence, Objectives, etc.
- 6) The Practical will carry 50 marks. Divide into two papers if and makes given the even marks should give in paper No. 3 (i. e. 39 marks divided into two paper as paper No. 3 - 20 marks, paper No. 4 - 19 marks)

B.A.- II PHYSICAL EDUCATION

Sem.-IV

Paper-V

History Physical Education

25 Marks

Unit-I : 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 British Period : 1800 A. D. onwards,
- Period of Nationalism : 1920 onwards,
- Modern Period : 1937 onwards.

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

a) SNIPES - i) NSNIS,

II) LNIPE (Deemed University)

b) Sports Authority of India – Inceptions and Functions

c) Sports Awards in India –

- 1) National Level
 - i. Arjun Awards
 - ii. Dronacharya Awards
 - iii. Rajiv Gandhi Khel Ratna Awards.
- 2) State Level in Maharashtra –
 - i. Dadoji Kondadev Award
 - ii. Shiv Chatrapati Award.

PHYSICAL EDUCATION

B.A.- II

Sem.- IV

Paper-VI

Organization and Administration in Physical Education and Sports

25 Marks

Unit-I : 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-II :A) Play ground Facilities – Standards :

- a) Preparation and Maintenance of Playgrounds.
- b) Gymnasium : Standards, Facilities and Maintenances.
- c) Lay-out of Play fields – Kabaddi, Kho-Kho, Volleyball, Handball, Cricket, 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. Prin. Sunil D Chavan – Organisation and Administration in Phy. Education and Sports.
8. Two experienced Professors – Organisation, Administration and Recreation in Physical Education – Prakash Brothers Ludhiana.
9. शारीरिक शिक्षण : संघटन आणि प्रशासन : प्रा. शंकर तिवाडी, शारदा प्रकाशन, नांदेड.
10. शारीरिक शिक्षण : आयोजन, नियोजन, निरीक्षण: प्राचार्य वाखारकर व डॉ. अलेगांवकर, पार्वती प्रकाशन, पुणे.
11. शारीरिक शिक्षण : अध्यापन पद्धतीव मूलतत्वे – प्राचार्य डॉ. वि. कृ. कानडे, नूतन प्रकाशन, पुणे-30.
12. मैदानी स्पर्धा : नियम, आयोजन – रमेश तावडे व राम भागवत – ट्क अँड फील्ड पब्लिकेशन, पुणे-9.
13. शर्यती, स्पर्धा व खेळ – प्राचार्य आ. पा. खरात, मेहता पब्लिकेशन हाउस, पुणे-30.
14. कबडडी : डॉ. नरेंद्र दाभोळकर – महाराष्ट्र विद्यापीठ ग्रंथ निर्मिती मंडळ, नागपूर.
15. कबडडी : श्रीपाल जर्दे व विजय पाटील – अंबा प्रकाशन, कोल्हापूर.
16. कबडडी : प्रा. एन. एम. बहिरट
17. हॅण्डबॉल : प्रा. म. द. खतकर
18. आधुनिक हॉलीबॉल : प्रा. व्यंकटेश वांग्वाड, गजानन बुक डेपो, पुणे-30.
19. हॉलीबॉल – वा. द. साने – क्रीडा प्रकाशन, नागपूर-10.
20. खो-खो : प्रा. कमल बनसोडे – गजानन बुक डेपो, पुणे.
21. अॅथलेटिक्स : राम भागवत – ट्क बॅण्ड फील्ड पब्लिकेशन, पुणे-30.
22. मैदानी खेळ : वसंत सांगवीकर अंबा प्रकाशन
23. सांघीक खेळ – वसंत सांगवीकर अंबा प्रकाशन
24. हॉलीबॉल दयॉवर- प्राचार्य, सुनील डी.चव्हाण पंचतारा प्रकाशन

B.A.-II Physical Education

Semester –IV

Total – 50 Marks

1) Athletics		20 Marks
A) High Jump		10 Marks
Performance		
Men	Women	Marks
1.30M.	1.10M.	06 Marks
1.25 M.	1.05M.	04 Marks
1.20M.	1.00M.	02Marks
For Techniques & modern Style		04 Marks

Men	Women	Marks
5.45 Sc.	7.00 Sec.	06 Marks
5.50 Sc.	7.10 Sec.	04 Marks
5.55 Sc.	7.20 Sec.	02 Marks
For Knowledge of Rules & Regulations -		04 Marks
2) Ball Game		14 Marks
Hand Ball/ Basket Ball.		
Fundamental Skills-		10 Marks
Knowledge of Rules & Regulations -		04 Marks

Kho-kho/ Hand Ball/ Basket Ball (Any One)

= RESULT SHEET = (Practical Examination) 50 Marks

Exam No.	Roll No.	Name	Athletics	Ground Marking	Ball Game	Record Book	Total	Paper	
								IV	VI
			20	06	14	10	50	25	25

Semester – III
YOGA STUDIES (IDS)

Paper No-I

Theory and Practical

A) Theory – 25 Marks (One hours)

B) Practical – 25 Marks

Unit 1: Concepts, Definitions of Yoga

Unit 2: Aim objective of Yoga

Unit 3: Astang Yoga of patangali

A) Yam, Miyam

B) Asana, Pranyam, Pratyahar, Dharana, Dhyan, Samadhi

Semester – IV

Paper No-II

Yoga Studies –IDS Paper No- II

Unit 1: Currant Misconception about Yoga.

Unit 2: Effect of Yogic exercises and Yoga On Vaious system of the Human Body

Unit 3: a) Yogic Diet

a) Benefits of Yoga in Modern life

B.A.- II

Yoga Studies (IDS)

Practical

Semester-III

- A. Vajrasan, Padmasan, Vakrasan, Bhujangasan, Ardhashalbhasan Viparilkarni, Mastyasan, Padtlastasan etc.**
- B. Shitali pranayan, kapalBhati pranayan, Udlyan Bandu, Singh mudra**
- C. Omkar sadlhana**
- D. Any one prayer**

The practical examination shall be conducted as follows

A. Examiners appointed and one Internal Examiner.

B. Marking system and performa.

From Section (a) of the practical

Two Assans of student Choice - 04 Marks

Two Assans of Examiners Choice- 04 Marks

} 08 Marks

From section (B) of the Practical

Any two student choice - 04 Marks

Any two Examiners choice - 04 Marks

} 08 Marks

From Section (C) of the Practical		
Omkar sadhana	}	04 Marks
From Section (D) of Practical		
Any on prayer	}	05 Marks
Total -		25 Marks

Performa		
Seprate Passing in Theory & Practical is essential		
A- Theory paper – Minimum Passing		09 Marks
B- Practical - Minimum Passing		09 Marks

IV Semester / (IDS) Yoga Studies		
Practical		
(A Batch of 20 student for Practical)		
A) Assans		
Swastikasan, Parvatasan, Pachimotanasan, Dhanurasan, Shalbhasan	Halasan,	
Shavasan, Chakrasan (lateral)		
B) Shitkari- Pranayam, Bhramai Pranyam,		
Jiva-Bandh, Bramha-Muara		
C) Any one prayer		
D) Record Book		

The practical Examination shall be conducted as follows		
A. Two examiners appointed and one Internal Examiner		
B. Marking system and performa		

From section (a) of the practical		
Two Assans of student Choice - 04 Marks	}	08 Marks
Two Assans of Examiners Choice- 04 Marks		
Form section (B) of the practical		
Any two student choice - 04 Marks	}	08 Marks
Any two Examiners choice - 04 Marks		
From section (C) of the practical		
Any one paler -	}	04 Marks
From section (D) of the practical		
Record Book -	}	05 Marks

YOGA STUDIES (IDS)

Theory and Practical

- A) Theory – 25 Marks (Two hours)
- B) Practical – 20 Marks + 5 Marks for Record Book.

Unit 1: Concepts, Definitions, aim and objective of Yoga

Unit 2: 1. Benefits of Yoga in modern life

2. Benefits of Yoga in Physical Education and Sports

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

Unit 4 : A) Effect of Yogic exercises and Yoga On Various system of the Human Body

B) Yogic Diet

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

Practical :

(A batch of 20 students for practical.)

- a) **Vaijrayana, Svastikasana, Ardhapadmasana, Bhujangasana, Ardha-shalabhasana, Dhanurasana, Vakrasana, Chakrasana (Lateral), Padahasthasana, Gomukhasana, Viparitakarani, Halasana, Matsyasana, Mayurasana, Shavasana.**
- b) **Uddiyana Bandha, Brahma murda, Ujjayi Pranayama without Kumbhaka, 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	10 Marks
Two asanas of Examiner's choice	10 Marks

From Section (b) of the Practical –

Any two of Student's choice	10 Marks
Any two of Examiner's choice	10 Marks

From Section (c) of the Practical –

Any one of Student's choice

5 Marks

For the record book of the student

(To be submitted by the College to the Examiner)

5 Marks

Separate passing in Theory and Practical is essential –

a) Theory paper – Minimum Passing -

17 Marks

b) Practical – Minimum Passing -

18 Marks

PROFORMA

Sr. No.	Roll No.	Exam No.	Name	Section (a)		Section (b)		Section (c) Student's Choice Asanas	Section (D) Student's Choice Asanas	Total
				Student's Choice Asanas	Examiners Choice Asanas	Student's Choice Asanas	Examiners Choice Asanas			
				4	4	4	4	4	5	25

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. भि. डवळे 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.

N.B. :1)

Theory paper shall be of One hours duration carrying 25 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 20 marks.

2)

The practical will carry 25 marks.

a) Practical Examination shall carry 20 marks.

b) Record-book shall carry 5 marks.

समकक्ष विषय

Old Paper	New Paper
Paper – II History of Physical Education	Sem.-III Paper-III History of Physical Education
	Sem.-IV Paper-V History Physical Education
Paper - III Organization and Administration in Physical Education and Sports	Sem.-III Paper-IV Organization and Administration in Physical Education and Sports
	Sem.- IV Paper-VI Organization and Administration in Physical Education and Sports

Old Paper	New Paper
YOGA STUDIES (IDS)	Semester – III Paper No-I YOGA STUDIES (IDS) Theory and Practical
	Semester – IV Paper No-II YOGA STUDIES (IDS) Theory and Practical