**SHIVAJI UNIVERSITY, KOLHAPUR.**

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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- II

Semester III and IV

**PHYSICAL EDUCATION**

Syllabus to be implemented from June, 2023 onwards

(Subject to the modification made from time to time)



SHIVAJI UNIVERSITY, KOLHAPUR

Second Year Bachelor of Arts (B. A. Part – II) Course Structure

(To be implemented from the Academic Year 2023-24)

Class: B.A. Part - II

Semester III & IV

COURSE NAME- PHYSICAL EDUCATION

REVISED SYLLABUS (SEMESTER PATTERN) FOR B.A. II

TITLE: B.A. Part II (PHYSICAL EDUCATION)

(Under Faculty of Interdisciplinary Studies)

YEAR OF IMPLEMENTATION: New Syllabus (Semester Pattern)

Will be implemented from July, 2023 onwards.

DURATION: B.A. II – Two Semesters (One Year)

PATTERN OF: Semester

EXAMINATION Practical– Semester III & IV -External Evaluation

MEDIUM OFINSTRUCTION: English or Marathi.

STRUCTURE OF COURSE: B.A. Part – II Two Semesters (Four Papers)

Proposed Course Structure for B.A. PHYSICAL EDUCATION

Three Years (06 Semester) Programme

B. A. I

|  |  |  |  |
| --- | --- | --- | --- |
| Sr. no. | Semester | Name of the Course | Discipline  |
| 1 | I | DSC – B14(Paper - I)(75234) INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS | Phy.Edu. -1 |
| 2 | II | DSC – B28(Paper - II)(88387) FOUNDATION OF PHYSICAL EDUCATION | Phy.Edu. -2 |

B.A. II

|  |  |  |  |
| --- | --- | --- | --- |
| Sr. no. | Semester | Name of the Course | Discipline |
| 1 | III | DSC – D27 (Paper - III)(73396/77696) HISTORY OF PHYSICAL EDUCATION | Phy.Edu. -3 |
| 2 |  | DSC – D28 (Paper - IV) (73397/77697) ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION AND SPORTS. | Phy.Edu. -4 |
| 3 | IV | DSC – D55 (Paper - V) (73483/78883) DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS. | Phy.Edu. -5 |
| 4 |  | DSC – D56 (Paper - VI) (73484/78884) ORGANIZATION AND ADMINISTRATION OFMEETS AND TOURNAMENTS | Phy.Edu. -6 |

B.A. III

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

**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

* 1. Q. 1 10-mark descriptive type (1/2)
	2. Q. 2 10-mark short notes types(2/3)
	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 -

1. Brief history
2. Various diagrams
3. Name of different Fundamental skills in team events and different style in Athletics events.
4. 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.

**Paper No. III**

**B.A. II (SEM-III) PHYSICAL EDUCATION**

**HISTORY OF PHYSICAL EDUCATION**

OBJECTIVES:

1. To acquaint students with reflections on physical education.

2. To make aware students of the global History of Physical Education.

3. To develop skills of students' concerning the application of the Philosophy of physical education

and Professional approach.

**Module – I**

**Physical Education in Ancient Times**

a) Elements of Physical Education in Primitive Societies with reference to

 Aims, Promotions, Programmes, and Methods of Physical Education.

b) Physical Education in Ancient India –

Periods:-

i. Advent of Aryans 1500 BCE to 600 BCE (Early Period)

ii. Epic Age 1000 BCE to 600 BCE

iii. Buddhist Period. 563 BCE to 483 BCE

According to activities such as Archery, Wrestling, Yoga, etc.

**Module –II**

**Physical Education in India**

a) Development of Physical Education in India:

i. Mughal Period.

ii. Maratha Period

iii. British Period.

b) Development of Physical Education in Maharashtra.

i) Period of Nationalism: 1920 onwards

ii) Modern Period: 1937 onwards

**Module – III**

**Reflections of physical education in Olympic Games**

a) Ancient Olympic Games (Aim & Nature):-

I) Legendary origin,

II) Significance of the games,

III) Eligibility for participation, the conduct of events, awards,

IV) Decline of ancient Olympics.

b) Modern Olympic Games (Aim & Nature):-

i) Revival of the Olympic Games.

ii) Controlling body.

iii) Olympic flag, Olympic torch.

iv) Eligibility criteria, venues, events, awards.

v) Opening and closing of the ceremony.

**B.A. II (SEM-III) PHYSICAL EDUCATION**

**Paper No. IV**

**ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION AND SPORTS.**

OBJECTIVES:

1. To acquaint students with the Organization and conduct of the program in physical education.

2. To aware students of the conduct of sports events, equipment, facilities, budget making, etc.

3. To develop skills of students in relation to the application of Principles of Organization and

Administration and their Professional service. Emphasize the need of well – defined administrative policies and the means of establishing these

**Module – I**

**THE NATURE AND PHILOSOPHY OF ORGANIZATION AND ADMINISTRATION**

a) Nature of Organization and administration–

i) Meaning, Definition, and Concept of Organization and Administration

ii) Need and Importance of Organization and Administration

b) Philosophy of organization and administration -

i) Principles of Organization in Physical Education and Sports.

ii) Principles of Administration in Physical Education and Sports.

**Module – II**

**Sports Equipment**

a) Policies of purchases of Sports equipment.

b) Care and Maintenance of Sports equipment.

**Module – III**

**Gymnasium**

a) Standards

b) Facilities

c) Maintenances

B.A. II (SEM-III) PHYSICAL EDUCATION

Paper No. III& IV

PRACTICALS

a) There are two separate heads for passing i.e. Theory and Practical

b) There should be 20 students in a single batch while conducting the Practicals. The concerned College will make all necessary arrangements including ground marking, Water Supplier, equipment, availability of sports equipment as well as support staff for the purpose.

c) The Practical will carry 50 marks. Divide into two papers even marks should give on paper No. 3

(i.e. 39 marks divided into two papers paper No. 3 - 20 marks, paper No. 4 - 19 marks)

A) Athletics – 20 Mark

i) Discus Throw 10 Marks

Performance 06 Marks

Men Women Marks

18M. 15M. 06 Marks

16 M. 14M. 04 Marks

14M. 13M. 02Marks

For Techniques & Modern Styles 04 Marks

ii) Middle Distance Run

 800 M. Running - 10 Marks

Performance 06 Marks

Men Women Marks

2.40 Sc. 3.40 Sec. 06 Marks

2.45 Sc. 3.45 Sec. 04 Marks

2.50 Sc. 3.50 Sec. 02 Marks

For Knowledge of Rules & Regulations 04 Marks

B) INDIAN GAME – 14 Marks

i) KhoKho

Fundamental Skills- 10 Marks

Knowledge of Rules & Regulations - 04 Marks

C) INDIAN EXERCISE 11 Marks

I) Yongsan’s- 05 Marks (Any Five)

Padmasan, PadHastasan, Veerasan, Shawasan, Shalbhasan, Navkasan, Tadasan, Suptavajrasan.

II) Pranayam 06 Marks (Any Three)

Kapalbhati, Nadisodhana or anuloma viloma pranayama (Alternate Nostril Breathing), Shitali pranayama, Bhramari pranayama (Bhramari rechaka)

D) CARDIO EXERCISE 05 Marks

Aerobic exercise

Marching (01 Mark), Single steps (02 Marks), Double steps (02 Marks)

**B.A. II (SEM-IV) PHYSICAL EDUCATION**

**Paper No. V**

**DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS.**

OBJECTIVES:

1. To acquaint students with reflections on physical education.

2. To make aware students of the National History of Physical Education.

3. To develop skills of students in relation to the application of the Philosophy of physical education

 and Professional approach.

**Module – I**

**DIFFERENT INSTITUTIONS FOR TRAINING OF PHYSICAL EDUCATION IN INDIA**.

a) National Institutions -

i) Netaji Subhash National Institute of Sports

ii) Lakshmibai National Institute of Physical Education

iii) Sports India

b) Directorate of Sports and youth services, Maharashtra state

i) Structure and Functions

**Module – II**

**SPORTS AWARDS IN INDIA**

a) National Level Awards

i) Major Dhan Chand Khel Ratna Award

ii) Arjun Award

iii) Dronacharya Award

b) State Level Awards (In Maharashtra)

i) Shiv Chhatrapati state sports Award.

ii) The Best Coach Award.

**Module – III**

**SPORTS PERSONALITIES IN INDIA**

i) Major Dhan Chand.

ii) KhashabaJadhav.

iii) PilavullakandiThekkeparambil.Usha (P.T.Usha)

iv) Abhinav Bindra.

**B.A. II (SEM-IV) PHYSICAL EDUCATION**

**Paper No. VI**

**ORGANIZATION AND ADMINISTRATION OFMEETS AND TOURNAMENTS**

OBJECTIVES:

1. To acquaint students with the Organization and conduct of various competitions.

2. To aware students of the conduct of sports events, equipment, facilities, budget making, etc.

3. To develop skills of students regarding the preparation of various play fields.

4. Emphasize the need of well – defined administrative policies and the means of establishing these.

**Module – I**

**MEETS AND TOURNAMENTS**

a) Importance of meets and tournaments.

b) Types of tournaments

i) Knock-out

ii) League or round ribbon

iii) Combination Tournaments

 (To draw the lots, their merits and demerits)

c) Athletic Meet: Officials, various Committees, Opening ceremony, closing ceremony

**Module – II**

**ORGANIZATION AND ADMINISTRATION OF COMPETITIONS**

a) Sports Competitions

i) Inter-collegiate / Zonal Competitions of Shivaji University.

ii) Inter-Zonal Competitions of Shivaji University.

iii) Inter-university sports competitions.

B) Various committees and responsibilities for organization and administration of competitions.

**Module – III**

**PLAY GROUND STANDARDS AND FACILITIES**

a) Preparation and Maintenance of Playgrounds.

b) Lay-out of Playfields – Kabaddi, Kho-Kho, Volleyball, Handball, Cricket, and Basket Ball.

**B.A. II (SEM-III) PHYSICAL EDUCATION**

**Paper No. III& IV**

**PRACTICALS**

Athletics – 20 Mark

High Jump 10 Marks

Performance -

Men Women Marks

1.30M. 1.10M. 06 Marks

1.25 M. 1.05M. 04 Marks

1.20M. 1.00M. 02Marks

For Techniques & modern Style 04 Marks

Middle Distance Running 10 Marks

 1500 M. Running –

Men Women Marks

5.45 Sc. 7.00 Sec. 06 Marks

5.50 Sc. 7.10 Sec. 04 Marks

5.55 Sc. 7.20 Sec. 02 Marks

For Knowledge of Rules & Regulations - 04 Marks

Ball Game 14 Marks

Hand Ball or Basket Ball

Fundamental Skills- 10 Marks

Knowledge of Rules & Regulations - 04 Marks

Ground Marking 06 Marks

Kho-kho/ Hand Ball/ Basket Ball (Any One)

Record Book 10 Marks

References:

1. E. F. Voltimen and A. A. E. Islinger – 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 others – The Administration of Health and Physical Education – Philadelphia – W. B. Saunders Co.

7. Krishna Murthy J., Administration, and Organization of Physical Education and Sports, commonwealth publishers, New Delhi, 2005.

8. Jayne Greenberg and Judy LoBianco, Organization and Administration of Physical Education.Humankinetics pages: 408 Binding: Taschenbuch, 2019