

 Estd. 1962 "A++" Accredited by NAAC (2021) With CGPA 3.52	SHIVAJI UNIVERSITY, KOLHAPUR 416 004, MAHARASHTRA PHONE : EPABX - 2609000, BOS Section - 0231-2609094, 2609487 Web : www.unishivaji.ac.in Email: bos@unishivaji.ac.in शिवाजी विद्यापीठ, कोल्हापूर, ४१६ ००४, महाराष्ट्र दूरध्वनी - इपीबीएक्स - २०६०९०००, अभ्यासमंडळे विभाग : ०२३१- २६०९०९४, २६०९४८७ वेबसाईट : www.unishivaji.ac.in ईमेल : bos@unishivaji.ac.in		
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Ref.: SU/BOS/ IDS / 234

Date: 06 - 07- 2026

The Head/Co-ordinator/Director,
All concerned Department,
Shivaji University, Kolhapur.

Subject : Regarding new syllabi of **B. A. Sports Part II (AEDP)** degree programme under the Faculty of Inter- Disciplinary Studies in conformity with **Apprenticeship Embedded Degree Programme (AEDP).**

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, equivalence etc.) of **B. A. Sports Part II** under the Faculty of Inter- Disciplinary Studies in conformity with **Apprenticeship Embedded Degree Programme (AEDP).**

This syllabus (nature of question paper, equivalence etc.) shall be implemented from the academic year **2026-2027** onwards. A soft copy containing the syllabus is attached herewith and it is also available on university website www.unishivaji.ac.in NEP-2020 (Online Syllabus)

You are therefore, requested to bring this to the notice of all students and teachers concerned.

Thanking you,

Yours faithfully,



Dy Registrar

Encl. : as above

Copy to: For information and necessary action

1	The I/C Dean, Faculty of IDS	7	Affiliation T. 1 & T. 2 Section
2	Director, Board of Examination and Evaluation	8	Appointment A & B Section
3	The Chairman, Respective Board of Studies	9	P.G.Seminar Section
4	O. E. 01 Exam Section	10	I.T. Cell
5	Eligibility Section	11	Internal Quality Assurance Cell (IQAC)
6	P.G.Admission Section		

SHIVAJI UNIVERSITY, KOLHAPUR



Established: 1962

A⁺⁺ Accredited by NAAC (2021) With CGPA 3.52

New Syllabus For

Bachelor of Arts [B.A (Sports)]

UNDER

Faculty of Interdisciplinary Studies

Apprenticeship Embedded Degree Programme

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

B.A. (SPORTS) I (Semester-I & II) introduced from June 2023 (AEDP from June 2025)

B.A. (SPORTS) II (Semester III and IV) introduced from June 2024 (AEDP from June 2026)

B.A. (SPORTS) III (Semester V and VI) introduced from June 2025 (AEDP from June 2027)

STRUCTURE AND SYLLABUS IN ACCORDANCE WITH

NATIONAL EDUCATION POLICY - 2020

HAVING CHOICE BASED CREDIT SYSTEM

WITH MULTIPLE ENTRY AND MULTIPLE EXIT OPTIONS

(TO BE IMPLEMENTED FROM ACADEMIC YEAR 2026-27 ONWARDS)

INDEX

Sr. No.	CONTENT	Page No
1	YEAR OF IMPLEMENTATION	01
2	PREAMBLE	03
3	PROGRAMME LEARNING OUTCOMES (PO)	04
4	COURSE OUTCOMES (CO)	05
5	OBJECTIVES PROGRAMME	06
6	DURATION OF THE COURSE	07
7	MEDIUM OF INSTRUCTION	07
8	ELIGIBILITY FOR ADMISSION	07
9	SCHEME OF TEACHING AND EXAMINATION PATTERN (Theory/Practical/Internal)	07
10	EQUIVALENCE OF THE PAPERS	08
11	STRUCTURE OF PROGRAMME	09
12	STANDARD OF PASSING AND DETERMINATION OF SGPA/CGPA, GRADING AND DECLARATION OF RESULTS	11
13	NATURE OF QUESTION PAPER, DURATION AND SCHEME OF MARKING	12
14	SYLLABUS: COURSE TITLE, CODE, CREDITS, VERTICALS NAME, REFERENCES, etc.	13 to 63

2. PREAMBLE:

Keeping in view, the general employability of Graduates and the utterly unsatisfactory success rate of students in Specialized Sports & Physical Education professional fields sectors the Department of Sports & Physical Education of Shivaji University has decided to introduce the B.A. (Sports) Under Graduate (Four Years) course. The unique character of the captioned Undergraduate course will be that the students opting for this course shall have the option of multiple exits and the two-point entry system. Accordingly, the syllabus has been framed to understand recent trends in Sports and interdisciplinary subjects along with theoretical and applied perspectives as well as skill development with the introduction of the semester and credit system.

The graduate level course in Sports & Physical Education and Sports contains subjects varying from a foundation of Sports & Physical Education to Officiating & coaching, Test & Measurement, Nutrition, Rehabilitation, Psychology, Sports Training, Physiology methods of Teachings, etc. which are aimed to give thorough knowledge and skills to the students. Students perusing Sports & physical education courses are fit to join the jobs as physical trainers, coaches, game officials, referees, umpires, curators, gym trainers, lifeguards, personal trainers, etc. During their course of education, the students also develop the expertise to establish their businesses as entrepreneurs in the fields of sports, fitness, recreation, adventure sports, camping, event management, etc.

3. PROGRAMME LEARNING OUTCOMES (PO)

Upon successful completion of the B.A. Sports students will be able to:

PO 1: Apply Biomechanical Principles

Analyse human movement and athletic performance by applying fundamental concepts of physics and mechanics taught in Sports Biomechanics.

PO 2: Design Sports Training Programmes

Formulate, implement, and evaluate scientifically backed training schedules and conditioning modules for various sports disciplines based on core Sports Training methodologies.

PO 3: Manage Athletic Injuries and Rehabilitation

Demonstrate foundational knowledge in preventing, identifying, and providing immediate care for sports injuries, alongside understanding basic rehabilitation protocols to ensure safe athletic recovery.

PO 4: Execute Professional Sports Officiating

Apply precise rules, regulations, and ethical decision-making skills required to successfully officiate and umpire various competitive sporting events.

PO 5: Organise Sports Meets and Tournaments

Plan, structure, and administer sports tournaments and athletic meets efficiently by mastering the structural and administrative frameworks of physical education.

PO 6: Integrate Traditional Indian Wellness and Nutrition

Synthesise core principles of Ayurveda and modern nutrition to design holistic dietary and wellness plans for athletes and the general public.

PO 7: Implement Practical Self-Defence Techniques

Demonstrate proficiency in tactical self-defence and personal safety skills acquired through specialised "RAKSHA" training.

PO 8: Preserve and Perform Traditional Martial Arts

Exhibit practical skills and cultural appreciation for historical and regional martial arts, specifically Shivkalin Yuddh Kala Shastra and Lathi Kala Shastra.

PO 9: Evaluate Historical and Global Sporting Movements

Contextualise the evolution of sports through a deep understanding of the global History of the Olympics and the development of Physical Education in India.

PO 10: Promote Community Fitness and Leisure

Design and execute recreational activities and leisure management programs aligned with national fitness initiatives like the "Fit India" movement.

PO 11: Demonstrate Advanced Communication Skills

Communicate effectively, both verbally and in writing, within professional, academic, and sporting environments through advanced English language proficiency.

PO 12: Apply Environmental and Civic Awareness

Integrate environmental sustainability principles and ecological awareness into the organisation and execution of large-scale sporting events and daily lifestyle practices.

PO 13: Demonstrate Ethical Leadership and Teamwork

Function effectively as an ethical leader, team player, and responsible sports professional across diverse, multidisciplinary sports and wellness environments.

4. COURSE OUTCOMES (CO)

Upon successful completion of each respective course within the B.A. (Sports) Part-II program, students will be able to:

CO 1 (Introduction to Sports Biomechanics): Explain the mechanical principles, forces, and laws of physics that govern human movement and analyse how they impact athletic performance.

CO 2 (Sports Training): Design and execute structured sports training, conditioning, and periodisation plans based on scientific principles of physical load, recovery, and adaptation.

CO 3 (History of Olympics): Trace the chronological evolution, foundational philosophy, and modern development of both the Ancient and Modern Olympic Games.

CO 4 (Self Defence Training - RAKSHA): Demonstrate essential tactical physical manoeuvres, situational awareness, and psychological preparedness required for personal safety and self-defence.

CO 5 (Ayurveda and Nutrition): Integrate the fundamental principles of Ayurvedic wellness with modern dietary and sports nutrition guidelines to optimise physical well-being.

CO 6 (Shivkalin Yuddh Kala Shastra □□□□□□□□ □□□□□): Outline the historical context, traditional weapons, and tactical physical techniques characteristic of the Maratha-era martial arts heritage.

CO 7 (History of Physical Education in India): Evaluate the historical progression, indigenous games, institutional milestones, and changing paradigms of physical education across India's history.

CO 8 (Athletic Care and Rehabilitation): Recognise common sports-related injuries and apply immediate first-aid care, athletic taping, and foundational rehabilitation exercises to support safe recovery.

CO 9 (Introduction to Sports Officiating): Interpret the formal rules, technical regulations, and ethical duties required to officiate, referee, and judge various competitive sporting events.

CO 10 (Organisation and Administration of Meets and Tournaments): Formulate administrative frameworks, fixture brackets, and operational layouts required to manage structured physical education tournaments and athletic meets.

CO 11 (Recreation and Leisure Management): Design, organise, and administer recreational, wellness, and leisure-time activities suited for diverse community, corporate, or institutional groups.

CO 12 (Fit India): Implement community fitness programming and lifestyle advocacy strategies that align with national public health initiatives and active living campaigns.

CO 13 (Lathi Kala Shastra □□□□□□ □□□□): Demonstrate proper physical forms, grip techniques, defensive blocks, and offensive strikes utilising the traditional Indian staff (Lathi).

5. OBJECTIVES PROGRAMME

The academic and practical design of this program aims to achieve the following objectives:

- To impart foundational knowledge in sports physics: Introduce students to the mechanical principles, laws of motion, and forces that dictate human movement and athletic performance through Sports Biomechanics.
- To develop expertise in athletic conditioning: Equip students with the scientific methodologies required to plan, construct, and execute effective sports training and periodisation regimens.
- To cultivate global historical perspective: Educate students on the origins, evolution, and sociological impact of the global Olympic movement from ancient times to the modern era.
- To build core personal safety skills: Provide practical, tactical training in self-defence mechanisms and situational awareness through the "RAKSHA" program.
- To blend traditional wellness with modern nutrition: Teach the synergy between Ayurvedic lifestyle principles and contemporary nutritional science to optimise metabolic and athletic health.
- To preserve regional martial arts heritage: Introduce students to the historical strategies, philosophy, and basic physical practices of Maratha-era combat arts through Shivkalin Yuddh Kala Shastra.
- To strengthen professional communication: Enhance advanced written and verbal linguistic abilities through structured English language courses tailored for professional and athletic settings.
- To instil pride in indigenous physical culture: Provide a detailed understanding of the historical journey, traditional games, and institutional evolution of physical education within India.
- To train in athletic injury management: Equip students with the essential skills needed to identify sports injuries, administer first aid, and understand basic rehabilitative care.
- To develop certified sports officials: Prepare students with a thorough knowledge of rules, ethics, and field mechanics required to confidently officiate and judge competitive sports.
- To teach administrative and tournament management: Train students in the structural design, fixture drafting, and logistical coordination needed to organise physical education meets and tournaments.
- To foster community recreation and leisure skills: Educate students on managing commercial or community-based recreation programs and leisure spaces for public well-being.
- To advocate for national health and ecology: Cultivate a sense of civic responsibility by aligning student skills with community fitness via the "Fit India" initiative and promoting sustainable lifestyles through Environmental Studies.

6. DURATION

Bachelor of Arts **B.A. (SPORTS)** programme shall be **A Full Time Course** of 3/4 Years–6/8 Semesters Duration with 22 Credits per Semester. (Total Credits = 132/176)

7. MEDIUM OF INSTRUCTION

The medium of instruction shall be ENGLISH or MARATHI. The students will have option

to write Answer-Scripts in **Marathi or English**.

8. 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 admissions are as per the rules and regulations set from time to time by concerned departments, HEIs, university, government, and other relevant statutory authorities.

9. SCHEME OF TEACHING AND EXAMINATION PATTERN

(Theory/Practical/Internal)

SCHEME OF TEACHING AND EXAMINATION

B. A. Programme Structure for Semester III and IV (Annexure-I)

B. A. Programme Structure for Level 5.0 of B. A. - II - Semester - III														
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	20	50	20		
02	MM - IV	2	2	2	2x4=8*	4	2	02	50	20	50	20		
03	MN	2	2	2	2x4=8*	4	2	02	50	20	50	20		
04	OE	1	1	1	2x2=4*	2	1	01	25	10	25	10		
05	VSC - I	1	1	1	2x2=4*	2	1	01	25	10	25	10		
06	SEC - III	1	1	1	2x2=4*	2	1	01	25	10	25	10		
07	AEC	2	2	2				02	30	12			20	08
08	IKS (Specific)	1	1	1	2x2=4*	2	1	01	25	10	25	10		
Total		12	12	12	36	20	10		280		250		20	SEE + IA = 530+20= 550

B. A. Programme Structure for Level 5.0 of B. A. - II - 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	20	50	20		
02	MM - VI	2	2	2	2x4=8*	4	2	02	50	20	50	20		
03	MN	2	2	2	2x4=8*	4	2	02	50	20	50	20		

04	OE	1	1	1	2x2=4*	2	1	01	25	10	25	10		
05	VSC - II	1	1	1	2x2=4*	2	1	01	25	10	25	10		
06	SEC - VI				2x4=8*	2	2	-	-	-	30	12	20	10
07	AEC	2	2	2				02	30	12			20	08
08	VEC	2	2	2				02	30	12			20	08
Total		12	12	12	40	18	10		260		240		50	SEE + IA = 500+50= 550

* Each Batch of 20 students will be 2/4 Practical hours per week (2 Batch x 4 Hrs. = 8)

10. EQUIVALENCE OF THE PAPERS

It's a newly designed academic program; an equivalence of papers ensures your previously completed courses are mapped to the new syllabus.

Department of SPORTS, Shivaji University, Kolhapur

B.A. (SPORTS) I (Semester-I & II) introduced from June 2023 (AEDP from June 2025)

B.A. (SPORTS) II (Semester III and IV) introduced from June 2024 (AEDP from June 2026)

B.A. (SPORTS) III (Semester V and VI) introduced from June 2025 (AEDP from June 2027)

11. STRUCTURE OF PROGRAMME

(Credit Distribution Structure for with Multiple Entry and Exit Options B.A. in SPORTS)

COURSE CATEGORY	ABBREVIATION (Only 2 Letters)	DESCRIPTION
MAJOR	Mandatory (MM)	Major – Mandatory Course
	Elective (ME)	Major – Elective Course
MINOR	Minor (MN)	Minor - Course
IDC/MDC/ GEC/OE	IDC (ID)	Interdisciplinary Course
	MDC (MD)	Multi-Disciplinary Course
	GEC (GE)	General Elective Course
	OE (OE)	Open Elective Course (Generic Course not from Major or Minor Category)
VSC/SEC	VSC (VS)	Vocational Skill Course
	SEC (SE)	Skill Enhancement Course
AEC/VAC/IKS	AEC (AE)	Ability Enhancement Course
	VAC (VA)	Value Added Course
	IKS (IK)	Indian Knowledge System
OJT/FP/CEP/C C/RP	OJT (OJ)	On Job Training
	FP (FP)	Field Project
	CEP (CE)	Community Engagement Project
	CC (CC)	Co-curricular Course

	RP (RP)	Research Project
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Note: (Annexure-II)

A) Second Year Bachelor of Arts (B.A. - II) (UG DIPLOMA):

YEAR:	B.A. - II
SEMESTER:	III and IV
LEVEL:	5.0
TOTAL CREDITS	22 + 22= 44
DEGREE AWARDED:	UG DIPLOMA (AFTER 84-88 CREDITS IN TOTAL)

A - I) B.A. – II: SEMESTER - III (TOTAL CREDITS - 22): (Note: Put '—' wherever 'Not Applicable')

COURSE CATEGORY		COURSE NAME	COURSE CODE	CREDITS
MAJOR	MM III	Sports Education – III (Introduction to Sports Biomechanics)		04
	MM IV	Sports Education - IV (SPORTS TRAINING)		04
MINOR	Physical Education	Physical Education (History of Olympics)		04
OE	OE III	Self Defence Training (RAKSHA)		02
VSC/SEC	VSC I	AYURVEDA AND NUTRITION		02
	SEC III	शिवकालीन युद्ध कला शास्त्र अभ्यासक्रम परिचय		02
AEC/VAC/ IKS	AEC	(Write Name) English - III		02
	IKS (Specific)	History of Physical Education in India		02
CREDITS FOR B.A. - II, SEM - III:				22

A -2) B.A. II, SEMESTER IV (TOTAL CREDITS - 22): (Note: Put '—' wherever 'Not Applicable')

COURSE CATEGORY		COURSE NAME	COURSE CODE	CREDITS
MAJOR	MM V	Sports Education – V (ATHLETIC CARE AND REHABILITATION)		04
	MM VI	Sports Education - VI (INTRODUCTION TO SPORTS OFFICIATING)		04
MINOR	Physical Education	Physical Education (ORGANIZATION AND ADMINISTRATION OF MEETS AND TOURNAMENTS)		04
OE	OE IV	Recreation and leisure management		02
VSC/SEC	VSC II	FIT INDIA		02

	SEC IV	लाठी कलाशास्त्र अभ्यास वर्ग		02
AEC/VAC/ IKS	AEC	(Write Name) English - IV		02
	VEC	Environment study		02
OJT/FP/ CEP/CC/RP				
CREDITS FOR B.A. - II, SEM - IV:				22
CREDITS FOR B. A. - II, SEM – III AND IV:				22 + 22 = 44
SPECIAL NOTE: If student wants to 'EXIT' after completion of B.A. II (SEM III and IV), he/she must acquire --- credits through SUMMER INTERNSHIP of ----- hours and submit the report. After verification by concerned authority he/she will be awarded the UG DIPLOMA degree. This DIPLOMA is a pre-requisite for admission or 'ENTRY' in B.A. III courses i. e. UG Degree. The Nature of SUMMER INTERNSHIP:				

1. COURSE CODE TABLE:

Semester No.	Course Code	Title of Course
III		Sports Education – III
III		Sports Education – IV
III		Physical Education - III (History of Olympics)
III		Self Defence
III		Ayurveda and nutrition
III		शिवकालीन युद्ध कला शास्त्र अभ्यासक्रम परिचय
IV		Sports Education – V
IV		Sports Education – VI
IV		Physical Education - IV (History of Olympics)
IV		Recreation and leisure management
IV		Fit India
IV		लाठी कलाशास्त्र अभ्यास वर्ग

12. STANDARD OF PASSING AND DETERMINATION OF SGPA/CGPA, GRADING AND DECLARATION OF RESULTS

Shivaji University has adopted a 10-point Grading System as follows:

In each semester, marks obtained in each course (Paper) are converted to grade points: o if the total marks of the course are 100 and the passing criteria is 40%, then use the following Table for the conversion.

If the total marks of any of the courses are different from 100 (e.g. 50) and passing criterion is 40%, then marks obtained are converted to marks out of 100 as below:

1. Gradation Chart:

Marks Range (out of 100)	Grade	Grade Point	Description	Status
80 – 100	O	10	Outstanding	Pass
70 – 79	A+	9	Excellent	Pass
60 – 69	A	8	Very Good	Pass
55 – 59	B+	7	Good	Pass
50 – 54	B	6	Above Average	Pass
45 – 49	C	5	Average	Pass
40 – 44	P	4	Pass	Pass
00 – 39	F	0	Fail	Fail

Key Points:

Passing marks: 40 out of 100 (40%)

Minimum grade point to pass: 4 (Grade P)

Grades O, A+, A, B+, B, C, and P indicate passing performance

Grade F indicates failure

Calculation of SGPA & CGPA

1. Semester Grade Point Average (SGPA)

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

2. Cumulative Grade Point Average (CGPA)

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

13. NATURE OF QUESTION PAPER, DURATION AND SCHEME OF MARKING

A) FOR FOUR CREDITS: Total Marks: 50 (Written)

Q. 1: Multiple choice questions (10 MCQs) (01 marks each) 10 Marks

Q. 2: Write short notes (Any Four out of Six) (Answer Limit: 150 - 200 Words) 20 Marks

Q. 3: Long Answer Questions (Any One out of Two) (Answer Limit: 600-800 Words)

10 Marks

Q. 4: Long Answer Questions (Any One out of Two) (Answer Limit: 600-800 Words)

10 Marks

Practical:**Total Marks: 50****B) FOR TWO CREDITS: Total Marks: 25 (Written)**

Q. 1: Multiple choice questions (05 MCQs) (01 marks each)

05 Marks

Q. 2: Write short notes (Any two out of three) (Answer Limit: 150 - 200 Words) 10 Marks

Q. 3: Long Answer Questions (Any One out of Two) (Answer Limit: 600-800 Words)

10 Marks

Practical:**25 Marks****PRACTICALS**

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

Record Book	Practical examination conducted
Brief History	a batch of 20 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 organizer.
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*

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

B. A. II SEMESTER – III**Course Category:** SPORTS**Course Name:** Introduction to Sports Biomechanics**Course Number:** MM 03**Course Code:****Course Credits:** (Total Credits: 4)

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

Total Marks: 100

Objectives:

1. Acquaint the student with fundamental knowledge of Sports & Games.
2. Enable the graduate to analyze the connection between general education and Sports education.
3. Foster an understanding of the historical context of selected Sports & Games.

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	Introduction to Sports Biomechanics Introduction: i. Meaning of Bio-mechanics ii. Importance of Bio-mechanics in sports	7.5		01
02	The Skeletal System: The Rigid Framework of the Body The Muscular System: The Motors of the Body	7.5		
03	Forces: Equilibrium and Motion Work, Power, and Energy	7.5		01
04	Kinesiology i. Meaning of Kinesiology and its Importance in Sports	7.5		
05	Practical Activities: Modified and Minor Games		30	01
06	Use of Bio-mechanics principals		30	01
Total				04

Course Learning Outcomes:

1. Foster an understanding of the historical context of selected Sports & Games.
2. Develop the ability to grasp the correlation between training and learning in the realm of Sports.
3. Equip the individual with knowledge of recent developments and the academic underpinnings of Sports & Games.

Suggested Readings:

1. Dick W. Frank, (2002) Sports Training Principles, 4th ed. London: A&C Black Ltd.

2. Harre, D. (1982) Principles of Sports Training, Berlin: Sport Veulag.
3. K. Chandra Shekar, (2004) Sports Training, Khel Sahitya Kendra.
4. Matveyev, L.P. (1977) Fundamentals of Sports Training, Moscow: Progress Publishers
5. Singh, Hardayal. (1991) Science of Sports Training, New Delhi: DVS Publications.
6. Tudor B. Bompa & Mihail C. Carera, (2005) Periodization Training for Sports, Human Kinetics,
(II nd Edition).
7. Uppal, A.K. (2001) Principles of Sports Training, Delhi: Friends Publication.
8. Yograj Thani, (2003) Sports Training, Sports Publication.
9. William E. Amonette, Kirk L. English and William J. Kraemer, Evidence-Based Practice in Exercise Science, Human Kinetics, 2016.

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstrations, seminars, classroom discussions, videos, charts, and presentation methods.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Project Work, Assignments, Presentations, Practical Work

Course Category: SPORTS

Course Name: Sports training

Course Number: MM 04

Course Code:

Course Credits:

(Total Credits: 4)

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

Total Marks: 100

Objectives:

1. Acquaint the student with fundamental knowledge of Sports & Games.
2. Enable the graduate to analyze the connection between general education and Sports education.

3. Foster an understanding of the historical context of selected Sports & Games.

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	Introduction to Sports Training Meaning, Importance, and Definition of Sports Training Aim and Objectives of Sports Training Principles of Sports Training.	7.5		01
02	Characteristics of Sports Training. Talent Identification and Development.	7.5		
03	Introduction to Training Plans and Periodization.	7.5		01
04	Training Plans: Meaning and types (Macro, Meso, Micro, etc). Periodization Meaning and types of Periodization.	7.5		
05	Practical activities: Modern training patterns		30	01
06	Preparation of Training Plans		30	01
Total				04

Course Learning Outcomes:

1. Foster an understanding of the historical context of selected Sports & Games.
2. Develop the ability to grasp the correlation between training and learning in the realm of Sports.
3. Equip the individual with knowledge of recent developments and the academic underpinnings of Sports & Games.

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4. Matveyev, L.P. (1977) Fundamentals of Sports Training, Moscow: Progress Publishers
5. Singh, Hardayal. (1991) Science of Sports Training, New Delhi: DVS Publications.

6. Tudor B. Bompa & Mihai C. Carera, (2005) Periodization Training for Sports, Human Kinetics,

(II nd Edition).

7. Uppal, A.K. (2001) Principles of Sports Training, Delhi: Friends Publication.

8. Yograj Thani, (2003) Sports Training, Sports Publication.

9. William E. Amonette, Kirk L. English and William J. Kraemer, Evidence-Based Practice in Exercise Science, Human Kinetics, 2016.

10. Essentials of Exercise Science, by American Council on Exercise; 4th edition (January 1, 2010)

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstrations, seminars, classroom discussions, videos, charts, and presentation methods.

ACTIVITIES: Lecture//Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Project Work, Assignments, Presentations, Practical Work

Course Category: SPORTS

Course Name: Physical Education – III (History of Olympics)

Course Number: MN

Course Code:

Course Credits: (Total Credits: 4)

Marks: Semester End: 50/50 (T/P) Total Marks: 100

OBJECTIVES:

1. To acquaint students with reflections on physical education.
2. To aware students of the global History of Physical Education.
3. To develop skills of students in the application of the Philosophy of physical education and Professional approach.

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	Ancient Olympic Games (Aim & Nature) I) Legendary origin II) Significance of the games	7.5		01

02	Ancient Olympic Games I) Eligibility for participation, awards II) Decline of ancient Olympics.	7.5		
03	Modern Olympic Games (Aim & Nature) i) Revival of the Olympic Games.	7.5		01
04	Modern Olympic Games i) Eligibility criteria, venues, events, awards. ii) Opening and closing of the ceremony.	7.5		
05	Practical Activities: Organization of sports events	30		01
06	Organize the opening and closing of the sports events	30		01
Total				04

Course Learning Outcomes:

1. The pass out would be able to compare the relationship between general education and physical education.
2. He would be able to identify and relate to the History of Physical Education.
3. He would be able to comprehend the relationship between Philosophy, Education, and physical education.
4. He would be able to identify the Philosophy of Education and Physical Education.
5. He would know recent developments and the academic foundation of Physical Education.

Books Recommended:

1. Principles of Physical Education: J.F. Williams, W.B. Sanders Company, Philadelphia, London.
2. Scientific Foundations of Physical Education: C.C. Cowell, Harper and Brothers, New York.
3. Foundation of Physical Education: C.A. Bucher, W.B. Sanders Company, Philadelphia, London.
4. Recreation and Physical Fitness for Youths and Men: Board of Education, London.
5. Physical Education: Interpretations and objectives - J.B. Nash, the Ronald Press Company, New York.
6. Introduction to Physical Education: L.R. Sharman, A.S. Barnes and Company, New York.
7. Hoffer, Richard. Something in the Air: American Passion and Defiance in the 1968 Mexico City Olympics. New York: Free Press, 2009.

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	MODULE I i. Importance and need of self-defense. ii. Types of Defensive Skills	7.5		01
02	MODULE II i. Conditioning Exercises - General and Specific Exercises ii. Development of Strength and Speed	7.2		
03	Practical Activities: Basic Skills for Self-Defense Martial Arts		15	01
04	Report Preparation, Records and PPT		15	
Total				02

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

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

Course Learning Outcomes:

1. Increased Situational Awareness:

Participants will demonstrate an enhanced ability to assess and identify potential threats in various environments.

Risk Assessment Skills:

2. Participants will be able to analyze and evaluate potential risks, making informed decisions about personal safety.

Effective Verbal Communication:

3. Participants will demonstrate improved verbal de-escalation skills in simulated scenarios, effectively diffusing tense situations.

Physical Techniques Proficiency:

4. Participants will exhibit competence in executing basic self-defense techniques, including strikes, escapes, and holds.

REFERENCE / SUGGESTED READINGS:

1. Self Defence Make Simple: Phil Pierce
2. Self Defence: Jonathan Kellerman
3. Scientific Self Defence: William E. Fairbairn

4. Book of Self Defence: Bruce Tegner
5. Physical Fitness and Wellness: Dr. Shyam Sundar Rath
6. Exercise Physiology Fitness and: B. Srilakshmi, V. Suganthi, C. Kalaivani Ash Sports Nutrition
7. Fitness Habits: Amaresh Ojha and Sibhra Moitra
8. Right of Private and Self Defence: Ramachandra
9. Tricks of Self Defence: W.H. Collingridge
10. Psychology of Self Defence: Christopher Sutton
11. Self Defence for Individual: Billy C. Sandow

Course Category: SPORTS

Course Name: AYURVEDA AND NUTRITION

Course Number: VSC I

Course Code: BA U0325 MM L 3 26 C 04

Course Credits: (Total Credits: 2)

Marks: Semester End: 25/25(T/P) Total Marks: 50

Objectives:

- To introduce the basic principles of nutrition in Ayurveda
- To link the Ayurvedic nutrition with modern dietary practices for health
- To analyze basic tenets of traditional diets and health recipes
- To understand the contemporary food habits in everyday life

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
01	15	01	30
Theory: Module – I 1.1 Introduction to Ayurvedic Nutrition 1.2 Ayurveda and Indian food cultures 1.3 Nutrition and lifestyle transition over the years 1.4 Regional Food Traditions of India Module – II 2.1 Basic Principles of Food and Nutrition and Ayurveda			15

2.2 Understanding rich sources of nutrients 2.3 Concept of Doshas & assessment 2.4 Ayurvedic Principles of food habits and factors determining quality of food (Ahara vidhi visheshaayatana) 2.5 FSSAI regulations on Ayurvedic Aahar Module – III Ayurvedic Diets 3.1 Principles of Diet: Aharavidhi Vidhan, Sattvic, Rajasi, Tamasic foods 3.2 Incompatible food (Viruddha Ahara), Pathya; Apathya; Viprita Ahaar 3.3 Lifestyle Management with Dincharya and Ritucharya 3.4 Application of Ayurvedic diets to stress-linked food behaviour Practical/ Practice Component ● Visit your local market and classify the available food items according to Sattvic, Rajasi, Tamasic foods ● Survey 10-15 households in your locality: To study food behavior and analyze them in light of Ayurvedic dietary principles of Sattvic, Rajasi, Tamasic To study the food consumption patterns and intake of incompatible food: Viruddha Ahara, Pathya; Apathya; Viprita Ahaar To know about their adopted lifestyle Dincharya and Ritucharya ● Students must visit available e-resources from Shivaji University and the Ministry of Ayush about Ayurveda and Nutrition. ● If required, students can share their experiences in the form of a Project Report. ● The students may share their experiences in the form of audio-visual presentations of 15-30 minutes. ● Any other Practical/Practice as decided from time to time	30
Formative Assessment	
Assessment	Weightage in Marks
Theory	Theory - 25 Marks
Practicals	Practical - 25 Marks
Total	50 Marks

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

Learning outcomes:

- Awareness of traditional food cultures of India
- Evaluate changing food patterns and lifestyles over the years
- Understand Indian Knowledge Systems (IKS) and key Vedic principles concerning Food and Nutrition
- Apply basic tenets of traditional diets for health and disease
- Prepare selected healthy recipes based on Ayurvedic principles

Essential Readings

- Rastogi S (2014) Ayurvedic Science of Food and Nutrition. ASIN: BOOHWMV094, Springer: ISBN-13:978-1461496274
- Rastogi S (2010) Building bridges between Ayurveda and modern science. Int J Ayurveda Res. 1(1):41-46.
- FSSAI regulations on Ayurveda Aahar Regulations 2022. Gazette of India CG-DL-E-07052022-235642. New Delhi, Friday, May 6, 2022/ Vaisakha 16, 1944.
- Frawley D (2012) Ayurvedic healing: A comprehensive guide. Lotus Press, India.
- <https://iksindia.org/>: Indian Knowledge Systems

Suggested Readings

- Charaka Samhita, Charaka (1998) In: Tripathi BN (ed) Sutra Stahan Maharashitiya Adhyay. Chaukhamba Orientelia, Varanasi.
- Kapoor Kapil & Singh AK Indian Knowledge Systems Volume – 1. Indian Institute of Advanced Study Shimla. Published by DK Printworld (P) Ltd, N.Delhi.

<https://www.lkouniv.ac.in>.

Course Category: SPORTS

Course Name: शिवकालीन युद्ध कला शास्त्र अभ्यासक्रम परिचय

Course Number: SEC III

Course Code:

Course Credits: (Total Credits: 2)

Marks: Semester 25 + 25(T/P) Total Marks: 50

OBJECTIVES:

*सदर अभ्यासामुळे विद्यार्थ्यांच्या अंगी शक्ती, बुद्धी, युक्ती, चपळता, चाणाक्षपणा, एकाग्रता, शारीरिक सटढता, साहस, धैर्य, मानसिक स्थिरता, बुद्धीची प्रगल्भता व चिकाटी इ. निर्माण होते.

*सदर अभ्यासामुळे विद्यार्थ्यांच्या अंगी चांगले आरोग्य, शिस्त, संघटन, खिलाडू वृत्ती, रोगप्रतिकारक शक्ती व बल या वृत्ती सहजच निर्माण होतात

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	धनुर्वेद अर्थात प्राचीन भारतीय युद्धशास्त्राचा इतिहास 1.1 - शिवकालीन युद्धनीती शास्त्राचा इतिहास 1.2 - योद्ध्याची नीतिमुल्ये 1.3 - क्षात्रधर्म आणि राजधर्म 1.4 - भारतीय व्यायामाचे महत्त्व	7.5		01
02	शिवकालीन युद्धपद्धत 2.1 - युद्धपद्धतीचे बदलते स्वरूप (प्राचीन आणि मध्ययुगीन कालखंड) 2.2 - लाठी-भाला-पट्ट्याची माहिती 2.3 - भारतीय स्वातंत्र्य लढ्यात आखाड्यांचे योगदान 2.4 - आहार व शरीर शास्त्र	7.2		
03	Practical Activities: भारतीय व्यायाम 1.1 - सर्वांग सुंदर व्यायाम 1.2 - सूर्यनमस्कार + भूमी नमस्कार 1.3-दंड 1.4 - बैठक		15	01

04	शस्त्र अभ्यास 2.1 - लाठी 2.2 - भाला 2.3 - पट्टा 2.4 - छुरिका		15	
Formative Assessment				
Assessment		Weightage in Marks		
Theory		Theory - 25Marks		
Practicals		Practical - 25 Marks		
Total		50 Marks		

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

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

Course Learning Outcomes:

After studying this subject, the students will learn the theoretical and practical aspects of various Shivkalin exercises and understand the importance of such exercises in the present era

Job Prospects- He / She can be a player, He / She can be a Coach, He / She can be a Referee and He / She can be an Official

संदर्भ ग्रंथ -

- 1) धनुर्वेद संहिता
- 2) व्यायाम ज्ञानकोश (खंड 1 ते 10) द. चि. मुजुमदार, बडोदा
- 3) लाठी कला शास्त्र भाग 1 - नारायण सप्रे
- 4) दांडपट्टा - ल. ब. भोपटकर
- 5) नियुद्ध - स्वा. देवव्रत आचार्य
- 6) रामायण

- 7) महाभारत
- 8) वेदांतातील राष्ट्रदर्शन - बाळशास्त्री हरदास
- 9) प्रताप शस्त्रागार - प्रो. माणिकराव
- 10) कौटिल्य अर्थशास्त्र
- 11) शिवचरित्र
- 12) मराठ्यांची युद्धकला
- 13) मर्दानी खेळ - स्पर्धा नियम पुस्तिका
- 14) ओळख मर्दानी कलेची
- 15) मर्दानी खेळ आचारसंहिता

Course Category: SPORTS

Course Name: History of Physical Education in India

Course Number: IKS (Specific)

Course Code:

Course Credits: (Total Credits: 2)

Marks: Semester End: 25 + 25 (T/P) Total Marks: 50

OBJECTIVES:

1. To examine and understand the historical development and significance of physical education practices in ancient India
2. To analyze the evolution and progression of physical education in India across different historical, social, and cultural epochs, tracing its development from ancient times to the present.
3. To investigate the unique historical trajectory and regional nuances in the development of physical education within the state of Maharashtra.
4. To delve deeply into the history, rules, techniques, and cultural significance of the traditional Indian sport of Kabaddi and kho-kho.

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
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01	Physical Education in Ancient Times Physical Education in Ancient India – Periods:- Advent of aryaans in india Epic Age According to activities such as Archery, Wrestling, Yoga, etc.	7.5		01
02	Physical Education in India a) Development of Physical Education in India b) Development of Physical Education in Maharashtra.	7.2		
03	Practical Activities: INDIAN GAMES i) Kabaddi and ii) Kho-Kho a) Fundamental skills b) Knowledge of rules and regulations		15	01
04	INDIAN EXERCISE Surya Namaskar (Boys - 20, Girls -15)		15	
Total				02

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

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

Course Learning Outcomes:

Historical Understanding:

Students will demonstrate a comprehensive understanding of the historical development of physical education in India, including key events, influential figures, and major shifts in practices and ideologies.

Cultural Context:

Students will analyze and interpret the cultural and societal influences that have shaped physical education in India over different periods, recognizing the interplay between cultural values, traditions, and physical activities.

Critical Analysis:

Students will develop the ability to critically evaluate the impact of historical events, policies, and societal changes on the evolution of physical education in India, fostering a deeper appreciation for the complexities and nuances involved.

Application of Knowledge:

Students will apply their historical knowledge to contextualize and explain the current state of physical education in India, drawing connections between historical practices and contemporary trends in health, fitness, and education

B. A. II SEMESTER – IV

Course Category: SPORTS

Course Name: Athletic care and rehabilitation

Course Number: MM 05

Course Code:

Course Credits: (Total Credits: 4)

Marks: Semester End: 50/50 (T/P) Total Marks: 100

Objectives:

- To apprise the students about the introduction to Athletic Care & Rehabilitation
- To synthesize a basic concept of sports injuries and rehabilitation.
- To appraise the varied therapeutic aspects of exercise.
- To appraise the understanding of the preventive and curative aspects of sports injuries.
- To explain the understanding of the rehabilitation aspects of sports injuries

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	Introduction to Athletic Care & Rehabilitation • Meaning and definition • importance of Athletic Care & Rehabilitation	7.5		01
02	sports injuries • Stages of healing, signs of inflammation. • Common athletic injuries: Sprain, Strain,	7.5		
03	Prevention & Treatment of Injuries • Prevention of athletic injuries. • Immediate treatment: PRICE	7.5		01
04	Rehabilitation • General Principles, role of therapeutic exercises.	7.5		

05	Practical Activities: • Demonstration of Athletics Injuries: Shin Splint, Tennis Elbow, Ankle Sprain, Knee Sprain. • Demonstration and Practice of Massage		30	01
06	Use of First aid, treatment: PRICE		30	01
Total				04

Course Learning Outcomes:

- Illustrate and apply the concepts of sports injuries and rehabilitation.
- Interpret the concept of therapeutic aspects of exercise.
- Demonstrate and take care of the preventive and curative aspects of sports injuries.
- Apply the concept of rehabilitation of sports injuries
- Interpret the concept of a positive lifestyle.

TEXT & REFERENCE:

Fritz, S. (2013) Sports & exercise massage. Elsevier mosby ISBN-13: 978-0323083829
ISBN-10: 032308382X

• McKone, W. (1997). Osteopathic athletic health care. London: Chapman & Hall. ISBN-13: 978-0412590900 ISBN-10: 0412590905

• Magee, D. (2011). Athletic and sports issues in musculoskeletal rehabilitation. St. Louis, Mo.: Elsevier/Saunders. ISBN-13: 978-1416022640. ISBN-10: 1416022643

• Miniaci, A., & Iannotti, J. (2014). Disorders of the shoulder. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins Health. ISBN-13: 978-1451130584. ISBN-10: 1451130589

• Puddu, G., Giombini, A., & Selvanetti, A. (2001). Rehabilitation of sports injuries. Berlin: Springer. ISBN13: 978-3540674757. ISBN-10: 3540674756

Course Category: SPORTS

Course Name: Introduction to sports officiating

Course Number: MM 06

Course Code:

Course Credits: (Total Credits: 4)

Marks: Semester End: 50/50 (T/P) Total Marks: 100

Objectives: Here are some potential objectives for a course on sports officiating:

Rules and Regulations Mastery

Officiating Techniques and Mechanics

Decision-Making under Pressure

Conflict Resolution and Communication

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	Officiating: Getting Started in Officiating & Officiating as an Avocation	7.5		01
02	Personal and Professional Skills (time management, conflict management, communication skills)	7.5		
03	Style(s) of Officiating	7.5		01
04	Sport-Specific Rules	7.5		
05	Practical Activities: Demonstration of Officiating		15	01
06	Officiating of two Games		15	01
Total				04

Course Learning Outcomes:

After studying all materials and resources presented in the course, the student will be able to:

1. Interpret and enforce contest rules in a variety of sports and games.
2. Demonstrate officiating mechanics and techniques in a variety of sports and games for appropriate age and skill levels.
3. Develop a personal philosophy guided by rules, ethics, and etiquette necessary to be an effective official.
4. Apply problem-solving techniques relevant to officiating a sports contest and how to maintain a positive self-image in a group contest environment.
5. Assess and manage player, coach, and spectator behaviors when officiating to provide a healthy sports environment.
6. Identify governing bodies of various sports and procedures for becoming an official

REFERENCE:

www.refreps.com

Course Category: SPORTS

Course Name: Physical Education- IV (Organization and administration of meets and tournaments)

Course Number: MN

Course Code:

Course Credits: (Total Credits: 4)

Marks: Semester End: 50/50 (T/P) Total Marks: 100

OBJECTIVES:

1. To acquaint students with the Organization and conduct of various competitions.
2. To aware students 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 of well – defined administrative policies and the means of establishing these.

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	MEETS AND TOURNAMENTS Importance of meets and tournaments.	7.5		01
02	Athletic Meet: Officials, various Committees	7.5		
03	TYPES OF TOURNAMENTS i) Knock-out ii) League or round ribbon	7.5		01
04	To draw the lots, their merits and demerits	7.5		
05	Practical Activities: Organization competitions drawing of lots	30		01
06	Preparation and Maintenance of Playgrounds	30		01
Total				04

Course Learning Outcomes:

Event Planning and Logistics:

Students should be able to demonstrate proficiency in planning and organizing sports meets and tournaments.

Budgeting and Financial Management:

Gain the ability to develop and manage budgets for sports events.

Effective Communication and Marketing:

Develop strong communication skills for effectively liaising with stakeholders.

Evaluation and Improvement:

Learn to assess the success of meets and tournaments through post-event evaluations.

TEXT & REFERENCE:

1. E. F. Voltimen and A. A. E. Islinger – The Organization of Administration of Physical Education.
2. Jay B. Nash – The Administration of Physical Education.
3. Prin. P. M. Joseph – Organization of Physical Education – The Old Student's Association, T.I.P.E., Bombay.
4. Organization 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. Krishna Murthy J., Administration, and Organization of Physical Education and Sports, commonwealth publishers, New Delhi, 2005.
8. Jayne Greenberg and Judy LoBianco, Organization and Administration of Physical Education. Humankinetics pages: 408 Binding: Taschenbuch, 2019

Course Category: SPORTS

Course Name: Recreation and leisure management

Course Number: OE04

Course Code:

Course Credits: (Total Credits: 2)

Marks: Semester End: 25 + 25(T/P) Total Marks: 50

OBJECTIVES:

1. Understanding Recreation and Leisure Concepts
2. Management and Planning Skills
3. Community and Stakeholder Engagement
4. Risk Management and Safety

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
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01	Basics of Recreation Meaning, Definition of Recreation and Leisure Management Importance, Values of Recreation Principles of Recreation. Fundamental Modes of Recreation	7.5		01
02	Basics of Recreation Principles of Recreation. Fundamental Modes of Recreation	7.2		
03	Practical Activities: i. Traditional, Folk, and Indigenous Games ii. Three Days outdoor camp and Hiking iii. Visit Recreational Clubs		15	01
04	Report Preparation, Records and PPT		15	
Total				02

5.

Course Learning Outcomes:

Demonstrate Comprehensive Knowledge:

Students should be able to demonstrate a comprehensive understanding of key concepts, theories, and historical developments in the field of recreation and leisure management.

Apply Planning and Management Skills:

Apply effective planning and management skills in the design, organization, and execution of diverse recreational programs and events.

Engage in Stakeholder Collaboration:

Demonstrate the ability to engage with and collaborate effectively with diverse stakeholders, including local communities, government agencies, and private organizations, to develop and implement successful recreational initiatives.

Implement Risk Management Strategies:

Implement and evaluate risk management strategies to ensure the safety and well-being of participants in recreational activities.

Evaluate the Social and Cultural Impact:

Analyze and evaluate the social and cultural impact of recreational programs on individuals and communities, recognizing the diverse needs and preferences of participants.

TEXT & REFERENCE:

1) Mull. R. Bayless, K. Recreational Sports Management. Champaign: Human Kinetics.

- 2) Hoffman, R. & Collingwood, T. Fit for duty. Champaign: Human Kinetics.
- 3) Leith, L.M. Exercise your way to better mental health. New Delhi: Friends Publication.
- 4) Bucher, & Wuest. Foundations of Physical Education & Sports. B.I. Publications.
- 5) Smith, R. & Austin, D. Inclusive & Special Recreation: Opportunities for persons with disabilities, Champaign: Human Kinetics.
- 6) Russel, R. Leadership in recreation. McGraw Hill.
- 7) Butmer, G.D. Introduction to Community Recreation
- 8) Jacks. L.P. Education through Recreation
- 9) Nash, J.B. Philosophy of Recreation
- 10) Fitzgerald –Community Organisation for Recreation
- 11) An Introduction to Recreation Education – W. B. Saunders Company Philadelphia-1955.
- 12) Community Recreation - Meyer and Brightbill, Prentice Hall, INC 1966.
- 13) Leisure and Recreation - Neumeyer and Esther. A. S, Barnes and Company, 1956.
- 14) ØhMk o jatu&Mh-Ogh- [kkluhl
- 15) Introduction to Community Recreation - Bultter.
- 16) Organization of Physical Education - J. P. Thom

Course Category: SPORTS

Course Name: FIT INDIA

Course Number: VSC II

Course Code: BA U0325 MM L 3 26 C 04

Course Credits: (Total Credits: 2)

Marks: Semester End: 25/25(T/P) Total Marks: 50

Course Objectives:

- Encourage physical activity by engaging the students in sports and yoga.
- Understand the importance of a balanced diet.
- Build skills for self-discipline, self-confidence, cooperation and teamwork.
- Promote fitness as a joyful activity.

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
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01	1.1 Participation in Physical Activity 1.2 Fit India Protocol 1.3 Physical Activity, Health and Fitness 1.4 Indicators of Fitness	7.5		01
02	2.1 Health-Related Fitness and Their Components 2.2 Muscular Strength and Endurance 2.3 Body Composition and Flexibility	7.2		
03	Practical Activities: ● Aerobic Work Out / Physical Activity (Walking) ● Cardiovascular Testing by 12min/9 min Cooper Run/Walk test		15	01
04	● Flexibility Training: Back Saver Sit and Reach test ● Muscular Strength Training: Standing Broad Jump/ Vertical Jump ● Endurance Training: 1 Mile Rockport walk Test ● Ideal Body Weight, Body Mass Index (BMI), Waist-Hip Ratio, Waist-Height Ratio (Data of at least 10 persons to be collected)		15	
Total				02

Learning Outcomes:

- adopting a healthy lifestyle.
- Knowledge of nutrition, diet, and psycho-physiological aspects of fitness.
- Develop Self-esteem, Self-confidence, Self-discipline, and team spirit as indicators of fitness.

Essential Readings:

- Fit India Website: <https://fitindia.gov.in>
- Wener W.K. Hoeger, Sharon
- A. Hoeger - Fitness and Wellness-Cengage Learning (2014).

SUGGESTED READINGS:

- Charles B. Corbin, Gregory J Welk, William R Corbin, Karen A. Welk - Concepts of Fitness and Wellness_ A Comprehensive Lifestyle Approach-McGraw-Hill (2015)
- W.Larry Kenney, Jack H. Wilmore, Devid L.Costil (2015). Physiology of Sports and Exercise, Second Edition. The USA. Human Kinetics.
- Websites of International Sports Federations

- Website of Ministry of Youth Affairs and Sports

Course Category: SPORTS

Course Name: लाठी कलाशास्त्र अभ्यास वर्ग

Course Number: SEC IV

Course Code:

Course Credits: (Total Credits: 2)

Marks: Semester End: 30 + 20 Total Marks: 50

OBJECTIVES:

*सदर अभ्यासामुळे विद्यार्थ्यांच्या अंगी शक्ती, बुद्धी, युक्ती, चपळता, चाणाक्षपणा, एकाग्रता, शारीरिक सदृढता, साहस, धैर्य, मानसिक स्थिरता, बुद्धीची प्रगल्भता व चिकाटी इ. निर्माण होते.

*सदर अभ्यासामुळे विद्यार्थ्यांच्या अंगी चांगले आरोग्य, शिस्त, संघटन, खिलाडू वृत्ती, रोगप्रतिकारक शक्ती व बल या वृत्ती सहजच निर्माण होतात.

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	लाठीचे वार		15	01
02	लाठीची फेक		15	
03	बाणा व लठ		15	01
04	द्वंद्व		15	
Total				02
Formative Assessment				
Assessment		Weightage in Marks		
Practicals		40 Marks		
क्षेत्रभेट		10 Marks		
Total		50 Marks		

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

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

Course Learning Outcomes:

After studying this subject, the students will learn the theoretical and practical aspects of various Shivkalin exercises and understand the importance of such exercises in the present era

Job Prospects- He / She can be a player, He / She can be a Coach, He / She can be a Referee and He / She can be an Official

संदर्भ ग्रंथ -

- 1) धनुर्वेद संहिता
- 2) व्यायाम ज्ञानकोश (खंड 1 ते 10) द. चि. मुजुमदार, बडोदा
- 3) लाठी कला शास्त्र भाग 1 - नारायण सप्रे
- 4) दांडपट्टा - ल. ब. भोपटकर
- 5) नियुद्ध - स्वा. देवव्रत आचार्य
- 6) रामायण
- 7) महाभारत
- 8) वेदांतातील राष्ट्रदर्शन - बाळशास्त्री हरदास
- 9) प्रताप शस्त्रागार - प्रो. माणिकराव
- 10) कौटिल्य अर्थशास्त्र
- 11) शिवचरित्र
- 12) मराठ्यांची युद्धकला
- 13) मर्दानी खेळ - स्पर्धा नियम पुस्तिका
- 14) ओळख मर्दानी कलेची
- 15) मर्दानी खेळ आचारसंहिता
