



SHIVAJI UNIVERSITY, KOLHAPUR - 416 004,  
MAHARASHTRA  
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शिवाजी विद्यापीठ, कोल्हापूर - ४१६ ००४, महाराष्ट्र  
दूरध्वनी - ईपीएबीएक्स - २६०९०००, अभ्यासमंडळे विभाग - ०२३१-२६०९०९४



SU/BOS/IDS /

No 00194 Date: 12 SEP 2022

To,

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

**Subject : Regarding syllabi of B.A. Part –I. and Structure for B.Voc Course under the Faculty of Inter-Disciplinary Studies as per National Education Policy, 2020.**

Sir/Madam,

With reference to the subject, mentioned above, I am directed to inform you that the university authorities have accepted and granted approval to the syllabi of B.A. Part-I and Structure for B.Voc Course under the Faculty of Inter-Disciplinary Studies. as per National Education Policy, 2020.

1)	B.A. Physical Education Part –I. Sem- I &II.
2)	B.A. Home Science. Part –I. Sem- I &II.
3)	B.Voc. Structure. Part –I. Sem- I &II.

This syllabi and equivalence shall be implemented from the academic year 2022-2023 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). (Students / Online Syllabus)

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

Thanking you,

Yours faithfully,

Dy Registrar

Copy to:

1	Director Board of Evaluation and Examination	9	Centre for Distance Education
2	The Dean, Faculty of IDS	10	Computer Centre
3	The Chairman, Respective Board of Studies	11	Affiliation Section (U.G.)
4	B.A.,B.Com., B.Sc. Exam	12	Affiliation Section (P.G.)
5	Eligibility Section	13	P.G.Admission Section
6	O.E. I, II, III, IV Section	14	Appointment Section
7	Dy.registrar (On Exam)	15	P.G.Seminar Section
8	Dy.registrar (Pre. Exam)	16	I.T.cell

**SHIVAJI UNIVERSITY,  
KOLHAPUR.**



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

NAAC "A++" Grade with CGPA 3.52

Faculty of Interdisciplinary Studies

Structure, Scheme and Syllabus For

Bachelor of Arts Part- I

Semester I & II

**PHYSICAL EDUCATION**

Syllabus to be implemented from June, 2022 onwards



SHIVAJI UNIVERSITY, KOLHAPUR  
National Education Policy (NEP-2020)

**First Year Bachelor of Arts (B. A. Part – I) Course Structure for (Level-5)**

**With Multiple Entry and Multiple Exit Option**

**(To be implemented from the Academic Year 2022-23)**

**Choice Based Credit System**

**Class: B.A. Part - 1**

**Semester I & II**

**COURSE NAME- PHYSICAL EDUCATION**

**REVISED SYLLABUS (SEMESTER PATTERN) FOR B.A. I**

1. TITLE: B.A. Part I (PHYSICAL EDUCATION)  
Under Faculty of Interdisciplinary Studies
2. YEAR OF IMPLEMENTATION: New Syllabus (CBCS Pattern) (Semester Pattern)  
Will be implemented from June, 2022 onwards.
3. DURATION: B.A. I – Two Semesters (One Year)
4. PATTERN OF:  
SEMESTER EXAMINATION: Semester (CBCS Pattern)  
Practical– Semester I & II -External Evaluation
5. MEDIUM OF INSTRUCTION: English or Marathi.
6. STRUCTURE OF COURSE: B.A. Part – I Two Semesters  
(Two Papers)

## CHOICE BASED CREDIT SYSTEM IN B.A. (PROG) PHYSICAL EDUCATION

### Proposed Course Structure for B.A. PHYSICAL EDUCATION

#### Three Years (06 Semester) Programme

#### B.A. I

Sr. no.	Semester	Name of the Course	Discipline
1	I	<b>DSC – B14(Paper - I) (71234) INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS</b>	Phy.Edu. -1
2	II	<b>DSC – B28(Paper - II) (71281) FOUNDATION OF PHYSICAL EDUCATION</b>	Phy.Edu. -2

#### B.A. II

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

#### B.A. III

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

SHIVAJI UNIVERSITY, KOLHAPUR.

PHYSICAL EDUCATION (Optional)

B. A. Part - I

(Sem.-I & Sem.-II)

Sr. No.	Semester	Title of the Paper and Course	Discipline	Distribution of Credits			Workload			Total Credit	Total Workload	Theory Marks	Practical work
				Theory	Practical	Total	Theory (Lectures/week)	Practical Lectures/week	Total (Lectures/week)				
1	I	INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS	PHYSICAL EDUCATION course- DSC – B14	02	02	04	02	02	04	04	04	25	25
2	II	FOUNDATIO OF PHYSICAL EDUCATION	PHYSICAL EDUCATION course-DSC – B28	02	02	04	02	02	04	04	04	25	25

SCHEME OF EXAMINATION:

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

All questions are compulsory

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

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

Q. 3 05 mark choose correct alternative

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

Record Book -

The Record Book will cover the following -

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

The Record Book will be assessed internally and marks should be

submitted to the External Examiner.

Practical examination conducted-

- a) a batch of 20 students for practical period & examination
- b) One organizer (Internal subject teacher)
- c) Two examiners appointed by organizer.
- 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	Indian Game	Indian Exercises	Total
			10	10	05	25

**RESULT SHEET for Practical examination Sem.-II**

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

**(Sem.-I, Paper - I) DSC – B14**

**INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS**

**Course outcomes:**

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 would know recent developments and academic foundation of physical education.
4. Students will acquire a comprehensive knowledge and sound understanding of foundation of physical education.
5. After completion of this course, students will have hands of experience to perform starting, finishing short distance race, shot-put, long jump. They will be having the concept of track and field events, including Volleyball and Indian game, Kabaddi, Indian exercise surynamaskar and Yoga.

**Module – 1**

**The meaning of physical education**

1. Meaning and definition of physical education
2. Nature and scope of physical education
3. Need and importance of physical education in present era

**Module -2**

**Misconception about physical education**

1. Exercise
2. Physical training
3. Sports and games
4. Gymnastics
5. Recreation

### **Module -3**

#### **Aim and objectives of physical education**

A. General aim

B. Objectives of physical education

1. Organic development
2. Physical skills development
3. Mental and emotional development
4. Social development and national integration
5. Professional development



**PRACTICAL**  
**(Sem.-I, Paper - I)**

Practical - 25 marks

**A batch of 20 students for practical**

**Athletics – 10marks**

1. Sprint-100M - 5marks

a) 100 mts. running Performance of the student

100 mts. (Men) - 14.00 to 14.50 sec.-3marks

- 14.50 to 15.50 sec.-2marks

-15.50 to 16.50 sec.-1 marks

100 mts. (Women) - 16.00 to 16.50 sec.-3marks

- 16.50 to 17.50 sec.-2marks

-17.50 to 18.50 sec.-1 marks

b) For Technique and modern style-2marks

**II) Shot-put - 5marks**

a) Performance - 5.50 mts. - 3 marks (Men) - 5.00  
mts. - 2marks

- 4.50 mts. - 1 marks Performance -

5.00 mts. - 3 marks (Women) - 4.50

mts. - 2marks

- 4.00 mts. - 1marks

b) For Technique and modern style -2marks

- III) Indian Game: Kabaddi** - 10marks
- a) Fundamental skills - 6marks
  - b) Knowledge of rules and regulation - 4marks
- IV) Indian Exercises:** - 5marks
- a) Suryanamaskar (Boys - 20, Girls -15)

## **THEORY**

**(Sem.-II, Paper - II) DSC – B28**

### **Foundation of physical education**

#### **Module-1**

##### **Biological Foundation of physical education**

- 1) Growth and development
- 2) Gender Characteristics
- 3) Body somatotype

#### **Module-2**

##### **Psychological and Social Foundation of physical education**

- 1) Attitude and interest
- 2) Social acceptance and recognition
- 3) Leadership in physical education

#### **Module-3**

##### **Theories of play**

- 1) Surplus energy theory
- 2) Anticipatory theory
- 3) Recapitulatory theory

**PRACTICAL**  
**(Sem.-II, Paper - II)**

Practical - 25 marks

**A batch of 20 students for practical**

**Athletics – 05marks**

- I) LongJump** - 5marks
- 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) ForTechniqueandmodernstyle -2marks
- II) Ball Game: Volleyball** - 10marks
- a) Fundamental skills - 6marks
- b) Knowledge of rules and regulation - 4marks
- III) IndianExercises:** - 05 marks
- Asana
- Pashimotanasan,Bhujangasan, Vajrasan, Halasan, Sarvangasan.
- IV) RecordBook** - 05marks

Books Recommended:

1. Principles of Physical Education: J.F.Williams, W.B.Sanders Company, Philadelphia,London.
2. Scientific Foundations of Physical Education:C.C. Cowell, Harper and Brothers, NewYork.
3. Foundation of Physical Education:C.A. Bucher,W.B.Sanders Company, Philadelphia,London.
4. Recreation and Physical Fitness for Youths and Men: Board of Education,London.
5. Physical Education: Interpretations and objectives -J.B.Nash, the Ronald Press Company, NewYork.
6. Introduction to Physical Education: L.R.Sarman, A.S.Barnes and Company, NewYork.
7. शारीरिकशिक्षण: तत्त्वेआणिस्वरूप - भा.रा.गोगटे, अखिलमहाराष्ट्रशारीरिकशिक्षणमंडळप्रकाशन,पुणे.
8. शारीरिकशिक्षण: तत्त्वे वव्यवस्था,हिराजीपाटील,ठोकळप्रकाशन, पुणे.
9. शारीरिकशिक्षणाचेस्वरूप:प्रो. श्रीपालजरदे वसौ.सुनीताजरदे, चंद्रमाप्रकाशन,कोल्हापूर.
10. शारीरिकशिक्षणाचाओनामा: भा. रा. गोगटे,व्हिनसप्रकाशन, पुणे.
11. क्रीडामानसशास्त्र: डॉ. प. म.आलेगावकर, श्री.गजाननबुकडेपो, पुणे 30
12. शारीरिक शिक्षणाचे आधुनिक स्वरूप व अध्यायन: दि.गो.वाखारकरनीलकंठप्रकाशन, पुणे, 1969
13. कबड्डी, दाभोलकर, नरेंद्र, मुंबई, 1979.
14. व्यायामज्ञानकोश, खंड1, 2, 3, 4 व 10, संपा.करंदीकर (मुजुमदार), द. चिं. बडोदे, 1936ते1949.

## National Education Policy (NEP-2020)

### First Year Bachelor of Arts (B. A. Part – I) Course Structure for (Level-5)

#### **With Multiple Entry and Multiple Exit option (To be implemented from the Academic Year 2022-23)**

Semester I – Duration: 6 Months										
	Teaching Scheme						Evaluation Scheme			
Sr. No.	Course	No. of Lectures	Hours	Credits	Theory	Practical	Internal	Total Marks	Min Marks (for passing)	Exam Duration (Hrs.)
1.	DSC –A	2+2	3.2	4	25	25	No Internal Exam	50	9+9	1
2.	DSC –A	2+2	3.2	4	25	25		50	9+9	1
3.	DSC –A	2+2	3.2	4	25	25		50	9+9	1
4.	DSC –A	2+2	3.2	4	25	25		50	9+9	1
5.	GEC –A	2+2	3.2	4	25	25		50	9+9	1
6.	AECC –A	4	3.2	4	50	--		50	18	2
7	SEC-IA (Non-CGPA)	It is Hands on Mode Course of 4 credits with 8 hours								
<b>Total</b>		<b>24</b>	<b>19.2</b>	<b>24</b>	<b>300</b>			<b>300</b>	-	-

Semester II – Duration: 6 Months											
	Teaching Scheme						Evaluation Scheme				
Sr. No.	Course	No. of Lectures	Hours	Credits	Theory	Practical	Internal	Total Marks	Min Marks (for passing)	Exam Duration (Hrs.)	
1.	DSC –B	2+2	3.2	4	25	25	No Internal Exam	50	9+9	1	
2.	DSC –B	2+2	3.2	4	25	25		50	9+9	1	
3.	DSC –B	2+2	3.2	4	25	25		50	9+9	1	
4.	DSC –B	2+2	3.2	4	25	25		50	9+9	1	
5.	GEC –B	2+2	3.2	4	25	25		50	9+9	1	
6.	AECC –B	4	3.2	4	50	--		50	18	2	
7	SEC-IIB (Non-CGPA)	It is Hands on Mode Course of 4 credits with 8 hours				100			100	35	3
<b>Total</b>		<b>24</b>	<b>19.2</b>	<b>24</b>	<b>300</b>			<b>300</b>	-	-	
<b>Grand Total</b>		<b>48</b>	<b>38.4</b>	<b>48</b>	<b>600</b>			<b>600</b>	-	-	
<b>Grand Total with SEC</b>				<b>56</b>	<b>700</b>			<b>700</b>	-	<b>3</b>	

1. Student Contact Hrs Per week: 19.2 hrs

2. Lectures: 48 Min

3. Total marks for BA I: 600 and with SEC :700

4. Total credits for BA I: 48 and with SEC: 56

**DSC:** Discipline Specific Core Course - Candidate can opt four courses (Subjects) from DSC. However, Candidate shall opt for at least one language course (subject) from DSC.

**GEC:** Generic Elective Compulsory Course - Candidate can opt any one course (Subject).