

SHIVAJI UNIVERSITY, KOLHAPUR.



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

NAAC “A++” Grade with CGPA 3.52

Faculty of Interdisciplinary Studies

Structure, Scheme and Syllabus For

Bachelor of Arts Part- I

Semester I & II

PHYSICAL EDUCATION

Syllabus to be implemented from June, 2022 onwards



SHIVAJI UNIVERSITY, KOLHAPUR

REVISED SYLLABUS (SEMESTER PATTERN) FOR B.A. I - PHYSICAL EDUCATION

CBCS PATTERN

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

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

Structure of Course NEW Syllabus

2022-2023

B.A. PHYSICAL EDUCATION Under CBCS Pattern

B.A. I

sr. no.	class	semester	Name of the Course
	B.A. I	I	DSC – B14(Paper - I)(71234) INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS
		II	DSC – B28(Paper - II)(71281) FOUNDATION OF PHYSICAL EDUCATION

B.A. II

sr. no.	class	semester	Name of the Course
	B.A. II	III	DSC – D27 (Paper - III)(61979) HISTORY OF PHYSICAL EDUCATION
			DSC – D28 (Paper - IV)(61980) ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION AND SPORTS.
		IV	DSC – D55 (Paper - V) (62389) DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS.
			DSC – D56 (Paper - VI) (62390) ORGANIZATION AND ADMINISTRATION OF MEETS AND TOURNAMENTS

B.A. III

sr. no.	class	semester	Name of the Course
	B.A. III	V	DSE – E41 (Paper - VII)(65501) HEALTH EDUCATION
			DSE – E42 (Paper - VIII)(65502) RECREATION IN PHYSICAL EDUCATION
			DSE – E43 (Paper - IX) (65503) YOGA
			DSE – E44 (Paper - X)(65504) ANATOMY AND PHYSIOLOGY
			DSE – E45 (Paper - XI)(65505) DIETETICS AND NUTRITION
		VI	DSE – E166 (Paper - XII)(65701) HEALTH EDUCATION PROGRAM
			DSE – E167 (Paper - XIII)(65702) RESEARCH IN PHYSICAL EDUCATION
			DSE – E168 (Paper - XIV)(65703) YOGA AND HEALTH
			DSE – E169 (Paper - XV)(65704) ANATOMY AND PHYSIOLOGY OF EXERCISE
			DSE – E170 (Paper - XVI)(65705) DIETETICS AND HYGIENE

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

CGE: Compulsory Generic Elective - Candidate can opt any one course (Subject).

AECC: Ability Enhancement Core Course (Compulsory English).

(A) Non-Credit Self Study Course : Compulsory Civic Courses (CCC)

For Sem I: CCC – I : Democracy, Elections and Good Governance

(B) Non-Credit Self Study Course : Skill Development Courses (SDC)

For Sem II: SDC – I : Any one from following (i) to (v)

- i) Business Communication & Presentation ii) Event management iii) Personality Development,
iv) Yoga & Physical Management v) Resume, Report & proposal writing

SHIVAJI UNIVERSITY, KOLHAPUR.
PHYSICAL EDUCATION (Optional)

B. A. Part - I

(Sem.-I & Sem.-II)

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

8. SCHEME OF EXAMINATION:

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

All questions are compulsory

Q. 1	10 mark descriptive type (1/2)
Q. 2	10 mark short notes types (2/3)
Q. 3	05 mark choose correct alternative

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

Record Book -

The Record Book will cover the following -

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

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

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

(N.B.2-practical examination conducted)

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

RESULT SHEET for Practical examination Sem.-I

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

RESULT SHEET for Practical examination Sem.-II

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

(Sem.-I, Paper - I)DSC – B14

INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS

Total Credit - 2

Total Marks-50

Theory Examination - 25 marks

Practical Examinations - 25 marks

Course outcomes:

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

Module – 1

The meaning of physical education

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

Module -2

Misconception about physical education

1. Exercise
2. Physical training

3. Sports and games
4. Gymnastics
5. Recreation

Module -3

Aim and objectives of physical education

A. General aim

B. Objectives of physical education

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

PRACTICAL
(Sem.-I, Paper - I)

Practical - 25 marks

A batch of 20 students for practical

Athletics - 10marks

- 1. Sprint-100M - 5marks
- a) 100 mts.running Performance of the student
 - 100 mts.(Men)- 14.00 to 14.50 sec.-3marks
 - 14.50 to 15.50 sec.-2marks
 - 15.50 to 16.50 sec.-1 marks
 - 100 mts. (Women) - 16.00 to 16.50 sec.-3marks
 - 16.50 to 17.50 sec.-2marks
 - 17.50 to 18.50 sec.-1 marks
- b) ForTechniqueandmodernstyle-2marks

II) Shot-put - 5marks

- a) Performance - 5.50 mts. - 3 marks
- (Men) - 5.00 mts. - 2marks
- 4.50 mts. - 1 marks
- Performance - 5.00 mts. - 3 marks
- (Women) - 4.50 mts. - 2marks
- 4.00 mts. - 1marks
- b) ForTechniqueandmodernstyle -2marks

III) Indian Game:Kabaddi - 10marks

a) Fundamental skills - 6marks

b) Knowledge of rulesandregulation - 4marks

IV) IndianExercises: - 5marks

a) Surya namaskar (Boys - 20, Girls -15)

THEORY
(Sem.-II, Paper - II)DSC – B28
Foundation of physical education

Module-1

Biological Foundation of physical education

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

Module-2

Psychological and Social Foundation of physical education

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

Module-3

Theories of play

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

PRACTICAL
(Sem.-II, Paper - II)

Practical - 25 marks

A batch of 20 students for practical

Athletics - 05marks

I) LongJump - 5marks

a) Performance - 4.50 mts. - 3 marks

(Men) - 4.25 mts. -2 marks

Performance - 3.00 mts. -3 marks

(Women) - 2.75 mts. - 2 marks

b) For Technique and modern style -2marks

II) Ball Game: VolleyBall - 10marks

a) Fundamental skills - 6marks

b) Knowledge of rules and regulation - 4marks

III) Indian Exercises: - 05 marks

Asanas

Pashimotanasan, Bhujangasan, Vajrasan, Halasan, Sarvangasan.

IV) Record Book - 05marks

Books Recommended:

1.

• *Physical Education: Principles and Practice* - J.F. Williams, W.B. Sanders Company, Philadelphia, London.
2.

• *Scientific Foundations of Physical Education* - C.C. Cowell, Happer and Brothers, New York.
3.

• *Foundation of Physical Education* - C.A. Bucher, W.B. Sanders Company, Philadelphia, London.
4.

• *Recreation and Physical Fitness for Youths and Men* - Board of Education, London.
5.

• *Physical Education: Interpretations and objectives* - J.B. Nash, the Ronald Press Company, New York.
6.

• *Introduction to Physical Education* - L.R. Sharman, A.S. Barnes and Company, New York.
7.

• *Physical Education: Principles and Practice* - J.F. Williams, W.B. Sanders Company, Philadelphia, London.
8.

• *Physical Education: Principles and Practice* - J.F. Williams, W.B. Sanders Company, Philadelphia, London.
9.

• *Physical Education: Principles and Practice* - J.F. Williams, W.B. Sanders Company, Philadelphia, London.
10.

• *Physical Education: Principles and Practice* - J.F. Williams, W.B. Sanders Company, Philadelphia, London.
11.

• *Physical Education: Principles and Practice* - J.F. Williams, W.B. Sanders Company, Philadelphia, London.
12.

• *Physical Education: Principles and Practice* - J.F. Williams, W.B. Sanders Company, Philadelphia, London.
13.

• *Physical Education: Principles and Practice* - J.F. Williams, W.B. Sanders Company, Philadelphia, London.
14.

• *Physical Education: Principles and Practice* - J.F. Williams, W.B. Sanders Company, Philadelphia, London.
15.

• *Physical Education: Principles and Practice* - J.F. Williams, W.B. Sanders Company, Philadelphia, London.
16.

• *Physical Education: Principles and Practice* - J.F. Williams, W.B. Sanders Company, Philadelphia, London.

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