

Solapur University, Solapur
Physical Education (Optional)

B.A.Part-II Paper-II
History of Physical Education
(w.e.f. June 2014)
Semester III

Marks-25

Objective – To enable the student – teachers to :

1. Acquaint with elements of physical education in primitive societies.
2. Understand the Physical Education in ancient India w.r. to archery, wrestling, stack-fighting & Yogic exercises.
3. Understand the aim and nature of ancient Olympic games.
4. Know the significance and rules of the games and eligible for them.
5. Acquaint with development of physical Education w.r. to Germany, Great Britain, Russia and U.S.A.

Topic

Unit-1 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 2000 B.C.(Early Period)
- ii. Epic Age 1500 B.C. to 500 B.C.
- iii. Buddhist Period

With reference to the following activists

Archery, Wrestling, Stck-fighting, Yogic exercises.

- Unit-2 Ancient Olympic Games (Aim & Nature): Legendary Origin
Significance of the games rules of the games and eligibility, conduct of events, awards, decline of ancient Olympic.
- Unit-3 Development of Physical Education in following countries:
Russia and U.S.A.
- Unit – 4 Hand ball (History, skill, rules and Regulations’ and Ground marking)

History of Physical Education

Semester IV

Marks-25

Objective : To enable the student – teacher to :

1. Acquaint with development of physical Education in India w.r. to mogal, British and post independence period.
2. Understand the development of physical Education in Maharashtra w.r. to Maratha, British and period of nationalism.
3. Understand the aim and nature of modern Olympic games.
4. acquaint with different institution for training in Physical Education in India w.r. to SNIPES.
5. Know the national level and state level awards.

Topic

Unit-5 a) Development of Physical Education in India.

- 1) Mogal Period.
- 2) British Period.
- 3) Post Independence Period.

b) Development of Physical Education in Maharashtra

Maratha Period: 1600 A.D. onwards

British Period: 1800 A.D. onwards

Period of Nationalism: 1920 onwards

Unit-6 Modern Olympic Games (Aim & Nature):

- a) Revival of the Olympic games, controlling body, rules of eligibility for competition, organization and conduct of the games, venues, events, opening ceremony awards, closing of ceremony, Olympic flag, Olympic torch Etc.

Unit-7 Different Institution for training in Physical Education in India.

- a) SNIPES -
 - 1) NSNIS
 - 2) LNIPE
- b) Sports Awards in India

1] National Level.

- 1) Arjun Awards
- 2) Dronacharya Awards
- 3) Rajiv Gandhi Khel Ratna Puraskar

2] State Level in Maharashtra

- 1) Dadoji Kondadev Awards
- 2) Shiv Chatrapati Awards

Unit – 8 Kho –Kho (History, skill, rules and Regulations’ and Ground marking)

Recommended Books

- 1) Brief History of Physical Education by Rice Hutchenson and Lee.
The Ronald Press Company, New York.
- 2) History of Physical Education by Eraj Khan, Hyderabad.
- ३) शारिरीक शिक्षणाचा विकास दि. बा.कोठीवाले श्री. लेखन वाचन भांडार पुणे भाग - १ व २
- ४) शारिरीक शिक्षणाचा इतिहास - श्रीपाल जर्दे अंबा प्रकाशन कोल्हापूर.
- ५) ऑलिंपिक - हेमंत जोगदेव हिमांश प्रकाशन - पुणे.
- ६) महाराष्ट्रातील शारिरीक शिक्षणाची वाटचाल - दि. गो. वाखारकर मराठवाडा सांस्कृतीक मंडळ प्रकाशन औरंगाबाद.
- ७) खेळाची नियमावली - प्रा. जगदीश झाडबुके.

Solapur Univeristy, Solapur
Physical Education (Optional)

B.A.Part-II Paper-III

Organization & Administration in Physical Education & Sports

Semester III

Objective : To enable the Student teacher to :

1. acquaint with meaning, concepts and need of organization & administration in physical Education and sports
2. Understand the principles of organization and administration in physical Education and sports.
3. Understand the Inter-collegiate sports competition of Solapur University Solapur w.r. to orgainsation & administration.
4. acquaint with Inter- University sports competition with special reference to organization, administration and finance.
5. Understand the function of various committee of sports compentions.

Topic

Marks-25

Unit-1

Organization and Administration:

Meaning, Definitions, Concepts and its needs in Physical Education and Sports.

- a) Principles of Organization in Physical Education and Sports.
- b) Principles of Administration in Physical Education and Sports.

Unit-2 **Organization and Administration of various competitions.**

- 1) Inter-collegiate Sports and Solapur University.
- 2) Inter-University Sports.

With special reference to organization, Administration, Finance and various committees and their function.

Unit-3 **Athletic Meet:**

Officials various Committees, Opening Ceremony,
Closing Ceremony.

Organization & Administration in Physical Education & Sports

Semester – IV

Marks-25

Objective : to enable the student teacher to :

1. acquaint with importance of meets and tournaments.
2. understand the types of tournaments with different system of the lots with their merits and demerits.
3. Understand the nature of athletic meet w.r. to officials and ceremony.
4. understand the preparation and maintenance of playground.
5. acquaint with lay-out of play field w.r. to kabbadi, kho-kho, volley ball, basket ball and hand ball.
6. understand the care, maintenance and policies of purchases of sports equipments.

Unit-4

Meets and Tournaments:

- a) Importance of meets and tournaments.
- b) Types of Tournaments- i) Knock-out system. ii) League system. iii) Combination system (To draw the lots their Merits and Demerits)

Unit-5

Play ground facilities-Standards:

- a) Preparation and Maintenance of Playground.
- b) Gymnasium: Standards, Facilities and Maintenance.
- c) Lay-out of play field- Kabbadi, Kho-Kho, Volleyball, Basket Ball, Hand ball.

Unit-6

Equipments of Sports

- a) Care and Maintenances
- b) Policies of Purchases of Sports Equipments.

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.
8. शारिरीक शिक्षण अध्यापन पध्दतीत मुलतत्वे प्राचार्य डॉ. वि. कृ. कानडे.
9. शारिरीक शिक्षण संघटन आणि प्रशासन - प्रा. शंकर तिवाडी, शारदा प्रकाशन नांदेड.
10. शा. शिक्षण , आयोजन, नियोजन निरीक्षण - प्राचार्य वाखारकर व डॉ. आलेगांवकर प्रार्वती प्रकाशन, पुणे.
11. मैदानी स्पर्धा - नियम, आयोजन -रमेश तावडे व राम भागवत, ट्रॅक अॅण्ड फील्ड पब्लिकेशन पुणे -९.
12. कबड्डी - प्रा. एन. एम. बहिरट.
13. खो -खो - प्रा. कमला बनसोडे गजानन बुक डेपो - पुणे.
14. अॅथलेटिक्स - राम भागवत ट्रॅक अॅण्ड फील्ड पब्लिकेशन पुणे -३०.
15. व्हॉलिबॉल प्रा. व्यंकटेश वांगवाड गजानन बुक डेपो - पुणे -३०.

NB: Each theory paper shall be of 1 hours duration carrying 25 marks. There will be three questions of the first two of which will be having internal option carrying 10 marks the question will be short answers types and will carry 05 marks.

1. Structure of the courses :-

- A) Each paper of every subject for Arts, Social Sciences & Commerce Faculty shall be of 50 marks as resolved by the respective faculties and Academic Council.
- B) For Science Faculty subjects each paper shall be of 50 marks and practical for every subject shall be of 50 Marks as resolved in the faculty and Academic Council.
- C) For B. Pharmacy also the paper shall be of 50 marks for University examination. Internal marks will be given in the form of grades.
- D) For courses which were in semester pattern will have their original distribution already of marks for each paper.
- E) For the faculties of Education, Law, Engineering the course structure shall be as per the resolutions of the respective faculties and Academic Council.

2. Nature of question paper:

A) Nature of questions.

"20% Marks - objectives question" **(One mark each and multiple choice questions)**

"40% Marks - Short notes / Short answer type questions / Short Mathematical type questions/ Problems. **(2 to 5 Marks each)**

"40% Marks - Descriptive type questions / Long Mathematical type questions / Problems. **(6 to 10 Marks each)**

- B) Objective type question will be of multiple choice (MCQ) with four alternatives. This answer book will be collected in first 15 minutes for 10 marks and in first 30 minutes for 20 marks. Each objective question will carry one mark **each**.
- C) Questions on any topic may be set in any type of question. All questions should be set in such a way that there should be permutation and combination of questions on all topics from the syllabus. As far as possible it should cover entire syllabus.
- D) There will be only five questions in the question paper. All questions will be compulsory. There will be internal option **(25%)** and not overall option. **for questions 2 to 5.**

1. Practical Examination for B. Sc. I. will be conducted at the end of second semester.

2. Examination fees for semester Examination will be decided in the Board of Examinations.

The structures of all courses in all Faculties were approved and placed before the Academic Council. After considered deliberations and discussion it was decided not to convene a meeting of the Academic Council for the same matter as there is no deviation from any decision taken by Faculties and Academic Council. Nature of Question Paper approved by Hon. Vice Chancellor on behalf of the Academic Council.

PRACTIALS PAPER NO: - II & III

Practical 50 Marks (paper II & III) Semester III.

Practical 50 Marks (paper II & III) Semester IV.

- A) Practical Examination _ 90 marks
 B) Record Books _ 10 marks

Total - 100 marks

- A) A Batch of 20 students for Practical period and Examination .
 B) Two periods for each theory paper and total practical 4(four) Periods for each batch per week.

Practical work

- 1) Athletics High Jump , Discus throw, Middle distance Running
- 2) One Indian Game - Kho-Kho
- 3) One Ball Game - Hand Ball / Basket Ball
- 4) Indian Exercise - Surya Namaskar
- 5) Ground Marking - Kho –Kho /Hand Ball /Basket Ball (any one)
- 6) Knowledge of Rules and Regulation of Discus throw, / High – Jump, / Middle Distance Running.

SEMESTER - III (Practical Paper II & III)

Practical Examination:-

I] Athletics –i] High Jump (10 marks)

a) Performance

Man →	1.45	05 marks
	1.40	03 marks
	1.20	02 marks
Women →	1.15	05 marks
	1.10	03 marks
	1.00	02 marks

b) For techniques and modern styles (5 marks)
 ii] 800 mts Run (15 marks)

a) Performance only

Men	2 min 25 sec	10 marks
	2 min 30 sec	07 marks
	2 min 40 sec	04 marks

Women	3 min 25 sec	10 marks
	3 min 35 sec	07 marks
	3 min 45 sec	04 marks

OR

iii] 1500 mts (15 marks)

a) Performance only

Men	5 min 25 sec	10 marks
	5 min 30 sec	07 marks
	5 min 40 sec	04 marks

Women	6 min 30 sec	10 marks
	6 min 40 sec	07 marks
	6 min 50 sec	04 marks

B) Knowledge of methods of increasing endurance capacity to be tested through oral test. 5 marks

II] One Ball Game (10 marks) Hand-ball/ Basket Ball

- 1) Fundamental Skills 5 marks
- 2) Knowledge of rules and regulations 5 marks

III] **Knowledge of Rules and Regulations** 5 marks

- 1) High Jump
- 2) Middle Distance Running

IV] **Ground Marking** of Hand-ball / Basket Ball (Anyone) 5 marks

Ground marking should be done actually on the ground. Direction, Straight Line, Rectangle, Circle, Parallel Lines and correct measurement etc.

IIV] Record Book

5 marks

The Record Book will cover the following

- i) Brief history ii) Various diagrams; iii) Names and explanation of different fundamental skills in team events and different styles in Athletic events;
iv) Rules and Regulation (This should be completed as per syllabus)

The record book will be assessed internally and marks should be submitted to the external examiner.

Dividation of Marks Paper II & Paper III-*Semester III**

Exam No	Roll No	Name	Athletics	One ball game	Knowledge Rules & Regulation	Ground marking	Record book	Total
			25	10	5	5	5	50

Semester IV (Practical for paper II & III)**I] Athletics**

10 marks

i) Discus throw

10 marks

a) Performance

Men 20 mts 5 marks

18 mts 3 marks

15 mts 2 marks

Women 16 mts 5 marks

14 mts 3 marks

12 mts 2 marks

b) For technique and Modern Style

5 marks

II] One Indian Game - Kho-Kho

10 marks

i) Fundamental Skills

5 marks

ii) Knowledge of rules and regulations

5 marks

III] Indian Exercise—Surya Namaskar

15 marks

Men 20 Surya Namaskar

15 marks

15 Surya Namaskar 10 marks

10 Surya Namaskar 05 marks

Women	12 Surya	Namaskar	15 marks
	08 Surya Namaskar	10 marks	
	05 Surya Namaskar	05 marks	

IV] Ground Marking --Kho-Kho 05 marks

Ground marking should be done actually on the ground.

Directions, Straight lines, Rectangle, Circle, Parallel Lines and correct measurement etc

V] Knowledge of Rules and Regulations 05 marks

i) Discus Throw

VI] Record Book 05 marks

The Record Book will cover the following

i) Brief history ii) Various diagrams; iii) Names and explanation of different fundamental skills in team events and different styles in Athletic events;

The record book will be assessed internally and marks should be submitted to the external examiner.

***Dividation of Marks Paper II & Paper III-
Semester IV**

Exam No	Roll No	Name	Athletic 10	One Indian Game 10	Indian Exercices 15	Ground Marking 5	Knowledge rules and regulations 5	Record books	Total 50
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- NB: - Separate Heads of Passing.
- A] Semester III Theory paper no II minimum passing 8 marks.
- B] Semester IV Theory paper no II minimum passing 8 marks.
- C] Semester III Theory paper no III minimum passing 8 marks.
- D] Semester IV Theory paper no III minimum passing 8 marks.

- a) Semester III Practical minimum passing 9 marks.
- b) Semester IV Practical minimum passing 9 marks.
- c) Semester III Practical minimum passing 9 marks.
- d) Semester IV Practical minimum passing 9 marks.
- Practical Examination will be conducted at the end of every Semester and minimum passing of paper II & III 17 marks.
- Total Passing (Theory and Practical) minimum passing 17 marks.

- E] Practical Examination Procedure.
 - 1) Each 20 student's batch.
 - 2) One organizer (Internal subject teacher)

- 3) Two Examiner appointed by University.
- 4) Peons – Two Peons for Ground Marketing water supply equipment supply and collecting it etc.

जर दोन्ही पेपरला गुण देत असताना विषम संख्या आली तर पेपर क्र. ३ ला सम गुण देऊन पेपर क्र. २ ला विषम गुण दिले जावेत.

(उदा. ३७ मार्क असतील तर पेपर क्र. ३ ला १८ व पेपर क्र. २ ला १९ गुण दिले जावेत.) अशा पध्दतीने गुणांची विभागणी करण्यात येईल.

Solapur University, Solapur

YOGA STUDIES (IDS)

B.A.Part-II Paper-II

(w.e.f. June 2014)

Semester III

Theory and Practical

A) Theory III Semester	25 marks	(one hour)
B) Theory IV Semester	25 marks	(one hour)
C) Practical III Semester	25 marks	
D) Practical IV Semester	25 marks	

Objective : To enable the student teacher to :

1. acquaint with concept and definition of Yoga.
2. understand the current misconceptions about Yoga.
3. Acquaint with survey & development of Yoga from Vedic period to modern period.
4. Practice different types of asana, mudra and pranayam.

Theory Topics: Semester – III

Unit 1) Concept and Definition of Yoga.

Unit 2) Current Misconceptions about Yoga.

Unit 3) Survey of development of yoga from Vedic period to Modern period.

Practical Work Semester – III

A batch of 20 students for Practical Teaching and Examination

A] Vajarayasana, Padmasan, Bhujangasana, Vakrasana, Ardhashalbhasana, Goumkhasana, Dhanurasana, Paschimottanasana.

B] Uddiyana Bandha, Jalandhar Bandha, Brahma Mudra, Dnyan Mudra, Ujjayai
Pranayam (without kumbhak), Shitali Pranayam

- The practical examination shall be conducted as follows
 - a) Two examiners appointed by the University and one Internal Organizer.
 - b) Marking system and Porforma

Form section (A) of the Practical

- 1) One asanas of student's choice 5 marks
- 2) One asanas of Examiner's choice 5 marks

From section (B) of the practical

- 1) Any one of student choice 5 marks
- 2) Any one of Examiner choice 5 marks

C] Record Book

The record book will be assessed by Internal Examiner.

*Dividation of Marks

Exam No	Roll no	Name	Section A		Section B		Record book	Total
			Student choice	Examiner choice	Student choice	Examiner choice		
			05	05	05	05	05	25

YOGA STUDIES (IDS)

Theory and Practical SEMESTER IV

Objective : To enable the student teacher to :

1. acquaint with Ashtanga yoga of Patanjali
2. Understand the states & kinds of chitta and methods of their controls.
3. study the various techniques of Yoga like asana, Pranayam, Kriya, bandha, Mudra and their utility into day to day life.
4. Practice different types of asanas, mudras and pranayam.

Theory Topics:

Unit 1) Ashtanga Yoga of Patanjali.

Unit 2) States of Chitta, Kinds of Chittavrutts and Methods of their Controls.

Unit 3) Various techniques of Yoga like Asana, Pranayam, Kriya, Bandha, Mudra, and their utility into day to day life.

Practical Work:

A batch of 20 students for practical teaching and examination

A] Chakrasana (lateral) , Halasana, Matsyasana, Mayurasana, Shavasana, Sarvangasana, Swastikasana, Padahastasana.

B] Mul Bandha, Shinhamudra, Yoga mudra, Kapalbhathi Pranayam, Bhramari Pranayam, Bhastrika Pranayam .

The practical examination shall be conducted as follows:

- a) Two examiners appointed by the University and one Internal Organizer
- b) Marking system and Porforma

Form section (A) of the Practical

1) One asanas of student's choice

05 marks

2) One asanas of Examiner's choice 05 marks

* Form Section (B) of the Practical

1) Any one of Students choice 05 marks

2) Any one of Examiners choice 05 marks

C] **Record Book:** 05 marks

The record book will be assessed by Internal Examiner.

***Dividation of Marks**

Exam no	Roll no	Name	Section A		Section B		Record Book	Total
			Students choice	Examiner choice	Students choice	Examiner choice		
			5	5	5	5	5	25

NB:- Separate Heads of Passing

a) Theory paper minimum passing (Semester III) 8 marks.

b) Theory paper minimum passing (Semester IV) 8 marks.

c) Semester III Practical minimum passing 9 marks.

d) Semester IV Practical minimum passing 9 marks.

c) Practical Examination will be conducted at the end of Every Semester and minimum passing -

d) Total Passing (Theory and Practical) minimum passing- 17 marks

e) Theory paper shall be of 1 hour's duration carrying 25 marks.

f) The practical will carry III & IV Semester 25 marks .

There will be Three Questions of the first Two of which will be having internal option carrying 10 marks. The Third question will be short answer type question and will carry 05 marks.

Books Recommended

- 1] History of Yoga-Vivian Worthington, Routledge & Kegan Paul Ltd. London, 1982.
- 2] Asanas-Kuvalayannanda, Kaivalyadam, Lonavala.
- 3) योगाभ्यास मार्गदर्शा - म. ल. घरोटे मेघा पब्लिकेशा कैवल्यधाम, लोणवाळा.
- ४) सर्व दर्शा संग्रह - द. बा. जोग.
- ५) शुद्धिक्रिया - प्रयोजा आणि प्रयोग ग. द. दातार योगविद्याधाम , पुणे.
- ६) योगाभ्यास सुखी जीवा प्रा. श्रीपाल जर्दे - चंद्रमा प्रकाशा कोल्हापूर -३.
- ७) प्राणायाम - बी. के. एस. आयंगार ओरिएंट लॉगमा, लि. मुंबई - ३८.
- ८) योगदीपिका - बी. के. एस. आयंगार ओरिएंट लॉगमा, लि. मुंबई - ३८.
- ९) योग आणि आरोग्य - डॉ. धांजय गुंडे.
- १०) आपले आरोग्य आपल्या हाती - डॉ. धांजय गुंडे.
- ११) आरोग्याची गुरु किल्ली - डॉ. धांजय गुंडे.
- १२) योगपरिचय - विश्वास मंडलीक.