

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,
AURANGABAD**



Circular No/Syll.Sec./UG/Rev.Curri/Fac. of Interdisciplinary Stu./03/2022.

It is hereby inform to all concerned and that, on the recommendation of Ad-hoc Board/Board of Studies & Dean, Faculty of Interdisciplinary Studies the Hon'ble Vice Chancellor has accepted the Syllabus/Curriculum and Regulations of **Following under graduate level Courses of Choice Based Credit and Grading System under** the Faculty of Interdisciplinary Studies in his emergency powers Under section 12(7) of the Maharashtra Public Univerities Act, 2016 on behalf of The academic council as appended herewith.

Sr.No.	Name of the Courses & Curriculum	Semester
1.	B.A. Home Science	Ist to IIInd
2.	B.A. Dramatics	Ist to VIth
3.	B.A. (Optional) Physical Eduction	Ist to IIInd
4.	B.F.A. Drawing & Painting,	Ist to VIIIth
5.	B.F.A. Applied Art	Ist to VIIIth
6.	B.F.A. Textile Design	Ist to VIIIth
7.	B.S.W. (Bachelor of Social Work)	Ist to VIth
8.	B.A. Journalism & Mass Cummunication (B.A.JMC)	Ist to VIth
9.	B.A.Library & Information Science (B.A.Lib. & Inf.Sci.)	Ist to VIth

This is effective from the **Academic Year 2022-2023** and onwards.

These under graduate Syllabus/Curriculum with Structure & Regulation is also available on the University website www.bamu.ac.in

All concerned are requested to note the contents of this circular and bring the notice to the students, teachers and staff for their information and necessary action.

University campus,
Aurangabad-431 004.
Ref. No. SU/B.A Syll./2022/3610-20
Date: 15.07.2022

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**Deputy Registrar,
Academic Section
[Syllabus]**

**D R. BABASAHEB AMBEDKAR
MARATHWADA UNIVERSITY,
AURANGABAD.**



**Curriculum under Choice Based Credit &
Grading System**

B.A. Physical Education, (Optional)

First to Second Year

**First to Second Semester
[Ist to IInd]**

[EFFECTIVE FROM 2022-2023 & PROGRESSIVELY]

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY
AURANGABAD**



CBCS PATTERN FOR BACHELOR OF ARTS (B. A.)

OPTIONAL SUBJECT: PHYSICAL EDUCATION

CBCS PATTERN

UNDER THE FACULTY OF INTERDISCIPLINARY STUDIES

**SEMESTER V
MAY/JUNE 2022-2023 & ONWARDS**

4/12/2022
DR. BHETINA P. SONKAMBLE
Dean
INTERDISCIPLINARY STUDIES
University of Marathwada
Aurangabad

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY
AURANGABAD**



CBCS PATTERN FOR BACHELOR OF ARTS (B. A.)

OPTIONAL SUBJECT: PHYSICAL EDUCATION

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W.E.F YEAR 2022-2023 & ONWARDS

Charitra
2022-23

Choice-Based Credit system

Advantages of the choice based credit system:

- Shift in focus from the teacher-centric to student-centric education.
- Student may undertake as many credits as they can cope with (without repeating all courses in a given semester if they fail in one/more courses).
- CBCS allows students to choose inter-disciplinary, intra-disciplinary courses, skill oriented papers (even from other disciplines according to their learning needs, interests and aptitude) and more flexibility for students.
- CBCS makes education broad-based and at par with global standards. One can take credits by combining unique combinations. For example, Physics with Economics, Microbiology with Chemistry or Environment Science etc.
- CBCS offers flexibility for students to study at different times and at different institutions to complete one course (ease mobility of students). Credits earned at one institution can be transferred to another institution.

All papers except core papers offer complete freedom to the Universities in designing and reviewing the syllabi and enable them to offer their own distinct flavor and maintain their unique character. These elective papers provide them with the opportunity to develop competencies of students in their areas of strength, expertise and specialization. **Even in the core papers under the proposed guidelines 30% flexibility is proposed in adopting the syllabus as per the template advised by the UGC.** It is pertinent to point out that as per the existing education policy different institutions and universities are required to maintain 70% equivalence in the syllabi and the same is being maintained under the proposed system of CBCS.

BASIC TERMINOLOGY

Semester:

Each semester will consist of **15-16 weeks of academic work equivalent to 90 actual teaching days.** The odd semester may be scheduled from **June to November and even semester from December to May.**

Choice Based Credit System (CBCS):

The CBCS provides choice for students to select from the prescribed courses (core, elective or minor or soft skill courses).

Credit:

A unit by which the course work is measured, it determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture or tutorial) or two hours of practical work/field work per week.

Types of Courses

1. Core Course: (14 for honors courses; 4 discipline specific papers each for regular courses and 2 papers each for English and Hindi/MIL in B.A./B.Com); The papers under this category are going to be taught uniformly across all universities with 30% deviation proposed in the draft. The purpose of fixing core papers is to ensure that all the institutions follow a minimum common curriculum so that each institution/university adheres to common minimum standard. Also the course designed for papers under this category aim to cover the basics that a student is expected to imbibe in that particular discipline. A course, which should compulsorily be studied by a candidate as a core requirement is termed as a Core course.

2. Elective Course: Generally a course which can be chosen from a pool of courses and which may be very specific or specialized or advanced or supportive to the discipline/ subject of study or which provides an extended scope or which enables an exposure to some other discipline/subject/domain or nurtures the candidate's proficiency/skill is called an Elective Course.

2.1 Discipline Specific Elective (DSE) Course: Elective courses may be offered by the main discipline/subject of study is referred to as Discipline Specific Elective, The University/Institute may also offer discipline related Elective courses of interdisciplinary nature (to be offered by main discipline/subject of study).

2.2 Generic Elective (GE) Course: An elective course chosen generally from an unrelated discipline/subject, with an intention to seek exposure is called a Generic Elective. P.S.: A core course offered in a discipline/subject may be treated as an elective by other discipline/subject and vice versa and such electives may also be referred to as Generic Elective.

2.3 Dissertation/Project: An elective course designed to acquire special/advanced knowledge, such as supplement study/support study to a project work, and a candidate studies such a course on his own with an advisory support by a teacher/faculty member is called dissertation/project.

Project work/Dissertation is considered as a special course involving application of knowledge in solving / analyzing /exploring a real life situation / difficult problem. A Project/Dissertation work would be of 6 credits. A Project/Dissertation work may be given in lieu of a discipline specific elective paper.

3. Ability Enhancement Courses (AEC): The Ability Enhancement (AE) Courses may be of two kinds: Ability Enhancement Compulsory Courses (AECC) and Skill Enhancement Courses (SEC). "AECC" courses are the courses based upon the content Knowledge enhancement; (i) Environmental Science and (ii) English / MIL Communication. These are mandatory disciplines. SEC courses are value-based and/or skill-based and are aimed at providing hands-on-training, competencies, skills, etc

3.1 Ability Enhancement Compulsory Courses (AECC): Environmental Science, English Communication/MIL Communication.

3.2 Skill Enhancement Courses (SEC): These courses may be chosen from a pool of courses designed to provide value-based and/or skill-based knowledge.

4. Practical/ tutorial: (One each with every core and discipline/generic specific elective paper): The list of practical provided is suggestive in nature and each university has the freedom to add/subtract/edit practical from the list depending on their faculty and infrastructure available. Addition will however be of similar nature.

Implementation:

1. The CBCS may be implemented in Central/State Universities and the stakeholders agree to follow common minimum curriculum and syllabi of the core papers and given by the UGC. The allowed deviation from the syllabi being 30 % at the maximum.

2. The universities may be allowed to finally design their own syllabi for the core and elective papers subject to point no. 1. UGC may prepare a list of elective papers but the universities may further add to the list of elective papers they want to offer as per the facilities available.
3. Number of Core papers for all Universities has to be same for both UG Honors as well as UG regular courses.
4. Credit score earned by a student for any elective paper has to be included in the student's overall score tally irrespective of whether the paper is offered by the parent university (degree awarding university/institute) or not.
5. For the introduction of AE Courses, they may be divided into two categories: a) AE Compulsory Courses: The universities participating in CBCS system may have common curriculum for these papers. There may be one paper each in the 1st two semesters viz. (i) English/Hindi/MIL Communication, (ii) Environmental Science. b) Skill Enhancement Courses: The universities may decide the papers they may want to offer from a common pool of papers decided by UGC or the universities may choose such papers themselves in addition to the list suggested by UGC. The universities may offer one paper per semester for these courses.
6. The university/Institute may plan the number of seats per elective paper as per the facility and infrastructure available.
7. An undergraduate degree with Honors in a discipline may be awarded if a student completes 14 core papers in that discipline, 2 Ability Enhancement Compulsory Courses (AECC), minimum 2 Skill Enhancement Courses (SEC) and 4 papers each from a list of Discipline Specific Elective and Generic Elective papers, respectively.
8. An undergraduate degree in Science disciplines may be awarded if a student completes 4 core papers each in three disciplines of choice, 2 Ability Enhancement Compulsory Courses (AECC), minimum 4 Skill Enhancement Courses (SEC) and 2 papers each from a list of Discipline Specific Elective papers based on three disciplines of choice selected above, respectively.
9. An Undergraduate degree in Humanities/ Social Sciences/ Commerce may be awarded if a student completes 4 core papers each in two disciplines of choice, 2 core papers each in English and Hindi/MIL, respectively, 2 Ability Enhancement Compulsory Courses (AECC), minimum 4 Skill Enhancement Courses (SEC), 2 papers each from a list of

Discipline Specific Elective papers based on the two disciplines of choice selected above, respectively, and two papers from the list of Generic Electives papers.

10. For the purpose of computation of work-load the following mechanism may be adopted: i) 1 Credit = 1 Theory period of one hour duration ii) 1 Credit = 1 Tutorial period of one hour duration iii) 1 Credit = 1 Practical period of two hour duration.

11. The credit(s) for each theory paper/practical/tutorial/project/dissertation will be as per the details given in A, B, C, D for B.Sc. Honours, B.A./B.Com. Honours, B. Sc. And B.A./B.Com., respectively (Page 12 onwards).

12. Wherever a University requires that an applicant for a particular M.A./M.Sc. /Technical/Professional course should have studied a specific discipline at the undergraduate level, it is suggested that obtaining 24 credits in the concerned discipline at the undergraduate level may be deemed sufficient to satisfy such a requirement for admission to the M.A./M.Sc./Technical/Professional course.

13. The CBCS Committee unanimously recommended that after running the CBCS for under-graduate courses in Universities/Colleges/Institutes for one academic session UGC should review the course structure and syllabi in order to rectify anomalies, if any, based on the feedback from stakeholders.

14. The Universities/Institutes may offer any number of choices of papers from different disciplines under Generic Elective and Discipline Specific Elective as per the availability of the courses/faculty.

15. Universities/Institutes may evolve a system/policy about Extra Curricular Activities/ General Interest and Hobby Courses/Sports/NCC/NSS/Vocational courses/related courses on their own.

16. A student can opt for more number of Elective and AE Elective papers than proposed under the model curriculum of UGC. However the total credit score earned will not exceed 160 credits for UG Honors and **140 credits** for UG degree.

17. The new scheme of UG courses should be given due consideration while framing the admission eligibility requirement for PG/ Technical courses in Indian Universities/Institutions to ensure that students following inter and multi-disciplinary format under CBCS are not at a disadvantage It is suggested that wherever required, obtaining 24 credits in

particular discipline may be considered as the minimum eligibility, for admission in the concerned discipline, for entry to PG/Technical courses in Indian Universities/Institutions

18. Attendance shall be taken as a component of continuous assessment, although the students should have minimum 75% attendance in each course. In addition to continuous evaluation component, the end semester examination, which will be written type examination of at least 3 hours duration, would also form an integral component of the evaluation.

19. Letter Grades and Grade Points:

Two methods-relative grading or absolute grading- have been in vogue for awarding grades in a course. The relative grading is based on the distribution (usually normal distribution) of marks obtained by all the students in the course and the grades are awarded based on a cut-off mark or percentile. Under the absolute grading, the marks are converted to grades based on pre-determined class intervals. To implement the following grading system, the colleges and universities can use any one of the above methods. ii. The grades for each course would be decided on the basis of the percentage marks obtained at the end-semester external and internal examinations as per following table:

Sr. No.	Equivalent Percentage	Grade Points	Grade	Grade description
1	90.00-100	9.00-10	O	Outstanding
2	80.00-89.99	8.00-8.99	A++	Excellent
3	70.00-79.99	7.00-7.99	A+	Exceptional
4	60.00-69.99	6.00-6.99	A	Very Good
5	55.00-59.99	5.50-5.99	B+	Good
6	50.00-54.99	5.00-5.49	B	Fair
7	45.00-49.99	4.50-4.99	C+	Average
8	40.01-44.99	4.01-4.49	C	Below Average
9	40	4.00	D	Pass
10	<40	0.00	F	Fail

B. A. SUMMARY OF CREDITS
According to UGC

Sl. No.	Course Category	No. of Courses	Credits Per Course	Credits Tutorial/ Practical
I (core course)	(6 Credits per course) (12 papers)	12	5 + 1	60 + 12 = 72/
	Core Course + Tutorial* / Core Course + practical	12	4 + 2	48 + 24 = 72
II (elective Course)	(6 Credits per course) (6 papers)	3	5 + 1	15 + 3 = 18/
	A1. Elective Course + Tutorial*	3	4 + 2	12 + 6 = 18
	A2. Elective Course + Practical			
	(6 Credits per course) (6 papers)	3	4 + 2/ 5 + 1	12 + 6 = 18/ 15 + 3 = 18
III (Ability Enhancement Courses/ Skill Enhancement Courses)	B1. Generic Elective/ Interdisciplinary	3	4 + 2/ 5 + 1	12 + 6 = 18/ 15 + 3 = 18
	B2. Generic Elective + Practical/ Tutorial*	3	4 + 2/ 5 + 1	12 + 6 = 18/ 15 + 3 = 18
	1. Ability Enhancement Compulsory Courses (AECC) (2 papers of 4 credit each)	2	4	2 x 4 = 8/ 2 x 4 = 8
	2. Skill Enhancement Course (SEC) (Min. 2 & Max. 4) (4 papers of 4credit each)	4	4	4 x 4 = 16/ 4 x 4 = 16
Total Credits				132/132
Institute should evolve a system/policy about ECA/ General Interest/ Hobby/ Sports/ NCC/ NSS/ related courses on its own.				
*wherever there is a practical there will be no tutorial and vice-versa.				

B. A. SUMMARY OF CREDITS

According to UGC Template for Dr. B. A. M. University, Aurangabad

Semester	Core Course	Discipline Specific Elective	Ability Enhancement Compulsory Courses	Skill Enhancement Courses	Total Papers Credits	Total Marks Internal	Total Marks External	Total Marks
First	02	06	01	01	10	80	320	400
Credits	08	12	04	04	28			
Second	02	06	01	01	10	80	320	400
Credits	08	12	04	04	28			
Third	02	06	---	01	09	80	320	400
Credits	08	12	---	04	24			
Fourth	02	06	---	01	09	80	320	400
Credits	08	12	---	04	24			
Fifth	08	---	---	---	08	80	320	400
Credits	24	---	---	---	24			
Sixth	08	---	---	---	08	80	320	400
Credits	24	---	---	---	24			
Papers	24	24	02	04	54			
Credits	80	48	08	16	152			
Total Marks						480	1920	2400

**B.A. PROGRAMME WITH PRACTICAL
FIRST YEAR (SEMESTER-I & SEMESTER-II)**

SEMESTER-I (Theory and Practical)									
Code	Course Title	Course Type	Credits	Theory Hours Per Week	Practical Hours/week	Internal Marks	External Marks	Total Marks	
BA101	Communication	AECC-1	4	3	T-1	10	40	50	
BA102	A	SEC-1	4	3	T-1	10	40	50	
BA103	English	CC-1A	4	3	T-1	10	40	50	
BA104	Second Language	CC-2A	4	3	T-1	10	40	50	
BA105A	Optional - A - I	DSE - 1A	2	1	P-2	10	40	50	
BA105B	Optional - A - II	DSE - 1A	2	1	P-2	10	40	50	
BA106A	Optional - B - I	DSE - 2A	2	1	P-2	10	40	50	
BA106B	Optional - B - II	DSE - 2A	2	1	P-2	10	40	50	
BA107A	Optional - C - I	DSE - 3A	2	1	P-2	10	40	50	
BA107B	Optional - C - II	DSE - 3A	2	1	P-2	10	40	50	
TOTAL			28	18	16	80	320	400	
SEMESTER-II (Theory and Practical)									
Code	Course Title	Course Type	Credits	Theory Hours Per Week	Practical Hours/week	Internal Marks	External Marks	Total Marks	
BA201	Environmental Studies	AECC-2	4	3	T-1	10	40	50	
BA202	B	SEC-2	4	3	T-1	10	40	50	
BA203	English	CC-1B	4	3	T-1	10	40	50	
BA204	Second Language	CC-2B	4	3	T-1	10	40	50	
BA205A	Optional - A - I	DSE - 1B	2	1	P-2	10	40	50	
BA205B	Optional - A - II	DSE - 1B	2	1	P-2	10	40	50	
BA206A	Optional - B - I	DSE - 2B	2	1	P-2	10	40	50	
BA206B	Optional - B - II	DSE - 2B	2	1	P-2	10	40	50	
BA207A	Optional - C - I	DSE - 3B	2	1	P-2	10	40	50	
BA207B	Optional - C - II	DSE - 3B	2	1	P-2	10	40	50	
TOTAL			28	18	16	80	320	400	

NOTE: AECC: Ability Enhancement Compulsory Course; SEC: Skill Enhancement Course; CC: Core Course; DSE: Discipline Specific Elective; T-Tutorials; P- Practical

**SECOND YEAR (SEMESTER-III & SEMESTER-IV)
SEMESTER-III (Theory and Practical)**

Code	Course Title	Course Type	Credits	Theory Hours Per Week	Practical Hours/week	Internal Marks	External Marks	Total Marks
BA301	C	SEC-1	4	3	T-1	10	40	50
BA302	English	CC-1C	4	3	T-1	10	40	50
BA303	Second Language	CC-2C	4	3	T-1	10	40	50
BA304A	Optional - A - I	DSE-1C	2	1	P-2	10	40	50
BA304B	Optional - A - II	DSE-1C	2	1	P-2	10	40	50
BA305A	Optional - B - I	DSE-2C	2	1	P-2	10	40	50
BA305B	Optional - B - II	DSE-2C	2	1	P-2	10	40	50
BA306A	Optional - C - I	DSE-3C	2	1	P-2	10	40	50
BA306B	Optional - C - II	DSE-3C	2	1	P-2	10	40	50
TOTAL			22	15	15	80	320	400

SEMESTER-IV (Theory and Practical)

Code	Course Title	Course Type	Credits	Theory Hours Per Week	Practical Hours/week	Internal Marks	External Marks	Total Marks
BA401	D	SEC-2	4	3	T-1	10	40	50
BA402	English	CC-1D	4	3	T-1	10	40	50
BA403	Second Language	CC-2D	4	3	T-1	10	40	50
BA404A	Optional - A - I	DSE-1D	2	1	P-2	10	40	50
BA404B	Optional - A - II	DSE-1D	2	1	P-2	10	40	50
BA405A	Optional - B - I	DSE-2D	2	1	P-2	10	40	50
BA405B	Optional - B - II	DSE-2D	2	1	P-2	10	40	50
BA406A	Optional - C - I	DSE-3D	2	1	P-2	10	40	50
BA406B	Optional - C - II	DSE-3D	2	1	P-2	10	40	50
TOTAL			22	15	15	80	320	400

NOTE: SEC: Skill Enhancement Course; CC: Core Course; DSE: Discipline Specific Elective; T-Tutorials; P- Practical

THIRD YEAR (SEMESTER-V & SEMESTER-VI)

SEMESTER-V (Theory and Practical)									
Code	Course Title	Course Type	Credits	Theory Hours Per Week	Practical Hours/week	Internal Marks	External Marks	Total Marks	
BA501	Main – A	CC-1E	3	2	T-1/P-2	10	40	50	
BA502	Main – B	CC-2E	3	2	T-1/P-2	10	40	50	
BA503	Main – C	CC-3E	3	2	T-1/P-2	10	40	50	
BA504	Main – D	CC-4E	3	2	T-1/P-2	10	40	50	
BA505	Subsidiary – A1	CC-1F	3	2	T-1/P-2	10	40	50	
BA506	Subsidiary – A2	CC-2F	3	2	T-1/P-2	10	40	50	
BA507	Subsidiary – B1	CC-3F	3	2	T-1/P-2	10	40	50	
BA508	Subsidiary – B2	CC-4F	3	2	T-1/P-2	10	40	50	
TOTAL			24	16	08/16	80	320	400	
SEMESTER-VI (Theory and Practical)									
Code	Course Title	Course Type	Credits	Theory Hours Per Week	Practical Hours/week	Internal Marks	External Marks	Total Marks	
BA601	Main – E	CC-1G	3	2	T-1/P-2	10	40	50	
BA602	Main – F	CC-2G	3	2	T-1/P-2	10	40	50	
BA603	Main – G	CC-3G	3	2	T-1/P-2	10	40	50	
BA604	Main – H	CC-4G	3	2	T-1/P-2	10	40	50	
BA605	Subsidiary – C1	CC-1H	3	2	T-1/P-2	10	40	50	
BA606	Subsidiary – C2	CC-2H	3	2	T-1/P-2	10	40	50	
BA607	Subsidiary – D1	CC-3H	3	2	T-1/P-2	10	40	50	
BA608	Subsidiary – D2	CC-4H	3	2	T-1/P-2	10	40	50	
TOTAL			24	16	08/16	80	320	400	
	Total Papers/ Total Credits		54/152		Total Marks	480	1920	2400	

NOTE: CC: Core Course: P- Practical

B. A. PHYSICAL EDUCATION OPTIONAL CBCS PATTERN

FIRST YEAR (SEMESTER-I & SEMESTER-II)

SEMESTER-I (Theory and Practical)									
Code	Course Title	Course Type	Credits	Theory Hours Per Week	Practical Hours/week	Internal Marks	External Marks	Total Marks	
BA105A	Philosophical, Sociological, Foundations and history of physical education (101)	DSE – 1A	4	4	--	10	40	50	
BA105B	Practical Physical Education (103)	DSE – 1A	4	---	4+4 = 8	10	40	50	
TOTAL			08	04	08	20	80	100	
SEMESTER-II (Theory and Practical)									
Code	Course Title	Course Type	Credits	Theory Hours Per Week	Practical Hours/week	Internal Marks	External Marks	Total Marks	
BA205A	Principles and recent developments of physical education (102)	DSE – 1B	4	4	--	10	40	50	
BA205B	Practical Physical Education (103)	DSE – 1B	4	---	4+4 = 8	10	40	50	
TOTAL			08	04	08	20	80	100	

NOTE: DSE: Discipline Specific Elective; T-Tutorials; P- Practical

SECOND YEAR (SEMESTER-III & SEMESTER-IV)

SEMESTER-III (Theory and Practical)										
Code	Course Title	Course Type	Credits	Theory Hours Per Week	Practical Hours/week	Internal Marks	External Marks	Total Marks		
BA305A	Health Education and Recreation in Physical Education and Sports (201)	DSE – 1C	4	4	--	10	40	50		
BA305B	Physical Education Practical (203)	DSE – 1C	4	---	4+4 = 8	10	40	50		
TOTAL			08	04	08	20	80	100		
SEMESTER-IV (Theory and Practical)										
Code	Course Title	Course Type	Credits	Theory Hours Per Week	Practical Hours/week	Internal Marks	External Marks	Total Marks		
BA405A	Officiating, coaching and Training Methods in Physical Education and sports (202)	DSE – 1D	4	4	--	10	40	50		
BA405B	Physical Education Practical (201)	DSE – 1D	4	---	4+4 = 8	10	40	50		
TOTAL			08	04	08	20	80	100		

NOTE: DSE: Discipline Specific Elective; T-Tutorials; P- Practical

THIRD YEAR (SEMESTER-V & SEMESTER-VI)

SEMESTER-V (Theory and Practical)									
Code	Course Title	Course Type	Credits	Theory Hours Per Week	Practical Hours/week	Internal Marks	External Marks	Total Marks	
BA501	Main – A Sports Psychology and Management in Physical Education (302)	CC-1E	4	4	---	10	40	50	
BA502	Main – B Physical Education Practical (306)	CC-2E	4	---	4	10	40	50	
BA505	Subsidiary – A1 Ancient and Modern History of Physical Education and Sports (301)	CC-1F	4	4	---	10	40	50	
BA506	Subsidiary – A2 Physical Education Practical (305)	CC-2F	4	---	4	10	40	50	
TOTAL			16	08	08	40	160	200	
SEMESTER-VI (Theory and Practical)									
Code	Course Title	Course Type	Credits	Theory Hours Per Week	Practical Hours/week	Internal Marks	External Marks	Total Marks	
BA601	Main – E Anatomy, Physiology and Kinesiology in Physical Education (304)	CC-1G	4	4	---	10	40	50	
BA602	Main – F Physical Education Practical (306)	CC-2G	4	---	4	10	40	50	
BA605	Subsidiary – C1 Organization, Administration and Supervision in Phy. Edu. Youth welfare and youth services (303)	CC-1H	4	4	---	10	40	50	
BA606	Subsidiary – C2 Physical Education Practical (305)	CC-2H	4	---	4	10	40	50	
TOTAL			16	08	08	40	160	200	
			64	32	48	160	640	800	

NOTE: CC: Core Course: P - Practical

Work load of first and second man during first six months (semester – I, III, V) and next six months (semester – II, IV, VI)

Particulars	Semester - I		Semester - II		Semester - III		Semester - IV		Semester - V		Semester - VI	
	Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical
Internal marks	15	15	15	15	15	15	15	15	30	30	30	30
External marks	35	35	35	35	35	35	35	35	70	70	70	70
Total marks (800)	50	50	50	50	50	50	50	50	100	100	100	100
Classroom Lectures per week	4 of 50 min. each	4 of 50 min. each	4 of 50 min. each	4 of 50 min. each	4 of 50 min. each	4 of 50 min. each	4 of 50 min. each	4 of 50 min. each	8 of 50 min. each	8 of 50 min. each	8 of 50 min. each	8 of 50 min. each
Practical Periods per batch (Each batch of 20 students)	4 periods of 50 min. each	4 periods of 50 min. each	4 periods of 50 min. each	4 periods of 50 min. each	4 periods of 50 min. each	4 periods of 50 min. each	4 periods of 50 min. each	4 periods of 50 min. each	8 periods of 50 Min each (1 batch)	8 periods of 50 Min each (1 batch)	8 periods of 50 Min each (1 batch)	8 periods of 50 Min each (1 batch)
Total time per week	3 hours 20 min.	6 hours 40 min.	3 hours 20 min.	6 hours 40 min.	3 hours 20 min.	6 hours 40 min.	3 hours 20 min.	6 hours 40 min.	6 hours 40 min.	13 hours 20 min.	6 hours 40 min.	6 hours 40 min.
Total time First six months - Semester - I, III, V	10 hours		10 hours		10 hours		10 hours		13 hours 20 min.		13 hours 20 min.	
Total time Next six months - Semester - II, IV, VI		10 hours		10 hours		10 hours		10 hours		13 hours 20 min.		13 hours 20 min.
Work load First Man - Semester - I, III, V	2 lectures - 50 min. each	4 periods of 50 Min. each	2 lectures - 50 min. each	4 periods of 50 Min. each	2 lectures - 50 min. each	4 periods of 50 Min. each	2 lectures - 50 min. each	4 periods of 50 Min. each	4 lectures - 50 min. each	4 lectures of 50 Min. each	4 lectures - 50 min. each	4 lectures of 50 Min. each
												Total work load per week of first man during first six months is 1000 minutes i.e., 20

Work load Second Man – Semester - I, III, V	2 lectures – 50 min. each	4 periods of 50 Min. each				2 lectures – 50 min. each	4 periods of 50 Min. each		4 lectures of 50 Min. each	lectures of 50 minutes each
Work load First Man – Semester – II, IV, VI	Total work load per week of first man during next six months is 1000 minutes i.e., 20 lectures of 50 minutes each		2 lectures – 50 min. each			2 lectures – 50 min. each	4 periods of 50 Min. each		4 lectures of 50 Min. each	Total work load per week of first man during first six months is 1000 minutes i.e., 20 lectures of 50 minutes each
Work load Second Man – Semester – II, IV, VI	Total work load per week of first man during next six months is 1000 minutes i.e., 20 lectures of 50 minutes each		2 lectures – 50 min. each			2 lectures – 50 min. each	4 periods of 50 Min. each		4 lectures of 50 Min. each	Total work load per week of first man during next six months is 1000 minutes i.e., 20 lectures of 50 minutes each

Computation of SGPA and CGPA

The UGC recommends the following procedure to compute the Semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA):

- i. The SGPA is the ratio of sum of the product of the number of credits with the grade points scored by a student in all the courses taken by a student and the sum of the number of credits of all the courses undergone by a student, i.e

$$SGPA (S_i) = \frac{\sum (C_i \times G_i)}{\sum C_i}$$
 where C_i is the number of credits of the i th course and G_i is the grade point scored by the student in the i th course.
- ii. The CGPA is also calculated in the same manner taking into account all the courses undergone by a student over all the semesters of a programme, i.e. $CGPA = \frac{\sum (C_i \times S_i)}{\sum C_i}$ where S_i is the SGPA of the i th semester and C_i is the total number of credits in that semester. H_i . The SGPA and CGPA shall be rounded off to 2 decimal points and reported in the transcripts.

8. Illustration of Computation of SGPA and CGPA and Format for Transcripts

- i. Computation of SGPA and CGPA

Illustration for SGPA

Course	Credit	Grade letter	Grade point	Credit Point (Credit x Grade)
Course 1	3	A	8	3 X 8 = 24
Course 2	4	B+	7	4X7 = 28
Course 3	3	B	6	3X6=18
Course 4	3	O i	10	3X10=30
Course 5		C	5	3X5 = 15
Course 6	4	B	6	4 X 6 = 24
	20			139

Thus, $SGPA = \frac{139}{20} = 6.95$

Illustration for CGPA

Semester 1	Semester 2	Semester 3	Semester 4
Credit : 20 SGPA:6.9	Credit : 22 SGPA:7.8	Credit : 25 SGPA: 5.6	Credit : 26 SGPA:6.0
Semester 5	Semester 6		
Credit : 26 SGPA-.6.3	Credit : 25 SGPA: 8.0		

Thus, $CGPA = \frac{20 \times 6.9 + 22 \times 7.8 + 25 \times 5.6 + 26 \times 6.0 + 26 \times 6.3 + 25 \times 8.0}{144} = 6.73$

144

- ii. Transcript (Format): Based on the above recommendations on Letter grades, grade points and SGPA and CCPA, the HEIs may issue the transcript for each semester and a consolidated transcript indicating the performance in all semesters.

Duration of the Course:

The Undergraduate programme shall be duration of three academic years. A candidate shall be allowed to keep term for subsequent semester irrespective of number of heads of failure in the semester.

Students shall be permitted to complete the programme requirements of the three year programme within a maximum period of five years from the date of admission to the programme.

The terms and vacations of the course shall be as prescribed by the University from time to time.

Eligibility:

Candidate seeking admission to the B.A. (Under Graduate) programme should have obtained at least 35% marks.

Fees:

The institution shall charge only such fees as prescribed by the affiliating body / University rules.

Admission Procedure:-

There shall be an admission committee constituted by the concern college and headed by the principal / HOD of the institution. The selection of the students for admission of home science course shall be on regular basis. The committee shall look after the overall selection and admission procedure right from the regulation to final admission by strictly following the government and university guidelines in this regard.

STANDARD OF PASSING

The U.G. Home Science degree in the Faculty of Interdisciplinary will be conferred on a candidate who has pursued a Regular course of study for Six semesters of two academic years as prescribed in the Scheme of examination.

SCHEME OF EXAMINATION AND CLASSIFICATION OF SUCCESSFUL STUDENTS

1. Six semester - end examinations will be held during the Three year under U.G. Regular course.
2. Each theory paper will be of 30 marks of which 20 marks will be for External practical examination and 20 marks will be for internal evaluation throughout the Semester, based on the attendance, performance and activity reports.
3. Minimum for pass in each paper/activity shall be 40% marks obtained in the External examination and internal evaluation separately and 50% in aggregate of six semesters put together.
4. Internal examination Includes: Test, assignment, seminar and /or any other evaluation technique.
5. The concerned teacher for each practicum component has to issue a certificate declaring the student has completed the practicum along with the Credit hours and submit it to the Head / Principal. Home Science Course have been completed by the student along with the Credit hours . The student shall be declared to have been Passed only after the student has passed all the Theory papers and Practicum

DR. BABASAHEB AMBEDKAR MARATHWADA
UNIVERSITY AURANGABAD.



Choice Based Credit System (CBCS)
with Grading System

Revised Syllabus for B.A. [Physical Education]
[as an optional subject]

UNDER THE FACULTY OF INTERDISCIPLINARY STUDIES

B.A. First Year Semester – I & II

Effective from 2022-23 onwards

**DR. BABASAHEB AMBEDKAR MARATHWADA
UNIVERSITY, AURANGABAD.**

PHYSICAL EDUCATION (Optional Subject)
Curriculum Structure and Schemes of Evaluation for B.A.
With Effective from 2022-2023
B.A. 1st - Semester - I

Sr. No.	Course Code	Name of the Subject	Course Type	Credits	Theory Hours Per week	Practical Hours/Week	Internal Marks	External Marks	Total Marks
1	BA105A	Philosophical, Sociological Foundations and History of Physical Education. (101)	DSE - 1A	4	4	--	15	35	50
2	BA105B	Practical Physical Education.	DSE-1A	4	--	4+4 = 8	15	35	50
Total				8	4	08	30	70	100

B.A. 1st - Semester - II

Sr. No.	Course Code	Name of the Subject	Course Type	Credits	Theory Hours Per week	Practical Hours/Week	Internal Marks	External Marks	Total Marks
1	BA205A	Philosophical, Sociological Foundations and History of Physical Education. (102)	DSE - 1B	4	4	--	15	35	50
2	BA205B	Practical Physical Education. (103)	DSE-1B	4	--	4+4 = 8	15	35	50
Total				8	4	08	30	70	100

DSE : Discipline Specific Elective; T-Tutorials; P - Practical

B.A. First Year
(Theory) **PHYSICAL EDUCATION – 101** (Semester – I)
BA105 A Paper – I
TITLE : PHILOSOPHICAL, SOCIOLOGICAL FOUNDATIONS
AND
HISTORY OF PHYSICAL EDUCATION.

Time : 1½ hours

04 Period per weeks

Marks : 35

UNIT – I PHILOSOPHICAL FOUNDATIONS

- (a) Meaning and Definition of Philosophy of Physical Education.
- (b) Components of Philosophy its Applciation in the field of Physical Education.
- (c) Traditional and Modern Philosophies their implciation in the programme of Education.
- (d) Philosophies of Education applied to Physical Education.
 - (i) Idealism (ii) Naturalism
 - (iii) Realism and (iv) Humanism

UNIT – II SOCIOLOGICAL FOUNDATIONS

- (a) Sociological Basis of Physical Education.
- (b) Social Environment for development of Individual Personality.
- (c) Socialization and Sports.
- (d) Social Nature and Social Recognition

**UNIT – III INTEGRATION OF PHYSICAL EDUCATION WITH
OTHER FACULTIES.**

- (a) Integration of Physical Education with History
- (b) Integration fo Physical Education with Psychology.
- (c) Integration of Physical Education with Sociology.

UNIT – IV NATURE OF PHYSICAL EDUCATION SYSTEM

- (a) Ancient India and Mediaeval India.
- (b) Physical Education in Ancient Civilization with reference to
 - i) India ii) Greece iii) Rome iv) Egypt
- (c) Development of Physical Education with special reference to
 - i) U.S.S.R. ii) U.S.A. iii) Germany

UNIT – V PHYSICAL EDUCATION IN INDIA DURING 20TH CENTURY

- (a) Meaning, Definitions, Aims and Objectives of Physical Education.
- (b) Physical Education Training Institutions
- (c) Physical Education after Independence.
 - i) Central Advisory Board of Physical Education
 - ii) All India Council of Sports (AICS)
 - iii) Netaji Subhash National Institute of Sports (NSNIS)
 - iv) Laxmibai National Institute of Physical Education (LNIPE)
 - v) Sports Authority of India (SAI)

UNIT – VI HISTORICAL DEVELOPMENT OF ANCIENT OLYMPIC GAMES AND MODERN OLYMPIC GAMES

- (a) Philosophy of Olympism and its impact on Sports Movements in India.
- (b) Current Trends in Physical Education.
 - i) Role of Federations and Associations.
 - ii) Courses and Coaching Centres.
 - iii) Policies of Central and State Government for Physical Education and Sports.
- (c) Movements of Akhada and Vyayam Shalas in Maharashtra.

REFERENCES FOR PAPER – I B.A. FIRST YEAR

- 1) Physical Education Interpretations and objectives by **J.B. Nash**
- 2) Foundation of Physical Education by **Charles A. Bucher.**
- 3) Brief History of Physical Education by **E.A. Rice.**
- 4) History of Physical Education by **Eraj. Ahmed Khan.**
- 5) World History of Physical Education by **Van Dalen and Mitehell Benett.**
- 6) Physical Education in India, Published by **National Association of Physical Education and Recreation in India (NAPERI).**
- 7) Philosophy and Sociology of Education by **M.M. Bhatia.**
- 8) A Sociological Approach to Indian Education by **S.S. Mathur.**
- 9) Philosophical Foundation fo Physical Education, Health Education and Recreation by **Engle Wood Cliffs.**
- 10) Physical Education Foundation by **Salger Rober. N.**

B.A. First Year

(Theory) **PHYSICAL EDUCATION – 102** (Semester – II)

BA205A Paper – II

**TITLE : PRINCIPLES AND RECENT DEVELOPMENT
OF PHYSICAL EDUCATION.**

Time : 1½ hours

04 Period per weeks

Marks : 35

UNIT – I PRINCIPLES OF PHYSICAL EDUCATION

- (a) Biological Principles of Physical Education.
- (b) Sex Differences
- (c) Principles of exercise.
- (d) Body Types.

**UNIT – II SOCIOLOGICAL PRINCIPLES OF PHYSICAL
EDUCATION**

- (a) Social Values and Development of Traits.
- (b) Social Welfare
- (c) Physical Education as Sociological Agency.

UNIT – III CLASSIFICATION OF CHILDREN

- (a) Psychological Bases of Classification.
- (b) Biological Characteristics of Children.
- (c) Physiological and Sociological Characteristics of Children.

UNIT – IV RECENT DEVELOPMENT OF PHYSICAL EDUCATION

- (a) Status of Physical Education and Sports in Educational Institutions.
- (b) Physical Education at Pre-Primary and Primary School Level.
- (c) Physical Education at Secondary and Higher Secondary School Level.
- (d) Physical Education at University and Professional Level.

UNIT – V SPORTS AND GAME ORGANISATION IN INDIA

- (a) District Level Organizations.
- (b) State Level Organizations.
- (c) Physical Education at Secondary and Higher Secondary School Level.
- (d) Physical Education at University and Professional Level.

UNIT – VI ROLL OF ASSOCIATION AND SPORTS BODIES

- (a) Indian Olympic Associations (IOC).
- (b) International Olympic Associations (IOC).
- (c) Sports Authority of India (SAI).
- (d) Central Advisory Board of Physical Education and Recreation.

REFERENCES FOR PAPER – II B.A. FIRST YEAR

- 1) Introduction to Physical Education by **J.R. Sharman.**
- 2) Physical Education :Interpretation and Objectives by **J.B. Nash**
- 3) Principal of Physical Education by **J.R. Williams.**
- 4) Foundation of Physical Education by **Cheries A. Bucher.**
- 5) Physical Education by **Oberteuffer, Delbert.**
- 6) Modern Principles of Physical Education by **J.R. Sharman.**
- 7) Brief History of pHYSICAL Education by **E.A. Rice.**
- 8) History of Physical Education by **Eraj Ahmed Khan.**
- 9) World History of Physical Education by **Van Delen, Mitchell Benett.**
- 10) Physical Education in India Published by National Association of Physical Education and Recreation India.
- 11) Philosophy and Sociology of Education by **James Ross.**
- 13) A Sociological Approach to Indian Education by **S.S. Mathur.**

B.A. First Year
PHYSICAL EDUCATION - 103 (Semester - I and II)
PAPER - III
TITLE : PRACTICAL PHYSICAL EDUCATION

Time : 04 Period per weeks
Marks : 70 20 Students per Batch 3.20 Hrs.

TRACK AND FIELD EVENTS (Practicals)

A) EVENT WISE PERFORMANCES

(a) 100 mtrs. Sprint for (Men and Women) (15 Marks)

(b) Long Jump for (Men and Women) (15 Marks)

i) Introduction ii) Safely Suggestion

iii) Techniques iv) Teaching Steps

Teaching Steps - i) Approach Run ii) Take - off

iii) Flight in the air iv) Body action in the air and

v) Landing.

(c) Shot Put (15 Marks)

i) Introduction ii) Safety Suggestion

iii) Techniques

Techniques - i) O, Brien Techniques ii) Rotary Techniques

iv) Teaching Steps

Step - I Leadups Step - II Shot put form standing position.

Step - III Shot put using the Glide Technique

Step - IV Shot put using Rotary Techniques.

(d) Common error and correction

(e) Training Schedule.

OPTED GAMES (Any one of the following Games) (25 Marks)

- B) i) Kabbadi ii) Westling iii) Hockey iv) Hand Ball
- a) History of the Games.
 - b) Rules & Regulations of the Games.
 - c) Different Training methods.
 - d) Training Schedule.
 - e) Fundamental Skills fo the Game.
 - f) Tractics of the Games. 1) Offensive 2) Defensive
 - g) Ground Marking System.
- C) Preparation of Record Books its submission compulsory on opted any one game and one Athletic event.
- i) Jumping event (Long Jump)
 - ii) Running even (100 mtrs. Sprint)
 - iii) Throwing event (Shot put)

REFERENCES FOR PRACTICAL PAPER – III

B. A. FIRST YEAR

- 1) The Art of Officiating Sports by **John W. Bunn.**
- 2) Scientific Principles of Coaching by **John W. Bunn.**
- 3) Athletics Coaching Hand-Book of Tropical Areas by **D.J.T. Miller** and **J.F. Cawley.**
- 4) Track and Field Athletics by **Breshnaham, Tuttle, Cretzmeyer.**
- 5) Modern track and Field by **Dr. Jemeti Doherty.**
- 6) Soccer Coaching by **Walter Winte bottom.**
- 7) Books of Rules of Games and Sports by **Y.M.C.A. Pub. house.**
- 8) Manual of Athletics Competitions by **Jal D. Pardiwala.**
- 9) ऑफिशिएटिंग एवम् कोचिंग – श्री.आर.एच. तिवारी
- 10) क्रिडा अधिशिक्षा पद्धति – श्री.अ.के. करमरकर.

Faculty of Inter Disciplinary
B.A. I Year Examination
March / April
Physical Education (Optional Subject)
Semester – I-101 and Semester II- 102
101 – PHILOSOPHICAL, SOCIOLOGICAL FOUNDATIONS
AND
HISTORY OF PHYSICAL EDUCATION

Time : 1½ hours

Marks : 35

N.B. 1. Attempt all questions.

Q.1. Essay Type (10)

Or

Essay Type

Q.2. Essay Type (10)

Or

Essay Type

Q. 3. Write short answer of any three of the following. (15)

a)

b)

c)

d)

Faculty of Inter Disciplinary
B.A. I Year Examination
March / April
Physical Education (Optional Subject)
Semester – I-102 and Semester II- 102
102 – PRINCIPLES AND RECENT DEVELOPMENT OF
PHYSICAL EDUCATION.

Time : 1½ hours

Marks : 35

N.B. 1. Attempt all questions.

Q.1. Essay Type (10)

Or

Essay Type

Q.2. Essay Type (10)

Or

Essay Type

Q. 3. Write short answer of any three of the following. (15)

a)


b)


c)

d)


N.B.

- 1) Separate heads of passing
 - a) Theory paper – Minimum passing 18 marks per paper.
(Semester)
 - b) Practical – Minimum passing 35 marks. (Semester)
- 2) Practical examination should be conducted considering the total strength of the appearing candidates for practical exam.
should be classified in to batches.
 - a) Each batch comprises 20 students.
(Only for B.A. I.II.III year examination who of opted physical education as an optional subject)
 - b) For the conduct of the examination the university appoints examiner as an External Examiner for Only for B.A. I, II, III year examination who of opted physical education as an optional subject.
- 3) In practical for B.A. I and II year the I Batches comprises of 20 students, and the II Batch of 1/2 of the I Batch.
- 4) Private, external candidates and the candidates from the correspondance courses will not be allow to opt the subjec.
- 5) In practical for B.A. III year the I Batches comprises of 16 students, and nthe II Batch of ½ of the I Batch.
- 6) During practical university examination uniform / sports kit is essential during the examination and regular periods.


Dr. S.M. Kote
Subject Experts
Principal
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Principal
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(Dr. Md. Atullah Jagirdar)
Chairman
Physical Education Teachers in
Affiliated Colleges of Dr. B.A.M.U.,
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Arts & Science College Beed.

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Dr. S. S. Sonkamble
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SONKAMBLE
UNIVERSITY STUDIES
Babasaheb Ambedkar Marathiwada
University Aurangabad