

Ref.No. SUK/BOS/ 196

Date: 02 /04/2024

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

**Subject: Regarding syllabi of B.A. Part – III ( Sem V & VI ) 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 nature of question and equivalence B.A. Part - III ( Sem V & VI ) as per NEP-2020 (1.0) degree programme under the Faculty of Inter-Disciplinary Studies.

1)	B.A. Part - III ( Sem V & VI ) Education
2)	B.A. Part - III ( Sem V & VI ) Physical Education
3)	B.A. Part - III ( Sem V & VI ) Home Science
4)	B.A. Part - III ( Sem V & VI ) Dress Making and Fashion Coordination.


This syllabus, nature of question and equivalence shall be implemented from the academic year 2024-2025 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 2024 & March/April 2025. 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**



**Accredited By NAAC with 'A ++' Grade**

**Syllabus under NEP**

**CHOICE BASED CREDIT SYSTEM**

**B.A. Part - III**

**PHYSICAL EDUCATION**

**(Syllabus to be implemented from June 2024)**

### **1. PREAMBLE:**

This course is designed to provide students with a comprehensive understanding of physical education's principles, practices, and importance in contemporary society. Through a combination of theoretical knowledge and practical application, students will explore various aspects of human movement, health, and fitness.

We aim to equip students with the skills, knowledge, and attitudes necessary to promote lifelong physical activity, health, and well-being. By engaging in diverse activities, discussions, and assessments, students will develop a deeper appreciation for the role of physical education in fostering holistic development.

Throughout the course, emphasis will be placed on cultivating critical thinking, teamwork, and leadership skills, as well as promoting inclusivity and respect for diverse perspectives and abilities.

Join us as we embark on a journey of discovery, growth, and empowerment through the realm of physical education.

### **2. PROGRAM LEARNING OUTCOMES (PO):**

**Demonstrate Proficiency in Physical Activities:**

Students will demonstrate competence and proficiency in various physical activities, including individual and team sports, fitness exercises, and recreational pursuits.

**Apply Principles of Exercise Science:**

Students will apply exercise physiology, biomechanics, and motor learning principles to analyze and improve performance in physical activities and sports.

**Promote Health and Wellness:**

Students will understand the importance of physical activity for overall health and wellness and be able to design and implement effective fitness programs that promote physical, mental, and emotional well-being.

**Facilitate Learning and Development:**

Students will develop teaching and coaching skills to effectively instruct and motivate individuals and groups in physical education settings, fostering skill development, teamwork, and sportsmanship.

**Embrace Diversity and Inclusion:**

Students will recognize and respect the diverse needs, abilities, and backgrounds of individuals in physical education and sports settings, creating inclusive environments that promote participation and engagement for all.

### **3. DURATION:**

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

### **4. MEDIUM OF INSTRUCTION:**

The medium of instruction shall be ENGLISH or MARATHI. The students will have the OPTION TO WRITE ANSWER-SCRIPTS IN ENGLISH OR MARATHI. (EXCEPT LANGUAGES)

## B. A. Program Structure Semester V and VI

B. A. Program Structure for Level 7 of B. A.														
Semester V														
	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
01	DSE-VII	2		2	2		2	02	40	14	40	14	20	08
02	DSE-VIII	2		2	2		2	02	40	14	40	14	20	08
03	DSE-IX	2												
04	DSE-X	2		1	1		1	01	20	07	20	07	10	04
05	DSE-XI	2		1	1		1	01	20	07	20	07	10	04
06	AECC-V	2		2	-		-	2	40	14			10	04
07	SEC-V	2		2	-		-	02	40	14			10	04
Total		15	15	15	07	14	07		300		140		110	SEE + IA =  440+110 = 550
Total Credit Required for Completing Level 7: 52 Credits														
Total Credit for Completing Levels 5, 6, & 7 of Bachelor of Arts Program: 52+56+52=160														

### (\* Independent Student Workload)

<b>DSE: Discipline Specific Elective</b>
<b>AECC: Ability Enhancement Core Course (Compulsory English)</b>
<b>SEC: Skill Enhancement Course</b>

**B.A. Part - III**  
**PHYSICAL EDUCATION (With effect from June 2024)**

Semester	Paper No.	Title	Credits
<b>V</b>	<b>7</b>	HEALTH EDUCATION	<b>2+2</b>
	<b>8</b>	RECREATION IN PHYSICAL EDUCATION	<b>2+2</b>
	<b>9</b>	YOGA	<b>2+2</b>
	<b>10</b>	ANATOMY AND PHYSIOLOGY	<b>2+2</b>
	<b>11</b>	DIETETICS AND NUTRITION	<b>2+2</b>
	<b>SEC V</b>	Adventure Tourism -V	<b>2</b>
<b>VI</b>	<b>12</b>	HEALTH EDUCATION PROGRAM	<b>2+2</b>
	<b>13</b>	RESEARCH IN PHYSICAL EDUCATION	<b>2+2</b>
	<b>14</b>	YOGA AND HEALTH	<b>2+2</b>
	<b>15</b>	ANATOMY AND PHYSIOLOGY OF EXERCISE	<b>2+2</b>
	<b>16</b>	DIETETICS AND HYGIENE	<b>2+2</b>
	<b>SEC VI</b>	Adventure Tourism -VI	<b>2</b>

**Equivalent Paper**

Semester	Paper No.	New Paper	Old Papers
<b>V</b>	<b>7</b>	HEALTH EDUCATION	HEALTH EDUCATION
	<b>8</b>	RECREATION IN PHYSICAL EDUCATION	RECREATION IN PHYSICAL EDUCATION
	<b>9</b>	YOGA	YOGA
	<b>10</b>	ANATOMY AND PHYSIOLOGY	ANATOMY AND PHYSIOLOGY
	<b>11</b>	DIETETICS AND NUTRITION	DIETETICS AND NUTRITION
	<b>SEC V</b>	<b>Adventure Tourism -V</b>	
<b>VI</b>	<b>12</b>	HEALTH EDUCATION PROGRAM	HEALTH EDUCATION PROGRAM
	<b>13</b>	RESEARCH IN PHYSICAL EDUCATION	RESEARCH IN PHYSICAL EDUCATION
	<b>14</b>	YOGA AND HEALTH	YOGA AND HEALTH
	<b>15</b>	ANATOMY AND PHYSIOLOGY OF EXERCISE	ANATOMY AND PHYSIOLOGY OF EXERCISE
	<b>16</b>	DIETETICS AND HYGIENE	DIETETICS AND HYGIENE
	<b>SEC VI</b>	<b>Adventure Tourism -VI</b>	

**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	75601 DSE – E41	HEALTH EDUCATION	2+2	2+2*	4	25	25	50	9+9 = 18**	1
2	75602 DSE – E42	RECREATION IN PHYSICAL EDUCATION	2+2	2+2*	4	25	25	50	9+9 = 18	1
3	75603 DSE – E43	YOGA	2+2	2+2 *	4	25	25	50	9+9 = 18	1
4	75604 DSE – E44	ANATOMY AND PHYSIOLOGY	2+2	2+2*	4	25	25	50	9+9 = 18	1
5	75605 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	75801 DSE – E166	HEALTH EDUCATION PROGRAM	2+2	2+2*	4	25	25	50	9+9 = 18**	1
2	75802 DSE – E167	RESEARCH IN PHYSICAL EDUCATION	2+2	2+2*	4	25	25	50	9+9 = 18	1
3	75803 DSE – E168	YOGA AND HEALTH	2+2	2+2 *	4	25	25	50	9+9 = 18	1
4	75804 DSE – E169	ANATOMY AND PHYSIOLOGY OF EXERCISE	2+2	2+2*	4	25	25	50	9+9 = 18	1

5	75805 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 2024
- 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**  
**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.
- ८ स्वास्थ्य एवं शारिरीक शिक्षा, शर्माआर.डी. (1977) सौहन प्रिटींग सर्विस्, दिल्ली
- 9 आपण आणि आपले आरोग्य डॉ. हेगाडे बी. एम. (1997) मेहता पब्लिशिंग हाउस, पुणे

**Semester - V**

**Paper- VIII**

**RHYTHM AND RECREATION IN PHYSICAL EDUCATION**

**Unit I Introduction to Rhythm**

- a) Meaning, definition, and concept of rhythm
- b) Need and importance of rhythmic exercise.

**Unit II Introduction to Recreation**

- a) Meaning, definition, and concept of Recreation
- b) Characteristics of recreation

**Unit III Emerging trends in Rhythm and 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. खासगीस
5. Introduction to Community Recreation - Bultter.
6. Organization of Physical Education - J. P. Thom

**Semester - V**  
**Paper-IX**

**YOGA**

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

**Unit II)** Yoga and Physical Health: Promotive, 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, JaicoPublications, 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 गुस्किल्ली-डॉ. गुंडे, कोल्हापूर
- 8 योगाश्रयास-सुखी जीवन, श्रीपाल जर्दे (1995) चंद्रमा प्रकाशन कोल्हापूर

## **ANATOMY AND PHYSIOLOGY**

### **Unit I) Introduction:**

- a) Anatomy –Meaning, definition and importance.
- b) Physiology –Meaning, definition and importance.

### **Unit-II) Skeletal and Muscular System**

- a) Types of Bones in human body.
- b) Types of joints and major movements around them.
- c) Structural classification of skeletal muscle and their functions.

### **Unit III) Respiratory System:**

- a) Respiratory System Parts and Functions
- b) Vital capacity, Second wind.

### **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)

## 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 chasG.Perciral (2012),Khe! sahitya Kendra,NewDelhi.
7. Physical fitness & Health, Dr.Gupta M.C. (2012) Khel sahitya Kendra.New Delhi.
- ८ स्वास्थ्य एवं शारिरीक शिक्षा, शर्मा आर.डी. (1977) सोहन प्रिटींग सर्विहस, दिल्ली
- 9 आपण आणि आपले आरोग्य डॉ. हैगाडे बी. एम. (1997) मैहता पब्लिशिंगहाउस, पुणे
- 10 आहारशास्त्र -सौ. मोमीन एस.एस. (2011), सिराजौशफी प्रकाशन, कोल्हापूर
- 11 अन्नशास्त्र -कुक्कडेसु.रा. शेंडे-गोगटे, प्रा. डॉ. पानसे के.व्ही. (1989) कॉन्टिनेन्टल प्रकाशन पुणे
- 12आहारशास्त्राची मुलतत्वे-महाजनी स्नेहा (1978) श्रीमंगेश प्रकाशन, नागपूर

Faculty	Interdisciplinary Studies
Program	BA-Physical Education

<b>Course</b>	<b>BA-III</b>
<b>Semester</b>	<b>V</b>
<b>Course Category</b>	<b>Skill Enhancement Course (SEC)-1</b>
<b>Course Title</b>	<b>Adventure Tourism -V</b>
<b>Number of Credit</b>	<b>02</b>
<b>Marks</b>	<b>50</b>
<b>Semester End: University Exam (25 MCQ) for 50 Marks</b>	

### **Adventure Tourism V**

#### **COURSE OBJECTIVES:**

By the end of this course, students will be able to:

1. Describe adventure tourism, its unique elements, and the role of guides.
2. Discuss theories and frameworks related to adventure tourism.
3. Describe the structure of the adventure tourism industry and its connections to the outdoor recreation industry.
4. Identify adventure tourism stakeholders and describe their role in the industry
5. Describe who is participating in adventure tourism activities and why.
6. Identify the changing wants and needs of adventure tourists.
7. Discuss the economic impact of the adventure tourism industry at a national and international level.
8. Examine the positive and negative environmental impacts of adventure tourism.
9. Describe methods for achieving sustainability in the adventure tourism industry.
10. Examine the impact of the adventure tourism industry on communities and indigenous people.
11. Discuss how community partnerships are established and maintained.
12. Discuss current and future challenges to the adventure tourism industry.
13. Examine the role of policy in supporting a sustainable adventure tourism industry.

#### **Module I. Basic Concepts of Adventure Tourism (Teaching Hours -15, Credit-01)**

**Unit 1** Adventure tourism: Concept, features, nature, scope, and different types.

**Unit 2** List of recognized organizations and institutions associated with adventure tourism in India.

**Unit 3** Popular Adventure Sports of Maharashtra, Govt. recognized institutes offering different Adventure sports Courses in Maharashtra.

**Unit 4** Existing trends and places of importance for Land-based, Water based, and Aero based adventure sports in India

## **Module II. Adventure Tourism (Air Based) (Teaching Hours -15, Credit-01)**

**Unit 1** Air-Based Activities: Concept, features, nature, scope, and & different types.

**Unit 2** Popular Air-based Adventure Sports in India: parasailing, paragliding, ballooning, hand-gliding, bungee jumping micro lighting etc.

**Unit 3** Air Based adventure tourism: Marketing and promotional strategies. Job opportunities, problems, and issues relevant to the adventure travel and tourism industry. Risk Management.

**Unit 4** Adventure tourism impacts air-based adventure tourism's social, cultural, economic, and environmental impacts. Issues from the perspective of different stakeholders (government, local people, tourists, and tourism businesses).

### **Learning outcomes:**

The learner will be able to:

1. Identify the adventure and sport tourism products.
2. Understand the impact of adventure tourism activities.

### **Suggested Readings:**

1. Buckley.R. 'Adventure Tourism Management'. (Latest edition), Routledge, London.
2. Malik, S.S, 'Potential of Adventure Tourism in India'. (Latest edition), Agam Kala Prakashan Publishers, New Delhi.
3. Mike Weed and Chris Bull, 'Sports tourism Participants, Policy and Providers'. (Latest edition), Butterworth-Hienemann, London.
4. Kilpatrick, "All for Adventure", Irene/I-lall, Susan(ILT)
5. King, Betty "Adventure"

6. Bradley, Stanley L "The Adventure"
7. Kalpana Swaminathan "Adventure Sports"
8. Kirkndall, Tom "Mountain Bike Adventures in Washington's.
9. Singh Hardayal, "Science of Sports Training" D.V.S Publication, New Delhi.

**(Semester End Exam for 50 Marks; total 25 MCQ with 2 Marks each)**

**SHIVAJI UNIVERSITY, KOLHAPUR**

**B. A. Part III**

**Semester - VI**



**Paper-XII**  
**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 शारीरिक शिक्षा, शर्मा आर. डी. [१९७७] सोहन प्रिटींग सर्विस, दिल्ली  
e आपण आणि आपले आरोग्य डॉ. हेगाडे बी. एम. [१९९७] मेहता पब्लिशिंग हाउस, पुणे

## RESEARCH IN PHYSICAL EDUCATION

### Unit I) Introduction to Research Methodology

- A) Meaning, Definition Concept, of the research
- B) characteristics of research

### Unit II) Types of research

- A) Qualitative and Quantitative

### Unit III) Research Process

- A) Steps in the 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.

८ आगलावे, प्र.ना. [१०००]. संशोधन पद्धतीशास्त्र व तंत्रे [प्रथम आवृत्ती], नागपूर: विद्या प्रकाशन.  
९ जर्दे श्री.आ. [१९९५] शारीरिक शिक्षण संशोधन तंत्र व पद्धती [द्वितीय आवृत्ती] कोल्हापूर: चंद्रमा प्रकाशन

**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: a) Psychophysical basis of promoting sports career.

b) Contribution of yogic practices for the development of Sports performances.

### **Reference Books**

1. Applied Yoga - Dr. M. L. Gharote, Kaivalyadhama, 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. Iyengar.
- ७ आरोग्याची गुरुकिल्ली-डॉ. गुंडे कोल्हापूर
- ८ योगआणिआरोग्य -डॉ. गुंडे कोल्हापूर
- ९ योगाभ्यास-सुखी जीवन, श्रीपाल नर्दे [ १९९५ ] चंद्रमा प्रकाशन कोल्हापूर

## **ANATOMY AND PHYSIOLOGY OF EXERCISE**

### **Unit-I) Circulatory System:**

- A) Blood - Its constituents and functions.
- B) Blood groups, Blood pressure. Oxygen debt.

### **Unit-II) Digestive System:**

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

### **Unit-III) Central nervous system (CNS):**

Structure and function of brain and spinal cord, Reflex action.

### **Books Recommended**

1. Willmore, 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**  
**DIETETICS AND HYGIENE**

**Unit I) Food sources and 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 chasG.Perciral (2012),Khe! sahitya Kendra,NewDelhi.
7. Physical fitness & Health, Dr.Gupta M.C. (2012) Khel sahitya Kendra.New Delhi.
8. स्वास्थ्य एवं शारीरिकशिक्षा, शर्माआर.डी. [१९७७] सोहनप्रिटींगसर्विस, दिल्ली
- ९ आपण आणिआपलेआरोग्य डॉ. हेगाडेबी. एम. [१९९७] मेहतापब्लिशिंगहाउस, पुणे
- १० आहारशास्त्र -सौ. मोमीन एस.एस. [२०११], सिराजोशफीप्रकाशन, कोल्हापूर
- ११ अन्नशास्त्र -कुकडेसु.रा. शेंडे-गोगटे, प्रा. डॉ. पानसे के.व्ही. [१९८९] कॉन्टिनेन्टलप्रकाशनपुणे
- १२ आहारशास्त्राची मुलतत्वे-महाननीस्नेहा [१९७८] श्रीमंगेशप्रकाशन, नागपूर

<b>Program</b>	<b>BA-Physical Education</b>
<b>Course</b>	<b>BA-III</b>
<b>Semester</b>	<b>VI</b>
<b>Course Category</b>	<b>Skill Enhancement Course (SEC)-1</b>
<b>Course Title</b>	<b>Adventure Tourism -VI</b>
<b>Number of Credit</b>	<b>02</b>
<b>Marks</b>	<b>50</b>
<b>Semester End: University Exam (25 MCQ) for 50 Marks</b>	

### **Adventure Tourism V**

#### **COURSE OBJECTIVES:**

By the end of this course, students will be able to:

1. Describe adventure tourism, its unique elements, and the role of guides.
2. Discuss theories and frameworks related to adventure tourism.
3. Describe the structure of the adventure tourism industry and its connections to the outdoor recreation industry.
4. Identify adventure tourism stakeholders and describe their role in the industry
5. Describe who is participating in adventure tourism activities and why.
6. Identify the changing wants and needs of adventure tourists.
7. Discuss the economic impact of the adventure tourism industry at a national and international level.
8. Examine the positive and negative environmental impacts of adventure tourism.
9. Describe methods for achieving sustainability in the adventure tourism industry.
10. Examine the impact of the adventure tourism industry on communities and indigenous people.
11. Discuss how community partnerships are established and maintained.
12. Discuss current and future challenges to the adventure tourism industry.
13. Examine the role of policy in supporting a sustainable adventure tourism industry.

**Module I. Adventure Tourism (Water-Based)**

**(Teaching Hours -15, Credit-01)**

**Unit 1** Water-Based Activities: Concept, features, scope, nature, and types.

**Unit 2** Popular water-based adventure sports in India: white water rafting, kayaking, canoeing, surfing, water skiing, snorkeling & scuba diving.

**Unit 3** Water-Based Adventure Tourism. Marketing and promotional strategies, job opportunities, problems, and issues relevant to the adventure travel and tourism industry. Risk management.

**Unit 4** Water Based Adventure tourism impacts: social, cultural, economic, and environmental impacts of adventure tourism. Issues from the perspective of different stakeholders (government, local people, tourists, and tourism businesses).

## **Module II. Adventure Tourism (Land Based) (Teaching Hours -15, Credit-01)**

**Unit 1** Land-based adventure sports: Concept, features, scope, nature and types.

**Unit 2** Popular water-based adventure sports in India: trekking, rock climbing, skiing, mountaineering, desert safaris, car rallies, etc.).

**Unit 3** Marketing and promotional strategies, risk management, job opportunities.

**Unit 4** Land Based Adventure tourism impacts- social, cultural, economic, and environmental impacts of adventure tourism. Issues from the perspective of different stakeholders (Government, local people, tourists, and tourism businesses) risk management, Job opportunities

### **Learning outcomes:**

The learner will be able to:

1. Identify the adventure and sport tourism products.
2. Understand the impact of adventure tourism activities.

### **Suggested Readings:**

1. Buckley.R. ‘Adventure Tourism Management’. (Latest edition), Routledge, London.
2. Malik, S.S, ‘Potential of Adventure Tourism in India’. (Latest edition), Agam Kala Prakashan Publishers, New Delhi.
3. Mike Weed and Chris Bull, ‘Sports tourism Participants, Policy and Providers’. (Latest edition), Butterworth-Hienemann, London.

4. Kilpatrick, "All for Adventure", Irene/I-lall, Susan(ILT)
5. King, Betty "Adventure"
6. Bradley, Stanley L "The Adventure"
7. Kalpana Swaminathan "Adventure Sports"
8. Kirkrndall, Tom "Mountain Bike Adventures in Washington's.
9. Singh Hardayal, "Science of Sports Training" D.V.S Publication, New Delhi.

**(Semester End Exam for 50 Marks; total 25 MCQ with 2 Marks each)**



**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, AkarnaDhanurasana, 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**

	<b>MEN</b>	<b>WOMEN</b>
Athletics	45	45
Weight lifting	15	15
Badminton OR T.T.	10	10
Asana and Pranayam	15	15
First Aid	10	10
Wrestling	15	15
Fencing OR Judo	10	10
Recreational Game	05	05

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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, 7Marks 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) JudoOR 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**

	<b>Boys</b>		<b>Girls</b>
<b>Athletics</b>	<b>30</b>	-	<b>30</b>
<b>Gymnastics</b>	<b>10</b>	-	<b>10</b>
<b>Marking of Track</b>	<b>20</b>	-	<b>20</b>
<b>Ball Game</b>	20	-	20
<b>Record Book</b>	<b>20</b>	-	20
<b>Study Tour &amp; Report</b>	<b>25</b>	-	<b>25</b>
<b>Total</b>	<b>125</b>		

**PARAMETERS FOR PRACTICAL EXAMINATION**

**1) Athletics –**

**Men**

110 Meters Hurdles

<b>Marks</b>		<b>Minimum Performance</b>
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**

प्रश्नपत्रिकेचे स्वरूप खालील प्रमाणे राहिल

## लेखीप्रश्नपत्रिकेचेस्वरूप

**गुण :- १५**

वेळ :- १ तास

प्रश्न १	दीर्घ उत्तराचा प्रश्न किंवा दीर्घ उत्तराचा प्रश्न	१० गुण
प्रश्न २	टीपा घा [ एकूण ३ पेकी २ ]	१० गुण
प्रश्न ३	पर्यायी उत्तर घा	५ गुण

### Mark list – V Semester

[illegible]

## Mark list – VI Semester

[illegible]