

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,  
CHHATRAPATI SAMBHAJINAGAR.**



NACC- 'A' Grade

**Circular/SU/Interdisciplinary Studies/NEP-2020/Curriculum- UG & PG/72/2025**

It is hereby inform to all concerned that, on recommendation of the Boards of Studies, Ad-hoc Boards and Faculty of Interdisciplinary Studies, the Academic Council at its meeting held on 09 May, 2025 has been accepted the following curriculum as per the Norms of National Education Policy-2020 Progressively under the Faculty of Interdisciplinary Studies.

Sr.No.	Name of the Curriculum	Semester/ Structure
1.	B.A. Home Science	IIIrd & IVth
2.	B.A. Physical Education	IIIrd & IVth
3.	B.A. (Optional) Library & Information Science	Ist to IVth
4.	B. Library & Information Science (B.Lib.&Inf.Sci.)	IIIrd & IVth
5.	B.F.A. Painting	IIIrd & IVth
6.	B.F.A. Applied Art	IIIrd & IVth
7.	B.F.A. Textile	IIIrd & IVth
8.	B.F.A. Fashion Design	IIIrd & IVth
9.	B.S.W. (Social Work)	IIIrd & IVth
10.	B.A. Music	IIIrd & IVth
11.	B.A. Dramatics	IIIrd & IVth
12.	B.A. Mass Communication & Journalism(M C & J)	IIIrd & IVth
13.	B.P.A. (Bachelor Of Performing Arts)	Ist to VI
14.	M.A. Music	Ist to IVth

This revised Curriculum shall be applicable from the Academic year 2025-2026 and onwards in all Affiliated Colleges.

This is also available on the University website [www.bamu.ac.in](http://www.bamu.ac.in)

Therefore, 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,  
Chhatrapati Sambhajinagar -431 004.  
REF.No.SU/All.UG.Curr./NEP-2020/2025/830-35

Date:- 27-05-2025. [AC.09.05.2025 I No.06]

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*Deputy Registrar,  
Syllabus Section*

**Copy forwarded for kind information and necessary action:-**

- 1] All Heads of the University Departments, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar.
- 2] The Director, Sub-Center, Dharashiv, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar.
- 3] The Principals, All affiliated Colleges and Model College Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar. .
- 4] The Director of Recognized Institutions, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar.
- 5] The Director, Board of Examinations & Evaluation, Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar. .
- 6] The Director, University Network & Information Centre, UNIC, with a request to upload the Circular along with its enclosures on University Website.

**Dr. Babasaheb Ambedkar Marathwada University**  
**Chhatrapati Sambhajinagar-431001**



**B.A. Degree Programme**  
(Three Year/Four Years (Hons) / Four Years (Hons with Research))

**Course Structure**  
(Revised)  
(AS PER NEP-2020)

**B A Second Year III & IV Semester**

**Subject (Major): PHYSICAL EDUCATION**

**Effective from - 2025-26**

*[Signature]*  
Dr. S. J. Chavhan

*[Signature]*  
Dr. M. A. Nandakumar K. Jagtap  
I/C Chemistry

*[Signature]*  
Dr. S. J. Chavhan

*[Signature]*  
Dr. P. B. Borde

*[Signature]*  
Dr. P. B. Borde

*[Signature]*  
Dr. S. J. Chavhan

*[Signature]*  
Dr. S. J. Chavhan

*[Signature]*  
Dr. V. R. Bhasale

**Dr. Babasaheb Ambedkar Marathwada University**  
**Chhatrapati Sambhajinagar - 431001**



**B. A. Degree Programme**

**(Three Year/ Four Years (Hons)/ Four Years (Hons with Research)**

# **Course Structure**

**(Revised)**

**(As Per NEP - 2020)**

**B. A. Second Year III & IV Semester**

**Subject (Major): PHYSICAL EDUCATION**

**Effective from: 2025 – 26**



**Structure of B.A. (Three/ Four Years Honors/ Honors with Research Degree)****Program with Multiple Entry and Exit Options****Subject (Major): Physical Education****B. A. Second Year: 3<sup>rd</sup> Semester**

Course Type	Course Code	Course Name	Teaching Scheme (Hrs./ Week)		Credits Assigned		Total Credits
			Theory	Practical	Theory	Practical	
Major (Core) M - 4 Mandatory	DSC - 5	<b>Philosophical, Sociological foundation and History of Phy.Edu.</b>	2		2		2 + 2 + 2 + 2 = 8
	DSC - 6	<b>Principles and Recent development of Phy. Edu.</b>	2		2		
	DSC - 7	Practical based on DSC-5: <b>Athletics – Track Events</b>		4		2	
	DSC - 8	Practical based on DSC - 6: <b>Opted Games</b>		4		2	
Minor (Choose any two from pool of courses) It is from different discipline of the same faculty	Mn - 1	To be chosen from other discipline of the same faculty	2		2		2 + 2 = 4
	Mn - 2	To be chosen from other discipline of the same faculty	2		2		
Generic/ Open Elective (GE/ OE) (Choose any one from pool of courses) <b>It should be chosen compulsorily from the faculty other than that of Major</b>	GE/ OE-3	To be chosen from other Faculty <b>1. Sports journalism</b>	2		2		2
VSC (Vocational Skill Courses) (Choose any one from pool of courses)	VSC - 3	<b>1. Recreation in Physical Education</b>	1		1		1+1 = 2
	VSC - 4	Practical based on VEC-3: <b>1. Human Pyramid 2. Suryanamaskar (12) 3. Minor Game &amp; Activates</b>		2		1	
AEC, VEC, IKS	AEC-3	<b>English</b> (Common for all the faculty)	2		2		2
OJT/ FP/ CEP/ CC/ RP	FP-1	Environmental Studies	2			2	2+2=4
	CC-3	Cultural Activity / NSS, NCC (Common for all the faculty)		4			
			<b>13</b>	<b>18</b>	<b>13</b>	<b>09</b>	<b>22</b>

**Minor courses for other discipline**

Mn - 1: This is a 2 credit theory course to be designed for other discipline.

Mn - 2: This is a 2 credit theory course to be designed for other discipline.

**Generic/ Open Elective courses for other faculty**

GE/ OE-3: This is a 2 credit theory course to be designed for other faculty

**Subject (Major): Physical Education****B. A. Second Year: 4<sup>th</sup> Semester**

Course Type	Course Code	Course Name	Teaching Scheme (Hrs./ Week)		Credits Assigned		Total Credits
			Theory	Practical	Theory	Practical	
Major (Core) M-5 Mandatory	DSC-9	Health Education in Physical Education and Causes and Prevention of Diseases	2		2		2+2+2+2=8
	DSC-10	Officiating, Coaching and Training Methods in Physical Education and Sports	2		2		
	DSC-11	Practical based on DSC-9: Athletics – Track Events		4		2	
	DSC-12	Practical based on DSC-10: Opted Games		4		2	
Minor (Choose any two from pool of courses) It is from different discipline of the same faculty	Mn-3	To be chosen from other discipline of the same faculty	2		2		2+2=4
	Mn-4	To be chosen from other discipline of the same faculty	2		2		
Generic/ Open Elective (GE/ OE) (Choose any one from pool of courses) <b>It should be chosen compulsorily from the faculty other than that of Major</b>	GE/OE-4	To be chosen from other faculty <b>1. Physical Education for Better Life / living.</b>	2		2		2
SEC (Skill Enhancement Courses) (Choose any one from pool of courses)	SEC-3	<b>1. Tournaments and Meets</b>	1		1		1+1=2
	SEC-4	Practical based on SEC-3: <b>1. Standing Broad Jump 2. Skipping rope 3. 9 minutes Run &amp; Walk</b>		2		1	
AEC, VEC, IKS	AEC-4	Modern Indian language (MIL-2) (Choose any one from pool of language courses) (Common for all the faculty)	2		2		2
OJT/FP/CEP/CC/RP	FP-2	Community engagement and service		4		2	2+2=4
	CC-4	Fine/ Applied/ Visual/ Performing Arts) (Common for all the faculty)		4		2	
			13	18	13	09	22
Exit Option: Award of UG Diploma In Major and minor with 88 credits and an additional 4 credits NSQF course (Related to major/minor internship during summer vacation OR Continue with Major and Minor.							

**Minor courses for other discipline**

Mn-3: This is a 2 credit theory course to be designed for other discipline.

Mn-4: This is a 2 credit theory course to be designed for other discipline.

**Generic/Open Elective courses for other faculty**

GE/OE-4: This is a 2 credit theory course to be designed for other faculty

### Detailed Illustration of Courses included in 3<sup>rd</sup> and 4<sup>th</sup> semester:

1) **Major (Core) subject** are mandatory.

DSC-5: This is a 2 credit theory course corresponding to Major (core) subject.

DSC-6: This is a 2 credit theory course corresponding to Major (core) subject.

DSC-7: This is a 2 credit practical course based on DSC - 5.

DSC-8: This is a 2 credit practical course based on DSC - 6

DSC-9: This is a 2 credit theory course corresponding to Major (core) subject.

DSC-10: This is a 2 credit theory course corresponding to Major (core) subject.

DSC-11: This is a 2credit practical course based on DSC - 9.

DSC-12: This is a 2credit practical course based on DSC - 10

2) **Minor : It is from different discipline of the same faculty,**

Mn-3: This is a 2 credit theory from different discipline of the same Faculty.

Mn-4: This is a 2 credit theory from different discipline of the same Faculty.

Mn-5: This is a 2 credit theory from different discipline of the same Faculty.

Mn-6: This is a 2 credit theory from different discipline of the same Faculty.

3) **Generic / Open Elective (GE/ OE):** (Needs to be chosen (any one) from pool of courses available at respective college). These courses should be chosen compulsorily from faculty other than that of Major.

GE/ OE-3: This is a 2credit theory course should be chosen compulsorily from faculty other than that of Major.

GE/ OE-4: This is a 2credit theory course should be chosen compulsorily from faculty other than that of Major.

4) **VSC (Vocational Skill Courses):** Choose any one from pool of courses. These courses should be based on Hands on Training corresponding to Major (core) subject.

**VSC-3:** This is a 1 credit theory course based Hands on Training corresponding to Major (core) subject.

**VSC-4:** This is a 1 credit practical course based on VSC-3.

5) **SEC (Skill Enhancement Courses):** Choose any one from pool of courses. These courses should be based on hands on training corresponding to Major core Subject.

**SEC-3:** This is a 1 credit theory course based on hands on training corresponding to Major core Subject.

**SEC-4:** This is a 1 credit practical course based on SEC-3.

6) **AEC (Ability Enhancement courses):** The focus of these courses should be based on linguistic and communication skills. In 3<sup>rd</sup> Semester it will be MIL and will be common for the entire faculty.

**AEC-3: MIL-1:** This is a 2 credit theory course based on linguistic proficiency. It will be common for all the faculty.

**AEC-4: Modern Indian language (MIL-2):**

This is a 2 credit theory course based on linguistic proficiency. It will be common for the entire faculty.

7) **FP:**

**FP-1: Environmental Studies:** This is a 2 credit theory course should be chosen compulsorily from faculty.

**FP-2: Field Project:** This is a 2 credit course, should be corresponding to Major (core) subject.

8) **CC (Curricular Courses):** The courses such as Health and wellness, Cultural activities, NSS/ NCC, Fine/ Applied/ Visual/ Performing Arts. In 3<sup>rd</sup> Semester it will be either Cultural Activity/ NSS, NCC will be common for the entire faculty.

**CC-3: Cultural Activity / NSS, NCC:** This is a 2 credit practical course based on Co-curricular activities. It will be common for the entire faculty.

**CC-4: Fine/Applied/Visual/Performing Arts**

This is a 2 credit practical course based on Co-curricular activities. It will be common for the entire faculty.

9) **CEP-1: Community engagement and service:** This is a 2 credit course Related to Community engagement and service

**Structure of B.A. (Three/ Four Years Honors/ Honors with Research Degree)****Program with Multiple Entry and Exit Options****Subject (Major): Physical Education****B. A. Second Year: 3<sup>rd</sup> Semester**

Course Type	Course Code	Course Name	Teaching Scheme (Hrs./ Week)		Credits Assigned		Total Credits
			Theory	Practical	Theory	Practical	
Major (Core) M - 4 Mandatory	DSC - 5	<b>Philosophical, Sociological foundation and History of Phy.Edu.</b>	2		2		2 + 2 + 2 + 2 = 8
	DSC - 6	<b>Principles and Recent development of Phy. Edu.</b>	2		2		
	DSC - 7	Practical based on DSC-5: <b>Athletics – Track Events</b>		4		2	
	DSC - 8	Practical based on DSC - 6: <b>Opted Games</b>		4		2	
Minor (Choose any two from pool of courses) It is from different discipline of the same faculty	Mn - 1	To be chosen from other discipline of the same faculty	2		2		2 + 2 = 4
	Mn - 2	To be chosen from other discipline of the same faculty	2		2		
Generic/ Open Elective (GE/ OE) (Choose any one from pool of courses) <b>It should be chosen compulsorily from the faculty other than that of Major</b>	GE/ OE-3	To be chosen from other Faculty <b>2. Sports journalism</b>	2		2		2
VSC (Vocational Skill Courses) (Choose any one from pool of courses)	VSC - 3	<b>2. Recreation in Physical Education</b>	1		1		1+1 = 2
	VSC - 4	Practical based on VEC-3: <b>4. Human Pyramid</b> <b>5. Suryanamaskar (12)</b> <b>6. Minor Game &amp; Activates</b>		2		1	
AEC, VEC, IKS	AEC-3	<b>English</b> (Common for all the faculty)	2		2		2
OJT/ FP/ CEP/ CC/ RP	FP-1	Environmental Studies	2			2	2+2=4
	CC-3	Cultural Activity / NSS, NCC (Common for all the faculty)		4			
			13	18	13	09	22

**Minor courses for other discipline**

Mn - 1: This is a 2 credit theory course to be designed for other discipline.

Mn - 2: This is a 2 credit theory course to be designed for other discipline.

**Generic/ Open Elective courses for other faculty**

GE/ OE-3: This is a 2 credit theory course to be designed for other faculty



**BA Second Year: 3<sup>rd</sup> Semester – Subject: Physical Education****Course Type – Major (Core) M-4 Mandatory****DISCIPLINE SPECIFIC COURSE M4 (DSC – 05 and DSC – 06)****The Course Physical Education in Third Semester has**

**Philosophical, Sociological foundation and History of Phy. Edu. And Principles and Recent development of Phy. Edu. Theory Course (Paper DSC–5 and DSC–6), Athletics (Track Events) and Opted Games Practical Course (Paper DSC–7 and DSC–8, Practical based on DSC–5 and DSC–6) for 08 Credits, 02 Credits Each all the papers are compulsory and Details of the course are a sunder**

**Course No. DSC–5(Theory Paper No. 1–DSC–05)**

Course No.	Type of Course	Theory/ Practical	Credits	Instruction Hours/ week	Total number of lectures/ semester	Duration of Exam	Formative Assessment Marks	Summative Assessment Marks	Total Marks
M4	DSC-05	Theory	02	02	30	2 hours	20	30	50

**Summative Assessment Distribution of Marks 50 = Class Test 20 Marks; Semester End Evaluation (Exam) 30 Marks**

**M-4-Course Number DSC-5(Theory Paper-I) 02 Credits****Title of the Course: Philosophical, Sociological foundation and History of Physical Education****Course Outcomes (CO):**

1. After completion of the syllabus the student will have basic understanding about the philosophical concepts in physical education, their applications with contemporary context scenario in applied philosophies based on idealism, naturalism, realism and humanism in physical education.
2. The students will be able to put forth the development of personality through socialization.
3. The student will be able to establish the relation between physical education and other faculties.
4. Will be able to establish the relationship between ancient and mediaeval physical education system in India, Greece, Rome and Egypt and USSR, USA and Germany respectively.
5. Will understand the Physical Education development in 20th Century with special reference to AICS, NSNIS, SAI, LNIPE etc.
6. Understand the Historical and modern development perspectives of the Olympics.

M-4-Syllabus:CourseDSC-5(Theory Paper-I)		TotalHours:30
Title of the Course: Philosophical, Sociological foundation and History of Physical Education - 02Credits		
Unit - I: PHILOSOPHICAL FOUNDATIONS AND SOCIOLOGICAL FOUNDATIONS		10 Hours
(a) Meaning and Definition of Philosophy of Physical Education. (b) Components of Philosophy its Application in the field of Physical Education. (c) Traditional and Modern Philosophies their Implication in the program of Education. (d) Philosophies of Education applied to Physical Education. Idealism, Naturalism, Realism, Humanism (e) Sociological Basis of Physical Education (f) Social Environment for development of Individual Personality. (g) Socialization and Sports. (h) Social Nature and Social Recognition		
Unit II: NATURE OF PHYSICAL EDUCATION SYSTEM ANDHISTORICAL DEVELOPMENT OF ANCIENT OLYMPIC GAMES AND MODERN OLYMPIC GAMES		
(a) Ancient India and Mediaeval India. (b) Physical Education in Ancient Civilization with reference to India, Greece, Rome and Egypt. (c) Development of Physical Education with special reference to U.S.S.R., U.S.A. and Germany. (d) Philosophy of Olympics and its impact on Sports movements In India. (e) Current Trends in Physical Education. i) Role of Federations and Associations. ii) Courses and Coaching Centers. iii) Policies of Central and State Government for Physical Education and Sports. (f) Movements of Akhada and Vyayam Shalas in Maharashtra.		
Unit - III: PHYSICAL EDUCATION IN INDIA DURING 20TH CENTURY		
(1) Meaning, Definitions, Aims and Objectives of Physical Education. (2) Physical Education Training Institutions (3) 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 (LNPIE) v) Sports Authority of India (SAI)		10 Hours

**REFERENCES**

- 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 Mitchell Benett.
- 6) Physical Education in India, Published by National Association of Physical Education and Recreation in India
- 7) Philosophy and Sociology of Education by M. M. Bhatia.
- 8) A Sociological Approach to Indian Education by S. S. Mathur.
- 9) Philosophical Foundation of Physical Education, Health Education and Recreation by Engle Wood Cliffs.
- 10) Physical Education Foundation by Saiger Rober. N.
- 11) Physical Education Interpretations and objectives by J.B. Nash
- 12) Foundation of Physical Education by Charles A. Bucher.
- 13) Brief History of Physical Education by E.A. Rice.
- 14) History of Physical Education by Eraj. Ahmed Khan.
- 15) शारीरिक शिक्षणाचा विकास दि. वा. कोटीवाल
- 16) महाराष्ट्रातील शारीरिक शिक्षणाची वाटचाल - दि. गो. वाखरकर
- 17) शारीरिक शिक्षणाची ऐतिहासिक स्वरूप दि. गो. वाखरकर
- 18) शारीरिक शिक्षणाची ऐतिहासिक स्वरूप प्रा. जे. पो. शेळके

**Course No. DSC-06(Theory Paper No. 2-DSC-06)****Title of the Course: Principles and Recent development of Physical Education**

Course No.	Type of Course	Theory/ Practical	Credits	Instruction Hours/ week	Total number of lectures/ semester	Duration of Exam	Formative Assessment Marks	Summative Assessment marks	Total Marks
M 4	DSC-06	Theory	02	02	30	2 hours	20	30	50

**Summative Assessment Distribution of Marks** – 50 = Class Test 20 Marks;**Semester End Evaluation (Exam) 30 Marks.****M-4- Course Number DSC-06(Theory Paper-I) 02 Credits****Title of the Course: Principles and Recent development of Physical Education****Course Outcomes (CO):**

1. The students will be able to understand and explain about the principles of physical education with special reference to the biological, gender, principles of exercise, body types etc.
2. The students will understand about the sociological principles of physical education.
3. The students will be able to distinguish between the classifications of children based characteristics. Psychological, biological on logical and sociological
4. The students will be able to adapt with the recent developments in physical education.
5. The students will be aware about various levels of organizations for development of the sports arena.
6. The students understand about the role of associations and sports bodies in the development of sports culture.

<b>M - 4 - Syllabus: Course DSC - 06 (Theory Paper-I)</b> <b>Title of the Course: Principles and Recent development of Physical Education - 02Credits</b>	<b>Total Hours:30</b>
<b>Unit I: PRINCIPLES OF PHYSICAL EDUCATION AND SOCIOLOGICAL PRINCIPLES OF PHYSICAL EDUCATION</b>	<b>10 Hours</b>
(a) Biological Principles of Physical Education. (b) Sex Differences (c) Principles of exercise. (d) Body Types. (e) Social Values and Development of Traits. (f) Social Welfare (g) Physical Education as Sociological Agency	
<b><u>Unit II: CLASSIFICATION OF CHILDREN AND RECENT DEVELOPMENT OF PHYSICAL EDUCATION</u></b>	<b>10 Hours</b>
(a) Psychological Bases of Classification. (b) Biological Characteristics of Children. (c) Physiological and Sociological Characteristics of Children. (d) Status of Physical Education and Sports in Educational Institutions. (e) Physical Education at Pre-Primary and Primary School Level. (f) Physical Education at Secondary and Higher Secondary School Level.	
<b>Unit III: SPORTS AND GAME ORGANISATION IN INDIA AND ROLL OF ASSOCIATION AND SPORTS BODIES</b>	<b>10 Hours</b>
(a) District Level Organization (b) State Level Organization. (c) National Level Organization (d) International Level Organization (e) Indian Olympic Associations (IOC), (f) International Olympic Associations (IOC) (g) Sports Authority of India (SAI) (h) Central Advisory Board of Physical Education and Recreation	



## REFERENCES

- 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) Philosophy and Sociology of Education by James Ross.
- 11) A Sociological Approach to Indian Education by S.S. Mathur.
- 12) शारीरिकशिक्षणचेतत्वेवस्वरूप- भास्करगोखले
- 13) शारिकशिक्षणचेतत्वेवव्यवस्था-- श्रीहिराजीपाटील,
- 14) शारीरिकशिक्षणचोतत्वप्रा. श्रीपालगईवसुनितानरे.
- 15) शारीरिकशिक्षणाचाविकास-- प्रा.द.व. कोठीवाले

**M4 – Course No. DSC-7 (Practical Paper No.1 – DSC – 07) 02Credits**

Course No.	Type of Course	Theory/ Practical	Credits	Instruction Hours/ week	Total number of lectures/ semester	Duration of Exam	Formative Assessment Marks	Summative Assessment marks	Total Marks
M4	DSC-07	Practical	02	04	60	2hours	20	30	50

Formative Assessment Marks 20– Weekly Class Assignments

Summative Assessment Marks 30–Semester End Evaluation (Exam)

**M4 – Course DSC - 7(Practical Paper-1)****Title of the Course: Athletics: Track Events****Athletics–Track Events(Choose any Two)**

(a) 200 Mts. Sprint b) 400 Mts. Sprint, (c) Long Jump, d) Shot Put}

**Course Outcomes (CO):**

1. Develop skills related to Athletics Field Events.
2. Students will be able to perform the skills related to Athletics Field Events.
3. Practical demonstration and performance skills will be learned by the students.
4. The students will get acquainted with the rules and regulations of the Athletics Field Events.

**Note: Conduct any two events from the list given below:****A) TRACK AND FIELD EVENTS (Practical's) (50 Marks) (60- Hours)****(a) 400 Mts. Sprint** for (Men and Women)**(c) Long Jump** for (Men and Women)

(i) Introduction, (ii) Safety 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**(d) Shot Put**

(i) Introduction (ii) Safety Suggestion (iii) Techniques

**Techniques:** (i) O'Brien Techniques, (ii) Rotary Techniques (iii) Teaching Steps

Step-i- Lead-ups, Step-ii- Shot put form standing position, Step-iii, Shot put using the Glide

Technique, Step-iv, Shot put using Rotary Techniques

Formative Assessment marks 20– Weekly Class Assignment (Practical Record)

Summative Assessment Marks 30 - 10 Marks for Practical Performance, 20 Marks for Rules and Regulations and Ground Markings.

### **Reference:**

1. "TrackandField". Scholastic. Archived from the original on 3 November 2019. Retrieved 22 July 2019.
2. Rosenbaum, Mike. Introduction to Track and Field Events Archived 29 May 2015 at the Wayback Machine. About. Retrieved on 28 September 2014.
3. Jump up to: Instone, Stephen (15 November 2009). The Olympics: Ancient versus Modern Archived 2 December 2019 at the Wayback Machine. BBC. Retrieved on 23 March 2010.
4. "Ancient Olympic Events: Pentathlon". Perseus digital library. Archived from the original on 20 March 2021. Retrieved 3 August 2009.
5. Waldo E. Sweet, Erich Segal (1987). Sport and recreation in ancient Greece. Oxford University Press. p. 37. ISBN 0195041267.
6. Jean-Paul Thuillier, Les sports dans la Rome antique (in French), Paris, Errance, 1996, pp. 115–116, ISBN 2-87772-114-0
7. "The Olympic Games in Antiquity", The Olympic Museum. Archived 19 September 2016 at the Wayback Machine Retrieved 22 July 2019.
8. "High Jump (c. 1900)". Springfield College Digital Collections. Archived from the original on 15 February 2024. Retrieved 3 February 2024.
9. Jump up to "History-Introduction". IAAF. Archived from the original on 1 May 2010. Retrieved 25 March 2010.
10. Jump up to: Robinson, Roger (December 1998). "On the Scent of History". Running Times:

**M4-CourseNo. DSC-8 (Practical Paper No.2-DSC-08)02 Credits**

Course No.	Type of Course	Theory/ Practical	Credits	Instruction Hours/ week	Total number of lectures/ semester	Duration of Exam	Formative Assessment Marks	Summative Assessment marks	Total Marks
M4	DSC-08	Practical	02	04	60	2hours	20	30	50

Formative Assessment Marks 20 – Weekly Class Assignments

Summative Assessment Marks 30 – Semester End Evaluation Exam)

**M4 – Course Number DSC – 8 (Practical Paper– 2) Title of the Course: Opted****Games 02 Credits****A) Opted Games choose any one – (a) Kabaddi, b) Wrestling, c) Hockey d) Hand Ball)****Course Out comes (CO):**

- 1) Develop skills related to **Games** Events
- 2) Students will be able to perform the skills related to **Games** Events
- 3) Practical demonstration and performance skills will be learned by the students
- 4) The students will get acquainted with the rules and regulations of the **Games** Events

**A) OPTED GAMES (Any one of the following Games) (Practical's)(50 Marks) (60- Hours)**

- I) Kabaddi
- II) Wrestling
- III) Hockey
- IV) Hand Ball

**Teaching, learning Steps & Techniques**

- a) History of the Games,
- b) Rules & Regulations of the Games,
- c) Different Training methods.
- d) Training Schedule,
- e) Fundamental Skills of the Game,
- f) Tactics of the Games.
- g) In Offensive & Defensive
- h) Ground Marking System.

Formative Assessment Marks 20 – Weekly Class Assignment (Practical Record)

Summative Assessment Marks 30 10 Marks for Practical Performance, 20 Marks for Rules and Regulations and Ground Markings.



## **Reference:**

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4. "AncientOlympicEvents:Pentathlon".Perseusdigitallibrary.Archivedfromtheoriginalon20March2021.Retrieved3August2009.
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7. "TheOlympicGamesinAntiquity",TheOlympicMuseum.Archived19September2016attheWaybackMachineRetrieved22July2019.
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**BA Second Year: 3<sup>rd</sup> Semester –Subject: Physical Education****GENERIC ELECTIVE /OPEN ELECTIVE (GE/ OE - 02)**

The Course Physical Education in Third Semester has

**1. Sports journalism**

It should be chosen compulsorily from the faculty other than that of Major

**Course Number GE/ OE – 2 (Paper Number – 1): 02 Credits**

Course No.	Type of Course	Theory/ Practical	Credits	Instruction Hours/ week	Total number of lectures/ semester	Duration of Exam	Formative Assessment Marks	Summative Assessment marks	Total Marks
02	GE/OE-02	Theory	02	02	30	2hours	20	30	50

Formative Assessment Marks 20–Weekly Class Assignment (Practical Record)

Summative Assessment Marks 30 10 Marks for Practical Performance, 20 Marks for Rules and Regulations and Ground Markings.

**Course Number GE/ OE–1: Paper – 01:****Title of the course: Sports journalism****Course Outcomes:**

Sports journalism has numerous outcomes that impact various stakeholders, including athletes, teams, leagues, fans, and society as a whole. Here are some significant outcomes:

1. Define and explain the importance of Sports journalism
2. Sports journalism helps promote sports development by increasing awareness, encouraging participation, and providing coverage of various sports events.
3. Investigative sports journalism uncovers scandals, corruption, and wrongdoing, ensuring accountability and promoting fair play.
4. Sports journalism provides fans with in-depth analysis, expert opinions, and behind-the-scenes stories, enhancing their understanding and appreciation of sports.
5. Local sports journalism promotes community engagement, covering local teams, athletes, and events, which helps build pride and a sense of belonging.

Syllabus: Course GE/OE-2: Paper-01 Title: Sports journalism – 02 Credits		TotalHours: 30
<b>Unit I: Definition, need and importance of sports journalism and Sports news gathering and writing Distinctions of sports journalism</b>		10Hours
1. Distinctions of sports journalism 2. Sports news gathering 3. Classification of sports competitions 4. Selection of news 5. Sports news writing 6. ‘Introductory’ paragraph- 7. Second paragraph-Second lead 8. Brief results of matches 9. Boxes and snapshots 10. Photographs		
<b>Unit II: Editorial Room, Sports Editorials</b>		10Hours
1. Column Writing / Variety of Sports Writing 2. Observations 3. Reviews 4. Research and ‘Discovery’ 5. Opinion Writing 6. ‘Sports News Feature’ 7. Special Issues 8. Sports Cartoons 9. The Progress of Domestic Sports		
<b>Unit III: News Room, Opening and Closing Ceremonies</b>		10Hours
1. General ‘Award Ceremony’ 2. Types of Interviews 3. Time Planning 4. Pre-Competition News (Curtain Raiser) 5. Translation 6. Sports Journalist Accreditation (Press Accreditation)		

**REFERENCES:**

1. "Sports Journalism: A Practical Guide" by Phil Andrews (Routledge, 2019)
2. "The Sports Journalist's Handbook" by Steve Craig (Cengage Learning, 2018)
3. "Sports Writing: A Guide to Writing Sports News" by Timothy C. Simmons (McGraw-Hill Education, 2017)
4. "Investigative Sports Journalism" by Mark Fainaru-Wada and Lance Williams (University of Nebraska Press, 2016)
5. "Digital Sports Journalism" by David M. Schwartz (Routledge, 2018)
6. "Sports Journalism: An Introduction" by Raymond Boyle and Richard Haynes (SAGE Publications, 2018)
7. "The Sports Journalist" by Charles C. Morrow (Holcomb Hathaway, 2017)
8. "Sports Media: Reporting, Producing, and Planning" by Brad Schultz and Mary Lou Sheffer (Routledge, 2019)
9. "Sports Journalism: A Critical Introduction" by Raymond Boyle (SAGE Publications, 2019)
10. "Global Sports Journalism: A Practical Guide" by John Kelly and Mark Wheeler (Routledge, 2020)
- 11) क्रीडापत्रकारिता – हेमंत जोषदेव,

**B. A. Semester Third – Subject: Physical Education****VOCATIONAL SKILL COURSE (VSC– 3)**

The Course Physical Education in Third Semester has

**1. Recreation in Physical Education 01CreditEach**

Details of the courses areas under:

**Course Number – VSC – 3 (Paper Number – 01)**

Course No.	Type of Course	Theory/ Practical	Credits	Instruction Hours/ week	Total number of lectures/ semester	Duration of Exam	Formative Assessment Marks	Summative Assessment marks	Total Marks
01	VSC– 3	Theory	01	01	15	1hour	20	30	50

Formative Assessment marks20–Weekly Class Assignment (Practical Record)

Summative AssessmentMarks 30

10MarksforPracticalPerformance,20MarksforRulesandRegulationsandGroundMarkings.

**Course Number VSC – 3: Theory Paper – 01****Title of the Course: Recreation in Physical Education - 01Credit****Course Outcomes:**

1. To the importance of recreation in people's lives, and how it can contribute to happiness, health, and community solidarity
2. To the principles and practices of recreation management, including planning, implementation, and evaluation learning about the skills, rules, and techniques required to perform physical activities, sports, and cultural and artistic activities
3. Understanding your own and others' values and beliefs and Understanding your role as a team player
4. To build confidence and social skills and foster creativity and imagination.
5. To the play doesn't need to happen in formal settings like pre-school for children to get the benefits.
6. Connecting with your purpose, values, and core strengths and critically reflecting on situations and actions Communication skills learning how to communicate effectively and Learning how to surface critical issues and deal with conflict constructively



Syllabus: Course GE/ OE - 2: Paper – 01 Title: Recreation in Physical Education- 02Credits		TotalHours: 30
<b>Unit I : INTRODUCTION TO RECREATION AND RECREATIONAL PROGRAMMES</b>		<b>10Hours</b>
1. Meaning, definition, aim, objective, scope and characteristics of recreation. 2. Importance /significance of recreation. 3. Types of recreation. 4. Principles of Recreation. 5. Historical development of recreation in India 6. Criteria and Principles of selecting recreational program. 7. Cultural, Literary, Nature and Adventure activities (Folk Dance, Debate, Quiz, Tour and Trekking)		
<b>Unit II: PLAY AND THEORIES OF PLAY CAMPING</b>		<b>10Hours</b>
a) Meaning and definition of play. b) Aim, objective and significance of play. c) Meaning, aim and objective of the camp. d) Need, Scope and importance of the camp. e) Types of camp. f) Uses of camping/outdoor activities. g) Selection and layout of the camp site		
<b>Unit III: LEADERSHIP TRAINING</b>		<b>10Hours</b>
a. Meaning and definition of leadership and Leadership training. b. Qualities of leader. c. Nature and characteristics of leader. d. Types of leadership. e. Need and importance of leadership in physical education f. Factors/changes in the society responsible for affecting the need for recreation.		

## REFERENCES

1. Brar R.S, Walia Rosy, Gill Manmeet, Kanwar Sonia, KaltaSushil, ThapaAnshul Singh (2011) "Fundamentals of Physical Education". Ludhiana, Kalyani Publication.
2. Dutta, A.K. "Games and Sports for Children" (2004) 1st edition - JanvaniPrakashan Pvt. Ltd. 30/35, Gali No. 9, Vishwas Nagar, Shahdra, Delhi-110032.
3. Jain, Deepak "Physical Education and Recreational Activities"(2002) KhelSahitya Kendra, New Delhi.
4. Singh Ajmer and et al, "Essential of physical Education" (2007) 3rd edition, Kalyani Publisher B 1/292, Rajinder Nagar Ludhiana Punjab.
5. Thour, Mandeep "Camping Management in Physical Education"(2006) Friends Publication,
6. Mukerjee Tower, Dr.Mukerjee Nagar-Delhi.
7. Introduction Community Recreation by Bulter G. D.
8. Recreation administration bi Mayer H. D. and G. K. Brightbill
9. Introduction to Recreation Education by JanneyHohn H.
10. Community Recreation a Guide to its organization by Meyer H. D.
11. डॉपियुषजैन, "मनोरंजन" (2008), खेल साहित्य केंद्र प्रकाशन, 7/26, अन्सारी रोड, दरियागंज, नई दिल्ली.

**Course Number – VSC– 3 (Practical Paper Number VSC – 01)02 Credits**

Course No.	Type of Course	Theory/ Practical	Credits	Instruction Hours/ week	Total No. of lectures/ semester	Duration of Exam	Formative Assessment Marks	Summative Assessment marks	Total Marks
M4	VSC– 3	Practical	02	04	60	2hours	20	30	50

Formative Assessment Marks 20–Weekly Class Assignments

Summative Assessment Marks 30 – Semester End Evaluation (Exam)

**Course Number–VSC– 3 (Practical Paper Number VSC – 01)02 Credits****Title of the Course: Human Pyramid, Suryanamaskar (12) & Shuttle Run****Course Outcomes(CO):**

1. To the building a human pyramid requires strength, particularly in the legs, core, and upper body.
2. To the better Balance and Coordination: The activity requires coordination and balance to prevent the pyramid from collapsing.
3. To the Teamwork and Communication: Building a human pyramid requires effective communication, trust, and teamwork.
4. To the Surya Namaskar helps increase flexibility and range of motion in the spine, hips, and shoulders.
5. To the Strength and Endurance: The practice builds strength and endurance in the muscles, particularly in the arms, legs, and core.
6. To the Improved Posture: Regular practice of Surya Namaskar can improve posture by strengthening the back muscles and increasing flexibility in the spine.
7. To the Weight Management: Surya Namaskar can help with weight management by increasing metabolism, building muscle, and improving digestion.
8. To the time taken to complete the shuttle run, which reflects an individual's speed and acceleration.
9. To the ability to quickly change direction and speed, which is essential for many sports and physical activities.
10. To the capacity to sustain a high-intensity effort over a prolonged period, as measured by the number of shuttle runs completed.
11. To the ability to generate force and speed, which is critical for explosive movements in sports.

**Recreational Activates (Any Two of the following Activates, Practical- 50 Marks, 60- Hours)****A) Human Pyramid Formation Preparation**

1. Team Selection: Choose a team with a mix of strengths, heights, and weights.
2. Safety Precautions: Ensure a safe and open space, free from obstacles and hazards.
3. Warm-Up: Perform a thorough warm-up to prevent injuries.
4. Communication: Establish clear communication and a common goal.

**a) Level 1**

1. Base Position: The strongest and heaviest team members form the base, typically in a squatting or kneeling position.
2. Hand Placement: The base members place their hands on each other's shoulders or backs for support.

**b) Level 2**

1. Middle Position: The next level of team members stands on the base, typically with one foot on each base member's shoulder or back.
2. Balance and Support: The middle members balance and support each other, with hands on

shoulders or hips.

**B) Suryanamaskar (12)**

**All 12 Steps**

**c) Shuttle Run**

**Test Procedure**

1. Course Setup: Set up two parallel lines of cones, 10-20 meters apart, depending on the desired test distance.
2. Participant Preparation: Ensure the participant is properly warmed up and understands the test instructions.
3. Starting Position: The participant starts at one end of the course, behind the designated starting line.
4. Test Initiation: On the signal, the participant sprints to the opposite end of the course, then immediately changes direction and returns to the starting point.
5. Shuttle Runs: The participant continues to shuttle back and forth between the two ends of the course for the designated number of repetitions or time.
6. Timing: Record the time taken to complete the designated number of shuttle runs or the total time for a set distance.

Formative Assessment marks 20–Weekly Class Assignment (Practical Record)

Summative Assessment Marks 30 10 Marks for Practical Performance, 20 Marks for Rules and Regulations and Ground Markings.

**REFERENCES :**

1. “Human Pyramid Formation: A Guide to Safe Practice” (2019) - This guide published by the American Council on Exercise (ACE) provides tips for safe human pyramid formation.
2. “Building a Human Pyramid: A Step-by-Step Guide” (2018) - This article published by the National Academy of Sports Medicine (NASM) provides a step-by-step guide to building a human pyramid.
3. “Human Pyramid Formation: A Fun and Challenging Team-Building Activity” (2017).

**Subject (Major): Physical Education****B. A. Second Year: 4<sup>th</sup> Semester**

Course Type	Course Code	Course Name	Teaching Scheme (Hrs./ Week)		Credits Assigned		Total Credits
			Theory	Practical	Theory	Practical	
Major (Core) M-5 Mandatory	DSC-9	Health Education in Physical Education and Causes and Prevention of Diseases	2		2		2+2+2+2 =8
	DSC-10	Officiating, Coaching and Training Methods in Physical Education and Sports	2		2		
	DSC-11	Practical based on DSC-9: Athletics – Track Events		4		2	
	DSC-12	Practical based on DSC-10: Opted Games		4		2	
Minor (Choose any two from pool of courses) It is from different discipline of the same faculty	Mn-3	To be chosen from other discipline of the same faculty	2		2		2+2 =4
	Mn-4	To be chosen from other discipline of the same faculty	2		2		
Generic/ Open Elective (GE/ OE) (Choose any one from pool of courses) <b>It should be chosen compulsorily from the faculty other than that of Major</b>	GE/OE-4	To be chosen from other faculty <b>2. Physical Education for Better Life / living.</b>	2		2		2
SEC (Skill Enhancement Courses) (Choose any one from pool of courses)	SEC-3	<b>2. Tournaments and Meets</b>	1		1		1+1 = 2
	SEC-4	Practical based on SEC-3: <b>4. Standing Broad Jump</b> <b>5. Skipping rope</b> <b>6. 9 minutes Run &amp; Walk</b>		2		1	
AEC, VEC, IKS	AEC-4	Modern Indian language (MIL-2) (Choose any one from pool of language courses) (Common for all the faculty)	2		2		2
OJT/FP/CEP/CC/RP	FP-2	Community engagement and service		4		2	2+2=4
	CC-4	Fine/ Applied/ Visual/ Performing Arts) (Common for all the faculty)		4		2	
			13	18	13	09	22
Exit Option: Award of UG Diploma In Major and minor with 88 credits and an additional 4 credits NSQF course (Related to major/minor internship during summer vacation OR Continue with Major and Minor.							

**Minor courses for other discipline**

Mn-3: This is a 2 credit theory course to be designed for other discipline.

Mn-4: This is a 2 credit theory course to be designed for other discipline.

**Generic/Open Elective courses for other faculty**

GE/OE-4: This is a 2 credit theory course to be designed for other faculty



**B. A. Second Year: 4<sup>th</sup> Semester – Subject: Physical Education****Course Type – Major (Core) M - 5 Mandatory****DISCIPLINE SPECIFIC COURSE M1 (DSC – 09 and DSC – 10)****The Course Physical Education in Fourth Semester has****Health Education in Physical Education and Causes and Prevention of Diseases And****Officiating, Coaching and Training Methods in Physical Education and Sports,****Theory Course (PaperDSC-9 andDSC-10), Athletics (Track Events) and Opted Games****Practical Course (PaperDSC-11 andDSC-12,****Practical based on DSC- 9 and DSC-10) for 08Credits, 02Credits Each****All the papers are compulsory and Details of the course are as under****Course No. DSC – 9 (Theory Paper No. 1 – DSC – 09)**

Course No.	Type of Course	Theory/ Practical	Credits	Instruction Hours/ week	Total number of lectures/ semester	Duration of Exam	Formative Assessment Marks	Summative Assessment marks	Total Marks
M 5	DSC-09	Theory	02	02	30	2 hours	20	30	50

**Summative Assessment Distribution of Marks 50=Class Test – 20 Marks; Semester****End Evaluation (Exam) 30 Marks****M – 5 – Course Number DSC – 9 (Theory Paper – I) 02 Credits****Title of the Course: Health Education in Physical Education and Causes and****Prevention of Diseases****Course Outcomes(CO):**

1. Students will understand the concept of health education with its importance and principles.
2. Students will understand about the contemporary issues in health related problems with healthy habits and awareness of bad habits.
3. Students will be aware about the concept of family, parental issues, handling disaster situations etc.
4. Students will understand about the importance, principles and types of recreations.
5. Students will be aware about preparation of planning a recreation programs for urban, rural and industrial workers.
6. Students will understand about the working pattern of the agencies promoting recreation in society.

<b>M-5-Syllabus:Course DSC-9 (Theory Paper-I)</b>	
<b>Title of the Course: Health Education in Physical Education and Causes and Prevention of Diseases– 02Credits</b>	<b>TotalHours:30</b>
<b>UnitI:HEALTH EDUCATION AND CONTEMPORARY HEALTH PROBLEMS</b>	<b>10 Hours</b>
a) Meaning, Definition of Health Education b) Aims, Objectives of Health Education c) Importance of Health Education. d) Principles of Health Education. e) Eating Habits and its effect on Health.	
<b>Unit II: FAMILY AND HEALTH EDUCATION AND COMMUNITY HEALTH</b>	<b>10 Hours</b>
a. Meaning functions and importance of family as a social institution b. Role of parents in child Health Care c. Health Care during Disasters d. Community Health & Its Problem e. Solution of Community Health Problem f. Roles and Responsibilities of a Community g. Mental Health	
<b>UnitIII:CAUSES AND PREVENTION OF DISEASES</b>	<b>10 Hours</b>
a) Life style disorders: Heart diseases, Cancer, HIV/AIDS, Depression, Diabetes and Obesity. b) Back Pain: Causes, Symptoms and Prevention. c) Alcoholism, Smoking and Drugs its effects on Individual, family and community. d) Impact of Pollution on Human health e) Communicable diseases: Malaria, Swine flu, Chikungunya, Typhoid, Cholera, Small Pox, Tuberculosis and Dengue: Causes. f) Symptoms and Prevention.	

**REFERENCES:**

1. Officiating, Coaching, Training Method and Recreation in Physical Education and Sports by Prin. Yousufzai N.S.
2. Health Education by O.P. Aneja
3. Health Education and Kinesiology by Dr. Rajiv Kumar.
4. Health Education for Children's by D.K. Gupta
5. Health Physical Education and sports by Dr. N.P Sharma
6. Health and Physical Fitness for Children's by D.K. Gupta
7. शरीरविज्ञानवक्रिडातंत्रशास्त्रडॉ. वि.ग. पाठक
8. स्वास्थ्यआणियोगडॉ. मोहनकुमारसरपातेखडकीकर
9. आरोग्यशिक्षणयोगवप्रथमउपचार-प्रा. के.एन. गंदगे.
- 10.आरोग्यशास्त्रएवंस्वस्थशिक्षा- डॉ. रमेशचंद्रकंवर.
11. आरोग्यसंवाद - डॉ. सुधाकरलिमकर

**Course No. DSC-10 (Theory Paper No. 2-DSC-10)**  
**Officiating, Coaching and Training Methods in Physical Education and Sports**

Course No.	Type of Course	Theory/ Practical	Credits	Instruction Hours/week	Total number of lectures/ semester	Duration of Exam	Formative Assessment Marks	Summative Assessment marks	Total Marks
<b>M 5</b>	<b>DSC-10</b>	<b>Theory</b>	<b>02</b>	<b>02</b>	<b>30</b>	<b>2 hours</b>	<b>20</b>	<b>30</b>	<b>50</b>

**Summative Assessment Distribution of Marks 50 = Class Test 20 Marks; Semester End Evaluation (Exam) 30 Marks**

**M - 5 - Course Number DSC-10 (Theory Paper – 2) 02 Credits**

Title of the Course: **Officiating, Coaching and Training Methods in Physical Education and Sports.**

**Course Outcomes (CO):**

1. The students will understand the concept of officiating of Games and Sports with qualities, responsibilities, duties of good officials.
2. The students will understand the concept of Coaching of Games and Sports with qualities, responsibilities, duties of good officials.
3. The students will understand the origin and development of different games and sports
4. The students will understand the about the training methods and means.
5. The students will understand about the different types of training methods.

M-5-Syllabus:CourseDSC-10(Theory Paper-2) Title of the Course: <b>Officiating, Coaching and Training Methods in Physical Education and Sports - 02Credits</b>		Total Hours: 30
<b>Unit I: OFFICIATING AND COACHING OF GAMES AND SPORTS</b>		<b>10 Hours</b>
a) Meaning and Definition of Officiating b) Importance of Officiating in Physical Education and Sports c) Qualities of Good Officials d) Duties and Responsibilities of Official e) Rules and Marking System of Indian and Foreign Games. f) Meaning and Definition of Coaching g) Impedance of Coaching In Games and Sports h) Qualities of God Coach. i) Duties and Responsibilities of Coaches.		
<b>Unit II: FUNDAMENTAL AND TRAINING METODS IN GAMES AND SPORTS</b>		<b>10 Hours</b>
a) Meaning and Definition of Prefatory exercise (warming up) b) Basic Exercises - Related Games and Sports. c) Supplementary exercise Related Games and Sports. d) Preparation of various lead - up games. e) Need of Sports Training. f) Principles of Sports Training.		
<b>Unit III: TYPES OF TRAINING METHOD IN GAMES AND SPORTS</b>		<b>10 Hours</b>
a) Factor's affecting the Sports Training. b) Procedure and Planning of Specific Training. c) Weight Training d) Circuit Training e) Fartlek Training f) Interval Training		

**REFERENCES:**

- 1) Scientific Principles of Coaching- J. W. Bunn Englewood Cliffs- M. J. Wetes Hall- INC. New York.
- 2) Training Methods- Hardayal Singh S. K. S.Pub. Dehli.
- 3) Sports Training- General Theory and Methods by Hardayal Singh-NSNIS- Patiala Publication
- 4) Officiating & Science of Coaching by Dr. Shiledar, Dr. Vithalsingh Parihar, Abhay Prakashan, Nanded.
- 5) Officiating & Science of Coaching by Vyankatesh Wagwal.
- 6) Officiating, Coaching and Training Method by Dr. Yousufzai N.S
- 7) Coaching In Sports by Dr. Ashok kr. Rawat
- 8) Officiating in Sports by Dr. Ashok kr. Rawat
- 9) क्रिडास्पर्धा आणि सामनेप्रा. गोडवोले
- 10) खेळसंचलन व क्रिडा मार्गदर्शनप्रा. सिलेदार वप्रा. परिहार
- 11) निर्णयन एवं अधि शिक्षा प्रा. आर.सी. कंबर
- 12) क्रिडा शास्त्र मार्गदर्शन व पंचकार्यडॉ. व्यंकटेश वांगवाड
- 13) खेळसंचलन व क्रिडा मार्गदर्शनप्रा. के. एन. गंदगेवप्रा. उत्तमधुमाळ



**M 5 – Course No. DSC-11(Practical Paper No.1-DSC-11)02Credits**

Course No.	Type of Course	Theory/ Practical	Credits	Instruction Hours/ week	Total number of lectures/ semester	Duration of Exam	Formative Assessment Marks	Summative Assessment marks	Total Marks
M 5	DSC-11	Practical	02	04	60	2hours	20	30	50

Formative Assessment Marks 20 – Weekly Class Assignments

Summative Assessment Marks 30–Semester End Evaluation (Exam)

**M 5-Course DSC-11(Practical Paper-1)****Title of the Course: OFFICIATING OF GAMES AND SPORTS****Athletics–Track Events**

(a) 800 Mts. Sprint, b) Triple Jump, c) Discuss Throw}

**Course Outcomes(CO):**

- 1) Practical demonstration and performance skills will be learned by the students.
- 2) The Students will be aware about the rules and regulations of the Games and Sports in practicality along with the techniques and tactics in specific sports of Track and Field Events.
- 3) Due to practical experience in the opted sports with their history rules and regulation, different training methods, training schedules, fundamental skills and ground marking, the students will be able to perform better on fields.
- 4) The students will gain confidence and opportunity to show their creativity by preparing record books.

**Title of the Paper-1: OFFICIATING OF GAMES AND SPORTS (Track and Field Events)****A) Event Wise Performances**

- a) 800 Metres Running For Men and Women
  - b) Triple Jump (Men and Women)
- i) Introduction
  - ii) Safety Suggestion
  - iii) Techniques

**Teaching Steps:**

- i) Approach Run, ii) Take Off, iii) Flight in the air, iv) Body action, v) Landing

**B) Discuss Throw**

- i) Introduction, ii) Safety Suggestion, iii) Techniques

**Teaching Steps:**

- i) Holding the Discuss in Stance, ii) Action, iii) Follow Throw

**C) Ground Marking System**

**D) Preparation of Record Books its Submission Compulsory on opted any one game and one athletic event**

i) Running Event (800 Mts.) ii) Jumping Event (Triple Jump), iii) Throwing Event (Discuss Throw)

Formative Assessment Marks 20 – Weekly Class Assignment (Practical Record)

Summative Assessment Marks 30: 10 Marks for Practical Performance, 20 Marks for Rules and Regulations and Ground Markings.

**Reference:**

- 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) Officiating and Coaching by R. H. Tiwari
- 10) Training Method in Sports by A. K. Karmarkar
- 11) शालेयअथलेटीक्स- रामभागवत
- 12) मैदानीखेळ- प्रा. दि.बाकोठीवाला
- 13) क्रीडाज्ञानकोश- डॉ. सुरेशचंद्रनाडकर्णी
- 14) खेळाचीनियमावली- जे.पो. झाडबुके
- 15) शर्यत/खेळ/ स्पर्धाआ.पा. खरात.
- 16) वैयक्तीकखेळश्रीसांगलीकर

**M 5 – Course No. DSC – 12 (Practical Paper No. 2) 02Credits**

Course No.	Type of Course	Theory/ Practical	Credits	Instruction Hours/ week	Total number of lectures/ semester	Duration of Exam	Formative Assessment Marks	Summative Assessment marks	Total Marks
M 5	DSC-12	Practical	02	04	60	2hours	20	30	50

Formative Assessment Marks 20–Weekly Class Assignments

Summative Assessment Marks 30– Semester End Evaluation (Exam)

**M 5 - Course Number DSC - 12 (Practical Paper-2)****Title of the Course: Opted Games 02 Credits****A) Opted Games (choose any one – (a) Kabaddi, b) Wrestling, c) Hockey d) Hand Ball}****Course Outcomes (CO):**

- 5) Develop skills related to **Games** Events
- 6) Students will be able to perform the skills related to **Games** Events
- 7) Practical demonstration and performance skills will be learned by the students
- 8) The students will get acquainted with the rules and regulations of the **Games** Events

**A) OPTED GAMES (Any one of the following Games) (Practical's) (50 Marks) (60- Hours)**

- 1) Volleyball
- 2) Ball badminton
- 3) Cricket
- 4) Table Tennis

**Teaching, learning Steps & Techniques**

- a) History of the Games,
- b) Rules & Regulations of the Games,
- c) Different Training methods.
- d) Training Schedule,
- e) Fundamental Skills of the Game,
- f) Tactics of the Games.
- g) In Offensive & Defensive
- h) Ground Marking System.

Formatives Assessment marks 20 – Weekly Class Assignment (Practical Record)

Summative Assessment Marks 30– 10 Marks for Practical Performance, 20 Marks for Rules and

Regulations and Ground Markings.

**Reference:**

- 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) Officiating and Coaching by R. H. Tiwari
- 10) Training Method in Sports by A. K. Karmarkar
- 11) शालेय अथलेटिक्स- रामभागवत
- 12) मैदानी खेळ- प्रा. दि. बाकोठीवाला
- 13) क्रीडा ज्ञानकोश- डॉ. सुरेशचंद्र नाडकर्णी
- 14) खेळाची नियमावली- जे.पो. झाडबुके
- 15) शर्यत/खेळ/ स्पर्धा आ.पा. खरात.
- 16) वैयक्तीक खेळ श्रीसांगलीकर



**BA Second Year: 4<sup>th</sup> Semester – Subject: Physical Education****GENERIC ELECTIVE/ OPEN ELECTIVE (GE/ OE - 02)**

The Course Physical Education in Fourth Semester has

**1. Physical Education for Better Life living**

It should be chosen compulsorily from the faculty other than that of Major

**Course Number GE/ OE – 2 (Paper Number – 1): 02Credits**

Course No.	Type of Course	Theory/ Practical	Credits	Instruction Hours/ week	Total number of lectures/ semester	Duration of Exam	Formative Assessment Marks	Summative Assessment marks	Total Marks
02	GE/OE-02	Theory	02	02	30	2hours	20	30	50

**Formative Assessment** – 20 Marks: 10 Marks for Home Assignments; 10 Marks for Case Studies

**Summative Assessment** – 30marks: Semester End Evaluation (Exam) 30 Marks

**Course Number GE/ OE – 2: Paper – 01****Title of the course: Physical Education for Better Life / living.****Course Outcomes:**

1. Students would know concept of the good life.
2. To will know, which factors are important for better life?
3. To will know the benefits of team games for better life and national integration.
4. To will know the importance of Diet and Nutrition for our life.
5. To will know the recreational activities most important for better life.

Syllabus: Course GE/ OE - 2: Paper – 01 – 02 Credits Title: Physical Education for Better Life / living		Total Hours:30
Unit I: THE HYGIENE OF THE MIND AND ITS RELATION TO THE PHYSICAL HEALTH.		10Hours
1. Definition and importance of Hygiene 2. Health and Hygiene 3. Personal Hygiene-(Hand hygiene, Oral hygiene, Body hygiene, Hair hygiene, Nail hygiene) 4. Food Hygiene 5. Environmental Hygiene 6. Mental Health Hygiene 7. Public Health Hygiene 8. Home Hygiene 9. School Hygiene		
Unit II: Promoting Activities as A Way of Life (Exercise and Recreation)		10 Hour
1. Walking, 2. Jogging, 3. Running, 4. Swimming, 5. Exercise as per Age Group, 6. Recreational Activities: Dancing Aerobics, Singing, Watching Movies. 7. Benefits of Team Games 8. Benefits of Tour.		
Unit III: Diet and Nutrition		10Hours
1. Definition of Diet and Nutrition 2. Basic of Nutrition 3. Balance Diet 4. Need & Importance of Nutria for the Healthy life 5. Food, Nutrition, and Health 6. Carbohydrates, Fats, Proteins, Vitamins and Minerals 7. Water and Electrolyte Balance		

**REFERENCES:**

1. Shanmugave IGovindan(2021)Public Health And Hygiene, Darshan Publishers ISBN: 978-93-86739-55-1
2. Newsholme, Arthur, (2019) Hygiene: a manual of personal and public health. 1857-1943. EBook- No.58591
3. Annam. Galbraith (1916) Personal Hygiene and Physical Training for Women\_10000085, Fortran eBook New York.
4. Simranpreet Kaur, Randhir Singh (2022) Handbook on Food Safety and Hygiene Publisher: Centre for One Health, Gadvasu, Ludhiana, India ISBN: 978 93 5526 748 1.
5. Walter N. Toscano (2018) Handbook of Leisure, Physical Activity, Sports, Recreation and Quality of Life.
6. Ken Hutchins (2014) Exercise versus recreation
7. Andy Smith (2016) Exercise is recreation not medicine, Journal of Sport and Health Science 5(2)
8. Elizabeth A. Jones & Caroline King (2005)Feeding and Nutrition in the Preterm Infant, 1st Edition
9. Staci Nix McIntosh (2021) Basic Nutrition and Diet Therapy, 9780323749800 Next Generation NCLEX® case studies.
10. Raheena Begum (2015) A Textbook of Foods, Nutrition and Dietetics, Sterling Publishers Private Limited.

**B.A. Semester 4th –Subject: Physical Education  
SKILL ENHANCEMENT COURSE (SEC– 3)**

The Course Physical Education in Fourth Semester has

**1. Meets and Tournaments - 01 Credit Each**

Details of the courses are as under:

**Course Number–SEC– 3 (Paper Number–01)**

Course No.	Type of Course	Theory/ Practical	Credits	Instruction Hours/ week	Total number of lectures/ semester	Duration of Exam	Formative Assessment Marks	Summative Assessment marks	Total Marks
01	SEC– 3	Theory	01	01	15	2 hour	20	30	50

Formative Assessment marks 20–Weekly Class Assignment (Practical Record)

Summative Assessment Marks 30 10 Marks for Practical Performance, 20 Marks for Rules and Regulations and Ground Markings.

**Course Number SEC– 3: Theory Paper – 01**

Title of the Course: **Meets and Tournaments-01 Credits**

**Course Outcomes:**

1. To the Participants can develop technical and tactical skills.
2. To the Participants can learn to communicate, work together, and develop patience and trust.
3. To the Participants can learn to take charge and lead others.
4. To the Participants can learn to handle pressure and face challenges.
5. To the Participants can showcase their talents and get out of their comfort zone.
6. To the Participants can learn to compete healthily.

<b>Syllabus: Course SEC– 3: Theory Paper–01– 01 Credits</b>		<b>Total Hours:30</b>
<b>Title: Meets and Tournaments</b>		
<b>Unit I: Meets and Tournaments</b>		<b>10 Hours</b>
a) Meaning of Meets and Tournaments b) Importance of meets and tournaments. c) Types of Tournaments- i) Knock-out system. ii) League system. iii) Combination system (To draw the lots their Merits and Demerits) d) Athletic Meet: Officials various Committees, Opening Ceremony, Closing Ceremony.		
<b>Unit II: Playground facilities-Standards:</b>		<b>10 Hour</b>
e) a) Preparation and Maintenance of Playground. f) b) Gymnasium: Standards, Facilities and Maintenance. g) c) Lay-out of play field- Kabbadi, Kho-Kho, Volleyball, Basket Ball, Hand ball.		
<b>Unit III: Equipment's of Sports</b>		<b>10</b>
a) Care and Maintenances b) Policies of Purchases of Sports Equipment's.		<b>Hours</b>

**Recommended Books-**

1. E.F.Voltmer and Esslinger- The Organization of Administration of Physical Education.
2. Jay B.Nash- The Administration of Physical Education.
3. Prin. P.M. Joseph- Organization of Physical Education-The old Student's Association T.I.P.E. Bombay.
4. Organization of Physical Education- by J.P. Thomas.
5. Administration of School Health and Physical Education Programme by C. A. Bucher.
6. Williams J.F and Other the Administration of Health and Physical Education-Philadelphia-W. B. Saunders Co.
7. Two experienced Professors- Organization, Administration and Recreation in Physical Education. Prakash

Brothers, Ludhiana.

### Course Number SEC– 3: Practical Paper–01

Course No.	Type of Course	Theory/ Practical	Credits	Instruction Hours/ week	Total number of lectures/ semester	Duration of Exam	Formative Assessment Marks	Summative Assessment marks	Total Marks
01	SEC– 3	Theory	01	01	15	2 hour	20	30	50

Formative Assessment Marks 20 –Weekly Class Assignment (Practical Record)

Summative Assessment Marks 30 10 Marks for Practical Performance, 20 Marks for Rules and Regulations and Ground Markings.

#### Course Number– SEC– 3 (Practical Paper Number–01)

Title of the Course: **Standing Broad Jump, Skipping rope and 9 minute's Run & Walk- 01 Credits**

#### Course Outcomes:

1. To the SLJ test measures an individual's ability to generate explosive power, which is essential for many sports and physical activities.
2. To the test evaluates an individual's speed and acceleration, as well as their ability to rapidly generate force.
3. To the SLJ test assesses an individual's strength and power, particularly in the legs, hips, and lower back.
4. To the test requires flexibility and mobility in the hips, knees, and ankles.
5. To the Skipping rope jumps are an excellent cardiovascular exercise, improving heart health and increasing endurance.
6. To the Skipping rope jumps can burn a significant number of calories, making it an effective exercise for weight management.
7. To the Improved Coordination and Agility: Skipping rope jumps require coordination, agility, and timing, making it an excellent exercise for improving overall physical fitness.Improve eye-hand coordination.
8. To the Cardiovascular Fitness: The test evaluates cardiovascular fitness, including heart rate, blood pressure, and aerobic capacity.
9. To the Muscular Endurance: The test assesses muscular endurance, particularly in the legs, hips, and lower back.
10. To the Anaerobic Capacity: The test measures anaerobic capacity.

#### 1. Standing Broad Jump

##### Takeoff Phase

1. Stand behind the line: The participant stands behind the takeoff line, with their feet shoulder-width apart.
2. Feet position: The participant's feet are positioned with the toes pointing straight ahead or slightly outward.
3. Body position: The participant's body is positioned with the knees slightly bent, and the weight evenly distributed between both feet.
4. Swing arms: The participant swings their arms backward, then forward, to generate momentum.

##### Jump Phase



1. Explosive jump: The participant explosively jumps forward from the takeoff line.
2. Extend hips and knees: The participant extends their hips and knees to generate maximum power.
3. Land on both feet: The participant lands on both feet, with their knees bent to absorb the impact.

#### **Measurement**

1. Measure the distance: Measure the distance from the takeoff line to the point where the participant's heels land.
2. Record the result: Record the result in meters or feet.

### **2. Skipping rope**

#### **Method**

1. Start with the basics: Hold the in rope handles in each hand, with your elbows slightly bent and your arms relaxed.
2. Swing the rope: Swing the rope in a circular motion, keeping your wrists firm and your arms still.
3. Jump over the rope: As the rope approaches your feet, jump over it with both feet together.
4. Land softly: Land softly on the balls of your feet, with your knees slightly bent to absorb the impact.

### **3. 9 minute's Run & Walk**

#### **Test Procedure**

1. Start: Instruct the participant to start running or walking at their own pace.
2. Time: Start the timer and record the participant's time.
3. Distance: Measure and record the distance covered by the participant every minute.
4. Intensity: Encourage the participant to maintain a maximal effort throughout the test.
5. End: Stop the test after 9 minutes.

#### **Post-Test Procedure**

1. Cool-down: Conduct a 5-10 minute cool-down, including stretching exercises.

#### **Recommended Books-**

- 1) "Athletic Training and Sports Medicine" (6th ed.) - Robert C. Schenk.
- 2) "Sports Medicine: A Comprehensive Approach" (2nd ed.) - Richard B. Birrer and Frank R. Vicci.
- 3) "Physical Education for Lifelong Fitness" (4th ed.) - Robert P. Pangrazi and Aaron Beighle.
- 4) "Recreational Sports Management" (2nd ed.) - Christopher R. Edginton and Susan D. Hudson.
- 5) "ACSM's Guidelines for Exercise Testing and Prescription" (10th ed.) - American College of Sports Medicine (ACSM). This book provides guidelines for exercise testing, including the 9-minute run/walk test.
- 6) "Exercise Physiology: Nutrition, Energy, and Human Performance" (8th ed.) - William D. McArdle, Frank I. Katch, and Victor L. Katch. This book covers exercise physiology, including aerobic endurance testing like the 9-minute run/walk test.
- 7) Test and measurement evaluation by Dr. SharadAher.
- 8) "Athletic Training and Sports Medicine" (6th ed.) - Robert C. Schenk. This book covers athletic training and sports medicine, including fitness testing and assessment like the 9-minute run/walk test.

### **Abbreviations:**

1. DSC: Department/Discipline specific Course (major)
2. DSE: Department/ Discipline Specific Elective
3. DSM: Discipline Specific Minor
4. GE/OE: Generic/ Open Elective
5. VSEC: Vocational Skill and Skill Enhancement Course
6. VSC: Vocational skill Courses
7. SEC: Skill Enhancement Courses
8. AEC: Ability enhancement courses
9. MIL: Modern Indian Languages
10. IKS: Indian Knowledge System
11. VEC: Value Education Courses

### **N.B.**

- 1) Separate heads of passing
  - a) Theory paper Minimum passing 12 marks per paper.(Semester)
  - b) Practical Minimum passing 12 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.
  - c) One Peon and one groundsman, for ground marking, and for supply of water and equipment's and placement.
  - d) Generic Elective/Open Elective theory paper of Physical Education.  
(Only for Other faculty. 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 correspondence courses will not be allow to opt the subject.
- 5) In practical for B.A. III year the I Batches comprises of 16 students, and the II Batch of 1/2 of the I Batch.
- 6) During the practical university examination uniform/sports kit is essential during the examination and regular periods.

**Abbreviations:**

1. DSC: Department/Discipline specific Course (major)
2. DSE: Department/ Discipline Specific Elective
3. DSM: Discipline Specific Minor
4. GE/OE: Generic/ Open Elective
5. VSEC: Vocational Skill and Skill Enhancement Course
6. VSC: Vocational skill Courses
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-----: End: -----

*[Handwritten signatures and initials]*