

 <p>Estd. 1962 "A++" Accredited by NAAC(2021) With CGPA 3.52</p>	<p align="center"><b>SHIVAJI UNIVERSITY, KOLHAPUR - 416 004, MAHARASHTRA</b></p> <p align="center">PHONE : EPABX – 2609000, <a href="http://www.unishivaji.ac.in">www.unishivaji.ac.in</a>, <a href="mailto:bos@unishivaji.ac.in">bos@unishivaji.ac.in</a></p> <p align="center"><b>शिवाजी विद्यापीठ, कोल्हापूर - ४१६ ००४, महाराष्ट्र</b></p> <p align="center">दूरध्वनी - ईपीएबीएक्स - २६०९०००, अभ्यासमंडळे विभाग दूरध्वनी ०२३१-२६०९०९३/९४</p>	
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Ref.No. SUK/BOS/ 507

Date: 11/07/2023

To,

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

**Subject : Regarding syllabi of B.A. Part – II & Other under the Faculty of Inter-Disciplinary Studies.**

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 of B.A. Part - II & Other Part – II. under the Faculty of Inter-Disciplinary Studies. as per National Education Policy 2020.(NEP)

1)	B.A. Education Part - II	6)	B.A. Music Part - II
2)	B.A. B. Ed - II	7)	Bachelor of Social Work. Part - II
3)	B.A. Physical Education Part - II	8)	B.A. Home Science Part - II
4)	B.A. Physical Education IDS Part - II	9)	B.A. Dress Making and Fashion Coordination. Part - II
5)	B.A. Social Work. Part - II	10)	Bachelor of Interior Design Part - II

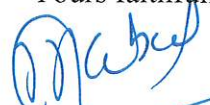
This syllabi shall be implemented from the academic year 2023-2024 onwards. A soft copy containing the syllabi is attached herewith and it is also available on university website [www.unishivaji.ac.in](http://www.unishivaji.ac.in). (Online Syllabus)

The question papers on the pre-revised syllabi of above mentioned course will be set for the examinations to be held in October /November 2023 & March/April 2024. These chances are available for repeater students, if any.

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

Thanking you,

Yours faithfully,

  
Dr. S.M. Kubal  
(Dy Registrar)

Copy to:

1	Director, Board of Evaluation and Examination	7	Centre for Distance Education
2	The Dean, Faculty of IDS	8	Computer Centre / I.T.cell
3	The Chairman, Respective Board of Studies	9	Affiliation Section (U.G.) / (P.G.)
4	B.A.,B.Com.,B.Sc. Exam	10	P.G.Admission / P.G.Seminar Section
5	Eligibility Section	11	Appointment Section -A/B
6	O.E. I, II, III, IV Section	12	Dy.registrar (On/ Pre.Exam)

# **SHIVAJI UNIVERSITY, KOLHAPUR.**



Estd-1962-recognized by UGC U/s 2(f) and 12 (B)

NAAC “A++” Grade with CGPA 3.52

Faculty of Interdisciplinary Studies  
Structure, Scheme and Syllabus For  
Bachelor of Arts Part- II  
Semester III and IV

## **PHYSICAL EDUCATION**

Syllabus to be implemented from June, 2023 onwards



SHIVAJI UNIVERSITY, KOLHAPUR

Second Year Bachelor of Arts (B. A. Part – II) Course Structure

(To be implemented from the Academic Year 2023-24)

Class: B.A. Part - II

Semester III & IV

COURSE NAME- PHYSICAL EDUCATION

REVISED SYLLABUS (SEMESTER PATTERN) FOR B.A. II

TITLE: B.A. Part II (PHYSICAL EDUCATION)  
(Under Faculty of Interdisciplinary Studies)

YEAR OF IMPLEMENTATION: New Syllabus (Semester Pattern)

Will be implemented from July, 2023 onwards.

DURATION: B.A. II – Two Semesters (One Year)

PATTERN OF: Semester

EXAMINATION: Practical– Semester III & IV -External Evaluation

MEDIUM OF INSTRUCTION: English or Marathi.

STRUCTURE OF COURSE: B.A. Part – II Two Semesters (Four Papers)

Proposed Course Structure for B.A. PHYSICAL EDUCATION  
Three Years (06 Semester) Programme

B. A. I

Sr. no.	Semester	Name of the Course	Discipline
1	I	DSC – B14(Paper - I)(75234) INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS	Phy.Edu. -1
2	II	DSC – B28(Paper - II)(88387) FOUNDATION OF PHYSICAL EDUCATION	Phy.Edu. -2

B.A. II

Sr. no.	Semester	Name of the Course	Discipline
1	III	DSC – D27 (Paper - III)(73396/77696) HISTORY OF PHYSICAL EDUCATION	Phy.Edu. -3
2		DSC – D28 (Paper - IV) (73397/77697) ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION AND SPORTS.	Phy.Edu. -4
3	IV	DSC – D55 (Paper - V) (73483/78883) DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS.	Phy.Edu. -5
4		DSC – D56 (Paper - VI) (73484/78884) ORGANIZATION AND ADMINISTRATION OF MEETS AND TOURNAMENTS	Phy.Edu. -6

B.A. III

Sr. no.	Semester	Name of the Course	Discipline
1	V	DSE – E41 (Paper - VII)(75601) HEALTH EDUCATION	Phy.Edu. -7
2		DSE – E42 (Paper - VIII)(75602) RECREATION IN PHYSICAL EDUCATION	Phy.Edu. -8
3		DSE – E43 (Paper - IX) (75603) YOGA	Phy.Edu. -9
4		DSE – E44 (Paper - X)(75604) ANATOMY AND PHYSIOLOGY	Phy.Edu. -10
5		DSE – E45 (Paper - XI)(75605) DIETETICS AND NUTRITION	Phy.Edu. -11
6	VI	DSE – E166 (Paper - XII)(75801) HEALTH EDUCATION PROGRAM	Phy.Edu. -12
7		DSE – E167 (Paper - XIII)(75802) RESEARCH IN PHYSICAL EDUCATION	Phy.Edu. -13
8		DSE – E168 (Paper - XIV)(75803) YOGA AND HEALTH	Phy.Edu. -14
9		DSE – E169 (Paper - XV)(75804) ANATOMY AND PHYSIOLOGY OF EXERCISE	Phy.Edu. -15
10		DSE – E170 (Paper - XVI)(75805) DIETETICS AND HYGIENE	Phy.Edu. -16

## SCHEME OF EXAMINATION

- The examination shall be at the end of each semester.
- Each paper shall carry 25 marks for Theory and 25 marks for practical work.
- The evaluation of the performance of the students in theory shall be on the basis of semester examination as mentioned above.
- Question paper will be set in the view of the entire syllabus preferably covering each unit of the Syllabus.

All questions are compulsory

Q. 1 10-mark descriptive type (1/2)

Q. 2 10-mark short notes types(2/3)

Q. 3 05 mark choose correct alternative

- The evaluation of the performance of the students in practical shall be on the basis of external evaluation at the end of first semester and second semester.

Record Book -

The Record Book will cover the following -

- i) Brief history
- ii) Various diagrams
- iii) Name of different Fundamental skills in team events and different style in Athletics events.
- iv) Rules and regulations (This should be written as per federation rulebook)

The Record Book will be assessed internally and marks should be submitted to the External Examiner.

**Paper No. III**  
**B.A. II (SEM-III) PHYSICAL EDUCATION**  
**HISTORY OF PHYSICAL EDUCATION**

**OBJECTIVES:**

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

**Module – I**

**Physical Education in Ancient Times**

- a) Elements of Physical Education in Primitive Societies with reference to Aims, Promotions, Programmes, and Methods of Physical Education.
- b) Physical Education in Ancient India –

Periods:-

- i. Advent of Aryans 1500 BCE to 600 BCE (Early Period)
- ii. Epic Age 1000 BCE to 600 BCE
- iii. Buddhist Period. 563 BCE to 483 BCE

According to activities such as Archery, Wrestling, Yoga, etc.

**Module –II**

**Physical Education in India**

- a) Development of Physical Education in India:
  - i. Mughal Period.
  - ii. Maratha Period
  - iii. British Period.
- b) Development of Physical Education in Maharashtra.
  - i) Period of Nationalism: 1920 onwards
  - ii) Modern Period: 1937 onwards

**Module – III**

**Reflections of physical education in Olympic Games**

- a) Ancient Olympic Games (Aim & Nature):-
  - I) Legendary origin,
  - II) Significance of the games,
  - III) Eligibility for participation, the conduct of events, awards,
  - IV) Decline of ancient Olympics.
- b) Modern Olympic Games (Aim & Nature):-
  - i) Revival of the Olympic Games.
  - ii) Controlling body.
  - iii) Olympic flag, Olympic torch.
  - iv) Eligibility criteria, venues, events, awards.
  - v) Opening and closing of the ceremony.

## **B.A. II (SEM-III) PHYSICAL EDUCATION**

### **Paper No. IV**

#### **ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION AND SPORTS.**

##### **OBJECTIVES:**

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

#### **Module – I**

##### **THE NATURE AND PHILOSOPHY OF ORGANIZATION AND ADMINISTRATION**

- a) Nature of Organization and administration–
  - i) Meaning, Definition, and Concept of Organization and Administration
  - ii) Need and Importance of Organization and Administration
- b) Philosophy of organization and administration -
  - i) Principles of Organization in Physical Education and Sports.
  - ii) Principles of Administration in Physical Education and Sports.

#### **Module – II**

##### **Sports Equipment**

- a) Policies of purchases of Sports equipment.
- b) Care and Maintenance of Sports equipment.

#### **Module – III**

##### **Gymnasium**

- a) Standards
- b) Facilities
- c) Maintenances

## B.A. II (SEM-III) PHYSICAL EDUCATION

### Paper No. III& IV

#### PRACTICALS

- a) There are two separate heads for passing i.e. Theory and Practical
- b) There should be 20 students in a single batch while conducting the Practicals. The concerned College will make all necessary arrangements including ground marking, Water Supplier, equipment, availability of sports equipment as well as support staff for the purpose.
- c) The Practical will carry 50 marks. Divide into two papers even marks should give on paper No. 3 (i.e. 39 marks divided into two papers paper No. 3 - 20 marks, paper No. 4 - 19 marks)

A) Athletics – 20 Mark

i) Discus Throw 10 Marks

Performance 06 Marks

Men Women Marks

18M. 15M. 06 Marks

16 M. 14M. 04 Marks

14M. 13M. 02Marks

For Techniques & Modern Styles 04 Marks

ii) Middle Distance Run

800 M. Running - 10 Marks

Performance 06 Marks

Men Women Marks

2.40 Sc. 3.40 Sec. 06 Marks

2.45 Sc. 3.45 Sec. 04 Marks

2.50 Sc. 3.50 Sec. 02 Marks

For Knowledge of Rules & Regulations 04 Marks

B) INDIAN GAME – 14 Marks

i) KhoKho

Fundamental Skills- 10 Marks

Knowledge of Rules & Regulations - 04 Marks

C) INDIAN EXERCISE 11 Marks

I) Yongsan's- 05 Marks (Any Five)

Padmasan, PadHastasan, Veerasan, Shawasan, Shalbhasan, Navkasan, Tadasan, Suptavajrasan.

II) Pranayam 06 Marks (Any Three)

Kapalbhati, Nadisodhana or anuloma viloma pranayama (Alternate Nostril Breathing), Shitali pranayama, Bhramari pranayama (Bhramari rechaka)

D) CARDIO EXERCISE 05 Marks

Aerobic exercise

Marching (01 Mark), Single steps (02 Marks), Double steps (02 Marks)



## **B.A. II (SEM-IV) PHYSICAL EDUCATION**

### **Paper No. V**

#### **DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS.**

##### **OBJECTIVES:**

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

#### **Module – I**

##### **DIFFERENT INSTITUTIONS FOR TRAINING OF PHYSICAL EDUCATION IN INDIA.**

- a) National Institutions -
  - i) Netaji Subhash National Institute of Sports
  - ii) Lakshmibai National Institute of Physical Education
  - iii) Sports India
- b) Directorate of Sports and youth services, Maharashtra state
  - i) Structure and Functions

#### **Module – II**

##### **SPORTS AWARDS IN INDIA**

- a) National Level Awards
  - i) Major Dhan Chand Khel Ratna Award
  - ii) Arjun Award
  - iii) Dronacharya Award
- b) State Level Awards (In Maharashtra)
  - i) Shiv Chhatrapati state sports Award.
  - ii) The Best Coach Award.

#### **Module – III**

##### **SPORTS PERSONALITIES IN INDIA**

- i) Major Dhan Chand.
- ii) KhashabaJadhav.
- iii) PilavullakandiThekkeparambil.Usha (P.T.Usha)
- iv) Abhinav Bindra.

## **B.A. II (SEM-IV) PHYSICAL EDUCATION**

### **Paper No. VI**

#### **ORGANIZATION AND ADMINISTRATION OF MEETS AND TOURNAMENTS**

##### **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.

#### **Module – I**

##### **MEETS AND TOURNAMENTS**

- a) Importance of meets and tournaments.
- b) Types of tournaments
  - i) Knock-out
  - ii) League or round ribbon
  - iii) Combination Tournaments

(To draw the lots, their merits and demerits)

- c) Athletic Meet: Officials, various Committees, Opening ceremony, closing ceremony

#### **Module – II**

##### **ORGANIZATION AND ADMINISTRATION OF COMPETITIONS**

- a) Sports Competitions
  - i) Inter-collegiate / Zonal Competitions of Shivaji University.
  - ii) Inter-Zonal Competitions of Shivaji University.
  - iii) Inter-university sports competitions.
- B) Various committees and responsibilities for organization and administration of competitions.

#### **Module – III**

##### **PLAY GROUND STANDARDS AND FACILITIES**

- a) Preparation and Maintenance of Playgrounds.
- b) Lay-out of Playfields – Kabaddi, Kho-Kho, Volleyball, Handball, Cricket, and Basket Ball.

**B.A. II (SEM-III) PHYSICAL EDUCATION**  
**Paper No. III& IV**  
**PRACTICALS**

Athletics – 20 Mark

High Jump 10 Marks

Performance -

Men	Women	Marks
1.30M.	1.10M.	06 Marks
1.25 M.	1.05M.	04 Marks
1.20M.	1.00M.	02Marks

For Techniques & modern Style 04 Marks

Middle Distance Running 10 Marks

1500 M. Running –

Men	Women	Marks
5.45 Sc.	7.00 Sec.	06 Marks
5.50 Sc.	7.10 Sec.	04 Marks
5.55 Sc.	7.20 Sec.	02 Marks

For Knowledge of Rules & Regulations - 04 Marks

Ball Game 14 Marks

Hand Ball or Basket Ball

Fundamental Skills- 10 Marks

Knowledge of Rules & Regulations - 04 Marks

Ground Marking 06 Marks

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

Record Book 10 Marks

## References:

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