

SHIVAJI UNIVERSITY, KOLHAPUR



Revised syllabus for

Bachelor of Arts (Part – III)

SEMESTER V & VI

PHYSICAL EDUCATION

Syllabus to be implemented from June 2020 onwards

Structure III : B. A. Programme Specific (PHYSICAL EDUCATION)
Sem V – Duration : 06 Months

Teaching Scheme					Evaluation Scheme					
Sr.No.	Course	Course Name	No. Of Lect.	Hours	Credits	Theory	Practical	Total	Min. Marks for Passing (T+P)	Exam Duration (Hrs.)
1	DSE – E41	HEALTH EDUCATION	2+2	2+2*	4	25	25	50	9+9 = 18**	1
2	DSE – E42	RECREATION IN PHYSICAL EDUCATION	2+2	2+2*	4	25	25	50	9+9 = 18	1
3	DSE – E43	YOGA	2+2	2+2 *	4	25	25	50	9+9 = 18	1
4	DSE – E44	ANATOMY AND PHYSIOLOGY	2+2	2+2*	4	25	25	50	9+9 = 18	1
5	DSE – E45	DIETETICS AND NUTRITION	2+2	2+2*	4	25	25	50	9+9 = 18	1
Total			20	20	20	125	125	250		

* 02 Hours for Theory and 02 Hours for Practical per paper per week
 There should be 20 students in single batch while conducting the Practical's.
 ** There are two separate heads for passing i.e. Theory and Practical

Structure III : B. A. Programme Specific (PHYSICAL EDUCATION)
Sem VI – Duration : 06 Months

Teaching Scheme					Evaluation Scheme					
Sr.No.	Course	Course Name	No. Of Lect.	Hours	Credits	Theory	Practical	Total	Min. Marks for Passing (T+P)	Exam Duration (Hrs.)
1	DSE – E166	HEALTH EDUCATION PROGRAM	2+2	2+2*	4	25	25	50	9+9 = 18**	1
2	DSE – E167	RESEARCH IN PHYSICAL EDUCATION	2+2	2+2*	4	25	25	50	9+9 = 18	1
3	DSE – E168	YOGA AND HEALTH	2+2	2+2 *	4	25	25	50	9+9 = 18	1
4	DSE – E169	ANATOMY AND PHYSIOLOGY OF EXERCISE	2+2	2+2*	4	25	25	50	9+9 = 18	1
5	DSE – E170	DIETETICS AND HYGIENE	2+2	2+2*	4	25	25	50	9+9 = 18	1
Total			20	20	20	125	125	250		

* 02 Hours for Theory and 02 Hours for Practical per paper per week
 There should be 20 students in single batch while conducting the Practical's.
 ** There are two separate heads for passing i.e. Theory and Practical

DSE : Discipline Specific Elective – Candidate can opt any one course (subject) from DSC [course (subject) which was opted in Part II (Sem. III & IV)]

Note: DSE Paper No. VII to XVI are elective papers whereas, DSC Paper No. I to VI are core courses. Hence, DSE Paper VII to XVI should be considered in continuation of DSC I to VI

SHIVAJI UNIVERSITY, KOLHAPUR
PROPOSED REVISED SYLLABUS (SEMESTER PATTERN)
FOR B.A. III- PHYSICAL EDUCATION

B.A.PartIII (Physical Education)

- 1 TITLE : Revised syllabus (semester pattern) CBCS
Under Faculty of Education
- 2 YEAR OF IMPLIMENTATION : Revised syllabus will be implemented
From June 2020
- 3 DURATION : B.A.PartIII- Two Semesters (one year)
- 4 PATTERN OF EXAMINATION : Semesters
- A) THEORY EXAMINATION : At the end of semester as per Shivaji University Rules
- B) PRACTICAL EXAMINATION : I) in first and Second Semesters (paper no VII & XI)
(Paper no XII & XVI) there will be Conduct of external practical and related mark sheet submitted by external examiner
- 5 MEDIUM OF INSTRUCTION : English/ Marathi
- 6 STRUCTURE OF COURSE : B.A.part –III
Two semesters (Sem V and VI)

7 SCHEME OF EXAMINATION

A) THEORY

The theory exam shall be at the end of each semester.

All theory papers (No. VII to XVI) shall be of one hour's duration carrying 25 marks.

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 entire syllabus preferably covering each unit of the syllabus.

Nature of question paper for Theory Examination

Descriptive question having 10 marks (one out of two)

Short note type question having 10 marks (Two out of three)

There will be one objective type question having (multiple choice) 5 marks.

There are two separate heads for passing i.e. Theory and Practical In theory and Practical minimum 9 marks out of 25 is required for passing in each head.

B) Practical examination conducted -

- a) Each batch of 20 students
- b) One organizer (Internal subject teacher)
- c) Two examiners appointed by University.
- d) Peons - Two peons for ground marking, water supply and equipment supply and collecting of materials.

e) Result sheet (Practical)

N.B. 1) two periods for theory + two periods for Practical for each paper — per week.

N.B. 2) the record book/ Project Report will be assessed by internally and marks should be submitted to the external Examiner.

SHIVAJI UNIVERSITY, KOLHAPUR
PHYSICAL EDUCATION (Special)
B. A, Part III
Semester – V
Paper VII DSE E - 41
HEALTH EDUCATION

Unit I) Health Education

- a) Meaning, definitions of Health Education.
- b) Nature and scope of Health Education.

Unit II) Health care

a) **Personal Health**

- 1) Factor's of Personal Health -I) Physical II) Mental
- 2) Factors influencing on Health
- I) Heredity II) environment II) Habits IV) Exercise

b) **Social Health**

- a) Communicable diseases Causes & Prevention
(HIV / AIDS, Malaria, Dengue, Chikungunya, Swine Flu, Corona etc.)

Unit III) Health of the Community

- a) Health problems in family, Community, School and Colleges.

Books Recommended

1. Health Education and Hygiene - J. S. Manjal. Universal Publishers, Agra.
2. Health in India - Grant.
3. Preventive and Social Medicine — J. E. Park.
4. Adapted and Corrective Physical Education - Kielly.
5. Applied anatomy and Kinesiology - Rash and Burke.
6. Exercise Physiology - Fox.
7. Physical Education and Health, Singh Mandeep (2009) Khel sahitya Kendra, New Delhi.
8. स्वास्थ्य एवं शारिरीक शिक्षा, शर्मा आर.डी. (१९७७) सोहन प्रिटींग सर्व्हिस, दिल्ली
9. आपण आणि आपले आरोग्य डॉ. हेगाडे बी. एम. (१९९७) मेहता पब्लिशिंग हाउस, पुणे

Semester - V

Paper- VIII DSE E - 42

RECREATION IN PHYSICAL EDUCATION

Unit I Introduction:

- a) Meaning .Concept, Definitions, of Rhythm
- b) Need & Importance of Rhythmic exercise.

Unit II

- a) Meaning, Definitions & Concept of Recreation
- b) Aim & Objectives of recreation

Unit III Recent trends in recreation

- a) Hiking b) Trekking c) Sports camps and Competitions d) Aerobics and Zumba

Books Recommended

1. An Introduction to Recreation Education – W. B. Saunders Company Philadelphia-1955.
2. Community Recreation - Meyer and Brightbill, Prentice Hall, INC 1966.
3. Leisure and Recreation - Neumeyer and Esther. A. S, Barnes and Company, 1956.
4. क्रीडा व रंजन - डी.व्ही. खासनीस
5. Introduction to Community Recreation - Bultter.
6. Organisation of Physical Education - J. P. Thomas

Semester - V
Paper-IX DSE E - 43

YOGA

Unit I) Aim, Objectives and Scope of Yoga in Human Life

Unit II) Yoga and Physical Health: Promotives, Preventive and Curative aspects
Of Physical Health tackled through Yogic practices

Unit III) Yoga and Mental Health: Nature of problems in mental health.
Promotive, Preventive and Curative aspects of mental health through Yogic practices.

Books Recommended

1. Applied Yoga - Dr. M. L. Gharote. Kaivaiyadhama, Lonavala.
2. Yoga and your heart - Datey K. K., Gharote, M. L. and Soli Parri, Jaico Publications, Bombay,
3. Yogic Therapy - Swami KuvalYananda and S. L., Vinekar, Central Bureau of Health Services ,
New Delhi-1963.
4. Yogasana - A. Teachers guide, N.C.E.R.T. - New Delhi,
5. Teaching methods for yogic practices Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
6. Light on Yoga - B. S, lyangar.
7. आरोग्याची गुरुकिल्ली - डॉ. गुंडे, कोल्हापूर
8. योगाभ्यास - सुखी जीवन, श्रीपाल जर्दे (१९९५) चंद्रमा प्रकाशन कोल्हापूर

Semester - V
Paper-X DSE E - 44

ANATOMY AND PHYSIOLOGY

Unit I) Introduction:

- a) Anatomy, Physiology -Meaning, definition and importance.
- b) The cell and its parts.

Unit-II) Skeletal and Muscular System

- a) Types of Bones and names of various bones of the body.
- b) Various types of joints and major movements around them.
- c) Structural classification of skeletal muscle, structure and functions of skeletal muscle.

Unit III) Respiratory System:

- a) The nose, pharynx, larynx, trachea, bronchioles, lungs - structure and functions.
- b) Vital capacity, Second wind.
- c) Effect of exercise on respiratory system

Books Recommended

1. Scatt K Power T Howley-exercise physiology theory and application Of fitness and performance publisher, McGraw Hill Higher education.
2. Graham Thompson-Physical Education Anatomy and exercise physiology publisher Hodder education, Great Britain.
3. Avelin C Pearce - Anatomy and physiology for Nurse-Oxford university press New Delhi (2003)

Semester - V
Paper-XI DSE E - 45

DIETETICS AND NUTRITION

Unit I) Diet components

Carbohydrates, Proteins, Fats, vitamins. Mineral Fibers and water (need & importance)

Unit II) Balance Diet:-

Meaning. Definition and sources.

Unit III) Malnutrition

- a) Under weight-causes, sign and symptoms.
- b) Obesity - causes, types, Signs and symptoms.

Books Recommended

1. Handbook of Hygiene and Public Health - U. Bedi, Anand Publishing Company, Amritsar, 1962.
2. Nutrition and Physical Fitness - Bogert, Briggs and Galloway, W.B. -Saunders Co. 1966.
3. Human Nutrition and Dietics - Davidson and Passmore, The Williams and Wilkins Co., 1966.
4. Preventive and Social Medicine J. E. Park.
5. Nutrition - Dr. Swaminathan
6. Diet, Health & exercise- major chas G.Perciral (2012),Khe! sahitya Kendra,New Delhi.
7. Physical fitness & Health, Dr.Gupta M.C. (2012) Khel sahitya Kendra.New Delhi.
- 8.स्वास्थ्य एवं शारिरीक शिक्षा, शर्मा आर.डी. (१९७७) सोहन प्रिटींग सर्व्हिस, दिल्ली
- 9.आपण आणि आपले आरोग्य डॉ. हेगाडे बी. एम. (१९९७) मेहता पब्लिशिंग हाउस, पुणे
- 10.आहारशास्त्र - सौ. मोमीन एस.एस. (२०११), सिराजोशफी प्रकाशन, कोल्हापूर
- 11.अन्नशास्त्र - कुकडे सु.रा. शेंडे - गोगटे, प्रा. डॉ. पानसे के.व्ही. (१९८९) कॉन्टिनेन्टल प्रकाशन पुणे
- 12.आहारशास्त्राची मुलतत्वे - महाजनी स्नेहा (१९७८) श्री मंगेश प्रकाशन, नागपूर

SHIVAJI UNIVERSITY, KOLHAPUR

B. A. Part III

Semester - VI

Paper-XII DSE E - 166

HEALTH EDUCATION PROGRAM

Unit I) Health Programme

- a) Importance of exercises in health and fitness.
- b) Drugs, Alcohol and Tobacco-Adverse effect on performance.

Unit II) Population Education

- a) Need Importance and Scope of population education.
- b) Role of Health education in population education.

Unit III) World Health Organization (WHO)

- a) Aims & Objectives, program and projects
- b) World Health Organization - India
- c) HIV / AIDS - causes, symptoms and prevention.

Books Recommended

1. Health Education and Hygiene - J. S. Manjal. Universal Publishers, Agra.
2. Health in India - Grant.
3. Preventive and Social Medicine — J. E. Park.
4. Adapted and Corrective Physical Education - Kielly.
5. Applied anatomy and Kinesiology - Rash and Burke.
6. Exercise Physiology - Fox.
7. Physical Education and Health, Singh Mandeep (2009) Khel sahitya Kendra, New Delhi.
8. स्वास्थ्य एवं शारिरीक शिक्षा, शर्मा आर.डी. (१९७७) सोहन प्रिटींग सर्व्हिस, दिल्ली
9. आपण आणि आपले आरोग्य डॉ. हेगाडे बी. एम. (१९९७) मेहता पब्लिशिंग हाउस, पुणे

Semester - IV
Paper-XIII DSE E - 167

RESEARCH IN PHYSICAL EDUCATION

Unit I) Research – Concept, Meaning and Definition

Unit II) Types of research

Unit III) Research Process

i) Stages in research process

Books Recommended

1. Barrow, H. M. (1979). Practical Approach to Measurement in Health & Physical Education. (3rd ed.). Philadelphia: Lee & Febigeer
2. Best, J. W. & Kahn, J. V. (2006). Research in Education.(10th ed.). New Delhi: PHI
3. Clark, D. H. & Clark, H. H. (1979). Research process in Physical Education, recreation & health. Englewood Cliffs: prentice Hall.
4. Johnson, B. & Christensen, L. (2008). Education Research, Quantitative, Qualitative and Mixed Approaches. (3rd ed.). Sage Publication: England.
5. Miller, David. K. (2002). Measurement by the Physical Educator. New York: McGraw Hill companies.
John & Nelson (1998). Practical Measurements for Evaluation in Physical Education. Delhi: Surjit Publication.
6. Sprinthall, R. C. (1997). Basic statistical Analysis. (5th ed.). USA: Allyn & Bacon
7. Thomas, J. R. & Nelson, J. K. (2001). Research Methods in Physical Education, (4th ed.). USA: uman Kinetics.
8. आगलावे, प्र.ना. (२०००). संशोधन पद्धतीशास्त्र व तंत्रे (प्रथम आवृत्ती), नागपूर : विद्या प्रकाशन.
9. जर्दे श्री.आ. (१९९५) शारीरिक शिक्षण संशोधन तंत्र व पद्धती (द्वितीय आवृत्ती) कोल्हापूर : चद्रमा प्रकाशन

Semester - VI
Paper-XIV DSE E – 168
YOGA AND HEALTH

- Unit I)** Relationship of Yoga with Emotional Health.
- Unit II)** a) Structure of Human body and yogasanas.
b) Effect of yogic exercises on respiratory and nervous system.
- Unit III)** Yoga and Sports: Psychophysical basis of promoting sports career. Contribution of yogic practices for the development of Sports performances.

Reference Books

1. Applied Yoga - Dr. M. L. Gharote, Raivalyadhama, Lonavala.
2. Yoga and your heart - Datey K. K., Gharote, M. L. and Soli Parri, Jaico Publications, Bombay.
3. Yogic Therapy - Swami Kuval Yananda and S. L., Vinekar, Central Bureau of Health Services, New Delhi-1963.
4. Yogasana - A. Teachers guide, N.C.E.R.T. - New Delhi.
5. Teaching methods for yogic practices Dr. M, L. Gharote, Kaivalyadhama, Lonavala.
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- 7 आरोग्याची गुरुकिल्ली - डॉ. गुंडे कोल्हापूर
- 8 योग आणि आरोग्य - डॉ. गुंडे कोल्हापूर
9. योगाभ्यास - सुखी जीवन, श्रीपाल जर्दे (१९९५) चंद्रमा प्रकाशन कोल्हापूर

Semester - VI
Paper-XV DSE – E 169
ANATOMY AND PHYSIOLOGY OF EXERCISE

Unit-I) Circulatory System:

- A) Blood - Its constituents and functions, Heart - its structure and function.
- B) Blood pressure, Pulse, Blood groups, Oxygen debt.

Unit-II) Digestive System:

- A) Organ of digestive system - Mouth, teeth, salivary glands, pharynx, oesophages, stomach, small and large intestine, pancreas, liver, structure and function - in brief.
- B) Excretory System:
Kidney and skin - it's Structure and function

Unit-III) Nervous System:

Structure of brain and spinal cord, Reflex action.

Books Recommended

1. Willimore, Jack and Costal, David L. Physiology of sports and exercise, Human kinetics 1994.
2. Rowland, Thomas W. Children's exercise physiology second edition Human Kinetics, 2005.
3. Fox E.L. Physiological basis of physical education and athletics, Brown Pub. 1989.

Semester VI
Paper-XVI DSE – E - 170
DIETETICS AND HYGIENE

Unit I) Food sources and the their effect

- a) Natural food
- b) Impure food
- c) Processed food
- d) Stimulants

Unit II) Athlete Diet

Meaning .Need and importance.

Unit III) Immunity

- a) Personal hygiene - desirable hygiene habits
- b) School Health programme – service, supervision.

Books Recommended

1. Handbook of Hygiene and Public Health - U. Bedi, Anand Publishing Company, Amritsar, 1962.
2. Nutrition and Physical Fitness - Bogert, Briggs and Galloway, W.B. -Saunders Co. 1966.
3. Human Nutrition and Dietics - Davidson and Passmore, The Williams and Wilkins Co., 1966.
4. Preventive and Social Medicine J. E. Park.
5. Nutrition - Dr. Swaminathan
6. Diet, Health & exercise- major chas G.Perciral (2012),Khe! sahitya Kendra,New Delhi.
7. Physical fitness & Health, Dr.Gupta M.C. (2012) Khel sahitya Kendra.New Delhi.
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- 10.आहारशास्त्र - सौ. मोमीन एस.एस. (२०११), सिराजोशफी प्रकाशन, कोल्हापूर
- 11.अन्नशास्त्र - कुकडे सु.रा. शेंडे - गोगटे, प्रा. डॉ. पानसे के.व्ही. (१९८९) कॉन्टिनेन्टल प्रकाशन पुणे
- 12.आहारशास्त्राची मुलतत्वे - महाजनी स्नेहा (१९७८) श्री मंगेश प्रकाशन, नागपूर

SHIVAJI UNIVERSITY, KOLHAPUR

B. A. III (Practical)

SEMESTER V

Practical (New Course) Applicable from June 2020 and onwards

Paper VII to XI

Parameter for Practical Examinations

- 1) Athletics - 5000 meter run, Triple Jump, Javelin Throw. -- (Men)
3000 meter run, Triple Jump, Javelin Throw. -- (Women)
(Different Styles. Modern Techniques & performance)
- 2) Weight Lifting - Different Styles, Modern Technique and Performance
- 3) Badminton OR Table Tennis
- 4) Asana -
 - A) Ten Minutes sitting in any meditative Asana
 - B) Matsyasana, Akarna Dhanurasana, Suptavajrasana, Ardhamachhindrasana, Buddha Padmasana
 - C) Pranayama - Anulom Vilom, Bhastrika, Bhramri, Shitkari, Shitali
- 5) First Aid - Practical
 - A) First Aid - Meaning, Objectives, Important rules
 - B) Material in the First Aid Box
 - C) Fracture - Types, Signs and Symptoms - Use of Sling and Splint
 - D) Bleeding - Types, Signs and Symptoms - Use of Sling and Splint
 - E) Artificial Respiration - Meaning and Method of Artificial respiration
(Any Two)
 - F) Bandage, Meaning, Types, Way of applying sling, simple dressing
- 6) Wrestling - Performance and Rules
- 7) Judo OR Fencing - Various Techniques
- 8) Recreational Game

Marking System

	MEN	WOMEN
Athletics	45	45
Weight lifting	15	15
Badminton OR T.T.	10	10
Asana and Pranayan?	15	15
First Aid	10	10
Wrestling	15	15
Fencing OR Judo	10	10
Recreational Game	05	05

Total 125

PARAMETERS FOR PRACTICAL EXAMINATION

1) Athletics -

1) A) Tripple Jump

MEN

Marks	Minimum Performance
8 -	9 Meters and Above
6 -	8 to 9.9 Meters
4 -	7 to 8.9 Meters
2 -	6 to 7.9 Meters

WOMEN

Marks	Minimum Performance
8 -	8 Meters and Above
6 -	7 Meters
4 -	6 Meters
2 -	5 Meters

(8 Marks for performance, 7 Marks for Technique and style,)

B) Jeveline Throw

MEN

Marks	Minimum Performance
8 -	25 Meters and Above
6 -	22 to 29.99 Meters
4 -	19 to 26.99 Meters
2 -	16 to 23.9 Meters

WOMEN

Marks	Minimum Performance
8 -	20 Meters
6 -	18 Meters
4 -	16 Meters
2 -	14 Meters

(8 Marks for performance, 7 Marks for Technique and style,)

C) Running

MEN		5000 Meter Running
Marks		Minimum Performance
8	-	30 Minutes
6	-	34 Minutes
4	-	36 Minutes
2	-	38 Minutes

WOMEN		3000 Meter Running
Marks		Minimum Performance
8	-	15 Minutes
6	-	16 Minutes
4	-	17 Minutes
2	-	18 Minutes

(8 Marks for performance, 7 Marks for Technique and style,)

Weight Lifting

(Different Styles, Modern Technique and Performance)

MEN

Marks		Minimum Performance
5	-	115 Kg
4	-	110 Kg
3	-	105 Kg
2	-	95 Kg
1	-	85 Kg

WOMEN

Marks		Minimum Performance
5	-	90 Kg
4	-	80 Kg
3	-	70 Kg
2	-	65 Kg
1	-	60 Kg

4) Asana (15 Marks)

- A) 10 Minutes sitting in any modified asana - 5 Marks
- B) From Section (b) the practical syllabus
 - Two asana of student choice - 5 Marks
 - Two asana of examiners choice
- C) From section (C) Practical Syllabus
 - One pranayama from student choice - 5 Marks
 - One pranayama from examiners choice

5) First Aid

10 marks

- Oral Knowledge test

- 5 Marks

- Practical Knowledge test

- 5 Marks

(Use of Bandage - Use of Splint - Use of tourniquet)

6} Wrestling (10 Marks)

Performance

6 Marks

Rules

4 Marks

7) Judo OR Fencing (10 Marks)

Various Technique

6 Marks

Rules

4 Marks

8) Recreational Game

05 Marks

(Presentation of any one recreational Game)

SHIVAJI UNIVERSITY, KOLHAPUR

B. A. III (Practical)

SEMESTER VI

Practical (New Course) Applicable from June 2020 and onwards

Paper XII to XVI

Parameter for Practical Examinations

- 1) **Athletics** - 110 Meters Hurdles (MEN),
100 Meters Hurdles (WOMEN), Relay (4 X 100 Meters)
- 2) **Gymnastics** - Ground Exercises - Front Role, Back Role, Cartwheel,
Dive and Role, Hand Stand
- 3) **Marking of Track**
- 4) **Ball Game-**
Foot Ball OR Cricket
1- Fundamental Skills
2- Rules and Regulation (Tested Orally)
- 5) **Record Book/Project**
- 6) **Educational Tour and Report**

Marking System

	Boys		Girls
Athletics	30	-	30
Gymnastics	10	-	10
Marking of Truck	20	-	20
Ball Game	20	-	20
Record Book	20	-	20
Study Tour & Report	25	-	25
Total		125	

PARAMETERS FOR PRACTICAL EXAMINATION

1) Athletics –

Men

110 Meters Hurdles

Marks		Minimum Performance
8	-	20 second and below
6	-	20.01 to 24 second
4	-	24.01 to 26 second
2	-	26 second and above

Women

Marks		Minimum Performance
8	-	25 second and
6	-	25.01 to 29 second
4	-	29.01 to 33 second
2	-	33.01 to 37 second

(8 Marks for performance, 7 Marks for Technique and style,)

3) Relay Marks (4 x 100 m.) (15 Marks)

- Batten Exchange Technique - 10 Marks

- Viva Voce - 05 Marks

2) Gymnastics

- 10 Marks

1) Forward Roll 2) Backward Role

3) Dive and Roll 4) Cartwheel

5) Hand Stand (Each Event 2 Marks)

3) Marking of Track

- 20 Marks

(Student should marks the sectors of the following Events, on the ground only)

(Shot-put, Javelin Throw and Discus Throw)

A) Sector Marking for above three events 4 Marks

B) Marking of 400 Met. Track

- Marking of 400 met. Track 4 Marks

- Marking of starting and finishing line 4 Marks

C) (100 met. Running, 100 met. Hurdles, 110 met. Hurdles) 4 Marks

D) Marking of staggers Distance

(200 met. Running, 400 met. Running, 800 met. Running) 4 Marks

4) Ball Game –

Foot Ball or Cricket

20 Marks

A) Fundamental Skills

12 Marks

B) Rules and Regulation (Tested Orally)

08 Marks

5) Record Book / Project

20 Marks

6) Educational Tour and Report

25 Marks

