

 <p>शिवाजी विद्यापीठ कोल्हापूर ज्ञानमेवामृतम्</p> <p>Estd. 1962 "A++" Accredited by NAAC (2021) With CGPA 3.52</p>	<p><b>SHIVAJI UNIVERSITY, KOLHAPUR</b> 416 004, MAHARASHTRA PHONE : EPABX - 2609000, BOS Section - 0231-2609094, 2609487 Web : <a href="http://www.unishivaji.ac.in">www.unishivaji.ac.in</a> Email: <a href="mailto:bos@unishivaji.ac.in">bos@unishivaji.ac.in</a></p> <p><b>शिवाजी विद्यापीठ, कोल्हापूर, ४१६ ००४, महाराष्ट्र</b> दूरध्वनी - इपीबीएक्स - २०६०९०००, अभ्यासमंडळे विभाग : ०२३१- २६०९०९४. २६०९४८७ वेबसाईट : <a href="http://www.unishivaji.ac.in">www.unishivaji.ac.in</a> ईमेल : <a href="mailto:bos@unishivaji.ac.in">bos@unishivaji.ac.in</a></p>		
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संदर्भ/जा.क्र./शिवाजी वि./अ.मं./४३२

दि. २५/०७/२०२५

प्रति,

मा. प्राचार्य/संचालक,  
सर्व संलग्नित महाविद्यालये/मान्यताप्राप्त संस्था,  
शिवाजी विद्यापीठ, कोल्हापूर.

**विषय** : - बी. ए. भाग २ च्या अभ्यासक्रमाबाबत.

**संदर्भ** : - या कार्यालयाचे पत्र क्र. २८३ दि. ०८/०५/२०२५ रोजीचे पत्र.

महोदय,

उपरोक्त संदर्भित विषयास अनुसरून आपणास आदेशान्वये कळविण्यात येते की, राष्ट्रीय शैक्षणिक धोरण-2020 (NEP 2.0) नुसार शैक्षणिक वर्ष **2025-2026** पासून लागू करण्यात आलेल्या बी. ए. भाग २ च्या खालील विषयाच्या अभ्यासक्रमामध्ये **किरकोळ दुरुस्ती** करण्यात आलेली आहेत.

शारिरीक शिक्षण	गृहशास्त्र	संगीत	शिक्षणशास्त्र
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सोबत सदर अभ्यासक्रमाची प्रत जोडली आहे. तसेच विद्यापीठाच्या [\(www.unishivaji.ac.in\)](http://www.unishivaji.ac.in) (NEP 2020@Suk/Online Syllabus) या संकेतस्थळावर ठेवण्यात आला आहे.

सदर अभ्यासक्रम सर्व संबंधित विद्यार्थी व शिक्षकांच्या निदर्शनास आणून द्यावेत ही विनंती.

कळावे,

आपला विश्वासू

(डॉ. एस. एम. कुबल)  
उपकुलसचिव  
अभ्यास मंडळे विभाग

सोबत : अभ्यासक्रमाची प्रत.

प्रत. माहितीसाठी व पुढील योग्यत्या कार्यवाहीसाठी.

1	प्र. अधिष्ठाता, आंतर विद्याशाखीय अभ्यास विद्याशाखा	7	संलग्नता टी. 1 व टी. 2 विभागास
2	अध्यक्ष, सर्व संबंधित अभ्यास व अस्थायी मंडळ	8	पी. जी. प्रवेश विभागास
3	संचालक, परीक्षा व मुल्यमापन मंडळ कार्यालयास	9	परिक्षक नियुक्ती ए व बी विभागास
4	बी. ए. परीक्षा विभागास	10	पी. जी. सेमिनार विभागास
5	पात्रता विभागास	11	अंतर्गत गुणवत्ता हमी कक्ष (नॅक विभागास)
6	आय. टी. सेल विभागास		

**SHIVAJI UNIVERSITY, KOLHAPUR**



**A++**

**Accredited By NAAC**

**Syllabus For**

**Bachelor of Arts [B.A. (PHYSICAL EDUCATION)]**

**UNDER**

**Faculty of Interdisciplinary Studies**

**B. A. Part - II (Semester - III and IV)**

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

**To be implemented from June 2025**

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## **1. PREAMBLE:**

Shivaji University, founded in 1962, derives its name from the esteemed Maratha Warrior and architect of the Maratha Empire, Chhatrapati Shivaji Maharaj. Established with a primary goal of addressing the educational needs of South Maharashtra, the university's jurisdiction spans across three districts – Kolhapur, Sangli, and Satara. Currently, it boasts an enrollment of approximately 3,00,000 students distributed among 280 affiliated colleges and recognized institutes.

Recognizing the holistic importance of Physical Education and Sports within the realm of education, the university has consistently endeavoured to incorporate Physical Education as a pivotal curricular subject since its inception. The advent of the New Education Policy in 2020 has further catalyzed the integration of Physical Education, Sports, and Yoga into the academic landscape. These disciplines are not only offered as Discipline Specific Core subjects and Open Elective subjects but are also mandatory Skill Enhancement Courses and considered Value-Based subjects.

At the undergraduate level, the Physical Education program encompasses a comprehensive range of subjects, including Foundation of Physical Education, Anatomy, Health Education, Physiology, Nutrition, Rehabilitation, Psychology, Sports Training, History, Principles and Practices of Yoga, Application of Yoga, and more. This diverse curriculum aims to equip students with in-depth knowledge and practical skills. Graduates from these programs are well-prepared for a variety of careers, including roles such as Physical Fitness and Yoga trainers, Coaches, Sports and Games Officials, Referees, Umpires, Curators, Gym trainers, Lifeguards, Personal trainers, and Yoga therapists.

Moreover, students pursuing courses in Physical Education, Sports, and Yoga gain the expertise to establish their own businesses as entrepreneurs in areas such as Fitness, Sports, Yoga, Recreation, Rehabilitation, Adventure Sports, Camping, and Event Management. The educational journey also empowers interested students to pursue research in the domains of Physical Education, Sports, and Yoga, contributing to the broader advancement of knowledge in these fields. Overall, the university's commitment to holistic education underscores the profound impact these programs have on the health and well-being of the youth.

## **2. PROGRAMME LEARNING OUTCOMES (POS)**

### **1. Historical Understanding**

Students will demonstrate an understanding of the historical evolution of physical education, sports, and yoga, recognizing their role in shaping societal and cultural contexts.

### **2. Administrative Proficiency**

Students will develop skills in organizing and managing physical education programs, sports events, and tournaments, applying principles of administration, planning, and evaluation.

### **3. Philosophical and Ethical Insights**

Students will critically analyze the philosophical aspects of physical education and yoga, incorporating ethical principles and traditional wisdom into modern practices.

### **4. Event Management Skills**

Students will acquire competencies in sports event management, including planning, execution, and evaluation, ensuring effective teamwork and resource utilization.

### **5. Media and Communication Proficiency**

Students will learn to use mass media and technology for sports journalism, reporting, and promoting physical education and sports events.

### **6. Foundations of Training Science**

Students will apply the foundational principles of sports training and understand methods to enhance athletic performance and fitness levels.

### **7. National Development Awareness**

Students will evaluate the development of physical education and sports in India, identifying its impact on national identity, health, and international competitiveness.

### **8. Yoga Practice and Philosophy**

Students will gain knowledge of the foundational and philosophical aspects of yoga, including Ashtanga Yoga and Maharishi Patanjali's contributions, integrating these principles into holistic wellness.

### **9. Entrepreneurial Skills**

Students will develop entrepreneurial thinking and strategies to create opportunities in physical education, sports, and fitness industries.

### **10. Instructional Competence**

Students will demonstrate the ability to instruct and train individuals and groups in physical activities, emphasizing safety, motivation, and skill development.

### **3. COURSE OUTCOMES (CO):**

By the conclusion of this course, student-learners will:

#### **1. History of Physical Education**

- CO1: Explain the historical development of physical education and its impact on modern sports and physical activities.
- CO2: Analyze key milestones and figures in the history of physical education globally and in India.

#### **2. Organization and Administration of Physical Education and Sports**

- CO3: Develop organizational skills for planning, administering, and evaluating physical education programs and sports activities.
- CO4: Demonstrate knowledge of policies, legal aspects, and resource management in physical education and sports.

#### **3. History and Philosophical Aspects of Yoga**

- CO5: Illustrate the philosophical underpinnings of yoga and its role in promoting mental, physical, and spiritual health.
- CO6: Evaluate the historical evolution and cultural significance of yoga practices.

#### **4. Sports Event Management**

- CO7: Apply event management principles to plan, organize, and evaluate sports events efficiently.
- CO8: Utilize teamwork, leadership, and problem-solving skills in sports event execution.

#### **5. Sports Journalism and Mass Media Technology**

- CO9: Analyze the role of mass media and technology in sports journalism, reporting, and promotion.
- CO10: Develop skills in content creation, sports writing, and communication for different media platforms.

#### **6. Introduction to Sports Training**

- CO11: Understand the fundamentals of sports training, including principles of conditioning, load, and recovery.
- CO12: Apply basic training techniques to improve athletic performance.

#### **7. History and Foundation of Physical Education**

- CO13: Examine the foundational theories and philosophies of physical education as a discipline.

- CO14: Discuss the historical development and establishment of physical education systems.

#### 8. Development of Physical Education and Sports in India

- CO15: Assess the growth of physical education and sports in India in the context of social and political developments.

- CO16: Identify key organizations and events that have shaped Indian sports.

#### 9. Organization and Administration of Tournaments and Competitions\*\*

- CO17: Plan and organize various types of tournaments and competitions, understanding formats, rules, and logistics.

- CO18: Demonstrate leadership and administrative capabilities in conducting sports tournaments.

#### 10. Foundations of Ashtanga Yoga – Maharshi Patanjali

- CO19: Explain the principles and components of Ashtanga Yoga as outlined by Maharshi Patanjali.

- CO20: Integrate Ashtanga Yoga practices into daily routines for holistic health and wellness.

#### 11. Entrepreneurship in Physical Education

- CO21: Identify entrepreneurial opportunities in physical education, sports, and wellness industries.

- CO22: Develop business plans and strategies for initiating and sustaining ventures in sports and fitness.

#### 12. Physical Training Instructor

- CO23: Demonstrate the ability to design, implement, and evaluate physical training programs for individuals and groups.

- CO24: Exhibit leadership, motivational, and instructional skills in the role of a physical training instructor.

These outcomes ensure students achieve course-specific goals while gaining practical knowledge and skills for professional development in physical education and related fields.

### **4. OBJECTIVES OF THE PROGRAMME:**

The course will provide student-learners

1. Historical and Philosophical Understanding of physical education, sports, and yoga, fostering an appreciation of their cultural and societal relevance.

2. Organizational and Administrative Skills

3. Understanding Yoga Philosophy and Practices
4. Sports Event Management Proficiency
5. Media and Communication Competence
6. Foundation in Sports Training for improving athletic performance and fitness
7. Awareness of Indian Sports Development
8. Entrepreneurial and Career-Oriented Skills in physical education, fitness, and sports industries.
9. Instructional and Leadership Competence in physical activities and sports.
10. Holistic Personal and Professional Development in sports, education, and wellness.

These objectives collectively aim to prepare students for dynamic careers in physical education, sports management, journalism, training, and wellness while promoting lifelong fitness and personal growth.

#### **5. DURATION:**

The Bachelor of Arts in **Physical Education** programme shall be A FULL TIME COURSE OF 3/4 YEARS – 6/8 SEMESTERS DURATION with 22 Credits per Semester. (Total Credits = 132/176)

#### **6. MEDIUM OF INSTRUCTION:**

The medium of instruction shall be ENGLISH or MARATHI. The students will have AN OPTION TO

WRITE ANSWER-SCRIPTS IN ENGLISH OR MARATHI. (EXCEPT DIFFERENT FIELD OF PHYSICAL EDUCATION.S)

#### **7. ELIGIBILITY FOR ADMISSION:**

The candidate who has qualified SENIOR SECONDARY SCHOOL EXAMINATION (10 + 2) OR

EQUIVALENT from a recognized board/institute is eligible for admission for this course.

The criteria for admission are as per the rules and regulations set from time to time by concerned departments, HEIs, university, government and other relevant statutory authorities.

#### **8. SCHEME OF TEACHING AND EXAMINATION PATTERN**

##### **(Theory/Practical/Internal):**

The pattern of examination will be Semester End Examination with Internal Assessment/Evaluation.

**NOTE: Separate passing is mandatory for, Semester End Examination, Practical's and Internal Evaluation/Assessment. (Annexure-I)**



**Employability / Entrepreneurship abilities:**

- The candidate will be able to work as a Physical Education, Sports, and Yoga instructor.
- The Candidate will be able to instruct, organize & officiate Physical Education, Sports, and Yoga.
- The candidate will be able to establish fitness, sports, and yoga centers.
- The candidate will be able to conduct Traditional games, Sports, and General Yoga classes.

**9. STRUCTURE OF THE PROGRAMME:**

<b>Shivaji University, Kolhapur</b> <b>Faculty of Interdisciplinary Studies</b> <b>B. A. II PHYSICAL EDUCATION</b> <b>(As per National Educational Policy 2020 and Resolution of Government of Maharashtra 2022)</b> <b>With effect from academic year 2025-26</b> <b>STRUCTURE, SCHEME OF TEACHING AND EXAMINATION OF LEVEL 5.0 OF B. A. II</b> <b>PHYSICAL EDUCATION</b> <b>Semester - III</b>														
Sr. No	Teaching Scheme							Examination Scheme						
	Theory (TH)				Practical (PR)			Semester-End Examination (SEE)					Internal Assessment (IA)	
								Theory (TH)		Practical (PR)			(T/P)	
	Course Type	No. of Lectures	Hours	Credits	Practical Periods	Hours	Credits	Paper Hours	Max	Min	Max	Min	Max	Min
01	MM –III	2	2	2	2x4=8*	4	2	02	50	18	50	18		
02	MM - IV	2	2	2	2x4=8*	4	2	02	50	18	50	18		
03	MN	2	2	2	2x4=8*	4	2	02	50	18	50	18		
04	IDC/MDC / GEC/OE	1	1	1	2x2=4*	2	1	01	25	09	25	09		
05	SEC - III	1	1	1	2x2=4*	2	1	01	25	09	25	09		
06	SEC - IV	1	1	1	2x2=4*	2	1	01	25	09	25	09		
07	AEC	2	2	2				02	40	14			10	04
08	IKS (Specific)	1	1	1	2x2=4*	2	1	01	25	09	25	09		
Total		12	12	12	36	20	10		290		250		10	SEE + IA = 540+10 = 550

Semester - IV														
Sr. No	Teaching Scheme							Examination Scheme						
	Theory (TH)				Practical (PR)			Semester-End Examination (SEE)					Internal Assessment (IA)	
								Theory (TH)		Practical (PR)			(T/P)	
	Course Type	No. of Lectures	Hours	Credits	Practical Periods	Hours	Credits	Paper Hours	Max	Min	Max	Min	Max	Min
01	MM –V	2	2	2	2x4=8*	4	2	02	50	18	50	18		
02	MM - VI	2	2	2	2x4=8*	4	2	02	50	18	50	18		
03	MN	2	2	2	2x4=8*	4	2	02	50	18	50	18		
04	IDC/MD C/	1	1	1	2x2=4*	2	1	01	25	09	25	09		

	GEC/OE													
05	SEC – V	1	1	1	2x2=4*	2	1	01	25	09	25	09		
06	SEC – VI (Major)	1	1	1	2x2=4*	2	1	01	25	09	25	09		
07	AEC	2	2	2				2	40	14			10	04
08	VAC	2	2	2				2	40	14			10	04
Total		13	13	13	36	18	09		305		225		20	SEE + IA = 530+20= 550

## 10. STANDARDS OF PASSING AND DETERMINATION OF SGPA/CGPA, GRADING AND DECLARATION OF RESULTS

Determination of CGPA, Grading, and declaration of results:

Shivaji University has adopted 10 point Grading System as follows:

- In each semester, marks obtained in each course (Paper) are converted to grade points:
- If the total marks of the course are 100 and the passing criteria are 35%, then use the following Table for the conversion.
- If the total marks of any of the courses are different than 100 (e.g. 50) and the passing criterion is 35%, then marks obtained are converted to marks out of 100 as below:

### 1. Gradation Chart: Table:

Marks Obtained	Numerical Grade (Grade Point)	CGPA	Letter Grade
Absent)	0 (zero)	-	Ab: Absent
0-34	0 to 4	0.0-4.99	F: Fail
35 - 44	5	5.00-5.49	C: Average
45 - 54	6	5.50-6.49	B: Above Average
55 - 64	7	6.50-7.49	B+: Good
65 - 74	8	7.50-8.49	A: Very Good
75 - 84	9	8.50-9.49	A+: Excellent
85 - 100	10	9.50-10.0	O: Outstanding

Note:

1. Marks obtained  $\geq 0.5$  shall be rounded to the next higher digit.
2. The SGPA & CGPA shall be rounded to 2 decimal points.
3. Marks obtained in 50 or 200 marks paper shall be converted to 100 marks.

### Calculation of SGPA & CGPA

#### 1. Semester Grade Point Average (SGPA)

$$SGPA = \frac{\sum (\text{Course credits} \times \text{Grade points obtained}) \text{ of a semester}}{\sum (\text{Course credits}) \text{ of the respective semester}}$$

2. Cumulative Grade Point Average (CGPA)

$$\text{CGPA} = \frac{\sum (\text{Total credits of a semester} \times \text{SGPA of the respective semester}) \text{ of all semesters}}{\sum (\text{Total course credits}) \text{ of all semesters}}$$

**11. NATURE OF QUESTION PAPER, DURATION AND SCHEME OF MARKING**

**Question Paper Pattern for Semester-End Examination (For 4 credits)**

<b>B. A. II PHYSICAL EDUCATION</b>		
<b>Paper Title: Subject Code:</b>		
<b>Day and Date:</b>		<b>Total Marks: 50</b>
<b>Time: 1 Hour 30 Minutes</b>		
	Instructions: 1. All question are compulsory. 2. Figures to right indicated Full Marks.	
<b>Q. No.</b>	<b>Type of Question</b>	<b>Marks</b>
1	Objective Type Questions (Each Question carry one marks) Multiple choice questions. (Ten Questions)	10
2	Short notes questions (Any Four out of Six Questions) (Answer Limit: 150 - 200 Words)	20
3	Descriptive type question (Any One out of Two) (Answer Limit: 600-800 Words)	10
4	Descriptive type question (Any One out of Two) (Answer Limit: 600-800 Words)	10

**Question Paper Pattern for Semester-End Examination (For 2 credits)**

<b>B. A. II PHYSICAL EDUCATION</b>		
<b>Paper Title: Subject Code:</b>		
<b>Day and Date:</b>		<b>Total Marks: 25</b>
<b>Time: 1 Hour 00 Minutes</b>		
	Instructions: 1. All question are compulsory. 2. Figures to right indicated Full Marks.	
<b>Q. No.</b>	<b>Type of Question</b>	<b>Marks</b>
1	Objective Type Questions (Each Question carry One marks) A) Multiple choice questions. (Five Questions)	05
2	Short notes questions (Any two out of three) (Answer Limit: 150 - 200 Words)	10
3	Descriptive type question (Any One out of Two) (Answer Limit: 600-800 Words)	10

**Internal Assessment: Practical:**

**50/25 Marks**

## PRACTICALS

The evaluation of the student's performance in practical's shall be based on external evaluation at the end of each semester.

Record Book	Practical examination conducted
Brief History	a batch of 25 students for the practical period & examination
Various diagrams	One organizer (Internal subject teacher)
Name of different Fundamental skills in team events and styles in related to events.	Two examiners appointed by the University.
Rules and regulations (This should be written as per federation rulebook)	Peons - Two peons for ground marking, water supply equipment supply and collecting, etc.
**The Record Book will be assessed internally and marks should be submitted to the External Examiner.	

*Note: 1. \*Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution*

**Result** - The result of each semester shall be declared as Pass or Fail or Allowed to Keep Terms (A.T.K.T. for Semester III & IV as per University Rules) with grade/ grade points and Credits gained.

### **Rules for Allowing to Keep Term (ATKT):**

#### **A) ATKT rules for Undergraduate Programmes:**

- i. If a candidate fails in any number of courses (subject heads) of Semester I, shall be allowed to proceed to Semester II.
- ii. A candidate who earns 50% of total credits of Level 4.5 shall be allowed to keep terms in Level 5.0
- iii. If a candidate fails in any number of courses (subject heads) of Semester III, shall be allowed to proceed to Semester IV.
- iv. A candidate who earns 50% of total credits of Level 5.0 shall be allowed to keep terms in Level 5.5.
- v. If a candidate fails in any number of courses (subject heads) of Semester V, shall be allowed to proceed to Semester VI.
- vi. No candidate shall be allowed to proceed to Semester V, unless candidate has passed in all courses of Level 4.5.
- vii. If a candidate opts for four year bachelor degree programme and fails in any number of courses

(subject heads) of Semester VII, shall be allowed to proceed to Semester VIII.

viii. If a candidate opts for four year bachelor degree programme, such candidate shall not be allowed to proceed to Semester VII, unless candidate has passed three year bachelor degree with 7.5 CGPA or 75%.

ix. In case if the rules of any Apex body differ from these rules, then the rules of that apex body will be applicable.

**12. SYLLABUS: COURSE TITLE, CODE, CREDITS, VERTICALS NAME, REFERENCES etc.**

**SHIVAJI UNIVERSITY, KOLHAPUR  
B. A. II PHYSICAL EDUCATION**

<b>Semester-III</b>				
<b>Sr. No</b>	<b>Course Type</b>	<b>Title of Courses</b>		<b>Credits</b>
1.	MM –III	HISTORY OF PHYSICAL EDUCATION	BAU0325MMP/T326C03	4
2.	MM - IV	ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION AND SPORTS	BAU0325MMP/T326C04	4
3.	MN	HISTORY AND PHILOSOPHICAL ASPECTS OF YOGA	BAU0325MNP/T326C	4
4.	OE-III	SPORTS EVENT MANAGEMENT	BAU0325OEP/T326C	2
5.	VSC- I	SPORTS JOURNALISM AND MASS MEDIA TECHNOLOGY	BAU0325VSP/T326C	2
6.	SEC - III	INTRODUCTION OF SPORTS TRAINING	BAU0325SEP/T326C	2
7.	AEC-III	ENG		2
8.	IKS (Specific)	HISTORY AND FOUNDATION OF PHYSICAL EDUCATION	BAU0325IKP/T326C	2
<b>Total</b>				<b>22</b>

## B. A. II SEMESTER – III

**Course Category: PHYSICAL EDUCATION**

**Course Name: HISTORY OF PHYSICAL EDUCATION**

**Course Number:** Major-Mandatory 03

**Course Code: BAU0325MMP/T326C03**

**Course Credits:** (Theory Credit -2, Practical Credit -02)

(Total Credits: 4)

**Marks:** Semester End: 50/50 (T/P)

Total Marks: 100

### Objectives:

1. Acquaint the students with an Understanding of Historical Development
2. Enable the graduates to analyse the Cultural and Societal Impact
3. Enable the students to Appreciate Philosophical Foundations
4. Enable the students to Analyse Modern Implications

### COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	<b>DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA</b> a) HISTORY OF PHYSICAL EDUCATION (PRIMITIVE SOCIETY) b) DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA  1. INDUS VALLEY CIVILIZATION PERIOD (3250 B.C-2500B.C)  2. VEDIC PERIOD (2500B.C-600B.C)  3. EARLY HINDU PERIOD (600B.C-320A.D)  4. LATER HINDU PERIOD (320A.D-1000A.D)	7.5		01
02	<b>DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA</b> a) MEDIEVAL PERIOD (1000A.D-1757A.D)  b) BRITISH PERIOD (TILL 1946)  c) DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA (POST-INDEPENDENCE)	7.5		

03	<p align="center"><b>OLYMPIC MOVEMENT</b></p> <p align="center"><b>(ORIGIN OF OLYMPIC MOVEMENT)</b></p> <p>a) PHILOSOPHY OF THE OLYMPIC MOVEMENT</p> <p>b) THE EARLY HISTORY OF THE OLYMPIC MOVEMENT</p> <p>c) THE SIGNIFICANT STAGES IN THE DEVELOPMENT OF THE ANCIENT OLYMPIC MOVEMENT</p> <p>d) EDUCATIONAL AND CULTURAL VALUES OF THE ANCIENT OLYMPIC MOVEMENT</p>	7.5		01
04	<p align="center"><b>OLYMPIC MOVEMENT</b></p> <p align="center"><b>(MODERN OLYMPIC GAMES)</b></p> <p>a) REVIVAL OF THE OLYMPIC GAMES. Olympics – Symbols, Motto, Flag, Oath, and Anthem</p> <p>b) DIFFERENT OLYMPIC GAMES:</p> <p>i) PARA OLYMPIC GAMES</p> <p>ii) SUMMER OLYMPICS</p> <p>iii) WINTER OLYMPICS</p> <p>iv) YOUTH OLYMPIC GAMES</p> <p>c) COMMITTEES OF OLYMPIC GAMES</p> <p>i) INTERNATIONAL OLYMPIC COMMITTEE - STRUCTURE AND FUNCTIONS</p> <p>ii) NATIONAL OLYMPIC COMMITTEES AND THEIR ROLE IN THE OLYMPIC MOVEMENT</p> <p>d) OPENING AND CLOSING OF THE CEREMONY.</p>	7.5		
05	<b>Practical Activities:</b>		30	01
06	<b>Practical Activities:</b>		30	01
<b>Total</b>				<b>04</b>

### Course Learning Outcomes:

Students will understand the Historical Evolution of Physical Education in India

Students will be able to evaluate the Role of Government Policies and Institutions

Students will be able to analyze the Historical Evolution and Values of the Modern Olympic Games

Students will be able to evaluate the Impact of the Olympics on Global Sports and Society



### **References/Reading List:**

1. H. L. Ahuja, (2017), Advanced Economic Theory: Micro Economic Analysis, S Chand and Company
2. D. N. Dwivedi, (2008) Microeconomic Theory and Applications, Pearson Education
3. Robert, Daniell and Prem L. (2009), Microeconomics, Pearson Prentice Hall, Noida
4. Hal R., Varian (2010): Intermediate Microeconomics: A Modern Approach, Springer (India) Pvt. Ltd. India
5. Koutsoyiannis, A. (1979), Modern Microeconomics (2nd Edition), Macmillan Press, London
6. Sen, A. (1999), Microeconomics: Theory and Applications, Oxford University Press, New Delhi
7. Archibald, G. C. (Ed.) (1971), Theory of the firm, Penguin, Harmondsworth
8. Da Costa, G. C. (1980), Production, Prices and Distribution, Tata McGraw Hill, New Delhi
9. Green, H. A. G. (1971), Consumer Theory, Penguin, Harmondsworth
10. Stigler, G. (1996), Theory of Price, (4th Edition), Prentice Hall of India, New Delhi.

**Course Category: PHYSICAL EDUCATION**

**Course Name: ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION AND SPORTS**

**Course Number:** Major-Mandatory 04

**Course Code:** BAU0325MMP/T326C04

**Course Credits:** (Theory Credit -2, Practical Credit -02)

(Total Credits: 4)

**Marks:** Semester End: 50/50 (T/P)

Total Marks: 100

**Objectives:**

1. To acquaint students with the Organization and conduct of the program in physical education.
2. To make students aware of the conduct of sports events, equipment, facilities, budget making, etc.
3. To develop skills of students in the application of Principles of Organization and Administration and their Professional service. Emphasize the need of well – defined administrative policies and the means of establishing these

**COURSE**

<b>Module No.</b>	<b>Module Name</b>	<b>Teaching Hours</b>	<b>Practical's Hours</b>	<b>Credit</b>
01	<b>ORGANIZATION AND ADMINISTRATION</b> a) MEANING AND DEFINITION OF ORGANIZATION AND ADMINISTRATION b) NEED AND IMPORTANCE OF ORGANIZATION AND ADMINISTRATION c) ORGANIZATION & ADMINISTRATION IN PHYSICAL EDUCATION.	7.5		01
02	<b>A PHILOSOPHY OF ORGANIZATION AND ADMINISTRATION</b> a) PHILOSOPHY OF ORGANIZATION AND ADMINISTRATION b) PRINCIPLES OF ORGANIZATION IN PHYSICAL EDUCATION AND SPORTS. c) PRINCIPLES OF ADMINISTRATION IN PHYSICAL EDUCATION AND SPORTS.	7.5		

03	<b>THE BUDGET AND THE PURCHASE OF SPORTS EQUIPMENT</b>  a) MEANING, IMPORTANCE OF BUDGET MAKING, CRITERIA OF A GOOD BUDGET, SOURCES OF INCOME, EXPENDITURE, PREPARATION OF BUDGET. b) POLICIES OF PURCHASES OF SPORTS EQUIPMENT. c) CARE AND MAINTENANCE OF SPORTS EQUIPMENT.	7.5		01
04	<b>FACILITIES</b>  a) FACILITIES AND EQUIPMENT MANAGEMENT: TYPES OF FACILITIES INFRASTRUCTURE-INDOOR, OUTDOOR. b) CARE OF SCHOOL/COLLEGE BUILDING, GYMNASIUM, SWIMMING POOL, PLAY FIELDS, PLAYGROUNDS c) EQUIPMENT: NEED, IMPORTANCE, PURCHASE, CARE, AND MAINTENANCE.	7.5		
05	<b>Practical Activities:</b>		30	01
06	<b>Practical Activities:</b>		30	01
<b>Total</b>				<b>04</b>

**Course Learning Outcomes:**

Students will understand the Principles of Organization and Administration

Students will be able to Design and Management of Sports Programs

Students will be able to do Leadership and Decision-Making Skills

Students will understand the Evaluation and Policy Development

## Practical Activities for MM 03 and MM 04

### PRACTICAL STANDARDS

Athletics					Marks
Event		Marks	Event		
Middle Distance Run		<u>10</u>	Throwing		<u>10</u>
800 M	Performance in Minutes & seconds		Discus Throw	Performance in meters	
Men	2.40	05	Men	18	05
	2.45	03		16	03
	2.50	02		14	02
Women	3.40	05	Women	15	05
	3.45	03		14	03
	3.50	02		13	02
Technique and modern style		<u>05</u>	Technique and modern style		<u>05</u>
Ground Marking		<u>05</u>	Ground Marking		<u>05</u>
Indian Game: Kho-Kho					<u>10</u>
Fundamental skills					06
Knowledge of rules and regulations					04
Ground Marking					<u>10</u>
Indian Exercises					<u>20</u>
Yongsan’s section (A) Standing position Tadasan, Vrikshasan, Trikonasan, Padahastasana section (B) Sitting position Padmasan: Padmasanyogmudra, Vajrasan: Vajrasanyogmudra Vakrasan, Bhadrasan (butterfly) section (C) Supine position Ekpaduttanpadasan, Nouksan, Pawanmuktasan, Shavasana section (D) Prone position Bhujangasan, Shalbhasan, Dhanurasan, Makarasan  Two Assans of Student Choice and two Assans Examiners Choice-  From section (A) of the practical  From section (B) of the practical  From section (C) of the practical  From section (D) of the practical					   <

*Note: 1. \*Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution*

● **Record Book for Practical examination**

**20 Marks**

<b>Record Book</b>	<b>Practical examination conducted</b>
Brief History	During the practicals, There should be 25 students in a batch.
Various diagrams	One organizer (Internal subject teacher)
Name of different Fundamental skills in team events and styles in related to events.	Two examiners appointed by the organizer.
Rules and regulations (This should be written as per federation rulebook)	The concerned College will make all necessary arrangements, including ground marking, Water Supply, equipment, availability of sports equipment, and support staff. Peons - Two peons for ground marking, water supply equipment supply and collecting, etc.
<b>**</b> The Record Book will be assessed internally and marks should be submitted to the External Examiner.	There are two separate heads for passing i.e. Theory and Practical

**Course Category: PHYSICAL EDUCATION**

**Course Name: HISTORY AND PHILOSOPHICAL ASPECTS OF YOGA**

**Course Number: Minor-Mandatory**

**Course Code: BAU0325MNP/T326C**

**Course Credits: (Theory Credit -2, Practical Credit -02)**

**(Total Credits: 4)**

**Marks: Semester End: 50/50 (T/P)**

**Total Marks: 100**

**OBJECTIVES:**

1. Enhance Understanding of the Meaning and Importance of Yoga
2. Recognize and Articulate the Importance of Yoga for Holistic Development
3. Develop a Comprehensive Understanding of the Aim and Objectives of Yoga
4. Identify and Correct Misconceptions about Yoga
5. Enhance Holistic Development and Well-being through Skill Development in Yoga
6. Explore and Promote Traditional Indian History and Philosophy of Yoga

**Course**

<b>Module No.</b>	<b>Module Name</b>	<b>Teaching Hours</b>	<b>Practical's Hours</b>	<b>Credit</b>
01	<b>YOGA: AN OVERVIEW</b>  A) YOGA PHILOSOPHY AND INDIAN CULTURE  B) NATURE OF INDIAN PHILOSOPHY  C) YOGA- MEANING, DEFINITION, AND CONCEPT  D) YOGA- OBJECTIVES AND SCOPE  E) CHITTA AND CHITTAVRITTI	7.5		01
02	<b>YOGA: HISTORY AND DEVELOPMENT</b>  A) HISTORY OF YOGADARSHAN  B) HISTORY OF YOGA  C) YOGA MISCONCEPTIONS  D) DIFFERENT KINDS OF YOGA	7.5		

03	<p align="center"><b>BRIEF INTRODUCTION OF ASHTANGA YOGA</b></p> <p align="center">BAHIRANGA (THE EXTERIOR PART OF YOGA)</p> <p>1. YAMA – RESTRAINTS</p> <p>2. NIYAMA – OBSERVANCES</p> <p>3. ASANA – POSTURE</p> <p>4. PRANAYAMA – CONTROL OF BREATH AND PRANA</p> <p>5. PRATYAHARA – DIRECTING THE SENSES INWARDS</p> <p align="center">ANTARANGA (THE INTERIOR ASPECT OF YOGA)</p> <p>6. DHARANA – CONCENTRATION</p> <p>7. DHYANA – MEDITATION</p> <p>8. SAMADHI – UNIFIED CONSCIOUSNESSYOGAS</p>	7.5		01
04	<p align="center"><b>YOGA MUDRAS AND BANDHAS</b></p> <p>A) PANCHA TATTVA AND YOGA MUDRA</p> <p>B) BANDHAS</p> <p>C) SAPTACHAKRA AND YOGASHASTRA</p> <p>D) DESCRIPTION OF CHAKRAS</p> <p>E) BENEFITS OF CHAKRA MEDITATION</p>	7.5		

05	<b>Practical:</b> Section(A): Sukshnavyayam (Micro Exercises) KaraTalasaktiVikasaka(plams) KohinishaktiVikasaka(elbows) Bhujabandha Shakti Vikasaka(Upper arms) SkandhaTathaBahumulashaktiVikasaka (shoulder blades and joints) Grivashaktivikasaka(Neck movement) Kati shaktiVikasaka 1,2(Trunk movement) Janghashakti Vikasaka1 (Knee movement) Pad mulashaktiVikasaka(Ankle movement) 4.Suryanamaskar (Aundhkarpadhati 10 count)		30	01
06	section (B): Asanas section (B-1) Supine Ekpaduttanpadasan, Nouksan, Pawanmuktasan, Shavasana section (B-2) Prone Bhujangasan, Shalabhasana, Dhanurasana, Makarasana section (B-3) Sitting Padmasana: Padmasanyogmudra, Vajrasana: Vajrasanyogmudra Vakrasana, Bhadrasana (butterfly) section (B-4) Standing Tadasana, Vrikshasana, Trikonasana, Padahastasana Section (C) Omkar sadhana	Any one prayer	30	01
<b>Total</b>				<b>04</b>

### Course Learning Outcomes:

- Students will understand Yoga, its origin, history, philosophy, and development.



- Students will be able to comprehend the relationship between history and philosophy of Yoga.
- Students would learn about recent developments and the academic foundation of yoga.
- Students will acquire a comprehensive knowledge and sound understanding of Yoga.
- Students can compare the relationship between Yoga and Practical Life.

### **Essential Books:**

Patanjali. The Yoga Sutras of Patanjali. Various translations

Vivekananda, Swami. Raja Yoga. Advaita Ashrama, 1896.

Satchidananda, Swami. The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras by Sri Swami Satchidananda. Integral Yoga Publications, 1978.

Singleton, Mark. Yoga Body: The Origins of Modern Posture Practice. Oxford University Press, 2010.

De Michelis, Elizabeth. A History of Modern Yoga: Patanjali and Western Esotericism. Continuum, 2005.

Saraswati, Swami Sivananda. The Philosophy of Yoga. The Divine Life Society, 1947.

Radhakrishnan, S. The Principal Upanishads. HarperCollins, 1992.

"योगशास्त्र" (Yoga Shastra) by N. S. Phadke

"योगाचे दर्शन" (Yogaache Darshan) by Swami Muktananda

"भक्तियोग" (Bhakti Yoga) by Swami Sivananda

"योग आणि आंतरंग" (Yoga Aani Antarang) by Dr. V. B. Kharat

"योगदर्शन" (Yogadarshan) by Y. R. Gaitonde

### **Suggested Readings:**

- योगविज्ञान-स्वामी विज्ञानानंद सरस्वती
- वेदों में योगविद्या-स्वामी दिव्यानंद
- योग मनोविज्ञान-शांतीप्रकाश आत्रेय
- औपनिषदिक अध्यात्मविज्ञान-डॉ. ईश्वर भारद्वाज
- कल्याण (योगतत्वांक) -गीताप्रेस, गोरखपूर
- कल्याण (योगांक) -गीताप्रेस, गोरखपूर

- भारतकेसंतमहात्मा-रामलाल
- भारत के महान योगी-विश्वनाथ मुखर्जी

**The practical examination shall be conducted as follows**

- A. Examiners are appointed as per the directions of SUK.
- B. Marking system and performance.

From Section (A) of the practical (10 Marks)

Five Sukshnavyayam (Micro Exercises) of Student Choice- 05 Marks

Five Sukshnavyayam (Micro Exercises) Examiners Choice- 05 Marks

From Section (B) of the practical (32 Marks)

Two Assans of Student Choice and two Assans Examiners Choice-

From section (B-1) of the practical 08 Marks

From section (B-2) of the practical 08 Marks

From section (B-3) of the practical 08 Marks

From section (B-4) of the practical 08 Marks

From Section (C) of the Practical

Omkar sadhana 04 Marks

Anyone prayer 04 Marks

### OPEN ELECTIVE (OE-3)

Course Category: Physical Education

Course Name: **SPORTS EVENT MANAGEMENT**

Course Code: BAU0325OEP/T326C

Course Credits: 02

Marks: Semester End: 25 + 25 (T/P)

Total Marks: 50

#### Course Objectives:

1. Equip students with the skills to design and plan effective sports events, including venue selection, scheduling, and resource allocation.
2. Train students in managing on-site operations such as logistics, safety protocols, and staff coordination.
3. Enable students to create promotional strategies, manage sponsorships, and engage stakeholders effectively.
4. Teach students to assess event performance through post-event analysis and feedback to ensure continuous improvement.

#### COURSE

Module No.	Module Name	Teaching Hours	Practicals Hours	Credit
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01	a) MEANING, DEFINITION, AND IMPORTANCE OF SPORTS MANAGEMENT b) SCOPE OF SPORTS EVENT MANAGEMENT c) PRINCIPLES OF SPORTS EVENT MANAGEMENT	7.5		01
02	a) MAJOR AND MINOR SPORTS EVENTS b) TRADITIONAL GAMES MANAGEMENT	7.5		
05	<b>PRACTICALS:</b> <ul style="list-style-type: none"> <li>▪ ORGANIZATION OF INDOOR SPORTS AND GAMES EVENTS</li> <li>▪ PROJECT ON OUTDOOR SPORTS AND GAMES EVENTS</li> <li>▪ VISITS TO SPORTS CLUBS, SPORTS STADIUMS, IPL. KPL AND LARGE TOURNAMENTS</li> <li>▪ ORGANIZATION OF INTRAMURAL – SPORTS EVENTS, SPORTS FESTS TRADITIONAL GAMES FEST</li> <li>▪ REPORT PREPARATION</li> </ul> <p>If required, students can share their experiences in the form of a Project Report.</p> <p>Any other Practical/Practice as decided from time to time</p> <p><i>Assessment of practical:</i></p> <p>practical demonstration and performance-20</p> <p>viva voce-05 or</p> <p>Record book on all topics of practical-05</p>		30	01
<b>Total</b>				<b>02</b>
<b>Formative Assessment</b>				
Assessment		Weightage in Marks		
Theory		Theory – 25 Marks		
Practical's		Practical – 25 Marks		
Total		50 Marks		

**Pedagogy:** The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extramurals.

**References:**

1. Bachelor of Sports Management Syllabus (Revised)'2008
2. Chandan, JS: Management – Concepts and Strategies, Vikas Publishing
3. Daft, RL: Management, Thomson
4. Harold Koontz & Heinz Weihrich, Essentials of Management, Tata McGraw Hill, 201, Reference Book: 1. Stoner, Freeman, Gilbert Jr., Management.
5. Ramaswami T; Principles of Mgmt., Himalaya Publishing
6. Robbins, SP: Management, Prentice Hall
7. Sports Marketing – A strategic perspective by Matthew D. Shank, Prentice Hall.

8. Stoner J and Freeman RE: Management; Prentice-Hall
9. V.S.P Rao & Hari Krishna: Management-Text & Cases,Excel Books
10. Weihrich and Koontz, et al: Essentials of Management; Tata McGraw Hill

**VSC: Vocational Skill Courses (MAJOR related) VEC – 1**

Course Category: Physical Education

Course Name: **SPORTS JOURNALISM AND MASS MEDIA TECHNOLOGY**

Course Code: BAU0325VSP/T326C

Course Credits: 02

Marks: Semester End: 25 (T/P)

Total Marks: 25

**Course Objectives:**

To impart basic knowledge of mass communication processes to students from diverse backgrounds.

To imbibe skills required to work effectively in various fields of Sports Journalism.

To train well-rounded Sports journalists professionals with requisite technical and content-generation skills.

To develop an analytical approach among students to critically evaluate Sports Journalism.

To build research interest and encourage students to undertake meaningful research about contemporary developments in Sports Journalism.

**COURSE**

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	<b>INTRODUCTION OF JOURNALISM</b> a) MEANING AND DEFINITION OF JOURNALISM b) SPORTS JOURNALISM: MEANING, DEFINITION AND SCOPE c) MEDIA: TYPES, NATURE, SIGNIFICANCE d) JOURNALIST: ROLE, RESPONSIBILITIES, ETHICS AND HAZARDS IN JOURNALISM	7.5		01

02	<p style="text-align: center;"><b>MASS MEDIA</b></p> <p>a) SPORTS SECTION IN MASS MEDIA: PRINT, ELECTRONIC, AND ONLINE</p> <p>b) SPORTS COVERAGE: LIVE AND RECORDED</p> <p>c) SPORTS CONTENTS: NEWS, PANEL DISCUSSIONS, INTERVIEWS, SPECIAL STORIES</p> <p>d) SKILL AND TECHNIQUES OF WRITING</p> <p>e) SPORTS EVENTS, TOURNAMENTS, AND THEIR COVERAGE</p>	7.5		
03	<p><b>PRACTICAL:</b></p> <ul style="list-style-type: none"> <li>▪ FIELD VISITS AND REPORTING OF MAJOR SPORTS EVENTS</li> <li>▪ INTERVIEWS OF ELITE SPORTS PERSONALITIES</li> <li>▪ PROJECT ON LOCAL SPORTS TOURNAMENTS AND SPORTS PHOTOGRAPHY</li> <li>▪ MOCK INTERVIEW/RECORD/PROJECT</li> </ul> <p>If required, students can share their experiences in the form of a Project Report.</p> <p>Any other Practical/Practice as decided from time to time</p> <p><i>Assessment of practical:</i></p> <p>practical demonstration and performance-20</p> <p>viva voce-05 or</p> <p>Record book on all topics of practical-05</p>		30	01
<b>Total</b>				<b>02</b>

### **COURSE LEARNING OUTCOME:**

After completing this course, the students will be able to

Understand the modern concept of Sports Journalism.

Describe the principles of communication.

Learn about the Genesis and Growth of Mass Mediums in India. Develop Listening, reading, speaking, and writing skills

### **SUGGESTED READINGS:**

1. Folkerts & Lacy. The Media in Your Life. Pearson Education. Delhi. 2005.
2. Harper, Christopher. The New Mass Media. Houghton Mifflin Co. Boston. 2007

3. Singhal and Rogers. India's Communication Revolution. Sage.
4. Kumar, KJ. Mass Communication in India. Jaico. Mumbai. 2007
5. Natrajan. History of Press in India. Publications Division. Delhi
6. Kohli-Khandekar. Indian Media Business. Response Books. Delhi. 2010
7. Sahay, Uday. Making News(Ed.). OUP. Delhi. 2009
8. कानडे रा.गो. मराठी नियतकालीकांचा इतिहास, कर्नाटक, मुंबई 1938.
9. लेले.रा.के.मराठी वृत्तपत्रांचा इतिहास, कॉन्टिनेंटल, पुणे 1984.
10. जोशी वि.कृ.व लेले.रा. के. वृत्तपत्रांचा इतिहास युगवाणी, वाई 1951.
11. डॉ.धारुरकर वि.ल. शोध माध्यमांचा, शुभदा प्रकाशन, औरंगाबाद.
12. डॉ. पानतावणे गंगाधर, पत्रकार डॉ. बाबासाहेब आंबेडकर अभिजित प्रकाशन, पुणे.
13. डॉ.धारुरकर वि.ल. माध्यम दृष्टीक्षेप, चैतन्य प्रकाशन, औरंगाबाद.
14. वि.ल. धारुरकर – जनसंपर्क मीमांसा, रामराज्य प्रकाशन, औरंगाबाद.
15. पुरी सुरेश-जनसंपर्क संकल्पना आणि सिद्धांत, विमुक्तजन प्रकाशन, औरंगाबाद, 1984
16. डिजिटल पत्रकारिता: विश्वनाथ अनंत गरुड, गमभन प्रकाशन, शनिवार पेठ, पुणे
17. पत्रकारितेची मुलतत्वे: सुधाकर पवार, कॉन्टिनेंटल प्रकाशन, पुणे
18. पत्की वि.वा., जनसंपर्क, राजहंस प्रकाशन
19. शेवडे अनंत, समाचार पत्र व्यवस्थापन, मं.प्र. हिंदी प्रचार सभा, भोपाल
20. जैन सुकुमार, समाचार पत्र संगठन और प्रबंधन मुंबई 1985
21. चतुर्वेदी प्रेमानंद, समाचार पत्र प्रबंध.

### SKILL ENHANCEMENT COURSES (SEC-III)

Course Category: Physical Education

Course Name: **INTRODUCTION OF SPORTS TRAINING**

Course Code: BAU0325SEP/T326C

Course Credits: 02

Marks: Semester End: 50 (T/P)

Total Marks: 50

#### Course Objectives:

1. Understand the Principles of Sports Training to enhance athletic performance safely and effectively, learn the foundational principles of sports training, including specificity, overload, progression, and recovery.
2. Develop Training Program Design Skills – Gain the ability to design, implement, and evaluate sport-specific training programs tailored to athletes' needs, goals, and developmental stages.
3. Understand Diverse Training Approaches – Gain a comprehensive knowledge of various training methods, including aerobic, anaerobic, strength, flexibility, and functional training techniques.
4. Analyze the Effectiveness of Training Methods – Learn to evaluate the advantages and limitations of different training methods for achieving specific fitness, health, or athletic performance goals.

#### COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	<b>INTRODUCTION OF SPORTS TRAINING</b> a) SPORT TRAINING: MEANING b) THE OBJECTIVE OF SPORTS TRAINING c) CHARACTERISTIC OF SPORTS TRAINING d) PRINCIPLES OF SPORTS TRAINING e) PERFORMANCE DEVELOPMENT THROUGH SPORTS TRAINING	7.5		01



02	<b>TRAINING METHODS</b>  MEANING OF TRAINING METHODS METHODS IN SPORTS TRAINING METHODS OF STRENGTH DEVELOPMENT (7) ISOTONIC EXERCISES (ii) ISOMETRIC EXERCISES (III) ISOKINETIC EXERCISES METHODS OF ENDURANCE DEVELOPMENT 1. CONTINUOUS TRAINING METHOD 2. INTERVAL TRAINING METHOD 3. FARTLEK TRAINING METHOD CIRCUIT TRAINING	7.5		
05	<b>Practical Activities:</b> Modern training patterns Preparation of Training Plans <i>Assessment of practical:</i> practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05		30	01
<b>Total</b>				02

#### COURSE LEARNING OUTCOME:

After completing this course, the students will be able to

Understand Training Principles

Analyze Athlete Needs

Develop Basic Training Programs

Recognize the Role of Recovery and Nutrition

#### References:

1. Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rashpal Singh Brar (2004). Physical Education for B.P. E, B. P. Ed., and M. P. Ed. Kalyani Publishers Ludhiana.
2. Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchhaand Dr. Tarak Nath Pramanik (2015) B.P.ED. Guide. Sports Publication
3. Dick, W.F. (1980) Sports training principles. London: Lepus Books.

4. Harre, D (1982) Principles of sports training Berlin: Sporulated.
5. Jensen, R.C. & Fisher, A.G. (1976) Scientific basis of athletic conditioning. Philadelphia: Leaand Fibiger, 2ndEdn.
6. Matvyew, L. P (1981). Fundamental of sports training. Moscow: Progress Publishers. Singh, H. (1984). Sports training: general theory and methods. Patial: NSNIS.
7. Uppal, A.K., (1999). Sports Training. New Delhi: Friends Publication.

### **IKS (Specific)**

Course Category: Physical Education

Course Name: **HISTORY AND FOUNDATION OF PHYSICAL EDUCATION**

Course Code: BAU0325IKP/T326C

Course Credits: 02

Marks: Semester End: 25 (T/P)

Total Marks: 25

#### **Course Objectives:**

1. Enhance Understanding of the Meaning and Importance of Physical Education.
2. Recognize and Articulate the Importance of Physical Education for Holistic Development
3. Analyzing Philosophical Foundations of Physical Education
4. Enhance Application of Historical Insights

#### **COURSE**

<b>Module No.</b>	<b>Module Name</b>	<b>Teaching Hours</b>	<b>Practical's Hours</b>	<b>Credit</b>
01	<b>INTRODUCTION AND HISTORICAL DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA.</b>  a) MEANING, DEFINITION, AND SCOPE OF PHYSICAL EDUCATION b) AIMS AND OBJECTIVE OF PHYSICAL EDUCATION c) INDUS VALLEY CIVILIZATION PERIOD. (3250 BC – 2500 BC) d) VEDIC PERIOD (2500 BC – 600 BC) e) EARLY HINDU PERIOD (600 BC – 320 AD) AND LATER HINDU PERIOD (320 AD – 1000 AD)	7.5		01
02	<b>FOUNDATION OF PHYSICAL EDUCATION.</b>  a) PHILOSOPHIES OF EDUCATION AS APPLIED TO PHYSICAL EDUCATION (IDEALISM, NATURALISM, PRAGMATISM) b) AKHADAS AND VYAYAMSHALS CONTRIBUTED TO THE DEVELOPMENT OF PHYSICAL EDUCATION. c) Y.M.C.A. AND ITS CONTRIBUTIONS TO THE DEVELOPMENT OF PHYSICAL EDUCATION. d) SPORTS AUTHORITY OF INDIA CONTRIBUTES TO THE DEVELOPMENT OF SPORTS	7.5		

03	<b>PRACTICAL:</b> a) INDIAN EXERCISES SURYA NAMASKAR b) INDIAN GAME: KABADDI c) ORAL/VIVA VIVO		30	01
<b>Total</b>				<b>02</b>

### **COURSE LEARNING OUTCOME:**

1. After completion of this course, students will be able to compare the relationship between general education and physical education.
2. Students will be able to comprehend the relationship between philosophy, education, and physical education.
3. Students will be able to communicate clearly and respectfully in diverse physical education settings.
4. Students will understand the Historical and Cultural Significance of Physical Education

### **PRACTICAL STANDARDS**

Event	Marks	Event	Marks
<b>Indian Game: Kabaddi</b>	<b><u>10</u></b>	<b>Indian Exercises Surya Namaskar</b>	<b><u>10</u></b>
Fundamental skills	06	Performance Men (20)	
Knowledge of rules and regulations	04	Performance Women (15)	

*Note: 1. \*Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution*

**ORAL/VIVA VIVO**

**05 Marks**

**SHIVAJI UNIVERSITY, KOLHAPUR**  
**B. A. II PHYSICAL EDUCATION**  
**SEMESTER – IV**

<b>Semester-IV</b>				
<b>Sr. No</b>	<b>Course Type</b>	<b>Title of Courses</b>		<b>Credits</b>
<b>1.</b>	<b>MM –V</b>	<b>DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS IN INDIA</b>	<b>BAU0325MMP/T326D05</b>	<b>4</b>
<b>2.</b>	<b>MM - VI</b>	<b>ORGANIZATION AND ADMINISTRATION OF TOURNAMENTS AND COMPETITIONS</b>	<b>BAU0325MMP/T326D06</b>	<b>4</b>
<b>3.</b>	<b>MN</b>	<b>HISTORY AND PHILOSOPHICAL ASPECTS OF YOGA</b>	<b>BAU0325MNP/T326D</b>	<b>4</b>
<b>4.</b>	<b>OE- IV</b>	<b>FOUNDATIONS OF ASHTANGA YOGA – MAHARSHIPATANJALI</b>	<b>BAU0325OEP/T326D</b>	<b>2</b>
<b>5.</b>	<b>VSC- II</b>	<b>ENTREPRENEURSHIP IN PHYSICAL EDUCATION</b>	<b>BAU0325VSP/T326D</b>	<b>2</b>
<b>6.</b>	<b>SEC – IV</b>	<b>PHYSICAL TRAINING INSTRUCTOR</b>	<b>BAU0325SEP/T326D</b>	<b>2</b>
<b>7.</b>	<b>AEC-IV</b>	<b>ENG – IV</b>		<b>2</b>
<b>8.</b>	<b>VEC</b>	<b>EVS</b>		<b>2</b>
<b>Total</b>				<b>22</b>

## B. A. II SEMESTER – IV

**Course Category: PHYSICAL EDUCATION**

**Course Name: DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS IN INDIA**

**Course Number:** Major-Mandatory 05

**Course Code: BAU0325MMP/T326D05**

**Course Credits:** (Theory Credit -2, Practical Credit -02)

(Total Credits: 4)

**Marks:** Semester End: 50/50 (T/P)

Total Marks: 100

### Objectives:

1. To evaluate the impact of policies and programs on the growth of sports in India
2. To examine the role of institutions in promoting sports and physical education
3. To identify challenges and opportunities for the future of sports in India
4. To analyse the role of Maharashtra's policies and initiatives in promoting sports
5. To evaluate challenges and opportunities for the growth of sports in Maharashtra

### COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	<b>PROGRESSION OF PHYSICAL EDUCATION AND SPORTS IN INDIA</b> A) THE MINISTRY OF YOUTH AFFAIRS & SPORTS a) NATIONAL SPORTS POLICY b) KHELO INDIA-NATIONAL PROGRAMME FOR DEVELOPMENT OF SPORTS c) FIT INDIA MOVEMENT d) NATIONAL ANTI-DOPING AGENCY (NADA) B) NATIONAL INSTITUTE OF SPORTS IN INDIA A)THE SPORTS AUTHORITY OF INDIA (SAI) I) NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS NSNIS, PATIALA II) LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION (LNCPE), THIRUVANANTHAPURAM. THEIR STRUCTURE AND FUNCTIONS	7.5		01

02	<b>PROGRESSION OF PHYSICAL EDUCATION AND SPORTS IN MAHARASHTRA</b>  A) THE MINISTRY OF SPORTS AND YOUTH WELFARE GOVERNMENT OF MAHARASHTRA i) MAHARASHTRA STATE SPORTS POLICY B) DIRECTORATE OF SPORTS AND YOUTH SERVICES, MAHARASHTRA STATE THEIR STRUCTURE AND FUNCTIONS	7.5		
03	<b>SPORTS AWARDS</b>  <b>A) INDIA'S NATIONAL SPORTS AWARDS</b> a) THE MAJOR DHYAN CHAND KHEL RATNA AWARD b) THE ARJUNA AWARD c) THE DRONACHARYA AWARD d) THE MAJOR DHYAN CHAND AWARD e) THE MAULANA ABUL KALAM AZAD TROPHY (MAKA) f) RASHTRIYA KHEL PROTSAHAN PURUSKAR <b>B) MAHARASHTRA STATE-LEVEL SPORTS AWARDS</b> a) SHIV CHHATRAPATI STATE SPORTS AWARD. b) THE BEST COACH AWARD.	7.5		01
04	<b>SPORTS PERSONALITIES IN INDIA</b> a) MAJOR DHYAN CHAND b) KHASHABA JADHAV c) PILAVULLAKANDI THEKKEPARAMBIL.USHA (P.T. USHA) d) ABHINAV BINDRA e) NEERAJ CHOPRA	7.5		
05	<b>Practical Activities:</b>		30	01
06	<b>Practical Activities:</b>		30	01
<b>Total</b>				<b>04</b>

**Course Learning Outcomes:**

After completing this course, the students will be able to

1. Understand the significance of physical education and sports in India and Maharashtra.
2. Understand the evolution of physical education systems and their integration with modern practices at national and state levels.
3. Evaluate the role of national policies and state-level initiatives in the development of sports and physical education.
4. Examine the contributions of organizations to sports promotion.
5. Formulate innovative solutions to enhance the accessibility and popularity of sports and physical education, both at the grassroots and elite levels.
6. Explore career opportunities in sports management, coaching, and physical education training within the context of India's and Maharashtra's sports ecosystem.



## **B. A. II SEMESTER – IV**

**Course Category: PHYSICAL EDUCATION**

**Course Name: ORGANIZATION AND ADMINISTRATION OF TOURNAMENTS AND COMPETITIONS**

**Course Number:** Major-Mandatory 06

**Course Code:** BAU0325MMP/T326D06

**Course Credits:** (Theory Credit -2, Practical Credit -02) (Total Credits: 4)

**Marks:** Semester End: 50/50 (T/P)

Total Marks: 100

**Objectives:**

1. To acquaint students with the organization and conduct various competitions.
2. To students aware of the conduct of sports events, equipment, facilities, budget making, etc.
3. To develop skills of students regarding the preparation of various play fields.
4. Emphasize the need for well-defined administrative policies and the means of establishing these.

### **COURSE**

<b>Module No.</b>	<b>Module Name</b>	<b>Teaching Hours</b>	<b>Practical's Hours</b>	<b>Credit</b>
01	<b>TOURNAMENTS AND COMPETITIONS</b>  a) IMPORTANCE OF SPORTS PARTICIPATION IN NATIONAL AND INTERNATIONAL COMPETITIONS b) SGFI GAMES c) INTER-UNIVERSITY TOURNAMENTS d) NATIONAL CHAMPIONSHIPS e) NATIONAL GAMES f) ASIAN GAMES g) COMMONWEALTH GAMES h) MODERN OR SUMMER OLYMPIC GAMES	7.5		01

02	<p><b>DIFFERENT TYPES OF TOURNAMENTS</b></p> <p>A) KNOCKOUT OR ELIMINATION TOURNAMENT</p> <p>ii) SINGLE KNOCK OUT OR SINGLE ELIMINATION</p> <p>CONSOLATION TOURNAMENT</p> <p>iii) DOUBLE KNOCK OUT OR DOUBLE ELIMINATION TOURNAMENT</p> <p>B) BAGNALL-WILD ELIMINATION TOURNAMENT</p> <p>C) LEAGUE OR ROUND ROBIN TOURNAMENT</p> <p>METHOD OF DRAWING FIXTURE FOR SINGLE LEAGUE</p> <p>i) CYCLIC METHOD ii) TABULAR METHOD</p> <p>D) COMBINATION TOURNAMENT</p> <p>i. KNOCK-OUT CUM KNOCK-OUT ii. KNOCK-OUT CUM LEAGUE iii. LEAGUE-CUM-LEAGUE</p> <p>E) CHALLENGE TOURNAMENT</p> <p>i) LADDER TOURNAMENT ii) PYRAMID TOURNAMENT</p> <p>(with their merits and demerits, and the method of drawing fixtures)</p>	7.5		
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03	<p><b>ORGANIZATION AND ADMINISTRATION OF COMPETITIONS</b></p> <p>a) TECHNICAL TERMS USED IN DRAWING FIXTURES</p> <p>Bye, seeding, Point/Scoring, Draw/Lots, Deciding Quarters, Deciding Upper half and Lower Half, Method, and Formula of Byes.</p> <p>b) ORGANIZATION STRUCTURE OF ATHLETIC MEET.</p> <ol style="list-style-type: none"> <li>1. Organizing Committee</li> <li>2. Sub-Committees <ol style="list-style-type: none"> <li>a. Technical Committee</li> <li>b. Reception and Hospitality Committee</li> <li>c. Ground and Equipment Committee</li> <li>d. Finance Committee</li> <li>e. Transport Committee</li> <li>f. Medical and First Aid Committee</li> <li>g. Cultural and Entertainment Committee</li> </ol> </li> <li>3. Event Managers and Coordinators</li> <li>4. Volunteers and Support Staff</li> <li>5. Communication and Feedback Mechanism</li> </ol> <p>c) TYPICAL WORKFLOW</p> <p>Planning Phase, Promotion Phase</p> <p>Execution Phase, Post-Event Phase</p>	7.5		01
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04	<b>PLAYGROUNDS</b> A) STANDARDS AND FACILITIES B) PRECAUTIONS, AND SIGNIFICANCE OF PLAYGROUND SAFETY C) LAYOUT OF PLAYFIELDS a. Kabaddi b. Kho-Kho c. Volleyball d. Handball e. Basketball	7.5		
05	<b>Practical Activities:</b>		30	01
06	<b>Practical Activities:</b>		30	01
<b>Total</b>				<b>04</b>

### Course Learning Outcomes:

After completing this course

The students will be able to understand the tournament Structure

Students will demonstrate the ability to plan and manage events Planning and Logistics Management

Students will develop effective Communication and Leadership Skills

Students will learn to assess the effectiveness of tournament evaluation and Feedback Integration

### Practical Activities for MM 05 and MM 06

#### PRACTICAL STANDARDS

Event		Marks	Event		Marks
<b>Athletics- Middle Distance Run</b>		<b><u>10</u></b>	<b>Athletics- Throwing</b>		<b><u>10</u></b>
1500 M	Performance in Minutes & seconds		High Jump	Performance in meters	
Men	5.45	05	Men	1.30	05
	5.50	03		1.25	03
	5.55	02		1.20	02
Women	7.00	05	Women	1.10	05
	7.10	03		1.05	03
	7.20	02		1.00	02
Technique and modern style		<b><u>05</u></b>	Technique and modern style		<b><u>05</u></b>
Ground Marking		<b><u>05</u></b>	Ground Marking		<b><u>05</u></b>

<b>Ball Game: Hand Ball or Basket Ball</b>	<b><u>10</u></b>
Fundamental skills	06
Knowledge of rules and regulations	04
Ground Marking	<b><u>10</u></b>
<b>Indian Exercises</b>	<b><u>20</u></b>
Yongsan's	
Section (A) Type of ASANAS	
A. Meditation:	05 Marks
1. Padmasana	
2. Siddh asana	
3. Swastik asana	
4. Sam asana	
B. Physical:	05 Marks
1. Sarvang asana	
2. Bhujangasana	
4. Supta-Vajarasana	
C. Relaxative:	05 Marks
1. Shavasana	
2. Makarasna	
Section (B) Pranayamas	05 Marks
1. Kapalapathi	
2. Anuloma Viloma	
3. Ujjayi	
4. Bhastrika	
5. Shitali	
6. Sitkari	
From Section (A) of the practical	
Two Meditation Assans of Student Choice and two Meditation Assans	
Examiners Choice	
One Physical Assans of Student Choice and one Physical Assans Examiners	
Choice	
One Relaxative Assans of Student Choice and one Relaxative Assans	
Examiners Choice	
Two Assans of Student Choice and two Assans Examiners Choice	
From Section (B) of the practical	
Three Pranayamas of Student Choice and three Pranayamas Examiners Choice	

*Note: 1. \*Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution*

● **Record Book for Practical examination**

**20 Marks**

<b>Record Book</b>	<b>Practical examination conducted</b>
Brief History	During the practicals, There should be 25 students in a batch.
Various diagrams	One organizer (Internal subject teacher)
Name of different Fundamental skills in team events and styles in related to events.	Two examiners appointed by the organizer.
Rules and regulations (This should be written as per federation rulebook)	The concerned College will make all necessary arrangements, including ground marking, Water Supply, equipment, availability of sports equipment, and support staff. Peons – Two peons for ground marking, water supply equipment supply and collecting, etc.
<b>**</b> The Record Book will be assessed internally and marks should be submitted to the External Examiner.	There are two separate heads for passing i.e. Theory and Practical

**Course Category: PHYSICAL EDUCATION**

**Course Name: HISTORY AND PHILOSOPHICAL ASPECTS OF YOGA**

**Course Number: Minor-Mandatory**

**Course Code: BAU0325MNP/T326D**

**Course Credits: (Theory Credit -2, Practical Credit -02) (Total Credits: 4)**

**Marks: Semester End: 50/50 (T/P)**

**Total Marks: 100**

**OBJECTIVES:**

1. Enhance Understanding of the Meaning and Importance of Schools of Yoga
2. Recognize and Articulate the Importance of Schools of Yoga for Holistic Development
3. Identify and Correct Misconceptions about Yoga
4. Enhance Holistic knowledge of various Schools of Yoga
5. Explore and Promote Traditional Indian History and Philosophy of different Schools of Yoga

**Course**

<b>Module No.</b>	<b>Module Name</b>	<b>Teaching Hours</b>	<b>Credit</b>
01	<b>DIET AND SURYA NAMASKAR</b>  A) YOGIC DIET  B) CLASSIFICATION OF DIET IN YOGA SCIENCE  C) YOGI DIET AND RULES OF DIET AND LIFESTYLE  D) SURYA NAMASKAR AND BENEFITS OF SURYA NAMASKAR	15	01
02	<b>YOGA ASANAS</b>  A) HISTORICAL BACKGROUND  B) BENEFITS OF YOGA ASANAS  C) GUIDELINES FOR YOGA PRACTITIONERS  D) SEQUENCE OF YOGA ASANAS: TYPES OF YOGA ASANAS	15	01

03	<b>SHATKARMA AND PRANAYAM</b> A) SHUDDHI KRIYA (SHATKARMA) B) PURPOSE OF THE BODY PURIFICATION PROCESS C) DEFINITION AND MEANING OF PRANAYAMA D) TYPES OF PRANAYAMA	15	01
04	<b>YOGA: SPORTS, ATHLETES AND THE HUMAN BODY</b> A) YOGA'S SPORTS JOURNEY B) YOGA - COMPETITIVE SPORTS C) YOGA - PREVENTIVE MEASURES D) HUMAN BODY AND YOGA PRACTICE	15	01
05	<b>Section(A):</b> 1. Omkar chanting 2. Prayer 3. Sukshma vyayam (Micro Exercises) Jogging, Forward & Backward bending Side bending Twisting, Alternate toe touch Straight Leg Raising 4 Suryanamaskar-12 counts with Mantras		
06	<b>Breathing exercise</b> Deep breathing Ratio 1:2 section (B): Pranayam: Anulomvilom Suryabhedan Pranayam (without Bandhas ) Shitalipranayam (without bandhas) Bhramari Pranayam (without Bandhas)		
<b>Total</b>			<b>04</b>

### Course Learning Outcomes:

- Students will be able to understand the orientation of Schools of Yoga
- Students will be able to compare various Schools of Yoga.
- Students will be able to acquire a philosophical touch of different Schools of Yoga.
- Students will be able to keep an interest in the legacy of Yoga and Practical Life.

### Bibliography:



## Karma Yoga

1. “The Bhagavad Gita” by Vyasa, translated by EknathEaswaran
2. “Karma Yoga: A Yoga of Action” by Swami Sivananda

## Jnana Yoga

1. “The Upanishads” translated by EknathEaswaran
2. “The Ashtavakra Gita” translated by Swami Nikhilananda

## Raja Yoga

1. “The Yoga Sutras of Patanjali” by Patanjali, translated by Swami Satchidananda
2. “The Heart of Yoga: Developing a Personal Practice” by T.K.V. Desikachar

## Hatha Yoga

1. “Hatha Yoga Pradipika” by Swami Swatmarama
2. “The GherandaSamhita” by Gheranda
3. “Light on Yoga” by B.K.S. Iyengar

## MARATHI

- ” कर्मयोग” (Karma Yoga) by Swami Sivananda
- ” भगवद्गीता” (Bhagavad Gita) translated by various authors
- ” योगदर्शन” (Yogadarshan) by Y. R. Gaitonde
- ” राजयोग” (Raja Yoga) by Swami Sivananda
- ” योगशास्त्र” (Yoga Shastra) by N. S. Phadke
- ” योगाची सुरवात” (YogachiSurwat) by Swami Muktananda

### **The practical examination shall be conducted as follows**

- A. Examiners are appointed as per the directions of SUK.
- B. Marking system and performance.

From Section (A) of the practical (30 Marks)

Omkar sadhana 05 Marks

Anyone prayer 05 Marks

Sukshnavyayam (Micro Exercises) - 10 Marks

Suryanamaskar -	10 Marks
From Section (B) of the practical	(20 Marks)
Anulomvilom	05 Marks
Suryabhedan Pranayam (without Bandhas)	05 Marks
Shitali Pranayam (without bandhas)	05 Marks
Bhramari Pranayam (without Bandhas)	05 Marks

#### **OPEN ELECTIVE (OE-4)**

Course Category: Physical Education

Course Name: **FOUNDATIONS OF ASHTANGA YOGA – MAHARSHIPATANJALI**

Course Code: **BAU0325OEP/T326D**

Course Credits: 02

Marks: Semester End: 25 + 25 (T/P)

Total Marks: 50

#### **OBJECTIVES:**

1. To provide a comprehensive understanding of Patanjali's Eight Limbs of Yoga and their application in daily life.
2. To enhance physical strength, flexibility, and stamina through the practice of asanas (postures).
3. To promote mental focus and emotional stability through pranayama (breath control) and meditation techniques.
4. To encourage spiritual growth and self-realization through ethical practices and mindfulness.

#### **Course**

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	<b>PATANJALI YOGA SUTRA</b> 1.1 Overview of Yoga and Patanjali 1.2 Definition of yoga and its branches 1.3 Introduction to Maharshi Patanjali and the Yoga Sutras 1.4 Introduction to the eight limbs	7.5		01
02	<b>ASANA AND PRANAYAMA</b> 2.1 Introduction to Asana 2.2 Introduction to Pranayama 2.3 Meditation: Meaning 2.4 Meditation: Techniques, and Benefits	7.5		
03	<b>Section(A):</b> 1. Omkar chanting 2. Prayer 3. Sukshma vyayam (Micro Exercises) Jogging, Forward & Backward bending Side bending Twisting, Alternate toe touch Straight Leg Raising <b>Section (B) Pranayamas</b> 1. Kapalapathi 2. Anuloma Viloma 3. Ujjayi 4. Bhastrika 5. Shitali 6. Sitkari <b>Section © Type of ASANAS</b> A. Meditation: 1. Padmasana 2. Siddh asana 3. Swastik asana 4. Sam asana B. Physical: 1. Sarvang asana 2. Bhujangasana 4. Supta-Vajarasana C. Relaxative: 1. Shavasana 2. Makarasna		30	01
<b>Total</b>				<b>02</b>
<b>Formative Assessment</b>				
Assessment		Weightage in Marks		
Theory		Theory – 25 Marks		
Practical's		Practical – 25 Marks		

Total	50 Marks
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Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extra murals.

Course Learning Outcomes:

- Participants will achieve a balanced integration of physical, mental, and spiritual health through the principles of Ashtanga Yoga.
- Learners will develop self-discipline and commitment by regularly practicing the Eight Limbs of Yoga.
- Students will cultivate mindfulness and awareness, improving focus and reducing stress in daily life.
- Individuals will deepen their spiritual understanding and connection, promoting inner peace and enlightenment.

Bibliography:

- शरीरक्रियाविज्ञान – डॉ. प्रीयवृत्त शर्मा
- सुश्रुत – भास्कर गोविंद घाणेकर
- शरीररचना व क्रिया विज्ञान – डॉ. एस. आर. वर्मा
- Anatomy & Physiology for Nursees – Jaypee Brothers
- Anatomy & Physiology- Ross & Wilson
- Anatomy & Physiology- C.Gyton
- Human Anatomy – grays
- Human Anatomy- M. LyesPrives
- Human physiology – Chakravti, Ghoshandsahana
- Basic physiology–E.D.AmourFred
- Swasthya Shiksha Avam Sharir Vigyan- H.K.Sharma
- Health for all through Yoga- Dr.Ganesh Shanker Ghi
- Manvav Sarir Dipika-Dr.Mukund Swarup Verma
- Yoga Avam Swasthya–Raaj Publication Patoyala

**The practical examination shall be conducted as follows**

- Examiners are appointed as per the directions of SUK.
- Marking system and performance.

From Section (A) of the practical (05 Marks)

From Section (B) of the practical (12 Marks)

Three Pranayamas of Student Choice and three Pranayamas Examiners Choice

From Section © of the practical (08 Marks)

Two Meditation Assans of Student Choice and two Meditation Assans Examiners Choice 04 Marks

One Physical Assans of Student Choice and one Physical Assans Examiners Choice 02 Marks

One Relaxative Assans of Student Choice and one Relaxative Assans Examiners Choice 02 Marks

### **VSC: Vocational Skill Courses (MAJOR related) VEC – 2**

**Course Category: Physical Education**

**Course Name: ENTREPRENEURSHIP IN PHYSICAL EDUCATION**

**Course Code: BAU0325VSP/T326D**

**Course Credits: 02**

**Marks: Semester End: 25 (T/P)**

**Total Marks: 25**

**Course Objectives:**

**Objectives:**

1. Acquiring entrepreneurial quality, competency, and motivation.
2. Learning the process and skills of creation and management of entrepreneurial ventures.
3. Understanding the concept and process of entrepreneurship – its contribution and role in the growth and development of individuals and the nation.

#### **Course**

<b>Module No.</b>	<b>Module Name</b>	<b>Teaching Hours</b>	<b>Practical's Hours</b>	<b>Credit</b>
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01	<b>INTRODUCTION TO ENTREPRENEURSHIP</b> a) INTRODUCTION TO PHYSICAL EDUCATION ENTREPRENEURSHIP AND TECHNOLOGY VENTURES b) PHYSICAL EDUCATION POST GRADUATES AS AN ENTREPRENEUR c) A MINDSET OF THE ENTREPRENEURIAL LEADER d) CREATING AND SELLING THE ENTREPRENEURIAL VALUE PROPOSITION	7.5		01
02	<b>SPORTS MARKETING</b> a) DEFINITION – MARKETING b) MYOPIA IN SPORT – UNIQUENESS OF SPORTS c) MARKETING – i. MODEL OF THE SPORTS INDUSTRY ii. IMPLEMENTATION OF SPORTS MARKETING PROGRAMME. d) PERSPECTIVES ON SPORTS CONSUMER BEHAVIOR	7.5		
03	<b>PRACTICAL:</b> <ul style="list-style-type: none"> <li>▪ FIELD VISITS AND REPORTING OF MAJOR SPORTS DEALERS</li> <li>▪ INTERVIEWS OF ELITE SPORTS DEALERS</li> <li>▪ CASE STUDIES AND PRESENTATIONS</li> </ul> practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05		30	01
<b>Total</b>				<b>02</b>

Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extra murals.

#### **Course Learning Outcomes:**

1. Learners will Understand Entrepreneurial Concepts specifically tailored to physical education and sports enterprises.
2. Participants will achieve and Develop Business Plans and operations strategies.

3. Participants will achieve and Develop innovation in the Sports and Fitness industries.
4. Learners will develop Demonstrate Implement and Evaluate Projects

**References:**

1. Entrepreneurship Development: Indian cases on change agents, Tata McGraw Hill, K. Ramachandran
2. Robert Hisrich and Michael Peters, Entrepreneurship, Tata Mc Graw– Hill
3. Vasant Desai, Entrepreneurship
4. Marc J Dollinger, Entrepreneurship – Strategies and Resources, Pearson Education
5. Business Development Skills: Definition and Examples

**SKILL ENHANCEMENT COURSES (SEC-IV)**

Course Category: Physical Education

Course Name: **PHYSICAL TRAINING INSTRUCTOR**

Course Code: BAU0325SEP/T326D

Course Credits: 02

Marks: Semester End: 25 (T/P)

Total Marks: 25

Course Objectives:

1. Understanding and Develop Physical Fitness Competencies
2. Understanding the concept and process of Master Instructional Techniques
3. Understand Safety and Injury Prevention
4. Plan and Deliver Structured Training Programs

**Course**

<b>Module No.</b>	<b>Module Name</b>	<b>Teaching Hours</b>	<b>Practical's Hours</b>	<b>Credit</b>
01	<b>TESTING PHYSICAL FITNESS</b> a) TESTS FOR MEASURING CARDIOVASCULAR ENDURANCE b) TESTS FOR MEASURING MUSCULAR STRENGTH& ENDURANCE c) TESTS FOR MEASURING FLEXIBILITY d) TESTS FOR MEASURING BODY COMPOSITION	7.5		01

02	<b>EFFECT OF EXERCISE ON VARIOUS BODY SYSTEMS</b> a) EFFECT OF EXERCISES ON THE MUSCULOSKELETAL SYSTEM b) EFFECT OF EXERCISES ON CIRCULATORY SYSTEM c) EFFECT OF EXERCISES ON RESPIRATORY SYSTEM d) EFFECT OF EXERCISES ON THE GLANDULAR SYSTEM	7.5		
03	PRACTICAL <ul style="list-style-type: none"> <li>▪ FIELD VISITS AND REPORTING OF MAJOR SPORTS DEALERS</li> <li>▪ INTERVIEWS OF ELITE SPORTS DEALERS</li> <li>▪ CASE STUDIES AND PRESENTATIONS</li> </ul> practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05		30	01
<b>Total</b>				<b>02</b>

Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extra murals.

#### **Course Learning Outcomes:**

1. Participants will achieve and Demonstrate advanced knowledge and practical application of physical fitness principles.
2. Participants will achieve and Develop Instruction and Coaching Skills.
3. Participants will learn to apply an understanding of human anatomy, exercise physiology, and biomechanics.
4. Participants will achieve and Develop Leadership and Professionalism

#### **List of Books recommended:**

- 1 Athletic Training and Sports Medicine Rubert C. Schenck
- 2 Basic Weight Training for Men and Women Thomas D. Fahey
- 3 Concepts of Athletic Training Pfeiffer Mangus
- 4 Essential of Exercise Psychology Lorry G. Shaver
- 5 Exercise Physiology George, Thomas
- 6 Exercise Physiology Fox Falls



- 7 Inside the Body Anita Ganeri
- 8 Introduction to Human Nutrition Gibney, Varster & Kok
- 9 Methods Measurement & Evaluation in Physical Education Satish Sonkar
- 10 New Allis of Human Anatomy
- 11 Nutrition and Diet Therapy Lutz and Przytulshi
- 12 Nutrition in Exercise and Sport Ira Wolinsky
- 13 Prentice Therapeutic Modalities in Sports Medicine William E. Prentice
- 14 Science of Sports Training Hardayal Singh
- 15 Sport Training Principles Frank W. Dick
- 16 Sports Medicine Dr. P.K. Pande, Dr. G. S. Sundararajan
- 17 Sports Medicine of the Lower Extremity Steven I. Subotnick
- 18 Strength Training and Conditioning R. A. Proctor
- 19 Test & Measurement Dhananjay Shaw
- 20 Wood Essential of Anatomy & Physiology Michael G. Wood
- 21 फिटनेससाठी शास्त्रशुद्ध व्यायाम: भागवत के. पी.
- 22 व्यायाम करा आजार पळवा: डॉ. सुहास जोशी मनोरमा प्रकाशन, मुंबई

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