

SHIVAJI UNIVERSITY, KOLHAPUR.

Modified & Revised Syllabus (CBCS)

of

B. A. Part - I

PHYSICAL EDUCATION

(Sem.-I & Sem.-II)

(Introduction from June-2018 onwards)

(Subject to the modification made from time to time)

SHIVAJI UNIVERSITY, KOLHAPUR.
PHYSICAL EDUCATION (Option)

B. A. Part - I
(Sem.-I & Sem.-II)

INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS

Total Credit - 2

Total Marks - 50

Theory Examination - 25 marks

Total hours - 60 period

Practical Examination - 25 marks

(Per week 4 hrs.)

-
- 15 periods for one module, 30 periods for two modules.
 - 12 period for theory, 18 periods for practical.
 - 12.5 marks per modules.
 - Total passing in theory examination is minimum 9 marks.
 - Total passing in Practical examination is minimum 9 marks.
-

- **Objectives**

- Student knows the physical education subject.
- Know the important of health in life.
- Awareness of physical health.

Module - I : THE MEANING OF PHYSICAL EDUCATION
AND SPORTS. 12.5 marks

- A] 1. Meaning,
2. Definition of physical education,
3. concept of physical education
- B] Changing concepts of physical education
1. Exercise
2. Gymnastics
3. Recreation
4. Games And Sports
5. Physical Education
6. Health And Physical Education

Module - II : AIM AND OBJECTIVES OF
PHYSICAL EDUCATION. 12.5 marks

- A] General aim
- B] Objectives
1. Organic power
2. Physical skills
3. Mental and emotional health
4. Social development
5. Professional development
6. National integration

PRACTICAL
(Sem.-I, Paper - I)

INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS

Practical - 25 marks

A batch of 20 students for practical period

Per unit 15 periods

I) Athletics - 10 marks

- 1. Sprint - 100M - 5 marks
 - a) the candidates running 100 mts. Performance
 - 100 mts. (Men) - 14.00 to 14.50 sec.-3 marks
 - 14.50 to 15.50 sec.-2 marks
 - 15.50 to 16.50 sec.-1 marks
 - 100 mts. (Women) - 16.00 to 16.50 sec.-3 marks
 - 16.50 to 17.50 sec.-2 marks
 - 17.50 to 18.50 sec.-1 marks
 - b) For Technique and modern style - 2 marks

II) Shot-put - 5 marks

- a) Performance - 5.50 mts. - 3 marks
 - (Men) - 5.00 mts. - 2 marks
 - 4.50 mts. - 1 marks
 - Performance - 5.00 mts. - 3 marks
 - (Women) - 4.50 mts. - 2 marks
 - 4.00 mts. - 1 marks
- b) For Technique and modern style - 2 marks

III) Indian Game : Kabaddi - 10 marks

a) Fundamental skills - 6 marks

b) Knowledge of rules and regulation - 4 marks

IV) Indian Exercises : - 5 marks

a) Suryanamaskar (Boys - 20, Girls - 15)

THEORY
(Sem.-II, Paper - II)

INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS

Module - I : **FOUNDATION OF PHYSICAL EDUCATION**

A)

- a) Concept of body posture
- b) Meaning, definition and
- c) Kinds of body posture
- d) Characteristics of good body posture

B) Physical difference between genders

- a) strength
- b) speed
- c) endurance
- d) agility
- e) flexibility

Module - II : **FACTORS INFLUENCE PHYSICAL FITNESS
AND THEORIES OF PLAY**

A) Physical fitness and health

- i) physical fitness
- ii) factors of physical fitness
- iii) balance diet
- iv) addiction (Tobacco, alcohol and its adverse effect)
- v) walking

B) Play and its theories

- a) Meaning, definition and concept of play
- b) Difference Work and play
- c) Theories of play
 - i) surplus energy theory (जादाशक्तीचा सिंध्दात)
 - ii) anticipatory theory (पूर्व तयारीचा सिंध्दात)
 - iii) Re-capulatory theory (पुनरावृत्तीचा सिंध्दात)
- d) Human beings and importance of play

PRACTICAL
(Sem.-II, Paper - II)

INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS

Practical - 25 marks

A batch of 20 students for practical period

Per Module 15 periods

I) Athletics - 05 marks

II) Long Jump - 5 marks

a) Performance - 4.50 mts. - 3 marks

(Men) - 4.25 mts. - 2 marks

Performance - 3.00 mts. - 3 marks

(Women) - 2.75 mts. - 2 marks

b) For Technique and modern style - 2 marks

III) Ball Game : Volley Ball - 10 marks

a) Fundamental skills - 6 marks

b) Knowledge of rules and regulation - 4 marks

IV) Indian Exercises : - 05 marks

Asnas

Pashimotanasan, Bhujangasan, Vajrasan, Halasan,

Sarvangasan.

V) Record Book - 05 marks

Books Recommended :

1. शारीरिक शिक्षण : तत्त्वे व स्वरूप - भा.रा.गोगटे, अखिल महाराष्ट्र शारीरिक शिक्षण मंडळ प्रकाशन, पुणे.
2. शारीरिक शिक्षण : तत्त्वे व व्यवस्था, हिराजी पाटील, ठोकळ प्रकाशन, पुणे.
3. शारीरिक शिक्षणाचे स्वरूप : प्रा.श्रीपाल जर्दे व सौ.सुनिता जर्दे, चंद्रमा प्रकाशन, कोल्हापूर.
4. शारीरिक शिक्षणाचा ओनामा : भा.रा.गोगटे, व्हीनस प्रकाशन, पुणे.
5. क्रीडा मानसशास्त्र : डॉ.प.म.आलेगांवकर, श्री.गजानन बुक डेपो, पुणे-३०.
6. शारीरिक शिक्षणाचे आधुनिक स्वरूप : दि.गो.वाखारकर, नीलखंड प्रकाशन व अध्यापन पद्धती, पुणे.
7. Principles of Physical Education : J.F.Williams, W.B.Sanders Company, Philadelphia, London.
8. Scientific Foundations of Physical Education : C.C.Cowell, Happer and Brothers, New York.
9. Foundation of Physical Education : C.A.Bucher, W.B.Sanders Company, Philadelphia, London.
10. Recreation and Physical Fitness for Youths and Men : Board of Education, London.
11. Physical Education : Interpretations and objectives - J.B.Nash, The Ronald Press Company, New York.
12. Introduction to Physical Education : L.R.Sharman, A.S.Barnes and Company, New York.
13. कबड्डी : नरेंद्र दाभोळकर, म.वि.ग्रं.नि.मंडळ, नागपूर.
14. कबड्डी : प्रा.श्रीपाल जर्दे व प्रा.विजय पाटील, अंबा प्रकाशन, कोल्हापूर.
15. कबड्डी : प्रा.एन.एम.भैरट.
16. आधुनिक हॉलिबॉल - व्यंकटेश वांगवड, गजानन बुक डेपो, पुणे-३०.

17. अथलेटिक्स - राम भागवत, ट्रॅक अँड फोल्ड पब्लिकेशन, पुणे-९.
18. मैदानी स्पर्धा व नियम, आयोजन - उमेश तावडे, राम भागवत ट्रॅक अँड फील्ड प्रकाशन, पुणे.
19. Introduction to Physical Education : Dr.S.D.Chavan.

Record Book -

The Record Book will cover the following -

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

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

(N.B. a-Total passing in practical minimum 09 marks out
of 25)

(N.B.2-practical examination conducted)

- a) a batch of 20 students for practical period &
examination
- b) One organizer (Internal subject teacher)
- c) Two examiner appointed by University.
- d) Peons - Two peons for ground marking, water supply
equipment supply and collecting etc.

RESULT SHEET for Practical examination Sem.-I

Exam. No.	Roll No.	Name	Athletics	Ball Game	Indian Exercises	Record Book	Total
			05	10	05	05	25

NATURE OF QUESTION PAPER

B.A.-I

Introduction of Physical Education Sports

Semester - I and II, Paper - I and II

All questions are compulsory

- | | |
|----------------|---------------------------------|
| Q.1 compulsory | 10 mark descriptive type |
| Q.2 compulsory | 10 mark short notes types (2/3) |
| Q.3 compulsory | 05 mark choose correct answers |