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|--|--|---|---|
|  <p>शिवाजी विद्यापीठ कोल्हापूर जानमवांमृतम</p> <p>Estd. 1962 “A++” Accredited by NAAC (2021) With CGPA 3.52</p> | <p>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> |  |  |
|--|--|---|---|

संदर्भ/जा.क्र./शिवाजी वि./अ.मं./५५०

दि. ११/०९/२०२५

प्रति,

मा. प्राचार्य/संचालक,
सर्व संलग्नित महाविद्यालये/मान्यताप्राप्त संस्था,
शिवाजी विद्यापीठ, कोल्हापूर.

विषय :- B. A. Physical Education Part- II अभ्यासक्रमाबाबत.

संदर्भ : या कार्यालयाचे पत्र क्र. 432 दि. 25/07/2025 रोजीचे पत्र.

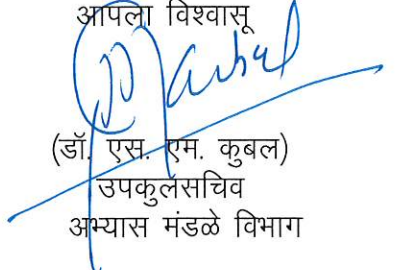
महोदय,

उपरोक्त संदर्भित विषयास अनुसरून आपणास आदेशान्वये कळविण्यात येते की, राष्ट्रीय शैक्षणिक धोरण-2020 नुसार शैक्षणिक वर्ष 2025-2026 पासून लागू करण्यात आलेल्या B. A. Physical Education Part- II या अभ्यासक्रमामध्ये **किरकोळ दुरुस्ती** करण्यात आलेली आहेत.

सोबत सदर अभ्यासक्रमाची प्रत जोडली आहे. तसेच विद्यापीठाच्या [\(www.unishivaji.ac.in\)](http://www.unishivaji.ac.in) (NEP 2020@Suk/Online Syllabus) या संकेतस्थळावर ठेवण्यात आला आहे.

सदर अभ्यासक्रम सर्व संबंधित विद्यार्थी व शिक्षकांच्या निदर्शनास आणून द्यावेत ही विनंती.

कळावे,

आपला विश्वासू

(डॉ. एस. एम. कुबल)
उपकुलसचिव
अभ्यास मंडळे विभाग

सोबत : अभ्यासक्रमाची प्रत.

प्रत. माहितीसाठी व पुढील योग्यत्या कार्यवाहीसाठी.

| | | | |
|---|---|----|---------------------------------|
| 1 | अधिष्ठाता, आंतर विद्याशाखीय अभ्यास विद्याशाखा | 7 | संलग्नता टी. 1 व टी. 2 विभागास |
| 2 | अध्यक्ष, शारीरिक शिक्षण अस्थायी मंडळ | 8 | पी. जी. प्रवेश विभागास |
| 3 | संचालक, परीक्षा व मुल्यमापन मंडळ कार्यालयास | 9 | परिक्षक नियुक्ती ए व बी विभागास |
| 4 | इतर परीक्षा 2 विभागास | 10 | पी. जी. सेमिनार विभागास |
| 5 | पात्रता विभागास | 11 | नॅक विभागास |
| 6 | आय. टी. सेल विभागास | | |

SHIVAJI UNIVERSITY, KOLHAPUR



A++

Accredited By NAAC

Syllabus For

Bachelor of Arts [B.A. (PHYSICAL EDUCATION)]

UNDER

Faculty of Interdisciplinary Studies

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

(Subject to the modifications to be made from time to time)

To be implemented from June 2025

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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.

2. PROGRAMME LEARNING OUTCOMES (POS)

1. Historical Understanding

Students will demonstrate an understanding of the historical evolution of physical education, sports, and yoga, recognizing their role in shaping societal and cultural contexts.

2. Administrative Proficiency

Students will develop skills in organizing and managing physical education programs, sports events, and tournaments, applying principles of administration, planning, and evaluation.

3. Philosophical and Ethical Insights

Students will critically analyze the philosophical aspects of physical education and yoga, incorporating ethical principles and traditional wisdom into modern practices.

4. Event Management Skills

Students will acquire competencies in sports event management, including planning, execution, and evaluation, ensuring effective teamwork and resource utilization.

5. Media and Communication Proficiency

Students will learn to use mass media and technology for sports journalism, reporting, and promoting physical education and sports events.

6. Foundations of Training Science

Students will apply the foundational principles of sports training and understand methods to enhance athletic performance and fitness levels.

7. National Development Awareness

Students will evaluate the development of physical education and sports in India, identifying its impact on national identity, health, and international competitiveness.

8. Yoga Practice and Philosophy

Students will gain knowledge of the foundational and philosophical aspects of yoga, including Ashtanga Yoga and Maharishi Patanjali's contributions, integrating these principles into holistic wellness.

9. Entrepreneurial Skills

Students will develop entrepreneurial thinking and strategies to create opportunities in physical education, sports, and fitness industries.

10. Instructional Competence

Students will demonstrate the ability to instruct and train individuals and groups in physical activities, emphasizing safety, motivation, and skill development.

3. COURSE OUTCOMES (CO):

By the conclusion of this course, student-learners will:

1. History of Physical Education

- CO1: Explain the historical development of physical education and its impact on modern sports and physical activities.
- CO2: Analyze key milestones and figures in the history of physical education globally and in India.

2. Organization and Administration of Physical Education and Sports

- CO3: Develop organizational skills for planning, administering, and evaluating physical education programs and sports activities.
- CO4: Demonstrate knowledge of policies, legal aspects, and resource management in physical education and sports.

3. History and Philosophical Aspects of Yoga

- CO5: Illustrate the philosophical underpinnings of yoga and its role in promoting mental, physical, and spiritual health.
- CO6: Evaluate the historical evolution and cultural significance of yoga practices.

4. Sports Event Management

- CO7: Apply event management principles to plan, organize, and evaluate sports events efficiently.
- CO8: Utilize teamwork, leadership, and problem-solving skills in sports event execution.

5. Sports Journalism and Mass Media Technology

- CO9: Analyze the role of mass media and technology in sports journalism, reporting, and promotion.
- CO10: Develop skills in content creation, sports writing, and communication for different media platforms.

6. Introduction to Sports Training

- CO11: Understand the fundamentals of sports training, including principles of conditioning, load, and recovery.
- CO12: Apply basic training techniques to improve athletic performance.

7. History and Foundation of Physical Education

- CO13: Examine the foundational theories and philosophies of physical education as a discipline.

- CO14: Discuss the historical development and establishment of physical education systems.

8. Development of Physical Education and Sports in India

- CO15: Assess the growth of physical education and sports in India in the context of social and political developments.

- CO16: Identify key organizations and events that have shaped Indian sports.

9. Organization and Administration of Tournaments and Competitions**

- CO17: Plan and organize various types of tournaments and competitions, understanding formats, rules, and logistics.

- CO18: Demonstrate leadership and administrative capabilities in conducting sports tournaments.

10. Foundations of Ashtanga Yoga – Maharshi Patanjali

- CO19: Explain the principles and components of Ashtanga Yoga as outlined by Maharshi Patanjali.

- CO20: Integrate Ashtanga Yoga practices into daily routines for holistic health and wellness.

11. Entrepreneurship in Physical Education

- CO21: Identify entrepreneurial opportunities in physical education, sports, and wellness industries.

- CO22: Develop business plans and strategies for initiating and sustaining ventures in sports and fitness.

12. Physical Training Instructor

- CO23: Demonstrate the ability to design, implement, and evaluate physical training programs for individuals and groups.

- CO24: Exhibit leadership, motivational, and instructional skills in the role of a physical training instructor.

These outcomes ensure students achieve course-specific goals while gaining practical knowledge and skills for professional development in physical education and related fields.

4. OBJECTIVES OF THE PROGRAMME:

The course will provide student-learners

1. Historical and Philosophical Understanding of physical education, sports, and yoga, fostering an appreciation of their cultural and societal relevance.

2. Organizational and Administrative Skills

3. Understanding Yoga Philosophy and Practices
4. Sports Event Management Proficiency
5. Media and Communication Competence
6. Foundation in Sports Training for improving athletic performance and fitness
7. Awareness of Indian Sports Development
8. Entrepreneurial and Career-Oriented Skills in physical education, fitness, and sports industries.
9. Instructional and Leadership Competence in physical activities and sports.
10. Holistic Personal and Professional Development in sports, education, and wellness.

These objectives collectively aim to prepare students for dynamic careers in physical education, sports management, journalism, training, and wellness while promoting lifelong fitness and personal growth.

5. 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)

6. 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)

7. 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.

8. SCHEME OF TEACHING AND EXAMINATION PATTERN

(Theory/Practical/Internal):

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)

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.

9. STRUCTURE OF THE PROGRAMME:

| Shivaji University, Kolhapur Faculty of Interdisciplinary Studies B. A. II PHYSICAL EDUCATION (As per National Educational Policy 2020 and Resolution of Government of Maharashtra 2022) With effect from academic year 2025-26 STRUCTURE, SCHEME OF TEACHING AND EXAMINATION OF LEVEL 5.0 OF B. A. II PHYSICAL EDUCATION Semester - III | | | | | | | | | | | | | | |
|---|------------------|-----------------|-------|---------|-------------------|-------|---------|--------------------------------|-----|-----|----------------|-----|--------------------------|-------------------------|
| Sr. No | Teaching Scheme | | | | | | | Examination Scheme | | | | | | |
| | Theory (TH) | | | | Practical (PR) | | | Semester-End Examination (SEE) | | | | | Internal Assessment (IA) | |
| | | | | | | | | Theory (TH) | | | Practical (PR) | | (T/P) | |
| | Course Type | No. of Lectures | Hours | Credits | Practical Periods | Hours | Credits | Paper Hours | Max | Min | Max | Min | Max | Min |
| 01 | MM –III | 2 | 2 | 2 | 2x4=8* | 4 | 2 | 02 | 50 | 18 | 50 | 18 | | |
| 02 | MM - IV | 2 | 2 | 2 | 2x4=8* | 4 | 2 | 02 | 50 | 18 | 50 | 18 | | |
| 03 | MN | 2 | 2 | 2 | 2x4=8* | 4 | 2 | 02 | 50 | 18 | 50 | 18 | | |
| 04 | IDC/MDC / GEC/OE | 1 | 1 | 1 | 2x2=4* | 2 | 1 | 01 | 25 | 09 | 25 | 09 | | |
| 05 | SEC - III | 1 | 1 | 1 | 2x2=4* | 2 | 1 | 01 | 25 | 09 | 25 | 09 | | |
| 06 | SEC - IV | 1 | 1 | 1 | 2x2=4* | 2 | 1 | 01 | 25 | 09 | 25 | 09 | | |
| 07 | AEC | 2 | 2 | 2 | | | | 02 | 40 | 14 | | | 10 | 04 |
| 08 | IKS (Specific) | 1 | 1 | 1 | 2x2=4* | 2 | 1 | 01 | 25 | 09 | 25 | 09 | | |
| Total | | 12 | 12 | 12 | 36 | 20 | 10 | | 290 | | 250 | | 10 | SEE + IA = 540+10 = 550 |

| Semester - IV | | | | | | | | | | | | | | |
|---------------|-----------------|-----------------|-------|---------|-------------------|-------|---------|--------------------------------|-----|-----|----------------|-----|--------------------------|-----|
| Sr. No | Teaching Scheme | | | | | | | Examination Scheme | | | | | | |
| | Theory (TH) | | | | Practical (PR) | | | Semester-End Examination (SEE) | | | | | Internal Assessment (IA) | |
| | | | | | | | | Theory (TH) | | | Practical (PR) | | (T/P) | |
| | Course Type | No. of Lectures | Hours | Credits | Practical Periods | Hours | Credits | Paper Hours | Max | Min | Max | Min | Max | Min |
| 01 | MM –V | 2 | 2 | 2 | 2x4=8* | 4 | 2 | 02 | 50 | 18 | 50 | 18 | | |
| 02 | MM - VI | 2 | 2 | 2 | 2x4=8* | 4 | 2 | 02 | 50 | 18 | 50 | 18 | | |
| 03 | MN | 2 | 2 | 2 | 2x4=8* | 4 | 2 | 02 | 50 | 18 | 50 | 18 | | |
| 04 | IDC/MD C/ | 1 | 1 | 1 | 2x2=4* | 2 | 1 | 01 | 25 | 09 | 25 | 09 | | |

| | | | | | | | | | | | | | | |
|-------|---------------------|----|----|----|--------|----|----|----|-----|----|-----|----|----|---------------------------------|
| | GEC/OE | | | | | | | | | | | | | |
| 05 | SEC – V | 1 | 1 | 1 | 2x2=4* | 2 | 1 | 01 | 25 | 09 | 25 | 09 | | |
| 06 | SEC – VI (Major) | 1 | 1 | 1 | 2x2=4* | 2 | 1 | 01 | 25 | 09 | 25 | 09 | | |
| 07 | AEC | 2 | 2 | 2 | | | | 2 | 40 | 14 | | | 10 | 04 |
| 08 | VAC | 2 | 2 | 2 | | | | 2 | 40 | 14 | | | 10 | 04 |
| Total | | 13 | 13 | 13 | 36 | 18 | 09 | | 305 | | 225 | | 20 | SEE + IA = 530+20= 550 |

10. STANDARDS OF PASSING AND DETERMINATION OF SGPA/CGPA, GRADING AND DECLARATION OF RESULTS

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 the course are 100 and the passing criteria are 35%, then use the following Table for the conversion.
- If the total marks of any of the courses are different than 100 (e.g. 50) and the passing criterion is 35%, then marks obtained are converted to marks out of 100 as below:

1. Gradation Chart: Table:

| Marks Obtained | Numerical Grade (Grade Point) | CGPA | Letter Grade |
|----------------|----------------------------------|-----------|------------------|
| Absent) | 0 (zero) | - | Ab: Absent |
| 0-34 | 0 to 4 | 0.0-4.99 | F: Fail |
| 35 - 44 | 5 | 5.00-5.49 | C: Average |
| 45 - 54 | 6 | 5.50-6.49 | B: Above Average |
| 55 - 64 | 7 | 6.50-7.49 | B+: Good |
| 65 - 74 | 8 | 7.50-8.49 | A: Very Good |
| 75 - 84 | 9 | 8.50-9.49 | A+: Excellent |
| 85 - 100 | 10 | 9.50-10.0 | O: Outstanding |

Note:

1. Marks obtained ≥ 0.5 shall be rounded to the next higher digit.
2. The SGPA & CGPA shall be rounded to 2 decimal points.
3. Marks obtained in 50 or 200 marks paper shall be converted to 100 marks.

Calculation of SGPA & CGPA

1. Semester Grade Point Average (SGPA)

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

2. Cumulative Grade Point Average (CGPA)

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

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

Question Paper Pattern for Semester-End Examination (For 4 credits)

| B. A. II PHYSICAL EDUCATION | | |
|------------------------------------|--|------------------------|
| Paper Title: Subject Code: | | |
| Day and Date: | | Total Marks: 50 |
| Time: 1 Hour 30 Minutes | | |
| | Instructions: 1. All question are compulsory. 2. Figures to right indicated Full Marks. | |
| Q. No. | Type of Question | Marks |
| 1 | Objective Type Questions (Each Question carry one marks) Multiple choice questions. (Ten Questions) | 10 |
| 2 | Short notes questions (Any Four out of Six Questions) (Answer Limit: 150 - 200 Words) | 20 |
| 3 | Descriptive type question (Any One out of Two) (Answer Limit: 600-800 Words) | 10 |
| 4 | Descriptive type question (Any One out of Two) (Answer Limit: 600-800 Words) | 10 |

Question Paper Pattern for Semester-End Examination (For 2 credits)

| B. A. II PHYSICAL EDUCATION | | |
|------------------------------------|--|------------------------|
| Paper Title: Subject Code: | | |
| Day and Date: | | Total Marks: 25 |
| Time: 1 Hour 00 Minutes | | |
| | Instructions: 1. All question are compulsory. 2. Figures to right indicated Full Marks. | |
| Q. No. | Type of Question | Marks |
| 1 | Objective Type Questions (Each Question carry One marks) A) Multiple choice questions. (Five Questions) | 05 |
| 2 | Short notes questions (Any two out of three) (Answer Limit: 150 - 200 Words) | 10 |
| 3 | Descriptive type question (Any One out of Two) (Answer Limit: 600-800 Words) | 10 |

Internal Assessment: Practical:

50/25 Marks

PRACTICALS

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

| Record Book | Practical examination conducted |
|---|--|
| Brief History | a batch of 25 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 University. |
| Rules and regulations (This should be written as per federation rulebook) | Peons - Two peons for ground marking, water supply equipment supply and collecting, etc. |
| **The Record Book will be assessed internally and marks should be submitted to the External Examiner. | |

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

Result - The result of each semester shall be declared as Pass or Fail or Allowed to Keep Terms (A.T.K.T. for Semester III & IV as per University Rules) with grade/ grade points and Credits gained.

Rules for Allowing to Keep Term (ATKT):

A) ATKT rules for Undergraduate Programmes:

- If a candidate fails in any number of courses (subject heads) of Semester I, shall be allowed to proceed to Semester II.
- A candidate who earns 50% of total credits of Level 4.5 shall be allowed to keep terms in Level 5.0
- If a candidate fails in any number of courses (subject heads) of Semester III, shall be allowed to proceed to Semester IV.
- A candidate who earns 50% of total credits of Level 5.0 shall be allowed to keep terms in Level 5.5.
- If a candidate fails in any number of courses (subject heads) of Semester V, shall be allowed to proceed to Semester VI.
- No candidate shall be allowed to proceed to Semester V, unless candidate has passed in all courses of Level 4.5.
- If a candidate opts for four-year bachelor degree programme and fails in any number of courses (subject heads) of Semester VII, shall be allowed to proceed to Semester VIII.

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If a candidate opts for four-year bachelor degree programme, such candidate shall not be allowed to proceed to Semester VII, unless candidate has passed three-year bachelor degree with 7.5 CGPA or

75%.

viii.

ix. In case if the rules of any Apex body differ from these rules, then the rules of that apex body will be applicable.

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

SHIVAJI UNIVERSITY, KOLHAPUR
B. A. II PHYSICAL EDUCATION

| Semester-III | | | | |
|---------------------|--------------------|--|--------------------|----------------|
| Sr. No | Course Type | Title of Courses | | Credits |
| 1. | MM –III | HISTORY OF PHYSICAL EDUCATION | BAU0325MMP/T326C03 | 4 |
| 2. | MM - IV | ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION AND SPORTS | BAU0325MMP/T326C04 | 4 |
| 3. | MN | HISTORY AND PHILOSOPHICAL ASPECTS OF YOGA | BAU0325MNP/T326C | 4 |
| 4. | OE-III | SPORTS EVENT MANAGEMENT | BAU0325OEP/T326C | 2 |
| 5. | VSC- I | SPORTS JOURNALISM AND MASS MEDIA TECHNOLOGY | BAU0325VSP/T326C | 2 |
| 6. | SEC - III | INTRODUCTION OF SPORTS TRAINING | BAU0325SEP/T326C | 2 |
| 7. | AEC-III | ENG | | 2 |
| 8. | IKS (Specific) | HISTORY AND FOUNDATION OF PHYSICAL EDUCATION | BAU0325IKP/T326C | 2 |
| Total | | | | 22 |

B. A. II SEMESTER – III

Course Category: PHYSICAL EDUCATION

Course Name: HISTORY OF PHYSICAL EDUCATION

Course Number: Major-Mandatory 03

Course Code: BAU0325MMP/T326C03

Course Credits: (Theory Credit -2, Practical Credit -02)

(Total Credits: 4)

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

Total Marks: 100

Objectives:

1. Acquaint the students with an Understanding of Historical Development
2. Enable the graduates to analyse the Cultural and Societal Impact
3. Enable the students to Appreciate Philosophical Foundations
4. Enable the students to Analyse Modern Implications

COURSE

| Module No. | Module Name | Teaching Hours | Practical's Hours | Credit |
|------------|--|----------------|-------------------|--------|
| 01 | DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA a) HISTORY OF PHYSICAL EDUCATION (PRIMITIVE SOCIETY) b) DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA 1. INDUS VALLEY CIVILIZATION PERIOD (3250 B.C-2500B.C) 2. VEDIC PERIOD (2500B.C-600B.C) 3. EARLY HINDU PERIOD (600B.C-320A.D) 4. LATER HINDU PERIOD (320A.D-1000A.D) | 7.5 | | 01 |
| 02 | DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA a) MEDIEVAL PERIOD (1000A.D-1757A.D) b) BRITISH PERIOD (TILL 1946) c) DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA (POST-INDEPENDENCE) | 7.5 | | |

| | | | | |
|--------------|--|-----|----|-----------|
| 03 | <p style="text-align: center;">OLYMPIC MOVEMENT</p> <p style="text-align: center;">(ORIGIN OF OLYMPIC MOVEMENT)</p> <p>a) PHILOSOPHY OF THE OLYMPIC MOVEMENT</p> <p>b) THE EARLY HISTORY OF THE OLYMPIC MOVEMENT</p> <p>c) THE SIGNIFICANT STAGES IN THE DEVELOPMENT OF THE ANCIENT OLYMPIC MOVEMENT</p> <p>d) EDUCATIONAL AND CULTURAL VALUES OF THE ANCIENT OLYMPIC MOVEMENT</p> | 7.5 | | 01 |
| 04 | <p style="text-align: center;">OLYMPIC MOVEMENT</p> <p style="text-align: center;">(MODERN OLYMPIC GAMES)</p> <p>a) REVIVAL OF THE OLYMPIC GAMES. Olympics – Symbols, Motto, Flag, Oath, and Anthem</p> <p>b) DIFFERENT OLYMPIC GAMES:</p> <p>i) PARA OLYMPIC GAMES</p> <p>ii) SUMMER OLYMPICS</p> <p>iii) WINTER OLYMPICS</p> <p>iv) YOUTH OLYMPIC GAMES</p> <p>c) COMMITTEES OF OLYMPIC GAMES</p> <p>i) INTERNATIONAL OLYMPIC COMMITTEE - STRUCTURE AND FUNCTIONS</p> <p>ii) NATIONAL OLYMPIC COMMITTEES AND THEIR ROLE IN THE OLYMPIC MOVEMENT</p> <p>d) OPENING AND CLOSING OF THE CEREMONY.</p> | 7.5 | | |
| 05 | Practical Activities: | | 30 | 01 |
| 06 | Practical Activities: | | 30 | 01 |
| Total | | | | 04 |

Course Learning Outcomes:

Students will understand the Historical Evolution of Physical Education in India

Students will be able to evaluate the Role of Government Policies and Institutions

Students will be able to analyze the Historical Evolution and Values of the Modern Olympic Games

Students will be able to evaluate the Impact of the Olympics on Global Sports and Society

References/Reading List:

1. H. L. Ahuja, (2017), Advanced Economic Theory: Micro Economic Analysis, S Chand and Company
2. D. N. Dwivedi, (2008) Microeconomic Theory and Applications, Pearson Education
3. Robert, Daniell and Prem L. (2009), Microeconomics, Pearson Prentice Hall, Noida
4. Hal R., Varian (2010): Intermediate Microeconomics: A Modern Approach, Springer (India) Pvt. Ltd. India
5. Koutsoyiannis, A. (1979), Modern Microeconomics (2nd Edition), Macmillan Press, London
6. Sen, A. (1999), Microeconomics: Theory and Applications, Oxford University Press, New Delhi
7. Archibald, G. C. (Ed.) (1971), Theory of the firm, Penguin, Harmondsworth
8. Da Costa, G. C. (1980), Production, Prices and Distribution, Tata McGraw Hill, New Delhi
9. Green, H. A. G. (1971), Consumer Theory, Penguin, Harmondsworth
10. Stigler, G. (1996), Theory of Price, (4th Edition), Prentice Hall of India, New Delhi.

Course Category: PHYSICAL EDUCATION

Course Name: ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION AND SPORTS

Course Number: Major-Mandatory 04

Course Code: BAU0325MMP/T326C04

Course Credits: (Theory Credit -2, Practical Credit -02)

(Total Credits: 4)

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

Total Marks: 100

Objectives:

1. To acquaint students with the Organization and conduct of the program in physical education.
2. To make students aware of the conduct of sports events, equipment, facilities, budget making, etc.
3. To develop skills of students in 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

COURSE

| Module No. | Module Name | Teaching Hours | Practical's Hours | Credit |
|-------------------|--|-----------------------|--------------------------|---------------|
| 01 | ORGANIZATION AND ADMINISTRATION a) MEANING AND DEFINITION OF ORGANIZATION AND ADMINISTRATION b) NEED AND IMPORTANCE OF ORGANIZATION AND ADMINISTRATION c) ORGANIZATION & ADMINISTRATION IN PHYSICAL EDUCATION. | 7.5 | | 01 |
| 02 | A PHILOSOPHY OF ORGANIZATION AND ADMINISTRATION a) PHILOSOPHY OF ORGANIZATION AND ADMINISTRATION b) PRINCIPLES OF ORGANIZATION IN PHYSICAL EDUCATION AND SPORTS. c) PRINCIPLES OF ADMINISTRATION IN PHYSICAL EDUCATION AND SPORTS. | 7.5 | | |

| | | | | |
|--------------|---|-----|----|-----------|
| 03 | THE BUDGET AND THE PURCHASE OF SPORTS EQUIPMENT a) MEANING, IMPORTANCE OF BUDGET MAKING, CRITERIA OF A GOOD BUDGET, SOURCES OF INCOME, EXPENDITURE, PREPARATION OF BUDGET. b) POLICIES OF PURCHASES OF SPORTS EQUIPMENT. c) CARE AND MAINTENANCE OF SPORTS EQUIPMENT. | 7.5 | | 01 |
| 04 | FACILITIES a) FACILITIES AND EQUIPMENT MANAGEMENT: TYPES OF FACILITIES INFRASTRUCTURE-INDOOR, OUTDOOR. b) CARE OF SCHOOL/COLLEGE BUILDING, GYMNASIUM, SWIMMING POOL, PLAY FIELDS, PLAYGROUNDS c) EQUIPMENT: NEED, IMPORTANCE, PURCHASE. | 7.5 | | |
| 05 | Practical Activities: | | 30 | 01 |
| 06 | Practical Activities: | | 30 | 01 |
| Total | | | | 04 |

Course Learning Outcomes:

Students will understand the Principles of Organization and Administration

Students will be able to Design and Management of Sports Programs

Students will be able to do Leadership and Decision-Making Skills

Students will understand the Evaluation and Policy Development

Practical Activities for MM 03 and MM 04

PRACTICAL STANDARDS

| Athletics | | | | | Marks |
|--|----------------------------------|-------|----------------------------|-----------------------|---|
| Event | | Marks | Event | | |
| Middle Distance Run | | 10 | Throwing | | 10 |
| 800 M | Performance in Minutes & seconds | | Discus Throw | Performance in meters | |
| Men | 2.40 | 05 | Men | 18 | 05 |
| | 2.45 | 03 | | 16 | 03 |
| | 2.50 | 02 | | 14 | 02 |
| Women | 3.40 | 05 | Women | 15 | 05 |
| | 3.45 | 03 | | 14 | 03 |
| | 3.50 | 02 | | 13 | 02 |
| Technique and modern style | | 05 | Technique and modern style | | 05 |
| Ground Marking | | 05 | Ground Marking | | 05 |
| Indian Game: Kho-Kho | | | | | 10 |
| Fundamental skills | | | | | 06 |
| Knowledge of rules and regulations | | | | | 04 |
| Ground Marking | | | | | 10 |
| Indian Exercises | | | | | 20 |
| Yongsan’s section (A) Standing position Tadasan, Vrikshasan, Trikonasan, Padahastasana section (B) Sitting position Padmasan: Padmasanyogmudra, Vajrasan: Vajrasanyogmudra Vakrasan, Bhadrasan (butterfly) section (C) Supine position Ekpaduttanpadasan, Nouksan, Pawanmuktasan, Shavasan section (D) Prone position Bhujangasan, Shalbhasan, Dhanurasan, Makarasan Two Assans of Student Choice and two Assans Examiners Choice- From section (A) of the practical From section (B) of the practical From section (C) of the practical From section (D) of the practical | | | | | < |

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

| Record Book | Practical examination conducted |
|---|---|
| Brief History | During the practicals, There should be 25 students in a batch. |
| 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) | The concerned College will make all necessary arrangements, including ground marking, Water Supply, equipment, availability of sports equipment, and support staff. 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. | There are two separate heads for passing i.e. Theory and Practical |

Course Category: PHYSICAL EDUCATION

Course Name: HISTORY AND PHILOSOPHICAL ASPECTS OF YOGA

Course Number: Minor-Mandatory

Course Code: BAU0325MNP/T326C

Course Credits: (Theory Credit -2, Practical Credit -02)

(Total Credits: 4)

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

Total Marks: 100

OBJECTIVES:

1. Enhance Understanding of the Meaning and Importance of Yoga
2. Recognize and Articulate the Importance of Yoga for Holistic Development
3. Develop a Comprehensive Understanding of the Aim and Objectives of Yoga
4. Identify and Correct Misconceptions about Yoga
5. Enhance Holistic Development and Well-being through Skill Development in Yoga
6. Explore and Promote Traditional Indian History and Philosophy of Yoga

Course

| Module No. | Module Name | Teaching Hours | Practical's Hours | Credit |
|-------------------|---|-----------------------|--------------------------|---------------|
| 01 | YOGA: AN OVERVIEW A) YOGA PHILOSOPHY AND INDIAN CULTURE B) NATURE OF INDIAN PHILOSOPHY C) YOGA- MEANING, DEFINITION, AND CONCEPT D) YOGA- OBJECTIVES AND SCOPE E) CHITTA AND CHITTAVRITTI | 7.5 | | 01 |
| 02 | YOGA: HISTORY AND DEVELOPMENT A) HISTORY OF YOGADARSHAN B) HISTORY OF YOGA C) YOGA MISCONCEPTIONS D) DIFFERENT KINDS OF YOGA | 7.5 | | |

| | | | | |
|----|--|-----|----|----|
| 03 | <p align="center">BRIEF INTRODUCTION OF ASHTANGA YOGA</p> <p align="center">BAHIRANGA (THE EXTERIOR PART OF YOGA)</p> <p>1. YAMA – RESTRAINTS</p> <p>2. NIYAMA – OBSERVANCES</p> <p>3. ASANA – POSTURE</p> <p>4. PRANAYAMA – CONTROL OF BREATH AND PRANA</p> <p>5. PRATYAHARA – DIRECTING THE SENSES INWARDS</p> <p align="center">ANTARANGA (THE INTERIOR ASPECT OF YOGA)</p> <p>6. DHARANA – CONCENTRATION</p> <p>7. DHYANA – MEDITATION</p> <p>8. SAMADHI – UNIFIED CONSCIOUSNESSYOGAS</p> | 7.5 | | 01 |
| 04 | <p align="center">YOGA MUDRAS AND BANDHAS</p> <p>A) PANCHA TATTVA AND YOGA MUDRA</p> <p>B) BANDHAS</p> <p>C) SAPTACHAKRA AND YOGASHASTRA</p> <p>D) DESCRIPTION OF CHAKRAS</p> <p>E) BENEFITS OF CHAKRA MEDITATION</p> | 7.5 | | |
| 05 | <p>Practical:</p> <p>Section(A):</p> <p>Sukshnavyayam (Micro Exercises)</p> <p>KaratalasaktiVikasaka(plams)</p> <p>KohinishaktiVikasaka(elbows)</p> <p>BhujaBandha Shakti Vikasaka(Upper arms)</p> <p>SkandhaTathaBahumulashaktiVikasaka</p> <p>(shoulder blades and joints)</p> <p>GrivashaktiVikasaka(Neck movement)</p> <p>Kati shaktiVikasaka 1,2(Trunk movement)</p> <p>Janghashakti Vikasaka1 (Knee movement)</p> <p>Pad mulashaktiVikasaka(Ankle movement)</p> <p>4.Suryanamaskar (Aundhkarpadhati 10 count)</p> | | 30 | 01 |

| | | | | |
|--------------|---|--|----|-----------|
| 06 | section (B): Asanas section (B-1) Supine Ekpaduttanpadasan, Nouksan, Pawanmuktasan, Shavasana section (B-2) Prone Bhujangasan, Shalabhasan, Dhanurasan, Makarasan section (B-3) Sitting Padmasana: Padmasanyogmudra, Vajrasana: Vajrasanyogmudra Vakrasana, Bhadrasana (butterfly) section (B-4) Standing Tadasana, Vrikshasan, Trikonasana, Padahastasana Section (C) Omkar sadhana | | 30 | 01 |
| Total | | | | 04 |

Course Learning Outcomes:

- Students will understand Yoga, its origin, history, philosophy, and development.
- Students will be able to comprehend the relationship between history and philosophy of Yoga.
- Students would learn about recent developments and the academic foundation of yoga.
- Students will acquire a comprehensive knowledge and sound understanding of Yoga.
- Students can compare the relationship between Yoga and Practical Life.

Essential Books:

Patanjali. The Yoga Sutras of Patanjali. Various translations

Vivekananda, Swami. Raja Yoga. Advaita Ashrama, 1896.

Satchidananda, Swami. The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras by Sri Swami Satchidananda. Integral Yoga Publications, 1978.

Singleton, Mark. Yoga Body: The Origins of Modern Posture Practice. Oxford University Press, 2010.

De Michelis, Elizabeth. A History of Modern Yoga: Patanjali and Western Esotericism. Continuum, 2005.

Saraswati, Swami Sivananda. The Philosophy of Yoga. The Divine Life Society, 1947.

Radhakrishnan, S. The Principal Upanishads.* HarperCollins, 1992.

"योगशास्त्र" (Yoga Shastra) by N. S. Phadke

"योगाचेदर्शन" (YogaacheDarshan) by Swami Muktananda

"भक्तियोग" (Bhakti Yoga) by Swami Sivananda

"योगआणिआंतरंग" (Yoga AaniAntarang) by Dr. V. B. Kharat

"योगदर्शन" (Yogadarshan) by Y. R. Gaitonde

Suggested Readings:

- योगविज्ञान-स्वामी विज्ञानानंद सरस्वती
- वेदों में योगविद्या-स्वामी दिव्यानंद
- योग मनोविज्ञान-शांतीप्रकाशआत्रेय
- औपनिषदिकअध्यात्मविज्ञान-डॉ. ईश्वर भारद्वाज
- कल्याण (योगतत्वांक) -गीताप्रेस, गोरखपूर
- कल्याण (योगांक) -गीताप्रेस, गोरखपूर
- भारतकेसंतमहात्मा-रामलाल
- भारत के महान योगी-विश्वनाथ मुखर्जी

The practical examination shall be conducted as follows

A. Examiners are appointed as per the directions of SUK.

B. Marking system and performance.

From Section (A) of the practical (10 Marks)

Five Sukshnavyayam (Micro Exercises) of Student Choice- 05 Marks

Five Sukshnavyayam (Micro Exercises) Examiners Choice- 05 Marks

From Section (B) of the practical (32 Marks)

Two Assans of Student Choice and two Assans Examiners Choice-

From section (B-1) of the practical 08 Marks

From section (B-2) of the practical 08 Marks

From section (B-3) of the practical 08 Marks

| | |
|-------------------------------------|----------|
| From section (B-4) of the practical | 08 Marks |
| From Section (C) of the Practical | |
| Omkar sadhana | 04 Marks |
| Anyone prayer | 04 Marks |

OPEN ELECTIVE (OE-3)

Course Category: Physical Education

Course Name: **SPORTS EVENT MANAGEMENT**

Course Code: BAU0325OEP/T326C

Course Credits: 02

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

Total Marks: 50

Course Objectives:

By the end of this course, students will:

1. Understand how and why sports events began and why they matter.
2. Learn what event organizers and managers do.
3. Explore the main steps of planning a sports event.
4. Learn how to organize and prepare for an event.
5. Know how to serve and take care of customers at sports events.
6. Understand the basics of working with media during an event.

COURSE

| Module No. | Module Name | Teaching Hours | Practicals Hours | Credit |
|------------|--|----------------|------------------|--------|
| 01 | Introduction to the Sports Event Industry - How sports events have grown and their different types - The job of sports event managers and organizations - Sports tourism and future trends in event management | 7.5 | | 01 |
| 02 | Event Planning and Process - Making a plan for the event (SWOT analysis, goals, checklists, safety) - Choosing the right venue and right people (staff, vendors, volunteers) - Promotion: media coverage, campaigns, and marketing strategies | 7.5 | | |

| | | | |
|----------------------|---|----------------------|-----------|
| 05 | PRACTICALS: Organize Indoor Sports/Games – Plan and conduct small indoor games. Outdoor Sports Project – Prepare and present a project on outdoor sports events. Field Visits – Visit sports clubs, stadiums, and large tournaments (like IPL, KPL, etc.). Host School Events – Organize intramural matches, sports fests, or traditional games. Report Writing – Write a short report about your event or visit. Project Sharing – Share your experiences in a project report or presentation. Other Practice – Take part in other activities decided by your teacher. If required, students can share their experiences in the form of a Project Report. Any other Practical/Practice as decided from time to time Assessment of practical: Performance & Demo: 20 marks (based on how you organize/participate in activities) Viva (Oral Questions): 5 marks or Record Book: 5 marks (notes, reports, or assignments on all practicals) Total = 25 Marks | 30 | 01 |
| Total | | | 02 |
| Formative Assessment | | | |
| Assessment | | Weightage in Marks | |
| Theory | | Theory – 25 Marks | |
| Practical's | | Practical – 25 Marks | |
| Total | | 50 Marks | |

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

Course Outcomes:

After this course, students will be able to:

- Identify the challenges of organizing a sports event.
- Explain the key parts of planning a sports event.
- Use organizing skills to successfully manage an event.
- Apply basic money-management ideas in event planning.

References:

1. Managing Sporting Events – Jerry Solomon (Human Kinetics)- Human Kinetics Publishers (Jan. 2002)
2. Managing Major Sports Events: Theory and Practice, By Milena M. Parent, Sharon Smith- Swan - Routledge (26 Nov. 2012)
3. Chandan, JS: Management – Concepts and Strategies, Vikas Publishing House Pvt Ltd (2009)

VSC: Vocational Skill Courses (MAJOR related) VEC – 1

Course Category: Physical Education

Course Name: **SPORTS JOURNALISM AND MASS MEDIA TECHNOLOGY**

Course Code: BAU0325VSP/T326C

Course Credits: 02

Marks: Semester End: 25 (T/P)

Total Marks: 25

Course Objectives:

To impart basic knowledge of mass communication processes to students from diverse backgrounds.

To imbibe skills required to work effectively in various fields of Sports Journalism.

To train well-rounded Sports journalists professionals with requisite technical and content-generation skills.

To develop an analytical approach among students to critically evaluate Sports Journalism.

To build research interest and encourage students to undertake meaningful research about contemporary developments in Sports Journalism.

COURSE

| Module No. | Module Name | Teaching Hours | Practical's Hours | Credit |
|-------------------|---|-----------------------|--------------------------|---------------|
| 01 | INTRODUCTION OF JOURNALISM a) MEANING AND DEFINITION OF JOURNALISM b) SPORTS JOURNALISM: MEANING, DEFINITION AND SCOPE c) MEDIA: TYPES, NATURE, SIGNIFICANCE d) JOURNALIST: ROLE, RESPONSIBILITIES, ETHICS AND HAZARDS IN JOURNALISM | 7.5 | | 01 |
| 02 | MASS MEDIA a) SPORTS SECTION IN MASS MEDIA: PRINT, ELECTRONIC, AND ONLINE b) SPORTS COVERAGE: LIVE AND RECORDED c) SPORTS CONTENTS: NEWS, PANEL DISCUSSIONS, INTERVIEWS, SPECIAL STORIES d) SKILL AND TECHNIQUES OF WRITING e) SPORTS EVENTS, TOURNAMENTS, AND THEIR COVERAGE | 7.5 | | |

| | | | | |
|--------------|--|--|----|-----------|
| 03 | PRACTICAL: <ul style="list-style-type: none"> ▪ FIELD VISITS AND REPORTING OF MAJOR SPORTS EVENTS ▪ INTERVIEWS OF ELITE SPORTS PERSONALITIES ▪ PROJECT ON LOCAL SPORTS TOURNAMENTS AND SPORTS PHOTOGRAPHY ▪ MOCK INTERVIEW/RECORD/PROJECT <p>If required, students can share their experiences in the form of a Project Report. Any other Practical/Practice as decided from time to time</p> <p><i>Assessment of practical:</i> practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05</p> | | 30 | 01 |
| Total | | | | 02 |

COURSE LEARNING OUTCOME:

After completing this course, the students will be able to

Understand the modern concept of Sports Journalism.

Describe the principles of communication.

Learn about the Genesis and Growth of Mass Mediums in India. Develop Listening, reading, speaking, and writing skills

SUGGESTED READINGS:

1. Folkerts & Lacy. The Media in Your Life. Pearson Education. Delhi. 2005.
2. Harper, Christopher. The New Mass Media. Houghton Mifflin Co. Boston. 2007
3. Singhal and Rogers. India's Communication Revolution. Sage.
4. Kumar, KJ. Mass Communication in India. Jaico. Mumbai. 2007
5. Natrajan. History of Press in India. Publications Division. Delhi
6. Kohli-Khandekar. Indian Media Business. Response Books. Delhi. 2010
7. Sahay, Uday. Making News(Ed.). OUP. Delhi. 2009
8. कानडे रा.गो. मराठी नियतकालिकांचा इतिहास, कर्नाटक, मुंबई 1938.
9. लेले.रा.के.मराठी वृत्तपत्रांचा इतिहास, कॉन्टीनेटल, पुणे 1984.
10. जोशी वि.कृ.व लेले.रा. के. वृत्तपत्रांचा इतिहास युगवाणी, वाई 1951.
11. डॉ.धारुरकर वि.ल. शोध माध्यमांचा, शुभदा प्रकाशन, औरंगाबाद.

12. डॉ. पानतावणे गंगाधर, पत्रकार डॉ. बाबासाहेब आंबेडकर अभिजित प्रकाशन, पुणे.
13. डॉ. धारुरकर वि.ल. माध्यम दृष्टीक्षेप, चैतन्य प्रकाशन, औरंगाबाद.
14. वि.ल. धारुरकर – जनसंपर्क मीमांसा, रामराज्य प्रकाशन, औरंगाबाद.
15. पुरी सुरेश-जनसंपर्क संकल्पना आणि सिद्धांत, विमुक्तजन प्रकाशन, औरंगाबाद, 1984
16. डिजिटल पत्रकारिता: विश्वनाथ अनंत गरुड, गमभन प्रकाशन, शनिवार पेठ, पुणे
17. पत्रकारितेची मुलतत्वे: सुधाकर पवार, कॉन्टिनेन्टल प्रकाशन, पुणे
18. पत्की वि.वा., जनसंपर्क, राजहंस प्रकाशन
19. शेवडे अनंत, समाचार पत्र व्यवस्थापन, मं.प्र. हिंदी प्रचार सभा, भोपाल
20. जैन सुकुमार, समाचार पत्र संगठन और प्रबंधन मुंबई 1985
21. चतुर्वेदी प्रेमानंद, समाचार पत्र प्रबंध.

SKILL ENHANCEMENT COURSES (SEC-III)

Course Category: Physical Education

Course Name: **INTRODUCTION OF SPORTS TRAINING**

Course Code: BAU0325SEP/T326C

Course Credits: 02

Marks: Semester End: 50 (T/P)

Total Marks: 50

Course Objectives:

1. Understand the Principles of Sports Training to enhance athletic performance safely and effectively, learn the foundational principles of sports training, including specificity, overload, progression, and recovery.
2. Develop Training Program Design Skills – Gain the ability to design, implement, and evaluate sport-specific training programs tailored to athletes' needs, goals, and developmental stages.
3. Understand Diverse Training Approaches – Gain a comprehensive knowledge of various training methods, including aerobic, anaerobic, strength, flexibility, and functional training techniques.
4. Analyze the Effectiveness of Training Methods – Learn to evaluate the advantages and limitations of different training methods for achieving specific fitness, health, or athletic performance goals.

COURSE

| Module No. | Module Name | Teaching Hours | Practical's Hours | Credit |
|------------|---|----------------|-------------------|--------|
| 01 | INTRODUCTION OF SPORTS TRAINING a) SPORT TRAINING: MEANING b) THE OBJECTIVE OF SPORTS TRAINING c) CHARACTERISTIC OF SPORTS TRAINING d) PRINCIPLES OF SPORTS TRAINING e) PERFORMANCE DEVELOPMENT THROUGH SPORTS TRAINING | 7.5 | | 01 |

| | | | | |
|--------------|---|-----|----|----|
| 02 | TRAINING METHODS MEANING OF TRAINING METHODS METHODS IN SPORTS TRAINING METHODS OF STRENGTH DEVELOPMENT (7) ISOTONIC EXERCISES (ii) ISOMETRIC EXERCISES (III) ISOKINETIC EXERCISES METHODS OF ENDURANCE DEVELOPMENT 1. CONTINUOUS TRAINING METHOD 2. INTERVAL TRAINING METHOD 3. FARTLEK TRAINING METHOD CIRCUIT TRAINING | 7.5 | | |
| 05 | Practical Activities: Modern training patterns Preparation of Training Plans <i>Assessment of practical:</i> practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05 | | 30 | 01 |
| Total | | | | 02 |

COURSE LEARNING OUTCOME:

After completing this course, the students will be able to

- Understand Training Principles
- Analyze Athlete Needs
- Develop Basic Training Programs
- Recognize the Role of Recovery and Nutrition

References:

1. Ajmer Singh, Jagtar Singh Gill, Jagdish Bains and Rashpal Singh Brar (2004). Physical Education for B.P. E, B. P. Ed., and M. P. Ed. Kalyani Publishers Ludhiana.
2. Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchhaand Dr. Tarak Nath Pramanik (2015) B.P.ED. Guide. Sports Publication
3. Dick, W.F. (1980) Sports training principles. London: Lepus Books.
4. Harre, D (1982) Principles of sports training Berlin: Sporulated.
5. Jensen, R.C. & Fisher, A.G. (1976) Scientific basis of athletic conditioning. Philadelphia: Leaand Fibiger, 2ndEdn.

6. Matvyew, L. P (1981). Fundamental of sports training. Moscow: Progress Publishers. Singh, H. (1984). Sports training: general theory and methods. Patial: NSNIS.
7. Uppal, A.K., (1999). Sports Training. New Delhi: Friends Publication.

IKS (Specific)

Course Category: Physical Education

Course Name: **HISTORY AND FOUNDATION OF PHYSICAL EDUCATION**

Course Code: BAU0325IKP/T326C

Course Credits: 02

Marks: Semester End: 25 (T/P)

Total Marks: 25

Course 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. Analyzing Philosophical Foundations of Physical Education
4. Enhance Application of Historical Insights

COURSE

| Module No. | Module Name | Teaching Hours | Practical's Hours | Credit |
|-------------------|--|-----------------------|--------------------------|---------------|
| 01 | INTRODUCTION AND HISTORICAL DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA. a) MEANING, DEFINITION, AND SCOPE OF PHYSICAL EDUCATION b) AIMS AND OBJECTIVE OF PHYSICAL EDUCATION c) INDUS VALLEY CIVILIZATION PERIOD. (3250 BC – 2500 BC) d) VEDIC PERIOD (2500 BC – 600 BC) e) EARLY HINDU PERIOD (600 BC – 320 AD) AND LATER HINDU PERIOD (320 AD – 1000 AD) | 7.5 | | 01 |
| 02 | FOUNDATION OF PHYSICAL EDUCATION. a) PHILOSOPHIES OF EDUCATION AS APPLIED TO PHYSICAL EDUCATION (IDEALISM, NATURALISM, PRAGMATISM) b) AKHADAS AND VYAYAMSHALS CONTRIBUTED TO THE DEVELOPMENT OF PHYSICAL EDUCATION. c) Y.M.C.A. AND ITS CONTRIBUTIONS TO THE DEVELOPMENT OF PHYSICAL EDUCATION. d) SPORTS AUTHORITY OF INDIA CONTRIBUTES TO THE DEVELOPMENT OF SPORTS | 7.5 | | |

| | | | | |
|--------------|---|--|----|-----------|
| 03 | PRACTICAL: a) INDIAN EXERCISES SURYA NAMASKAR b) INDIAN GAME: KABADDI c) ORAL/VIVA VIVO | | 30 | 01 |
| Total | | | | 02 |

COURSE LEARNING OUTCOME:

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 will be able to communicate clearly and respectfully in diverse physical education settings.
4. Students will understand the Historical and Cultural Significance of Physical Education

PRACTICAL STANDARDS

| Event | Marks | Event | Marks |
|------------------------------------|------------------|--|------------------|
| 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*

ORAL/VIVA VIVO

05 Marks

SHIVAJI UNIVERSITY, KOLHAPUR
B. A. II PHYSICAL EDUCATION
SEMESTER – IV

| Semester-IV | | | | |
|--------------------|--------------------|--|---------------------------|----------------|
| Sr. No | Course Type | Title of Courses | | Credits |
| 1. | MM –V | DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS IN INDIA | BAU0325MMP/T326D05 | 4 |
| 2. | MM - VI | ORGANIZATION AND ADMINISTRATION OF TOURNAMENTS AND COMPETITIONS | BAU0325MMP/T326D06 | 4 |
| 3. | MN | HISTORY AND PHILOSOPHICAL ASPECTS OF YOGA | BAU0325MNP/T326D | 4 |
| 4. | OE- IV | FOUNDATIONS OF ASHTANGA YOGA – MAHARSHIPATANJALI | BAU0325OEP/T326D | 2 |
| 5. | VSC- II | ENTREPRENEURSHIP IN PHYSICAL EDUCATION | BAU0325VSP/T326D | 2 |
| 6. | SEC – IV | PHYSICAL TRAINING INSTRUCTOR | BAU0325SEP/T326D | 2 |
| 7. | AEC-IV | ENG – IV | | 2 |
| 8. | VEC | EVS | | 2 |
| Total | | | | 22 |

B. A. II SEMESTER – IV

Course Category: PHYSICAL EDUCATION

Course Name: DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS IN INDIA

Course Number: Major-Mandatory 05

Course Code: BAU0325MMP/T326D05

Course Credits: (Theory Credit -2, Practical Credit -02)

(Total Credits: 4)

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

Total Marks: 100

Objectives:

1. To evaluate the impact of policies and programs on the growth of sports in India
2. To examine the role of institutions in promoting sports and physical education
3. To identify challenges and opportunities for the future of sports in India
4. To analyse the role of Maharashtra's policies and initiatives in promoting sports
5. To evaluate challenges and opportunities for the growth of sports in Maharashtra

COURSE

| Module No. | Module Name | Teaching Hours | Practical's Hours | Credit |
|------------|---|----------------|-------------------|--------|
| 01 | PROGRESSION OF PHYSICAL EDUCATION AND SPORTS IN INDIA A) THE MINISTRY OF YOUTH AFFAIRS & SPORTS a) NATIONAL SPORTS POLICY b) KHELO INDIA-NATIONAL PROGRAMME FOR DEVELOPMENT OF SPORTS c) FIT INDIA MOVEMENT d) NATIONAL ANTI-DOPING AGENCY (NADA) B) NATIONAL INSTITUTE OF SPORTS IN INDIA A)THE SPORTS AUTHORITY OF INDIA (SAI) I) NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS NSNIS, PATIALA II) LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION (LNCPE), THIRUVANANTHAPURAM. THEIR STRUCTURE AND FUNCTIONS | 7.5 | | 01 |

| | | | | |
|--------------|--|-----|----|-----------|
| 02 | PROGRESSION OF PHYSICAL EDUCATION AND SPORTS IN MAHARASHTRA A) THE MINISTRY OF SPORTS AND YOUTH WELFARE GOVERNMENT OF MAHARASHTRA i) MAHARASHTRA STATE SPORTS POLICY B) DIRECTORATE OF SPORTS AND YOUTH SERVICES, MAHARASHTRA STATE THEIR STRUCTURE AND FUNCTIONS | 7.5 | | |
| 03 | SPORTS AWARDS A) INDIA'S NATIONAL SPORTS AWARDS a) THE MAJOR DHYAN CHAND KHEL RATNA AWARD b) THE ARJUNA AWARD c) THE DRONACHARYA AWARD d) THE MAJOR DHYAN CHAND AWARD e) THE MAULANA ABUL KALAM AZAD TROPHY (MAKA) f) RASHTRIYA KHEL PROTSAHAN PURUSKAR B) MAHARASHTRA STATE-LEVEL SPORTS AWARDS a) SHIV CHHATRAPATI STATE SPORTS AWARD. b) THE BEST COACH AWARD. | 7.5 | | 01 |
| 04 | SPORTS PERSONALITIES IN INDIA a) MAJOR DHYAN CHAND b) KHASHABA JADHAV c) PILAVULLAKANDI THEKKEPARAMBIL.USHA (P.T. USHA) d) ABHINAV BINDRA e) NEERAJ CHOPRA | 7.5 | | |
| 05 | Practical Activities: | | 30 | 01 |
| 06 | Practical Activities: | | 30 | 01 |
| Total | | | | 04 |

Course Learning Outcomes:

Page 38 of 56

After completing this course, the students will be able to

1. Understand the significance of physical education and sports in India and Maharashtra.

2. Understand the evolution of physical education systems and their integration with modern practices at national and state levels.
3. Evaluate the role of national policies and state-level initiatives in the development of sports and physical education.
4. Examine the contributions of organizations to sports promotion.
5. Formulate innovative solutions to enhance the accessibility and popularity of sports and physical education, both at the grassroots and elite levels.
6. Explore career opportunities in sports management, coaching, and physical education training within the context of India's and Maharashtra's sports ecosystem.

B. A. II SEMESTER – IV

Course Category: PHYSICAL EDUCATION

Course Name: ORGANIZATION AND ADMINISTRATION OF TOURNAMENTS AND COMPETITIONS

Course Number: Major-Mandatory 06

Course Code: BAU0325MMP/T326D06

Course Credits: (Theory Credit -2, Practical Credit -02) (Total Credits: 4)

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

Total Marks: 100

Objectives:

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

COURSE

| Module No. | Module Name | Teaching Hours | Practical's Hours | Credit |
|------------|---|----------------|-------------------|--------|
| 01 | TOURNAMENTS AND COMPETITIONS a) IMPORTANCE OF SPORTS PARTICIPATION IN NATIONAL AND INTERNATIONAL COMPETITIONS b) SGFI GAMES c) ZONE, INTERZONE, ANDINTER-UNIVERSITY TOURNAMENTS d) NATIONAL CHAMPIONSHIPS e) NATIONAL GAMES f) ASIAN GAMES g) COMMONWEALTH GAMES h) MODERN OR SUMMER OLYMPIC GAMES | 7.5 | | 0 1 |

| | | | | |
|----|---|-----|--|--|
| 02 | <p>DIFFERENT TYPES OF TOURNAMENTS</p> <p>A) KNOCKOUT OR ELIMINATION TOURNAMENT</p> <p>ii) SINGLE KNOCK OUT OR SINGLE ELIMINATION CONSOLATION TOURNAMENT</p> <p>iii) DOUBLE KNOCK OUT OR DOUBLE ELIMINATION TOURNAMENT</p> <p>B) BAGNALL-WILD ELIMINATION TOURNAMENT</p> <p>C) LEAGUE OR ROUND ROBIN TOURNAMENT</p> <p>METHOD OF DRAWING FIXTURE FOR SINGLE LEAGUE</p> <p>i) CYCLIC METHOD ii) TABULAR METHOD</p> <p>D) COMBINATION TOURNAMENT</p> <p>i. KNOCK-OUT CUM KNOCK-OUT ii. KNOCK-OUT CUM LEAGUE iii. LEAGUE-CUM-KNOCK-OUT iv. LEAGUE-CUM- LEAGUE) CHALLENGE TOURNAMENT</p> <p>i) LADDER TOURNAMENT ii) PYRAMID TOURNAMENT</p> <p>(with their merits and demerits, and the method of drawing fixtures)</p> | 7.5 | | |
|----|---|-----|--|--|

| | | | | |
|----|---|-----|--|--------|
| 03 | <p>ORGANIZATION AND ADMINISTRATION OF COMPETITIONS</p> <p>a) TECHNICAL TERMS USED IN DRAWING FIXTURES</p> <p>Bye, seeding, Point/Scoring, Draw/Lots, Deciding Quarters, Deciding Upper half and Lower Half, Method, and Formula of Byes.</p> <p>b) ORGANIZATION STRUCTURE OF ATHLETIC MEET.</p> <ol style="list-style-type: none"> 1. Organizing Committee 2. Sub-Committees <ol style="list-style-type: none"> a. Technical Committee b. Reception and Hospitality Committee c. Ground and Equipment Committee d. Finance Committee e. Transport Committee f. Medical and First Aid Committee g. Cultural and Entertainment Committee 3. Event Managers and Coordinators 4. Volunteers and Support Staff 5. Communication and Feedback Mechanism <p>c) TYPICAL WORKFLOW</p> <p>Planning Phase, Promotion Phase</p> <p>Execution Phase, Post-Event Phase</p> | 7.5 | | 0 1 |
| 04 | <p>PLAYGROUNDS</p> <p>A) STANDARDS AND FACILITIES</p> <p>B) PRECAUTIONS, AND SIGNIFICANCE OF PLAYGROUND SAFETY</p> <p>C) LAYOUT OF PLAYFIELDS</p> <ol style="list-style-type: none"> a. Kabaddi b. Kho-Kho c. Volleyball d. Handball e. Basketball | 7.5 | | |

| | | | | |
|--------------|------------------------------|--|----|-----------|
| 05 | Practical Activities: | | 30 | 01 |
| 06 | Practical Activities: | | 30 | 01 |
| Total | | | | 04 |

Course Learning Outcomes:

After completing this course

The students will be able to understand the tournament Structure

Students will demonstrate the ability to plan and manage events Planning and Logistics Management

Students will develop effective Communication and Leadership Skills

Students will learn to assess the effectiveness of tournament evaluation and Feedback Integration

Practical Activities for MM 05 and MM 06

PRACTICAL STANDARDS

| Event | | Marks | Event | | Marks |
|-------------------------------------|----------------------------------|-----------|----------------------------|-----------------------|-----------|
| Athletics- Middle Distance Run | | <u>10</u> | Athletics- Throwing | | <u>10</u> |
| 1500 M | Performance in Minutes & seconds | | High Jump | Performance in meters | |
| Men | 5.45 | 05 | Men | 1.30 | 05 |
| | 5.50 | 03 | | 1.25 | 03 |
| | 5.55 | 02 | | 1.20 | 02 |
| Women | 7.00 | 05 | Women | 1.10 | 05 |
| | 7.10 | 03 | | 1.05 | 03 |
| | 7.20 | 02 | | 1.00 | 02 |
| Technique and modern style | | <u>05</u> | Technique and modern style | | <u>05</u> |
| Ground Marking | | <u>05</u> | Ground Marking | | <u>05</u> |
| Ball Game: Hand Ball or Basket Ball | | | | | <u>10</u> |
| Fundamental skills | | | | | 06 |
| Knowledge of rules and regulations | | | | | 04 |
| Ground Marking | | | | | <u>10</u> |

| Indian Exercises | <u>20</u> |
|---|-----------|
| Yongsan's Section (A) Type of ASANAS A. Meditation: | 05 Marks |
| 1. Padmasana 2. Siddh asana 3. Swastik asana 4. Sam asana B. Physical: | |
| 1. Sarvang asana 2. Bhujangasana 3. Supta-Vajarasana C. Relaxative: | 05 Marks |
| 1. Shavasana 2. Makarasna Section (B) Pranayamas | |
| 1. Kapala Pathi 2. AnulomaViloma 3. Ujjayi 4. Bhastrika 5. Shitali 6. Sitkari | 05 Marks |
| From Section (A) of the practical Two Meditation Assans of Student Choice and two Meditation Assans Examiners Choice One Physical Assans of Student Choice and one Physical Assans Examiners Choice One Relaxative Assans of Student Choice and one Relaxativel Assans Examiners Choice Two Assans of Student Choice and two Assans Examiners Choice | 05 Marks |
| From Section (B) of the practical Three Pranayamas of Student Choice and three Pranayamas Examiners Choice | |

Course Category: PHYSICAL EDUCATION

Course Name: HISTORY AND PHILOSOPHICAL ASPECTS OF YOGA

Course Number: Minor-Mandatory

Course Code: BAU0325MNP/T326D

Course Credits: (Theory Credit -2, Practical Credit -02) (Total Credits: 4)

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

Total Marks: 100

OBJECTIVES:

1. Enhance Understanding of the Meaning and Importance of Schools of Yoga
2. Recognize and Articulate the Importance of Schools of Yoga for Holistic Development
3. Identify and Correct Misconceptions about Yoga
4. Enhance Holistic knowledge of various Schools of Yoga
5. Explore and Promote Traditional Indian History and Philosophy of different Schools of Yoga

Course

| Module No. | Module Name | Teaching Hours | Credit |
|-------------------|--|-----------------------|---------------|
| 01 | DIET AND SURYA NAMASKAR A) YOGIC DIET B) CLASSIFICATION OF DIET IN YOGA SCIENCE C) YOGI DIET AND RULES OF DIET AND LIFESTYLE D) SURYA NAMASKAR AND BENEFITS OF SURYA NAMASKAR | 15 | 01 |
| 02 | YOGA ASANAS A) HISTORICAL BACKGROUND B) BENEFITS OF YOGA ASANAS C) GUIDELINES FOR YOGA PRACTITIONERS D) SEQUENCE OF YOGA ASANAS: TYPES OF YOGA ASANAS | 15 | 01 |

| | | | |
|--------------|---|----|-----------|
| 03 | SHATKARMA AND PRANAYAM A) SHUDDHI KRIYA (SHATKARMA) B) PURPOSE OF THE BODY PURIFICATION PROCESS C) DEFINITION AND MEANING OF PRANAYAMA D) TYPES OF PRANAYAMA | 15 | 01 |
| 04 | YOGA: SPORTS, ATHLETES AND THE HUMAN BODY A) YOGA'S SPORTS JOURNEY B) YOGA - COMPETITIVE SPORTS C) YOGA - PREVENTIVE MEASURES D) HUMAN BODY AND YOGA PRACTICE | 15 | 01 |
| 05 | Section(A): 1. Omkar chanting 2. Prayer 3. Sukshma vyayam (Micro Exercises) Jogging, Forward & Backward bending Side bending Twisting, Alternate toe touch Straight Leg Raising 4 Suryanamaskar-12 counts with Mantras | | |
| 06 | Breathing exercise Deep breathing Ratio 1:2 section (B): Pranayam: Anulomvilom Suryabhedan Pranayam (without Bandhas) Shitalipranayam (without bandhas) Bhramari Pranayam (without Bandhas) | | |
| Total | | | 04 |

Course Learning Outcomes:

- Students will be able to understand the orientation of Schools of Yoga
- Students will be able to compare various Schools of Yoga.
- Students will be able to acquire a philosophical touch of different Schools of Yoga.
- Students will be able to keep an interest in the legacy of Yoga and Practical Life.

Bibliography:

Karma Yoga

1. "The Bhagavad Gita" by Vyasa, translated by EknathEaswaran

2. “Karma Yoga: A Yoga of Action” by Swami Sivananda

Jnana Yoga

1. “The Upanishads” translated by EknathEaswaran

2. “The Ashtavakra Gita” translated by Swami Nikhilananda

Raja Yoga

1. “The Yoga Sutras of Patanjali” by Patanjali, translated by Swami Satchidananda

2. “The Heart of Yoga: Developing a Personal Practice” by T.K.V. Desikachar

Hatha Yoga

1. “Hatha Yoga Pradipika” by Swami Swatmarama

2. “The GherandaSamhita” by Gheranda

3. “Light on Yoga” by B.K.S. Iyengar

MARATHI

•” कर्मयोग” (Karma Yoga) by Swami Sivananda

•” भगवद्गीता” (Bhagavad Gita) translated by various authors

• “योगदर्शन” (Yogadarshan) by Y. R. Gaitonde

• “राजयोग” (Raja Yoga) by Swami Sivananda

•” योगशास्त्र” (Yoga Shastra) by N. S. Phadke

•” योगाची सुरवात” (YogachiSurwat) by Swami Muktananda

The practical examination shall be conducted as follows

A. Examiners are appointed as per the directions of SUK.

B. Marking system and performance.

From Section (A) of the practical (30 Marks)

Omkar sadhana 05 Marks

Anyone prayer 05 Marks

Sukshnavyayam (Micro Exercises) - 10 Marks

Suryanamaskar - 10 Marks

From Section (B) of the practical (20 Marks)

Anulomvilom 05 Marks

Suryabhedan Pranayam (without Bandhas) 05 Marks

Shitali Pranayam (without bandhas) 05 Marks

Bhramari Pranayam (without Bandhas) 05 Marks

OPEN ELECTIVE (OE-4)

Course Category: Physical Education

Course Name: **FOUNDATIONS OF ASHTANGA YOGA – MAHARSHIPATANJALI**

Course Code: **BAU0325OEP/T326D**

Course Credits: 02

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

Total Marks: 50

OBJECTIVES:

1. To provide a comprehensive understanding of Patanjali's Eight Limbs of Yoga and their application in daily life.
2. To enhance physical strength, flexibility, and stamina through the practice of asanas (postures).
3. To promote mental focus and emotional stability through pranayama (breath control) and meditation techniques.
4. To encourage spiritual growth and self-realization through ethical practices and mindfulness.

Course

| Module No. | Module Name | Teaching Hours | Practical's Hours | Credit |
|------------|---|----------------|-------------------|--------|
| 01 | PATANJALI YOGA SUTRA 1.1 Overview of Yoga and Patanjali 1.2 Definition of yoga and its branches 1.3 Introduction to Maharshi Patanjali and the Yoga Sutras 1.4 Introduction to the eight limbs | 7.5 | | 01 |
| 02 | ASANA AND PRANAYAMA 2.1 Introduction to Asana 2.2 Introduction to Pranayama 2.3 Meditation: Meaning 2.4 Meditation: Techniques, and Benefits | 7.5 | | |

| | | | | |
|--------------|--|--|----|-----------|
| 03 | Section(A): 1. Omkar chanting 2. Prayer 3. Sukshma vyayam (Micro Exercises) Jogging, Forward & Backward bending Side bending Twisting, Alternate toe touch Straight Leg Raising Section (B) Pranayamas 1. Kapalapathi 2. Anuloma Viloma 3. Ujjayi 4. Bhastrika 5. Shitali 6. Sitkari Section (C) Type of ASANAS A. Meditation: 1. Padmasana 2. Siddh asana 3. Swastik asana 4. Sam asana B. Physical: 1. Sarvang asana 2. Bhujangasana 3. Supta-Vajarasana C. Relaxative: 1. Shavasana 2. Makarasna | | 30 | 01 |
| Total | | | | 02 |

| Formative Assessment | |
|----------------------|----------------------|
| Assessment | Weightage in Marks |
| Theory | Theory – 25 Marks |
| Practical's | Practical – 25 Marks |
| Total | 50 Marks |

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

Course Learning Outcomes:

- Participants will achieve a balanced integration of physical, mental, and spiritual health through the principles of Ashtanga Yoga.
- Learners will develop self-discipline and commitment by regularly practicing the Eight Limbs of Yoga.
- Students will cultivate mindfulness and awareness, improving focus and reducing stress in daily life.
- Individuals will deepen their spiritual understanding and connection, promoting inner peace and enlightenment.

Bibliography:

- शरीरक्रियाविज्ञान – डॉ. प्रीयवृत्त शर्मा
- सुश्रुत – भास्कर गोविंद घाणेकर
- शरीररचना व क्रिया विज्ञान – डॉ. एस. आर. वर्मा
- Anatomy & Physiology for Nursees – Jaypee Brothers
- Anatomy & Physiology- Ross & 50ilson
- Anatomy & Physiology- C.Gyton
- Human Anatomy – grays
- Human Anatomy- M. LyesPrives

- Human physiology – Chakravarti, Ghoshandsahana
- Basic physiology–E.D.AmourFred
- Swasthya Shiksha Avam Sharir Vigyan- H.K.Sharma
- Health for all through Yoga- Dr.Ganesh Shanker Ghi
- Manvav Sarir Dipika-Dr.Mukund Swarup Verma
- Yoga Avam Swasthya–Raaj Publication Patoyala

The practical examination shall be conducted as follows

A. Examiners are appointed as per the directions of SUK.

B. Marking system and performance.

From Section (A) of the practical (05 Marks)

From Section (B) of the practical (12 Marks)

Three Pranayamas of Student Choice and three Pranayamas Examiners Choice

From Section © of the practical (08 Marks)

Two Meditation Assans of Student Choice and two Meditation Assans Examiners Choice 04 Marks

One Physical Assans of Student Choice and one Physical Assans Examiners Choice 02 Marks

One Relaxative Assans of Student Choice and one Relaxative Assans Examiners Choice 02 Marks

VSC: Vocational Skill Courses (MAJOR related) VEC – 2

Course Category: Physical Education

Course Name: ENTREPRENEURSHIP IN PHYSICAL EDUCATION

Course Code: BAU0325VSP/T326D

Course Credits: 02

Marks: Semester End: 25 (T/P)

Total Marks: 25

Course Objectives:

Objectives:

1. Acquiring entrepreneurial quality, competency, and motivation.
2. Learning the process and skills of creation and management of entrepreneurial ventures.
3. Understanding the concept and process of entrepreneurship – its contribution and role in the growth and development of individuals and the nation.

Course

| Module No. | Module Name | Teaching Hours | Practical's Hours | Credit |
|-------------------|--|-----------------------|--------------------------|---------------|
| 01 | INTRODUCTION TO ENTREPRENEURSHIP a) INTRODUCTION TO PHYSICAL EDUCATION ENTREPRENEURSHIP AND TECHNOLOGY VENTURES b) PHYSICAL EDUCATION POST GRADUATES AS AN ENTREPRENEUR c) A MINDSET OF THE ENTREPRENEURIAL LEADER d) CREATING AND SELLING THE ENTREPRENEURIAL VALUE PROPOSITION | 7.5 | | 01 |
| 02 | SPORTS MARKETING a) DEFINITION – MARKETING b) MYOPIA IN SPORT – UNIQUENESS OF SPORTS c) MARKETING – i. MODEL OF THE SPORTS INDUSTRY ii. IMPLEMENTATION OF SPORTS MARKETING PROGRAMME. d) PERSPECTIVES ON SPORTS CONSUMER BEHAVIOR | 7.5 | | |

| | | | | |
|--------------|--|--|----|-----------|
| 03 | PRACTICAL: <ul style="list-style-type: none"> ▪ FIELD VISITS AND REPORTING OF MAJOR SPORTS DEALERS ▪ INTERVIEWS OF ELITE SPORTS DEALERS ▪ CASE STUDIES AND PRESENTATIONS <p>practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05</p> | | 30 | 01 |
| Total | | | | 02 |

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

Course Learning Outcomes:

1. Learners will Understand Entrepreneurial Concepts specifically tailored to physical education and sports enterprises.
2. Participants will achieve and Develop Business Plans and operations strategies.
3. Participants will achieve and Develop innovation in the Sports and Fitness industries.
4. Learners will develop Demonstrate Implement and Evaluate Projects

References:

1. Entrepreneurship Development: Indian cases on change agents, Tata McGraw Hill, K. Ramachandran
2. Robert Hisrich and Michael Peters, Entrepreneurship, Tata Mc Graw– Hill
3. Vasant Desai, Entrepreneurship
4. Marc J Dollinger, Entrepreneurship – Strategies and Resources, Pearson Education
5. Business Development Skills: Definition and Examples

SKILL ENHANCEMENT COURSES (SEC-IV)

Course Category: Physical Education

Course Name: **PHYSICAL TRAINING INSTRUCTOR**

Course Code: BAU0325SEP/T326D

Course Credits: 02

Marks: Semester End: 25 (T/P)

Total Marks: 25

Course Objectives:

1. Understanding and Develop Physical Fitness Competencies
2. Understanding the concept and process of Master Instructional Techniques
3. Understand Safety and Injury Prevention
4. Plan and Deliver Structured Training Programs

Course

| Module No. | Module Name | Teaching Hours | Practical's Hours | Credit |
|------------|---|----------------|-------------------|--------|
| 01 | TESTING PHYSICAL FITNESS a) TESTS FOR MEASURING CARDIOVASCULAR ENDURANCE b) TESTS FOR MEASURING MUSCULAR STRENGTH& ENDURANCE c) TESTS FOR MEASURING FLEXIBILITY d) TESTS FOR MEASURING BODY COMPOSITION | 7.5 | | 01 |
| 02 | EFFECT OF EXERCISE ON VARIOUS BODY SYSTEMS a) EFFECT OF EXERCISES ON THE MUSCULOSKELETAL SYSTEM b) EFFECT OF EXERCISES ON CIRCULATORY SYSTEM c) EFFECT OF EXERCISES ON RESPIRATORY SYSTEM d) EFFECT OF EXERCISES ON THE GLANDULAR SYSTEM | 7.5 | | |

| | | | | |
|--------------|--|--|----|-----------|
| 03 | PRACTICAL <ul style="list-style-type: none"> ▪ FIELD VISITS AND REPORTING OF MAJOR SPORTS DEALERS ▪ INTERVIEWS OF ELITE SPORTS DEALERS ▪ CASE STUDIES AND PRESENTATIONS practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05 | | 30 | 01 |
| Total | | | | 02 |

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

Course Learning Outcomes:

1. Participants will achieve and Demonstrate advanced knowledge and practical application of physical fitness principles.
2. Participants will achieve and Develop Instruction and Coaching Skills.
3. Participants will learn to apply an understanding of human anatomy, exercise physiology, and biomechanics.
4. Participants will achieve and Develop Leadership and Professionalism

List of Books recommended:

- 1 Athletic Training and Sports Medicine Rubert C. Schenck
- 2 Basic Weight Training for Men and Women Thomas D. Fahey
- 3 Concepts of Athletic Training Pfeiffer Mangus
- 4 Essential of Exercise Psychology Lorry G. Shaver
- 5 Exercise Physiology George, Thomas
- 6 Exercise Physiology Fox Falls
- 7 Inside the Body Anita Ganeri
- 8 Introduction to Human Nutrition Gibney, Varster & Kok
- 9 Methods Measurement & Evaluation in Physical Education Satish Sonkar
- 10 New Allis of Human Anatomy
- 11 Nutrition and Diet Therapy Lutz and Przytulshi
- 12 Nutrition in Exercise and Sport Ira Wolinsky
- 13 Prentice Therapeutic Modalities in Sports Medicine William E. Prentice
- 14 Science of Sports Training Hardayal Singh
- 15 Sport Training Principles Frank W. Dick

- 16 Sports Medicine Dr. P.K. Pande, Dr. G. S. Sundararajan
- 17 Sports Medicine of the Lower Extremity Steven I. Subotnick
- 18 Strength Training and Conditioning R. A. Proctor
- 19 Test & Measurement Dhananjay Shaw
- 20 Wood Essential of Anatomy & Physiology Michael G. Wood
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