

 <p>Estd. 1962 "A⁺⁺" Accredited by NAAC (2021) With CGPA 3.52</p>	<p align="center">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</p>		
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Ref.: SU/BOS/P.E./ 501

Date: 06-09-2024

To,

The Principals,
All Concerned Affiliated Colleges / Institutions.
Shivaji University, Kolhapur.

**Subject : Regarding Minor Change in Syllabi of B.A. Part-I Physical Education
as Per NEP 2020 (2.0) dearee Programme under the Faculty of Inter
Disciplinary Studies.**

Ref. : SU /BOS/IDS/ 378 Date. 05/07/2024

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 Minor Change syllabi of B.A. Part-I Physical Education as Per NEP 2020 (2.0) dearee Programme under the Faculty of Inter-Disciplinary Studies.

This syllabus, nature of question and equivalence shall be implemented from the academic year 2024-2025 onwards. A soft copy containing the syllabus is attached herewith and it is also available on university website www.unishivaji.ac.in. (NEP-2020@suk / Online Syllabus)

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

Thanking you,

Yours Faithfully


(Dr. S. M. Kubal)
Dy Registrar

Copy to:

1	The Dean, Faculty of IDS	8	Affiliation T. 1 Section
2	Director Board of Examination and Evaluation	9	Affiliation T. 2 Section
3	The Chairman, Respective Board of Studies	10	P.G.Admission Section
4	B. A. Exam Section	11	Appointment A & B Section
5	Eligibility Section	12	P.G.Seminar Section
6	Centre for Distance Education	13	I.T.cell
7	Computer Centre		

SHIVAJI UNIVERSITY, KOLHAPUR



Established: 1962

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

New Syllabus For
Bachelor of Arts [B. A. in PHYSICAL EDUCATION]
UNDER
Faculty of Interdisciplinary Studies

B. A. Part - I (Semester - I and II)

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 2024-25 ONWARDS)

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BOARD OF STUDIES in PHYSICAL EDUCATION, SPORTS (Subcommittee)

[B. A. in PHYSICAL EDUCATION]

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1	Dr. M. A. Kadampatil	HEAD, Department of Physical Education Venutai chavan college, Karad. Tal. Karad Dist. Satara 415124	Chairman
3	Dr. S. A. Kharade	HEAD, Department of Physical Education Bhogawati Mahavidyalaya, Kurukali At Post - Kurukali, Tal. Karveer, Dist. Kolhapur 416001	Member
4	Dr. R. S. Kamble	HEAD, Department of Physical Education Patangrao Kadam Mahavidyalaya, Sangli 19, Sangli-Ashta Rd, Zashi Colony, Sangalwadi, Sangli, Maharashtra 416416	Member
5	Dr. A. G. Kamble	Shri Shivaji Prasarak Mandal's College of education Karmveer Nagar, Barshi Dist- Solapur, Maharashtra, 413411	Member
6	Dr. M. N. Deshpande	Chandrashekhar Agashe College of Physical Education (CACPE) 3, Shankar RaoLohaneMarg, Opposite Tilak Maharashtra Vidyapeeth, Gultekadi, Pune, Maharashtra 411037	Member
7	Dr. B. N. Ulpae	HEAD, Department of Physical Education Mahavir college, antrang hospital road, 416003	Invitee

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.

1. PROGRAMME LEARNING OUTCOMES (POS)

- To introduce students with Ancient Indian Knowledge in Physical Education different field of Physical Education.
- To initiate the thinking process and curiosity about ancient knowledge in the minds of the students.
- To give them idea of knowledge of self and selflessness which is the base of Indian knowledge system.

- To make them aware about self and surrounding.
- To motivate them for selfless service of surrounding.

2. 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)

3. 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.

4. 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)

5. EXAMINATION PATTERN:

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)

7. 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.

8. SCHEME OF TEACHING AND EXAMINATION

B. A. Programme Structure for Semester I and II

B. A. Programme Structure for Level 4.5. of B. A. - I - Semester - I														
	Teaching Scheme							Examination Scheme						
Sr. No.	Theory (TH)				Practical (PR)			Semester-End Examination (SEE)					Internal Assessment (IA)	
								Theory (TH)			Practical (PR)			
	Course Type	No. of Lectures	Hours	Credits	Practical Periods	Hours	Credits	Paper Hours	Max	Min	Max	Min	Max	Min
01	DSC-I	2	2	2	2x4=8*	4	2	1.5	50	18	50	18	-	-
02	DSC-I				-	-	-							
03	DSC-I				-	-	-							
04	OE - I	1	1	1	2x2=4*	2	1	01	25	09	25	09	-	-
05	SEC - I	1	1	1	2x2=4*	2	1	01	25	09	25	09	-	-
06	AEC (ENG - I)	2	2	2	-	-	-	2	40	14			10	04
07	IKS (Generic)	2	2	2	-	-	-	02	40	14			10	04
08	CC	1	1	1	2x2=4*	2	1	1	25	09	25	09		
Total		17	17	17	20	10	05		365		125		60	SEE + IA = 490+60= 550

(Annexure-I)

B. A. Programme Structure for Level 4.5 of B. A. - I - Semester - II														
	Teaching Scheme							Examination Scheme						
Sr. No.	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	DSC - II	2	2	2	2x4=8*	4	2	1.5	50	18	50	18	-	-
02	DSC - II				-	-	-							
03	DSC - II				-	-	-							
04	OE - II	1	1	1	2x2=4*	2	1	01	25	09	25	09	-	-
05	SEC - II	1	1	1	2x2=4*	2	1	01	25	09	25	09	-	-
06	AEC (ENG – II)	2	2	2	-	-	-	02	40	14			10	04
07	VEC (DEC)	2	2	2				2	50	18				
08	CEP (Major)	2	2	2	-	-	-	02	40	14			10	04
Total		18	18	18	16	08	04		390		100		60	SEE + IA = 490+60= 550

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

Note:

The university may offer three subjects (Courses) in the first year. The student may select one subject out of a combination of three subjects (Courses), (which a student has chosen in the first year) as a MAJOR subject (Course) and one subject (Course) as a MINOR Subject in the second year. It is inferred that the remaining third subject (Course) shall stand discontinued.

- ◆ DSC: Discipline Specific Course
- ◆ MAJOR: Mandatory /Elective
- ◆ MINOR: The course may be from different disciplines of the same faculty of DSC Major
- ◆ OE (Open Elective): Elective courses/Open Elective to be chosen compulsorily from faculty other than that of the Major.
- ◆ VSC/ SEC: Vocational Skill Courses (MAJOR related)/ Skill Enhancement Courses
- ◆ AEC/ VEC / IKS: Ability Enhancement Courses (English, Modern Indian Language)/Value Education Courses (Sem. II - Democracy, Elections & Indian Constitution, (DEC) Sem. IV – Environmental Studies (EVS)/ Indian Knowledge System (Generic & Specific))
- ◆ OJT/FP/RP/CEP/CC: On-Job Training (Internship/Apprenticeship) / Field Project (Major related)/ Research Projects (Major related) Community Engagement (Major related)/ Co-Curricular courses(CC) such as Health & Wellness, Yoga Education, Sport, and Fitness, Cultural activities, NSS/NCC and Fine/applied/visual/performing Arts / Vivek Vahini etc.

9. STRUCTURE OF PROGRAMME:

(Credit Distribution Structure for with Multiple Entry and Exit Options B.A. - I in PHYSICAL EDUCATION)

COURSE CATEGORY	ABBREVIATION (Only 2 Letters)	DESCRIPTION
MAJOR DSC: Discipline Specific Course	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/CC/RP	OJT (OJ)	On Job Training
	FP (FP)	Field Project
	CEP (CE)	Community Engagement Project
	CC (CC)	Co-curricular Course
	RP (RP)	Research Project

Note: (Annexure-II)

A) First Year Bachelor of Arts (B.A. - I) (UG CERTIFICATE):

YEAR:	B.A. - I
SEMESTER:	I and II
LEVEL:	4.5
TOTAL CREDITS	22 + 22= 44
DEGREE AWARDED:	UG CERTIFICATE (AFTER 44 CREDITS IN TOTAL)

A - I) B.A. – I: SEMESTER - I (TOTAL CREDITS - 20): (Note: Put ‘—’ wherever ‘Not Applicable’)

COURSE CATEGORY		COURSE NAME	COURSE CODE	CREDITS
DSC I	PHY. EDU.	INTRODUCTION AND PROMOTION OF PHYSICAL EDUCATION & SPORT – 01	BAU0325MML226A01	4+(4+4)
OE	PHY. EDU.	YOGA AND ITS APPLICATIONS	BAU0325OEL205A01	2
SEC	PHY. EDU.	HEALTH, WELLNESS & YOGA	BAU0325SEL205A01	2
AEC/ IKS	AEC	(Write Name) English - 01		2
	IKS (Generic)			2
CC	CC			2
CREDITS FOR B.A. - I, SEM - I:				22

A - 2) B.A. I, SEMESTER II (TOTAL CREDITS - 20): (Note: Put ‘—’ wherever ‘Not Applicable’)

COURSE CATEGORY		COURSE NAME	COURSE CODE	CREDITS
DSC II	PHY. EDU.	THE FOUNDATION OF PHYSICAL EDUCATION - 02	BAU0325MML205B02	4+(4+4)
OE	PHY. EDU.	SPORTS EVENT MANAGEMENT	BAU0325OEL205B02	2
SEC	PHY. EDU.	MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION - 02	BAU0325SEL205B02	2
AEC	AEC	(Write Name) English - 02		2
VEC		DEC		2
CEP	PHY. EDU.	HEALTH AND WELLNESS	BAU0325CETP226B02	2
CREDITS FOR B.A. - I, SEM - II:				22
CREDITS FOR B. A. - I, SEM – I AND II:				22 + 22 = 44
<p>SPECIAL NOTE: If student wants to ‘EXIT’ after completion of B.A. I (SEM I and II), 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 CERTIFICATE degree. This Certificate is a pre-requisite for admission or ‘ENTRY’ in B.A. II courses i. e. DIPLOMA. The Nature of SUMMER INTERNSHIP:</p>				

10. COURSE CODE TABLE

Semester No.	Course Code	Title of Course
I	BAU0325MMTP226A01	INTRODUCTION AND PROMOTION OF PHYSICAL EDUCATION & SPORT - 01
I	BAU0325OETP226A01	YOGA AND ITS APPLICATIONS
I	BAU0325SETP226A01	HEALTH, WELLNESS & YOGA - 01
II	BAU0325MMTP226B02	THE FOUNDATION OF PHYSICAL EDUCATION - 02
II	BAU0325OETP226B02	SPORTS EVENT MANAGEMENT
II	BAU0325SETP226B02	MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION - 02
II	BAU0325CETP226B02	HEALTH AND WELLNESS

11. Equivalence: B. A. I Sem- I and II

(Note: Add 'rows' as per course requirement and kindly apply proper course codes. The 'Papers' are considered as 'Course' in New Scheme.)

Sem No.	Paper Code	Title of Old Paper	Credit	Sem No.	Course Code	Title of New Course	Credit
I	71234	Introduction of phy. edu. and sports	04	I	BAU0325MMTP226A01	Introduction and promotion of physical education & sport - 01	04
I			02	I	BAU0325OETP226A01	Yoga and its applications	02
I			02	I	BAU0325SETP226A01	Health, Wellness & Yoga - 01	02
II	71281	Foundation of phy. edu.	04	II	BAU0325MMTP226B02	The foundation of physical education - 02	04
II			02	II	BAU0325OETP226B02	Sports event management	02
II			02	II	BAU0325SETP326B02	Measurement and evaluation in physical education - 02	02
II			02	II	BAU0325CETP226B02	Health and wellness	02

12. 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 course are 100 and passing criteria is 40%, then use the following Table 1 for the conversion.

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

$$\frac{\text{Marks obtained by student in that course}}{\text{Total marks of that course}} \times 100 = \text{Marks out of 100}$$

and then grade points are computed using Marks out of 100 as per Table 1.

Table 1: Conversion of Marks out of 100 to grade point (Passing: 40)

Sr. No.	Marks Range out of 100	Grade point	Letter grade
1	80-100	10	O: Outstanding
2	70-79	9	A+: Excellent
3	60-69	8	A: Very Good
4	55-59	7	B+: Good
5	50-54	6	B: Above Average
6	45-49	5	C: Average
7	40-44	4	P: Pass
8	0-39	0	F: Fail
9	Absent	0	Ab: Absent

Table 2: Conversion of Marks out of 50 to grade point (Passing: 20)

Sr. No.	Marks Range out of 50	Grade point	Letter grade
1	40-50	10	O: Outstanding
2	35-39	9	A+: Excellent
3	30-34	8	A: Very Good
4	28-29	7	B+: Good
5	25-27	6	B: Above Average
6	23-24	5	C: Average
7	20-22	4	P: Pass
8	0-19	0	F: Fail
9	Absent	0	Ab: Absent

➤ **Computation of Semester Grade Point Average (SGPA):**

Based on the grade points earned in each course in each semester, *Semester Grade Point Average (SGPA)* is computed as follows:

The SGPA is the ratio of sum of the product of the number of credits with the grade points scored by a student in all the courses taken by a student in that semester and the sum of the number of credits of all the courses undergone by a student in that semester. The SGPA of the i^{th} semester is denoted by S_i . The formula is given by

$$SGPA \text{ of semester } i = S_i = \frac{\sum_{j=1}^k c_j \times G_j}{\sum_{j=1}^k c_j} \text{ where } c_j \text{ is the number of credits of } j^{th} \text{ course, } G_j \text{ is the grade points earned in the } j^{th} \text{ course and } k \text{ be the number of courses in } i^{th} \text{ semester.}$$

➤ **Computation of Semester Grade Point Average (SGPA):**

Based on the SGPA of each semester, Cumulative Grade Point Average (CGPA) is computed as follows:

The CGPA is also calculated in the same manner taking into account all the courses undergone by a student over all the semesters of a programmed,

$$CGPA = \frac{\sum_{i=1}^m C_i \times S_i}{\sum_{i=1}^m C_i}$$

Where C_i is the total number of credits in i^{th} semester, S_i is the SGPA of i^{th} semester and m is the number of semesters in the programme.

➤ **Based on CGPA, final letter grade is assigned as below:**

Table 3: Final Cumulative Grade Point Average (CGPA) and Final Grade for course

Sr. No.	CGPA Range	Grade	Grade Descriptions
1	9.50-10.00	O	Outstanding
2	8.86-9.49	A+	Excellent
3	7.86-8.85	A	Very Good
4	6.86-7.85	B+	Good
5	5.86-6.85	B	Above Average
6	4.86-5.85	C	Average
7	4.00-4.85	P	Pass
8	0.00-3.99	F	Fail
9	Nil	AB	Absent

Remarks:

1. B+ is equivalent to 55% marks and B is equivalent to 50 % marks. The final later grade is based on the grade points in each course of entire programme and not on marks obtained each course of entire programme.
2. The SGPA and CGPA shall be round off to two decimal points.

13. NATURE OF QUESTION PAPER 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

14: SYLLABUS**A) TEMPLATE FOR THEORY PAPERS:****B. A. I SEMESTER – I****Course Category:** Physical Education**Course Name:** Introduction and promotion of physical education & sport**Course Number:** MM01 (DSC-I)**Course Code:** BAU0325MMTP226A01**Course Credits:** 04**Marks:** Semester End: (T-50+P-50) Total Marks: 100**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. Develop a Comprehensive Understanding of the Aim and Objectives of Physical Education
4. Identify and Correct Misconceptions about Physical Education
5. Enhance Athletic Performance and Well-being through Skill Development and Physical Conditioning
6. Explore and Promote Traditional Indian Games and Exercises for Holistic Well-being

COURSE

Module No.	Module Name	Teaching Hours	Credit
1	The meaning of physical education 1. Meaning and definition of physical education 2. Nature and scope of physical education	7.5	01
2	Importance of Physical Education 1. Need and importance of physical education in the present era	7.5	
3	Aim and objectives of physical education 1. Organic development 2. Physical skills development 3. Mental and emotional development 4. Social development and national integration 5. Professional development	7.5	01
4	Misconceptions about physical education 1. Exercise 2. Physical training 3. Sports and games 4. Gymnastics 5. Recreation	7.5	

5	Athletics – Sprint- 100M Shot- put	30	01
6	Indian Game: Kabaddi Indian Exercises	30	01
Total		90	04

Course learning outcomes:

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 would know recent developments and the academic foundation of physical education.
4. Students will acquire a comprehensive knowledge and sound understanding of the foundation of physical education.
5. After completion of this course, students will have hands-on experience performing starting, and finishing short-distance races, shot-put, and long jumps. They will be having the concept of track and field events, including Volleyball and Indian games, Kabaddi, Indian exercise Surya namaskar, and Yoga.

LIST FOR READING:

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. शारीरिक शिक्षण: तत्त्वे आणि स्वरूप – भा.रा.गोगटे, अखिल महाराष्ट्र शारीरिक शिक्षण मंडळ प्रकाशन, पुणे.
8. शारीरिक शिक्षण: तत्त्वे व व्यवस्था, हिराजी पाटील, ठोकळ प्रकाशन, पुणे.
9. शारीरिक शिक्षणाचे स्वरूप: प्रो. श्रीपाल जर्दे व सौ. सुनीता जर्दे, चंद्रमा प्रकाशन, कोल्हापूर.
10. क्रीडामानसशास्त्र: डॉ. प. म. आलेगावकर, श्री. गजानन बुक डेपो, पुणे 30

LIST FOR REFERENCES:

1. शारीरिक शिक्षणाचे आधुनिक स्वरूप व अध्यायन: दि.गो.वाखारकर नीलकंठ प्रकाशन, पुणे, 1969
2. शारीरिक शिक्षणाचा ओनामा: भा. रा. गोगटे, व्हिनस प्रकाशन, पुणे.
3. कबड्डी, दाभोलकर, नरेंद्र, मुंबई, 1979.
4. व्यायामज्ञानकोश, खंड 1, 2, 3, 4 व 10, संपा.करंदीकर (मुजुमदार), द. चिं. बडोदे, 1936 ते 1949.

PRACTICAL STANDARDS

Event		Marks	Event		Marks
Athletics- Sprint		<u>10</u>	Athletics- Throwing		<u>10</u>
100M	Performance in seconds		Shot-put	Performance in meters	
Men	14.00 to 14.50	03	Men	5.50	03
	14.50 to 15.50	02		5.00	02
	15.50 to 16.50	01		4.50	01
Women	16.00 to 16.50	03	Women	5.00	03
	16.50 to 17.50	02		4.50	02
	17.50 to 18.50	01		4.00	01
Technique and modern style		02	Technique and modern style		02
Indian Game: Kabaddi		<u>10</u>	Indian Exercises Surya Namaskar		<u>10</u>
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*

● **Record Book for Practical examination**

10 Marks

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.	

B. A. I SEMESTER – I**Course Category:** Physical Education**Course Name:** YOGA AND ITS APPLICATIONS**Course Number:** OE01**Course Code:** BAU0325OETP226A01**Course Credits:** 02**Marks:** Semester End: 25 + 25 (T/P)

Total Marks: 50

Course Objectives:

The course objectives for "Yoga and Its Applications" generally aim to provide students with a comprehensive understanding of yoga philosophy, techniques, and their practical applications. Here are some important course objectives for such a program:

- ◆ Explore Different Yoga Styles:
- ◆ Learn Asana (Yoga Poses) and Alignment:
- ◆ Understand Pranayama (Breath Control):
- ◆ Study Meditation Techniques:
- ◆ Integrate Yoga into Daily Life:

COURSE

Semester-I Open Elective Paper - 1 PHYSICAL EDUCATION Title of the Course: YOGA AND ITS APPLICATIONS (BA/BSc/BCom/BBA/BCA & all other UG Courses)			
Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/semesters
01	15	01	30
MODULE-I 1.1 Meaning of Yoga. 1.2 History, and Development of Yoga in India. 1.3 Ashtanga yoga. 1.4 Preventive measures are to be taken before, during, and after practicing yoga.			15
MODULE-II 2.1 Effect of Asana on different systems- 2.1.1. Circulatory system 2.1.2 Respiratory system 2.1.3. Digestive system 2.1.4 Excretory system Practicals: Asana Stretching's, Suryanamaskara (Warming-up)			30

A. Vajrasan, Padmasan, Vakrasan, Bhujangasan, Ardhashalabhasan, Viparilkarni, Mastysan, Padtlastasan etc. B. Pranayama Anuloma-Viloma / Nadishuddhi Kapalabathi Brahamari Pranayama Shithali Pranayama Shitkari Pranayama C. Meditation Omkar Sadhana D. Any prayer	
Formative Assessment	
Assessment	Weightage in Marks
Theory	Theory - 25 Marks
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, Assignments, Seminars, Intramurals, and Extramural.

Course Learning Outcomes:

Knowledge of Yoga Philosophy:

Students will demonstrate a comprehensive understanding of the historical and philosophical foundations of yoga, including key texts, principles, and various paths.

Proficiency in Asana Practice:

Students will be able to perform and teach a variety of yoga poses with proper alignment, technique, and awareness of the benefits associated with each pose.

Competence in Pranayama Techniques:

Students will master various pranayama techniques, demonstrating the ability to control and deepen their breath and understand the impact on mental and physical well-being.

Meditation Skills:

Students will develop the ability to practice and guide different meditation techniques, fostering mental clarity, focus, and inner peace.

LIST FOR READING:

REFERENCES

1. Ajith 'Yoga pravesha'' Rashtrotana parishad, Bangalore.

2. B K S Iyengar 'Light on Yoga' Rashtrotana parishad, Bangalore.
3. B.K.S.Iyengar 'Yoga the path to holistic Health', Dorling Kindersley Delhi 2001.
4. Leslie Kaminoff, Amy Matthews 'Yoga Anatomy' Human Kinetics U.S.A. 2007.
5. Swami Sachidananda 'the yoga sutras of Pathanjali Integral Yoga Publications 2012.

LIST FOR REFERENCES:

त्रिपाठी राधावल्लभ, संस्कृत साहित्य का अभिनव इतिहास, विश्वविद्यालय प्रकाशन, वाराणसी
 वर्णेकर (डॉ.) श्रीधर भास्कर , भारतीय धर्म व तत्त्वज्ञान, महाराष्ट्र विद्यापीठ ग्रंथ निर्मिती मंडळ, नागपूर.
 शर्मा उमाशंकर 'ऋषि', संस्कृत साहित्य का इतिहास, चौखम्भा अकादमी, वाराणसी.

Practical:

25 Marks

Marking system and performance

From Section(a) the practical

Two Asana of Student Choice- 04 Marks

Two Asana of Examiners Choice- 04 Marks

From section(B)of the Practical 08 Marks

From Section (C)of the Practical

Omkarsadhana 04 Marks

From section(D) of Practical

Any prayer 05 Marks

Total- 25 Marks

Course Category: Physical Education

Course Name: Health, Wellness & Yoga

Course Number: SE01

Course Code: BAU0325SETP226A01

Course Credits: 02

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

Total Marks: 50

Course Objectives:

- Understanding the Concept of Health and Wellness
- Introduction to Yoga
- Physical Health and Fitness
- Mental and Emotional Well-being
- Yoga Asanas (Postures) and Pranayama (Breathing Techniques)
- Lifestyle and Holistic Health Practices

COURSE

Semester-I Skill Enhancement Courses (SEC-1) PHYSICAL EDUCATION Title of the Course: Health, Wellness & Yoga (BA/BSc/BCom/BBA/BCA & all other UG Courses)			
Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/semesters
01	15	01	30
MODULE-I 1.1 Introduction 1.2 Meaning, Definition, and Importance of Health & Wellness 1.3 Dimensions of Health and Wellness			15
MODULE-II 2.1 Factors Influencing Health and Wellness Physical Fitness, Nutrition, Habits, Age, Gender, Lifestyle 2.2 Health & Wellness through Physical Activities 2.3 Sports, Games, Yoga, Recreation and Leisure time activities 2.4 Causes of Stress & Stress relief through Exercise and Yoga Practical- Exercises for Health and Wellness 1. Warm-Up and Cool Down - General & Specific Exercises 2. Physical Fitness Activities 3. Stretching Exercises			30

4. Strengthening Exercises 5. Cardiovascular Exercises 6. Flexibility and Agility Exercises 7. Relaxation techniques Yoga <ul style="list-style-type: none"> ▪ Shitalikarna Vyayama ▪ Suryanamaskara ▪ Basic Set of Yoga Asanas ▪ Basic Set of Pranayama & Meditation 	
Formative Assessment	
Assessment	Weightage in Marks
Theory	Theory - 25 Marks
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, Assignments, and Seminars.

Course Learning Outcomes:

1. Knowledge Acquisition:

Define and differentiate between health and wellness concepts.

Explain the historical and cultural roots of yoga.

2. Physical Well-being:

Demonstrate a variety of yoga postures (asanas) with proper form and alignment.

Apply principles of physical fitness to enhance overall health.

3. Mental and Emotional Well-being:

Apply mindfulness and stress management techniques.

Identify factors influencing mental health and strategies for improvement.

4. Pranayama and Breath Control:

Practice various pranayama techniques to enhance respiratory health.

Demonstrate an understanding of the connection between breath and well-being.

5. Holistic Health Practices:

Evaluate lifestyle choices and their impact on health.

Explore alternative therapies and traditional healing methods.

LIST FOR READING:

1. Muller, J. P. (2000). Health, Exercise and Fitness. Delhi: Sports.
2. IAAF Manual
3. Vanaik.A (2005) Play Field Manual, Friends Publication New Delhi
4. M.J Vishwanath, (2002) Track and Field Marking and Athletics
Officiating Manual, Silver Star Publication, Shimoga

Web links:

<https://mydr.com.au/category/sports-fitness/>

Note: Skills of Sports and Games (Game Specific books) may be referred

Practical:**25 Marks****Marking system and performance****A) Warm-Up and Cool Down - General & Specific Exercises****04 Marks**

A warm-up for light physical activity

fast-paced walking

walking up and down stairs

fast-paced side stepping

jogging on the spot

arm swings

lunges

squats

To cool down after exercise

jog into a walk

run into a jog

B) Physical Fitness Activities:**04 Marks**

Aerobic: running, swimming, or going for a brisk walk.

Strengthening: pushups, lifting weights, or digging in the garden.

Flexibility: stretching exercises or yoga.

Balance: including yoga, walking heel to toe.

C) Cardiovascular Exercises**04 Marks**

Walking Jumping Jacks

Jump Rope Dancing

Power Walking

D) Flexibility and Agility Exercises**04 Marks**

Standing Quad Stretch Standing Side Stretch

Shoulder Stretch Back Stretch

Agility Exercises:

Shuttle Runs High knees

agility ladder drill Cone Drills

Suryanamaskara

04 Marks

Any other exercise/activity approved by concerned teacher.

05 Marks

(Record book, Oral etc.)

B. A. I SEMESTER – II**Course Category:** Physical Education**Course Name:** THE FOUNDATION OF PHYSICAL EDUCATION**Course Number:** MM 02 (DSC-II)**Course Code:** BAU0325MMTP226B02**Course Credits:** 04**Marks:** Semester End: (T-50+P-50) Total Marks: 100**OBJECTIVES:**

Develop a Comprehensive Understanding of the Biological Foundations Underlying Physical Education

Understand and Apply Psychological Principles to Enhance Physical Education Programs and Well-being

Analyze and Apply Social Foundations to Promote Inclusivity and Community Engagement in Physical Education

Develop a Fundamental Understanding of Basic Philosophical Foundations in a Chosen Field

Examine and Apply Theories of Play to Enhance Understanding and Facilitate Optimal Learning and Development

Enhance Athletic Performance and Well-being through Skill Development and Physical Conditioning

COURSE

Module No.	Module Name	Teaching Hours	Credit
1	Biological Foundation of physical education 1) Growth and development 2) Gender Characteristics 3) Body somatotype	7.5	01
2	Psychological and Social Foundation of physical education 1) Attitude and interest 2) Social acceptance and recognition 3) Leadership in physical education	7.5	
3	Philosophies of Education as applied to Physical Education Idealism, Naturalism, Realism, Pragmatism, Existentialism, and Humanism.	7.5	01
4	Theories of play 1) Surplus energy theory 2) Anticipatory theory 3) Cathartic Theory	7.5	

5	Athletics – 200 m. Run Long Jump	30	01
6	Ball Game: Volleyball Indian Exercises: Asana Balancing Postures: Tadasana; Natarajasana Sitting postures: Vajrasana, Padmasana Prone postures: Bhujangasana, Salabhasana Supine postures: Sarvangasana, Shavasana	30	01
Total		90	04

Course Learning Outcomes:**Demonstrate Social Skills and Teamwork:**

Collaborate effectively with peers in group activities and team sports.

Communicate clearly and respectfully in diverse physical education settings.

Cultivate a Lifelong Commitment to Physical Activity:

Develop an appreciation for the importance of lifelong physical activity and fitness.

Establish personal goals for maintaining an active and healthy lifestyle beyond the course.

Understand the Historical and Cultural Significance of Physical Education:

Explore the historical development of physical education and its role in different cultures.

Recognize the cultural diversity in sports and physical activities.

Apply Ethical and Sportsmanship Values:

Demonstrate ethical behavior, fair play, and sportsmanship in all physical activities.

Understand and respect the rules and regulations governing various sports.

LIST FOR READING:

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, NewYork.
6. Introduction to Physical Education: L.R.Sharman, A.S.Barnes and Company, NewYork.
7. शारीरिक शिक्षण:तत्त्वे आणि स्वरूप – भा.रा.गोगटे, अखिल महाराष्ट्र शारीरिक शिक्षण मंडळ प्रकाशन,पुणे.
8. शारीरिक शिक्षण: तत्त्वे व व्यवस्था,हिराजी पाटील,ठोकळ प्रकाशन, पुणे.
9. शारीरिक शिक्षणाचे स्वरूप: प्रो. श्रीपाल जर्दे वसौ.सुनीता जर्दे, चंद्रमा प्रकाशन,कोल्हापूर.
10. शारीरिक शिक्षणाचाओनामा: भा. रा. गोगटे,व्हिनस प्रकाशन, पुणे.
11. क्रीडामानसशास्त्र: डॉ. प. म.आलेगावकर, श्री.गजानन बुक डेपो, पुणे 30
12. शारीरिक शिक्षणाचेआधुनिक स्वरूप व अध्ययन:दि.गो.वाखारकर नीलकंठ प्रकाशन,पुणे, 1969
13. कबड्डी, दाभोलकर, नरेंद्र, मुंबई, 1979.
14. व्यायामज्ञानकोश, खंड 1, 2, 3, 4 व 10, संपा.करंदीकर (मुजुमदार), द. चिं. बडोदे, 1936 ते 1949.

PRACTICAL STANDARDS

Event		Marks	Event		Marks
Athletics- Sprint		<u>10</u>	Athletics- Throwing		<u>10</u>
200M	Performance in seconds		Long Jump	Performance in meters	
Men	29.00 to 29.50	03	Men	4.50	03
	29.50 to 30.50	02		4.25	02
	30.50 to 31.50	01		4.00	01
Women	30.00 to 30.50	03	Women	3.00	03
	30.50 to 31.50	02		2.75	02
	31.50 to 32.50	01		2.50	01
Technique and modern style		02	Technique and modern style		02
Ball Game: Volleyball		<u>10</u>	Indian Exercises: Asana		<u>10</u>
			Sec-A:		
			Balancing Postures:		
			Tadasana; Natarajasana		
			Sitting postures:		
			Vajrasana, Padmasana		
			Sec-B:		
			Prone postures:		
			Bhujangasana, Salabhasana		
			Supine postures:		
			Sarvangasana, Shavasana		
Fundamental skills		06	From Section(A & B) the practical		
			Two Assans of Student Choice-		
			Two Assans of Examiners Choice		
Knowledge of rules and regulations		04			

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

● **Record Book for Practical examination**

10 Marks

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.	

B. A. I SEMESTER – II**Course Category:** Physical Education**Course Name:** SPORTS EVENT MANAGEMENT**Course Number:** OE02**Course Code:** BAU0325OETP226B02**Course Credits:** 02**Marks:** Semester End: 25 + 25(T/P) Total Marks: 50**Course Objectives:**

Understand the Fundamental Principles of Sports Management

Develop Skills for Effective Sports Administration and Leadership

Master the Logistics and Planning of Indoor Sports Events

Ensure a Memorable Spectator Experience and Event Promotion

COURSE

Semester – II Open elective Paper - II Title of the Course: SPORTS EVENT MANAGEMENT (BA/BSc/BCom/BBA/BCA & all other UG Courses)			
Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
01	15	01	30
Content of Theory Course			
MODULE-I 1.1 Meaning, Definition, and Importance of Sports Management 1.2 Scope of Sports Event Management 1.3 Principles of Sports Event Management			15
MODULE-II 2.1 Major and Minor Sports Events 2.2 Traditional Games Management Practicals <ul style="list-style-type: none"> ▪ Organization of Indoor Sports and Games Events ▪ Project on Outdoor Sports and Games Events ▪ Visits to Sports Clubs, Sports Stadiums, IPL. KPL and Large Tournaments ▪ Organization of Intramural - Sports Events, Sports Fests ▪ Traditional Games Fest ▪ Report Preparation, Records, and PPT 			30
Formative Assessment			
Assessment		Weightage in Marks	
Theory		Theory - 20 Marks	
Practicals		Practical - 20 Marks	
Total		50 Marks	

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

Course Learning Outcomes:**Demonstrate Proficiency in Event Planning:**

Students will be able to create comprehensive event plans, including venue selection, scheduling, and logistical coordination, demonstrating a solid understanding of the key components of successful sports event management.

Execute Effective Marketing and Promotion Strategies:

Graduates will possess the skills to develop and implement marketing and promotional campaigns tailored to the sports industry, utilizing both digital and traditional channels to enhance the visibility and success of sports events.

Apply Financial Management Skills to Sports Events:

Students will be able to proficiently budget for sports events, considering cost estimation, revenue generation, and financial reporting. Graduates will demonstrate the ability to manage budgets effectively to ensure the financial success of events.

LIST FOR READING:

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

Practical:**25 Marks**

A variety of tournaments are organized, attended, and reported according to the syllabus

B. A. I SEMESTER – II**Course Category:** Physical Education**Course Name:** MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION**Course Number:** SE02**Course Code:** BAU0325SETP226B02**Course Credits:** 02**Marks:** Semester End: 25 + 25 (T/P) Total Marks: 50**Course Objectives :**

Develop Proficiency in Test Construction and Selection

Demonstrate Competence in Test Administration and Data Analysis

Master the Administration and Interpretation of Physical Fitness Tests

Customize Fitness Programming Based on Test Results

COURSE

Semester-II Skill Enhancement Courses (SEC-1) PHYSICAL EDUCATION Title of the Course: MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION (BA/BSc/BCom/BBA/BCA & all other UG Courses)			
Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
01	15	01	30
Content of Theory Course (1-0-1) 02 Credits			
MODULE-I 1.1 Introduction to Test, Measurement Evaluation 1.2 Meaning of Test, Measurement & Evaluation in Phy.Edu.			15
MODULE-II 2.1 Need & Importance of Test, Measurement & Evaluation in Phy.Edu. 2.2 Principles of Evaluation, Criteria of Good Test. Practicals: Physical Fitness Tests AAHPER youth fitness test Cooper's 12-minute run/ walk test, Harward Step test Sports Skill Tests Johnson basketball test McDonald soccer test Russell - Lange Volleyball test			30
Formative Assessment			
Assessment		Weightage in Marks	
Theory		Theory - 20 Marks	
Practicals		Practical - 20 Marks	
Total		50 Marks	

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

Course Learning Outcomes :**Apply Various Measurement Techniques:**

Students will gain proficiency in administering and interpreting various measurement techniques, including anthropometric measurements, fitness assessments, and skill evaluations used in physical education.

Utilize Assessment Data for Decision-Making:

Students will understand how to use assessment data to inform instructional decisions, adapt teaching strategies, and enhance the overall effectiveness of physical education programs.

Provide Constructive Feedback:

Students will develop the skills to provide constructive feedback to students, parents, and colleagues based on assessment results, fostering a positive and supportive learning environment.

LIST FOR READING:

- 1) Bangsbo. J. (1994). Fitness training in football: A Scientific Approach. Bagsvaerd, Denmark: Ho+Storm.
- 2) Barron, H.M., & Mchee, R. (1997). A practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
- 3) Barron, H.M. & Mchee, R. (1997). A Practical approach to measurement in physical education. Philadelphia: Lea and Febiger.
- 4) Kansal, O.K. (1996). Test and measurement in sports and physical education. New Delhi: D.V.S. Publications.
- 5) Mahtews, D.K. (1973). Measurement in Physical Education, Philadelphia: W.B. Saunders Company.
- 6) Pheasant, S. (1996). Body space: anthropometry, ergonomics and design of work. Taylor & Francis, New York.
- 7) Phillips, O.A., & Homak, J.E. (1979). Measurement and evaluation in Physical Education. New York: John Willey and Sons.
- 8) Sodhi, H.S., & Sidhu, L.S. (1984). Physique and selection of sports- a kinanthropometric study. Patiala: Punjab Publishing House.
- 9) Harison. H Clarke: Application of Measurements to Health & Physical Education
- 10) Donald Mathews: Measurements Programme in Physical Education

Practical:**25 Marks**

Organization of:

Physical Fitness Tests

10 Marks

AAHPER youth fitness test

Cooper's 12-minute run/ walk test,

Harward Step test

Sports Skill Tests

10 Marks

Johnson basketball test

McDonald soccer test

Russell - Lange Volleyball test

Record Book for Practical examination

05 Marks

B. A. I SEMESTER – II

Course Category: Physical Education

Course Name: HEALTH AND WELLNESS

Course Number: CE01

Course Code: BAU0325CETP226B02

Course Credits: 02

Marks: Semester End: 40 Internal Assessment: 10 Total Marks: 50

Course Objectives :

Understand the Components of Physical Health:

Define and explain the key components of physical health, including cardiovascular fitness, muscular strength, flexibility, and body composition.

Promote Healthy Lifestyle Choices:

Educate participants on the importance of making healthy lifestyle choices, such as regular exercise, balanced nutrition, and sufficient sleep.

Develop Personalized Fitness Plans:

Assist participants in creating personalized fitness plans that address their individual needs, considering their current fitness level, preferences, and goals.

Nutritional Knowledge:

Acquire a basic understanding of nutrition, including the role of macronutrients and micronutrients, and learn how to make informed food choices for overall health.

COURSE

Semester-II CEP PHYSICAL EDUCATION Title of the Course: HEALTH AND WELLNESS (BA/BSc/BCom/BBA/BCA & all other UG Courses)			
Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
02	28	-	-
MODULE-I INTRODUCTION TO HEALTH & WELLNESS <ul style="list-style-type: none"> ▪ Definition of health- WHO definition ▪ Importance of health in everyday life ▪ Components of health- physical, social, mental, spiritual and its relevance ▪ Concept of wellness ▪ Mental Health & Wellness ▪ Using the mass media for health promotion 			15
MODULE-I MIND-BODY AND WELL-BEING <ul style="list-style-type: none"> ▪ Mind-Body Connection in health- concept and relation ▪ Implications of mind-body connections. ▪ Wellbeing- why it matters? ▪ Digital wellbeing ▪ Understanding the health beliefs, and perspectives of the indigenous people of Maharashtra (Rural and urban) 			15

MODES OF IN-SEMESTER ASSESSMENT: (10 Marks) Oral / Viva Voce	
Formative Assessment	
Assessment	Weightage in Marks
Theory	Theory - 40 Marks
IN-SEMESTER ASSESSMENT	10 Marks
Total	50 Marks

Course Learning Outcomes:

Knowledge of Key Health Concepts:

Students will demonstrate an understanding of fundamental concepts related to physical, mental, and social health, including the importance of exercise, nutrition, and stress management.

Nutritional Literacy:

Participants will exhibit knowledge of basic nutrition principles, demonstrating the ability to make informed and healthy food choices that support overall well-being.

Regular Engagement in Physical Activity:

Students will establish a routine of regular physical activity, meeting recommended guidelines for exercise and understanding the benefits of consistent participation in physical activities.

LIST FOR READING:

1. Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
2. Forshaw, M. (2003). Advanced psychology: Health psychology. London: Hodder and Stoughton.
3. Hick, J.W. (2005). Fifty Signs of Mental Health. A Guide to understanding Mental Health. Yale University Press.
4. Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.

B) FOR TWO CREDITS: Total Marks: 40 (Written)

- | | |
|--|----------|
| Q. 1: Multiple choice questions (10 MCQs) (01 marks each) | 10 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 |
| Q. 4: Long Answer Questions (Any One out of Two) (Answer Limit: 600-800 Words) | 10 Marks |

ACTIVITIES AND EXERCISES SUGGESTED FOR INTERNAL ASSESSMENT: Marks: 10

- To teach basics of health and wellness in educational institutes or neighbourhoods.
- Tell the children in the educational institutes or neighbourhood the importance of health and hygiene
- To teach exercise and yoga to children in educational institutes or neighbourhoods.
- Witnessing health and wellness in front of students in educational institutes or neighbourhoods.
- Write a report.

• **Oral / Viva Voce 10 Marks**

Any other exercise/activity approved by concerned teacher
