

SOLAPUR UNIVERSITY, SOLPUR
SYLLABUS FOR COMPULSORY PHYSICAL EDUCATION SCHEME FOR
B.A.Part-I/ BSc.-I / B.Com.I/B.C.S.I/B.C.A.I/B.B.A.I & 1st Year of any three years degree
course with effect 2014 (Ajani)

The aim of the Scheme: The aim of this scheme is to make it an integral part of Educational System. Students studying in colleges should have the benefit of this education to improve their physique during the course of college education. It is designed to ensure that on completion of this training they will have to attained the prescribed minimum standard.

The speed and intensity of modern life makes tremendous calls on the discipline and stamina of men. Only those who have been systematically and progressively trained and developed can stand up to the strain and hardships of modern life.

Endurance, discipline, and strength of mind and body cannot be developed in a few weeks; the foundation must be solidly laid down during these years to achieve these qualities.

The Scheme not only develop physique and stamina, but will also develop character, courage, leadership, initiative, team and self-discipline, which are the foundations of good citizenship

The object of this scheme is to help in the production and maintenance of fitness of mind, body and character, and so ensure that the student is mentally alert and physically efficient to withstand the strains and fatigue of daily life. It will prepare him/her for the strenuous training, which he will have to undergo further in his life's battles.

THE SCHEME

Compulsory Phy. Edn. Examination Total Marks: 10

A student shall have to participate in two types of physical activities viz (A) (Group), Voluntary Activities, (B) (Group), Obligatory Activities. The details of these activities are as under:

- A) (Group) Voluntary Activities: 2 Marks (Any Two games each game 1 Marks)
1. Badminton
 2. Basketball
 3. Cricket
 4. Football
 5. Gymnastics
 6. Hockey
 7. Kabaddi
 8. Kho-Kho
 9. Malkhamb
 10. Swimming
 11. Table-Tennis
 12. Tennis
 13. Volleyball
 14. Weight-lifting
 15. Wrestling
 16. Judo
 17. Handball
 18. Softball.
- B) Group Obligatory Activities: 8 Marks
1. Athletics activities –
 - a) 100 m. run (Male & Female)
 - b) 1500 m.run. (Male)
 - c) 400 m.run (Female)
 - d) High Jump (Male & Female)
 - e) Standing broad Jump (Male & Female)
 2. Rope skipping (Female)
 3. Chin ups (Male)
 4. Sit ups (Male & Female)
 5. Push ups (Female)
 6. Squat thrust (Male & Female)

Note- Teachers are expected to take practice in all athletics activities and other events.

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PARTICIPATION IN THE SCHEME:

- A) **Voluntary Activities:** Under this category, a student shall have to choose any two activities. Activities enumerated above and to participate in them throughout the year.
- B) **Obligatory Activities:** A Students shall have to practice the events enumerated above under the heading "Obligatory Activities" during the course of the year. The standard expected of a student for the purpose of getting a pass in the obligatory activities are as under.

**COMPULSORY PHYSICAL EDUCATION NORMS (STANDARD) FOR PART-I
B.A.-1/ B.Sc. 1/ B.Com. 1**

Sr. No.	Obligatory	Events	Male	Female
I	Agility	100 Mts. Run	13.5 Sec.	16.5 Sec.
		Standing Broad Jump	2.30 Mtr.	1.60 Mtr.
		Running High Jump	1.20 Mtr.	0.90 Mtr.
II	Endurance	1500 Mts. Run	6.:30.00 Min.	-
		400 Mtr. Run.	-	90 Sec.
		Ropeclipping	-	50 Times (1 Minute)
III	Strength	Squat Thrust	20 Times	12 Times
		Chin ups	14	-
		Push ups	-	20
		Sit ups	25	16

- Note:** 1. Select any Two activities from any groups
 2. Select One activities each from the rest two groups. Students are expected to cover activities from (i) Agility, (ii) Endurance, (iii) Strength, While completing four activities from obligatory group.
 If the students pass in each event he/she will get 2 marks. If he/she is not able to perform as per the norms candidate will get 0 Mark.
 Four Obligatory events each events 2 Marks Total 8 Marks.

NORMS & STANDARDS OF PHYSICALLY HANDICAPPED STUDENTS
 "Physically Handicapped" Student is the one who is otherwise physically fit but possesses some defect in hands and/or in legs:

- A. (Group) Voluntary Activities: Select any two games, which are mention above each games 2 marks.
: Total 4 Marks

Note: Students should write Journal on two selected games, which are include measurement of the Ground and basic rules of the games

- Group (B) Obligatory Activities:
 Any one activity as mention below.
: 2 Marks

Sr. No.	Activities	Male	Female
1	100 Mtr. Run	22 Sec	30 Sec
2	St. Broad Jump	1.25 Mtr.	1.00 Mtr.
3	Sit ups	12	8
4	Chin ups	10	-
5	Push ups	-	12

(2)

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 (Hans Ravi)
 25/4/13

: 4 Marks

Group (C) Assanas:

Students are allowed to select any Two Assanas mention below. Each Assanas 2 Marks.

1. सर्वाङ्गसन, 2. शिर्षासन, 3. हलासन, 4. पद्मासन, 5. भुजङ्गसन

Note : Students should hold the position for one minute

Standard of Passing : Standard of Passing is 40% (4 Marks)

1. All the B.A. Part-I/B.Sc. -I/B.Com. -I/B.C.A./B.B.A.I & 1st Year of any three years degree course students should attend the practical class and complete 80% of attendance is compulsory including NSS/NCC Students, then only they are allowed to appear for the examination.
2. If a Student fail to appear for the examination or if a student obtained below 40% marks is treated as ATKT. Such candidate may appear the compulsory physical examination at the B.A. Part-II/B.Sc.II/B.Com.II/B.C.S.II/B.C.A.II/B.B.A-II & 2nd Year of any three years degree course along with B.A. Part-I/B.Sc.I/B.Com.I/B.C.S.I/B.C.A.I/B.B.A.-I & 1st Year of any three years degree course Students at the time of Compulsory Examination. Which will be conducted in the month of March in every year.
3. Until unless a Candidate pass compulsory Phy. Edn. Exam. He/she will not be given admission to the B.A. Part-III/B.Sc.III/B.Com.III/B.C.S.III/B.C.A.III/B.B.A.-III & 3rd Year of any three years degree course.
4. All Examination marks scored out of 10 will be added to the credit.
 - A) For passing if failing in two subject.
 - B) For securing Class of Merit.
 - C) Will be considered if reappeared.

Note : Compulsory Physical Education Examinations should be conducted on the Track, Ground or Hall. The Examination should not be conducted on the Road on any condition.

COLOUR OF THE ACHIEVEMENT CARD

The college should prepare the achievement card as per the colour mentioned below.

1. B.A. Part-I (Male/Female) : Yellow Card
2. B.Sc. Part-I & B.C.S.-I (Male/Female) : Pink Card
3. B.Com. Part-I/B.C.A. -I & B.B.A. (Male/Female) : Green Card
4. Handicap (Male/Female) (B.A.-I, B.Com.-I, B.Sc.-I) : White Card
& (B.C.S.-I/B.C.A.-I/B.B.A.-I)

(3)

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5.4.15

SOLAPUR UNIVERSITY, SOLAPUR

Physically Handicaped Students

B.A./B.Sc./B.Com./B.C.S./B.C.A./B.B.A./B.Sc.I Biotech.

Compulsory Physical Education Achievement Card 200 - 200 Exam Seat No. -
 Name in full - Roll No. :- Class :-
 (Begin with Surname)

Terms	Group A Voluntary		Group B - Obligatory								Signature		
	Games		Agility			Asanas			Strength				
			100 M. Run M 22/ W 30-sec.	St Br Jump M 1.25/ W 1 Mtr	High Jump M 1.20/ W 8.50 Mtr	Bhujang Asan	Survang Asan	Shrish Asan	Halasan	Padmasan	Chin Ups M 10 Sit Ups M 12/ W 8	Push Ups W 12	
No. of Trials Matches													Student
Performance													Teacher
Performance at Uni. Exa.													Examiners
Selected Games & Activities	Group 'A' Games	1.....					2.....						
	Group 'B' Activities	1.....			2.....		3.....		4.....				

Allowed to appear at the Exam

Director of Physical Education

Principal

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 7.5.19

Physically Handicapped Students

SOLAPUR UNIVERSITY SOLAPUR

Important Rules

Physically Handicapped Students

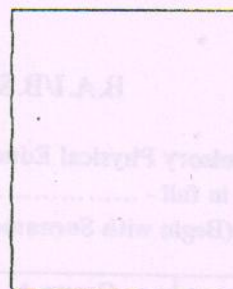
<p align="center">COMPULSORY PHYSICAL EDUCATION ACHIEVEMENT CARD</p>

1) Certificate of 80% attendance in P.E. is necessary including NCC/NSS Student

B.A./B.Sc./B.Com./B.C.S./B.C.A./B.B.A./B.Sc.Biotech

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3. Examination will be into parts.
 Group A – VOLUNTARY {Two Games to be Chosen & Journal should be written}
 Group B – OBLIGATORY {One Item to be Chosen & any two Asanas }

4. Standard of passing is 40% (4 Marks)

Note : If a student fails to appear for the examination Or if a student obtained below 40% (4 Marks) He is treated as ATKT such a candidate may appear at second year exam until unless a candidate pass P.E. exam will not be given admission to third year.

College Name :-.....

Student Name :-.....

Roll No. :-

Class :-

Div:-

Address :-

		Voluntary	
		Obligatory	
		Group A	
		Group B	
		Asanas	
		Games	
		Journal	
		Attendance	

SOLAPUR UNIVERSITY, SOLAPUR

B.A./B.Sc./B.Com./B.C.S./B.C.A./B.B.A./B.Sc.I Biotech.

Compulsory Physical Education Achievement Card 200 - 200 Exam Seat No. -

Name in full - Class - Roll No. -



(Begin with Surname)

Terms	Group A Voluntary	Group B - Obligatory										
	Games	Agility			Endurance			Strength			Signature	
		100 M. Run M 13.5/ W 16.5-sec.	St Br Jump M 2.30/ W 1.60 Mtr	High Jump M 1.20/ W 0.90 Mtr	1500 Mtr Run M 6.30 Min.	Squat Thrust M 20/ W 12	400 M Run 1.30 Min. (W)	Rope Skipping 50 times 1 min. (W)	Chain Ups 14 (M)	Sit Ups M 25/ W 16		Push Ups 20 (W)
No. of Trials Matches												Student
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Performance at Uni. Exa.												Examiners
Selected Games & Activities	Group 'A' Games	1.....				2.....						
	Group 'B' Activities	1.....			2.....		3.....		4.....			

Allowed to appear at the Exam

Director of Physical Education

Principal


 5.4.15

 5/12/18

Important Rules

SOLAPUR UNIVERSITY, SOLAPUR

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is necessary including NCC/NSS Student

COMPULSORY PHYSICAL EDUCATION ACHIEVEMENT CARD

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B.A./B.Sc./B.Com./B.C.S./B.C.A./B.B.A./B.Sc.Biotech

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Group A – VOLUNTARY {Two Games to be
Chosen & Journal should be written}

Group B – OBLIGATORY {Four Items to be
Chosen with at least one from each type}

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Or if a student obtained below 40% (4 Marks)
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P.E. exam will not be given admission to third year.

College Name :-:.....

Student Name :-:.....

Roll No. :-

Class :-

Div:-

Address :-

5

SOLAPUR UNIVERSITY, SOLAPUR

Compulsory Physical Education Achievement Card 200 - 200 Exam Seat No. -

Name in full - Class - Roll No. -

(Begin with Surname)

Terms	Group A Voluntary	Group B - Obligatory										Signature
	Games	Agility			Endurance			Strength				
		100 M Run M 13.5/ W 16.5-sec.	St Br Jump M 2.30/ W 1.60 Mtr	High Jump M 1.20/ W 0.90 Mtr	1500 Mtr Run M 6.30 Min.	Squat Thrust M 20/ W 12	400 M Run 1.30 Min. (W)	Rope Skipping 50 times 1 min. (W)	Chin Ups 14 (M)	Sit Ups M 25/ W 16	Push Ups 20 (W)	
No. of Trials Matches												Student
Performance												Teacher
Performance at Uni. Exa.												Examiners
Selected Games & Activities	Group 'A' Games	1.....				2.....						
	Group 'B' Activities	1.....			2.....		3.....		4.....			

Allowed to appear at the Exam

Director of Physical Education

Principal

[Signature]
25/11/06

[Signature]
27-11-06

[Signature]
27-11-06

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(Ajay R. V.)
4/11/06

Important Rules

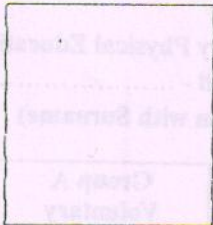
SOLAPUR UNIVERSITY SOLAPUR

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Student Name :-.....

Roll No. :-

Class :-

Div:-

Address :-

SOLAPUR UNIVERSITY, SOLAPUR

Handicap

Compulsory Physical Education Achievement Card 200 - 200 Exam Seat No. -

Name in full -

Roll No. :-

Class :-

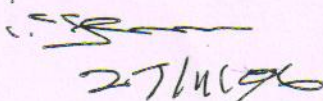
(Begin with Surname)

Terms	Group A Voluntary		Group B - Obligatory										Signature	
	Games		Agility			Asnas					Strenght			
			100 M. Run M 22/ W 30-sec.	St-Br Jump M 1.25/ W 1 Mtr	High Jump M 1.20/ W 0.90 Mtr	Bhujang Asan	Survang Asan	Shrish Asan	Halasan.	Padmasan	Chin Ups M 10	Sit Ups M 12/ W 8	Push Ups W 12	
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Performance at Uni. Exa.														Examiners
Selected Games & Activities	Group 'A' Games	1..... 2.....												
	Group 'B' Activities	1.....		2.....		3.....		4.....						

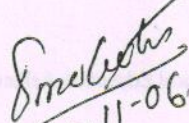
Allowed to appear at the Exam

Principal

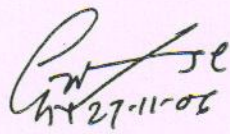
Director of Physical Education




27/11/06



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27-11-06



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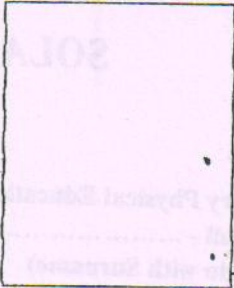
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SOLAPUR UNIVERSITY SOLAPUR

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COMPULSORY PHYSICAL EDUCATION ACHIEVEMENT CARD



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College Name :-.....

Note : It a student fails to appear for the examination Or if a student obtained below 40% (4 Marks) He is treated as ATKT such a candidate may appear At second year exam until unless a candidate pass P.E. exam will not be given admission to third year.

Student Name :-.....

Roll No. :- Class :- Div:-

Address :-

SOLAPUR UNIVERSITY, SOLAPUR

Handicap

Compulsory Physical Education Achievement Card 200 - 200 Exam Seat No. :
 Name in full - Roll No. :- Class :-
 (Begin with Surname)

Terms	Group A Voluntary	Group B - Obligatory											
	Games	Agility			Asnas					Strenght			Signature
		100 M. Run M 22/ W 30-sec.	St Br Jump M 1.25/ W 1 Mtr	High Jump M 1.20/ W 0.90 Mtr	Bhujang Asan	Survang Asan	Shish Asan	Halasan	Padmasan	Chin Ups M 10	Sit Ups M 12/ W 8	Push Ups W 12	
No. of Trials Matches													Student
Performance													Teacher
Performance at Uni. Exa.													Examiners
Selected Games & Activities	Group 'A' Games	1.....				2.....							
	Group 'B' Activities	1.....		2.....		3.....			4.....				

Allowed to appear at the Exam

Director of Physical Education

Principal

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4-4-19

Handicap

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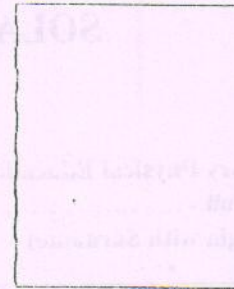
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Handicap

SOLAPUR UNIVERSITY SOLAPUR

COMPULSORY PHYSICAL EDUCATION ACHIEVEMENT CARD



College Name :-

Student Name :-

Roll No. :- Class :- Div:-

Address :-

SOLAPUR UNIVERSITY, SOLAPUR

Compulsory Physical Education Achievement Card 200 - 200 Exam Seat No. -
 Name in full - Class - Roll No. -
 (Begin with Surname)

Terms	Group A Voluntary		Group B - Obligatory										Signature
	Games		Agility			Endurance			Strength				
			100 M. Run M 13.5/W 16.5-sec.	St Br Jump M 2.30/W 1.60 Mtr	High Jump M 1.20/W 0.90 Mtr	1500 Mtr Run M 6.30 Min.	Squat Thrust M 20/W 12	400 M Run 1.30 Min. (W)	Rope Skipping 50 times 1 min. (W)	Chin Ups 14 (M)	Sit Ups M 25/W 16	Push Ups 20 (W)	
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Allowed to appear at the Exam

Director of Physical Education

Principal

[Handwritten Signature]
4-4-13

Important Rules

SOLAPUR UNIVERSITY SOLAPUR

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College Name :-

Student Name :-

Roll No. :- Class :- Div:-

Address :-

SOLAPUR UNIVERSITY, SOLAPUR

Handicap

Compulsory Physical Education Achievement Card 200 - 260 Exam Seat No. -
 Name in full - Roll No. :- Class :-
 (Begin with Surname)

Terms	Group A Voluntary		Group B - Obligatory										Signature	
	Games		Agility			Asnas				Strenght				
			100 M. Run M 22/ W 30-sec.	Sl.Br Jump M 1 25/ W 1 Mtr	High Jump M 1 20/W: 0 90 Mtr	Bhujang Asan	Survang Asan	Shush Asan	Halasan	Padmasan	Chun Ups M 10	Sit Ups M 12/ W 8	Push Ups W 12	
No. of Trials Matches														Student
Performance														Teacher
Performance at Un. Exa.														Examiners
Selected Games & Activities	Group 'A' Games	1.....					2.....							
	Group 'B' Activities	1.....		2.....		3.....		4.....						

Allowed to appear at the Exam

Director of Physical Education

Principal

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h-4-13

Handicap

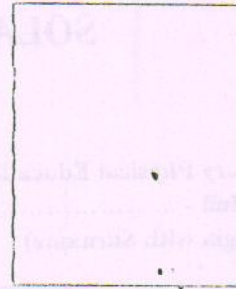
Handicap

Important Rules

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COMPULSORY PHYSICAL EDUCATION ACHIEVEMENT CARD



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Student Name :-.....

Roll No. :-

Class :-

Div:-

Address :-

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				Student Name :-.....
Roll No. :-	Class :-	Div:-	Address :-	

SOLAPUR UNIVERSITY, SOLAPUR

Compulsory Physical Education Achievement Card 200 - 200 Exam Seat No. -
 Name in full - Class - Roll No. -
 (Begin with Surname)

Terms	Group A Voluntary		Group B - Obligatory										Signature
	Games		Agility			Endurance			Strength				
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Allowed to appear at the Exam

Director of Physical Education

Principal

[Handwritten Signature]
2-5-12

Important Rules

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College Name :-.....

Student Name :-.....

Roll No. :- Class :- Div:-

Address :-

 4.4.14