

# **SOLAPUR UNIVERSITY, SOLAPUR**



NAAC Accredited-2015  
'B' Grade (CGPA 2.62)

## **Name of Faculty Arts and Fine Arts**

Name of the Course Syllabus:-

## **B.A. (Third Year) PHYSICAL EDUCATION**

With effect from:-

**June- 2018**

# Preamble

## Annexure – I

### CHOICE BASED CREDIT SYSTEM T.Y.B.A

### SEMESTER – V SCHEME OF EXAMINATION – 2018

| Paper No.                         | L/P | Credit | Total Mark Per Paper | UA                         |                        | CA  |     |
|-----------------------------------|-----|--------|----------------------|----------------------------|------------------------|-----|-----|
|                                   |     |        |                      | Max                        | Min                    | Max | Min |
| Physical Education Paper No. VII  | 60  | 4      | 100<br>(70/30)       | <b>70</b><br>T-35/<br>P-35 | <b>28</b><br>14/<br>14 | 30  | 12  |
| Physical Education Paper No. VIII | 60  | 4      | 100<br>(70/30)       | <b>70</b><br>T-35/<br>P-35 | <b>28</b><br>14/<br>14 | 30  | 12  |
| Physical Education Paper No. IX   | 60  | 4      | 100<br>70/30)        | <b>70</b><br>T-35/<br>P-35 | <b>28</b><br>14/<br>14 | 30  | 12  |
| Physical Education Paper No. X    | 60  | 4      | 100<br>(70/30)       | <b>70</b><br>T-35/<br>P-35 | <b>28</b><br>14/<br>14 | 30  | 12  |
| Physical Education Paper No. XI   | 60  | 4      | 100<br>(70/30)       | <b>70</b><br>T-35/<br>P-35 | <b>28</b><br>14/<br>14 | 30  | 12  |

Annexure – II

CHOICE BASED CREDIT SYSTEM T.Y.B.A

SEMESTER – VI SCHEME OF EXAMINATION – 2018

| Paper No.                         | L/P | Credit | Total Mark Per Paper | UA                         |                        | CA  |     |
|-----------------------------------|-----|--------|----------------------|----------------------------|------------------------|-----|-----|
|                                   |     |        |                      | Max                        | Min                    | Max | Min |
| Physical Education Paper No. XII  | 60  | 4      | 100<br>(70/30)       | <b>70</b><br>T-35/<br>P-35 | <b>28</b><br>14/<br>14 | 30  | 12  |
| Physical Education Paper No. XIII | 60  | 4      | 100<br>(70/30)       | <b>70</b><br>T-35/<br>P-35 | <b>28</b><br>14/<br>14 | 30  | 12  |
| Physical Education Paper No. XIV  | 60  | 4      | 100<br>70/30)        | <b>70</b><br>T-35/<br>P-35 | <b>28</b><br>14/<br>14 | 30  | 12  |
| Physical Education Paper No. XV   | 60  | 4      | 100<br>(70/30)       | <b>70</b><br>T-35/<br>P-35 | <b>28</b><br>14/<br>14 | 30  | 12  |
| Physical Education Paper No. XVI  | 60  | 4      | 100<br>(70/30)       | <b>70</b><br>T-35/<br>P-35 | <b>28</b><br>14/<br>14 | 30  | 12  |

N.B.1) 25 marks per credit.

N.B.2) Total no of hours required to earn two credits points for each theory course  
60 hrs. for semester where has to 120 hrs. for each practicum course.

N.B. 3) Theory papers shall be of one and half hour's (1.30 Min.) duration carrying  
35 marks.

N.B.4) Question No. 1 will be objective type questions and will carry 10 marks.  
(10 Question = each question one Mark)

N.B.5) Question No. 2 question having been of short answer type questions and will  
10 marks. (05 question = each question Two Mark)

N.B.6) Question No. 3 question will be of short note type question and will carry 15 marks. (3 Question = each question 05 Mark)

N.B. 7) Two periods for theory + two periods for Practical for each paper: per week.

N.B. 8) U.A. SEM: - V –

Paper VII to XI – 70 Marks (Theory 35 + Practical 35 Marks)

U.A. SEM: - VI –

Paper XII to XVI – 70 Marks (Theory 35 + Practical 35 Marks)

(Objective 10 Marks, Descriptive 25 Marks)

## **Objectives**

1. To know the concept the physical training, physical culture, gymnastics, recreation, sports, games and yoga to the student.
2. To be aware of emerging issues such as health, fitness, wellness to the student.
3. To develop the fundamental skills of games among students.
4. To develop the skills required for the athletics among students.
5. To know the student about details of human body.
6. To make student know the importance of healthy life.
7. To inform student about physical, social and mental health.
8. To tell student need and importance of recreation in life.
9. To explain student how recreation is must to live happy and healthy life.
10. To tell student need and importance of yoga practices in life.
11. To explain student how yoga is essential for physical and mental health.
12. To make student know about human body and its internal structure.
13. To explain the importance of nutrition in our life of student.
14. To inform student about hygienic life and living.

# Solapur University, Solapur

## Semester Pattern Syllabus for Physical Education

**B. A. Part III (w. e. f. June 2018)**

### Semester-V (Theory)

| <b>Paper No</b> | <b>Name of the paper</b>                      | <b>U.A. Marks</b> | <b>C.A. Marks</b> | <b>Total</b> |
|-----------------|---|-------------------|-------------------|--------------|
| VII             | Health Education                              | 35                | 15                | 50           |
| VIII            | Rhythms and Recreation in Physical Education  | 35                | 15                | 50           |
| IX              | Applied Yoga                                  | 35                | 15                | 50           |
| X               | Anatomy Physiology and Physiology Of Exercise | 35                | 15                | 50           |
| XI              | DIET and Hygiene                              | 35                | 15                | 50           |

(Two periods for theory and two periods for practical per week per paper A batch of 20 students for practical period's)

## Paper: VII

### Health Education

Credits : 2

Total Lectures:- 30

University Assessment - 35 Marks

Internal Assessment - 15 Marks

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#### A) University Assessment

35 Marks

##### I) Introduction :

- a) Meaning, definitions of Health Education.
- b) Nature and scope of Health Education.

##### II) Objectives of Health Education

- a) Physical Health Education
- b) Mental Health
- c) Social Health

##### III) Health of the Community

- a) Health problems in family, community, Schools and Colleges.
- b) Communicable diseases - causes, symptoms and prevention. (Small pox, Cholera, T.B., Malaria)
- c) Role of Government in community health.
- d) Aids - causes, symptoms & prevention of Aids.

#### B) Internal Assessment

15 Marks

- 1) Home Assignment                      10 Marks
- 2) Test    05 Marks

#### Reference Book

1. Health Education and Hygiene :J. S. Manjal, Universal Publishers, Agra.
2. Adapted and Corrective Physical Education : Kielly.
3. Applied anatomy and Kinesiology : Rash and Burke.
4. Exercise Physiology : Fox.

## Paper: VIII

### Rhythms and Recreation in Physical Education

Credits : 2

Total Lectures:- 30

University Assessment - 35 Marks

Internal Assessment - 15 Marks

**A) University Assessment**

**35 Marks**

**Unit:I** : Concept, Definitions,Nature and function of Rhythm.

**Unit:II** : Principles and Objectives of Rhythm.

**Unit:III:** a) Concept, Definitions,Nature and Function of Recreation.

b) Need and importance of recreation in life.

c) Objectives of recreation.

**B) Internal Assessment**

**15 Marks**

1) Home Assignment

10 Marks

2) Test

05 Marks

#### Books Recommended

1. An Introduction to Recreation Education : W. B. Saunders Company .....  
Philadelphia :1955.
2. Community Recreation : Meyer and Brightbill, Prentice Hall, INC 1966.
3. Leisure and Recreation : Neumeyer and Esther. A. S. Barnes and Company,  
1956.

**Paper: IX**  
**Applied Yoga**

**Credits : 2**

**Total Lectures:- 30**

**University Assessment - 35 Marks**

**Internal Assessment - 15 Marks**

**A) University Assessment**

**35 Marks**

**Unit: I)** Meaning and Definition, Aim, Objectives and Scope of Yoga in Human Life.

**Unit: II)** Yoga and Physical Health: Promotives, Preventive and Curative aspects of Physical Health tackled through Yogic practices.

**Unit: III)** Yoga and Mental Health: Nature of problems in mental health. Promotive, Preventive and Curative aspects of mental health through Yogic practices.

**B) Internal Assessment**

**15 Marks**

1) Home Assignment

10 Marks

2) Test

05 Marks

**Reference Books**

- 1) Applied Yoga: Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
2. Yoga and your heart : Datey K. K., Gharote, M. L. and Soli Parri, Jaico Publications, Bombay.
3. Yogic Therapy : Swami Kuval Yananda and S. L., Vinekar, Central Bureau of Health Services : New Delhi:1963.
4. Yogasana : A. Teachers guide, N.C.E.R.T. : New Delhi.
5. Teaching methods for yogic practices Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
6. Light on Yoga : B. S. Iyengar.

## Paper: X

### Anatomy Physiology and Physiology of Exercise

Credits : 2

Total Lectures:- 30

University Assessment - 35 Marks

Internal Assessment - 15 Marks

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#### A) University Assessment

35 Marks

##### I) Introduction :

Anatomy, Physiology and Physiology of exercises - Meaning, definition and importance.

##### II) The cell and its parts

##### III) Skeletal System :

- 1) Structure and classification of bones.
- 2) Difference between male and female skeleton.
- 3) Classification of Joints -Structure of a synovial joint (freely movable.)
- 4) Functions of skeletal system.
- 5) Effects of exercise on Skeletal System.

##### Iv) Muscular System :

- 1) Structure of skeletal muscle, Smooth muscle and Cardiac muscle.
- 2) Effects of exercise on Muscular System.

##### V) Respiratory System :

- 1) The nose, pharynx, larynx, trachea, bronchioles, lungs structure and functions.
- 2) Vital capacity - Second wind.
- 3) Effects of exercise on Respiratory System.

##### B) Internal Assessment

15 Marks

- |                    |          |
|--------------------|----------|
| 1) Home Assignment | 10 Marks |
| 2) Test            | 05 Marks |

##### Reference Book

1. Anatomy and Physiology for nurses - E. Pearce.
2. Human Anatomy and Physiology - King & Shaver.
3. Physiology & Anatomy - Smart & Macdowel.

## Paper: XI

### Diet and Hygiene

Credits : 2

Total Lectures:- 30

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University Assessment - 35 Marks

Internal Assessment - 15 Marks

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#### A) University Assessment

35 Marks

##### Unit: I : Components of diet

- a) Protein, Carbohydrates, Fats, Vitamins, Minerals, water - its sources.
- b) Growth and repair
- c) Vitality and fitness

##### Unit: II:

- a) Balanced diet, Athletes diet
- b) Malnutrition and diseases due to deficiency.

##### Unit: III :

- a) Importance of Hygienic living.
- b) Environmental Hygiene -Lighting, Ventilation, Water Supply, Disposal of Waste.

#### B) Internal Assessment

15 Marks

- 1) Home Assignment 10 Marks
- 2) Test 05 Marks

#### Books Recommended

1. Handbook of Hygiene and Public Health - U. Bedi, Anand Publishing Company, Amritsar, 1962.
2. Nutrition and Physical Fitness -Bogert, Briggs and Calloway, W.B. - Saunders Co. 1966.
3. Human Nutrition and Dietics -Davidson and Passmore, The Williams and Wilkins Co., 1966.

**Semester- V**  
**Practical**

**Paper: VII to XI**

|                             |                  |
|-----------------------------|------------------|
| Total University Assessment | 175 Marks        |
| Total College Assessment    | 75 Marks         |
| <b>Total Marks</b>          | <b>250 Marks</b> |

**University Assessment**

**Total Marks: 175**

| Sr.No. | Name of the event           | Total marks |
|--------|-----------------------------|-------------|
| A      | Atheletics                  | 60          |
| B      | WeighLifting/Badminton/Judo | 20          |
| C      | Gymnastics                  | 30          |
| D      | First Aid                   | 20          |
| E      | Rules and regulations       | 20          |
| F      | Journal                     | 25          |
|        | Total                       | 175         |

**A) Athletics**

**Total Marks: 60**

| Sr.No. | Name of the event       | techniques | Performance | Total marks |
|--------|-------------------------|------------|-------------|-------------|
| 1      | Tripple Jump.           | 10         | 10          | 20          |
| 2      | Hurdles (110)<br>meters | 10         | 10          | 20          |
| 3      | 5000 meter run          | 10         | 10          | 20          |

**Tripple Jump:**

| <b>Gents</b>        |              | <b>Ladies</b>      |
|---------------------|--------------|--------------------|
| <b>Performance</b>  | <b>Marks</b> | <b>Performance</b> |
| 10 Meters and above | 10           | 8-Meters and above |
| 9 to 9.9 Meters     | 8            | 7-Meters           |
| 8 to 8.9 Meters     | 6            | 6-Meters           |
| 7 to 7.9 Meters     | 4            | 5-Meters           |

**110 Meters Hurdles:**

| <b>Gents</b>          |              | <b>Ladies</b>                    |
|-----------------------|--------------|----------------------------------|
| <b>Performance</b>    | <b>Marks</b> | <b>Performance</b>               |
| 22 Seconds and below  | 10           | 24 Seconds and below.            |
| 22.01 to 24 Seconds.  | 8            | 24.01 to 26 Seconds.             |
| 24.01 to 26 Seconds   | 6            | 26.01 to 28 Seconds              |
| 28 Seconds and above. | 4            | 28.01 to 30 Seconds<br>and above |

**5000 Meter Running**

| <b>Gents</b>         |              | <b>Ladies</b>         |
|----------------------|--------------|-----------------------|
| <b>Performance</b>   | <b>Marks</b> | <b>Performance</b>    |
| 25 to 26.99 Minutes  | 10           | 35 to 36.99 Minutes   |
| 27 to 28.99 Minutes  | 8            | 37 to 38.99 Minutes   |
| 29 to 30.99 Minutes  | 6            | 39 to 40.99 Minutes   |
| 31 Minutes and above | 4            | 41 Minutes and above. |

**B) Badminton & Weight Lifting****20 Marks****i) Badminton**

Technique -- 10 Marks

Performance – 10 Marks

**Total Marks -- 20 Marks****ii) Weight Lifting**

| <b>Gents Performance</b> | <b>Marks</b> | <b>Ladies Performance</b> |
|--------------------------|--------------|---------------------------|
| <b>105 kg and above.</b> | <b>10</b>    | <b>85 kg. and above</b>   |
| <b>95 kg</b>             | <b>8</b>     | <b>75 kg.</b>             |
| <b>85 kg</b>             | <b>6</b>     | <b>65 kg.</b>             |
| <b>75 kg.</b>            | <b>4</b>     | <b>55 kg.</b>             |

**C ) Gymanastics :**

**30 Marks**

(Any **five** of the following items)

| <b>Sr.No.</b> | <b>Performance</b> | <b>Sr.No.</b> | <b>Performance</b> |
|---------------|--------------------|---------------|--------------------|
| 1             | Forward roll       | 6             | Hand Spring        |
| 2             | Backward role      | 7             | Neck Spring        |
| 3             | Dive roll          | 8             | Head Spring        |
| 4             | Cartwheel          | 9             | Summer Sault       |
| 5             | Hand Stand         |               |                    |

**D) First Aid:**

**20 Marks**

| <b>Oral</b> | <b>Practical</b> | <b>Total Marks</b> |
|-------------|------------------|--------------------|
| 10          | 10               | <b>20</b>          |

**E ) Rules and regulations**

**20 Marks:**

Rules and regulations of following games (Viva voce only)

**(Athletics, Weight Lifting, Badminton, Gymnastics)**

**f ) Journal : 15 Marks Athletics**

Diagram, Sectors, rules and regulations of Athletics events.

**Weight Lifting / Badminton**

**Badminton** -Brief History,

Diagram. Techniques of two modern

styles. Rules and regulations .

### **Weight Lifting :**

Different types of technique,  
Rules and Regulations of the game.

### **Gymnastics :**

Brief history and skills of following Gymnastics events.

1. Forward roll      2. Backward role
3. Dive & roll      4. Cartwheel
5. Hand Stand      6. Hand Spring
7. Neck Spring      8. Head Spring
9. Summer Sault (Forward or Backward)

### **First Aid:**

- A) First Aid: Meaning objectives, important rules.
- B) Materials in the first Aid box
- C) Fracture- types and symptoms- use of sling and splint.
- D) Bleeding types, and symptoms - use of sling and splint.
- E) Artificial Respiration: Meaning and method of artificial respiration (any two)
- F) Bandage: ways of applying Bandage. Simple dressing.

### **Total Internal Assessment**

**75 Marks**

| Sr.No. | Name of the event                      | Total marks |
|--------|--|-------------|
| A      | Atheletics Skill Test                  | 15          |
| B      | WeighLifting/Badminton/Judo Skill Test | 15          |
| C      | Gymnastics Skill Test                  | 15          |
| D      | First Aid Practical Test               | 15          |
| E      | Rules and regulations Oral Test        | 15          |
|        | Total                                  | 75          |

## **New Syllabus for Physical Education**

### **B. A. Part III (w. e. f. June 2018)**

#### **Semester-VI (Theory)**

(Two periods for theory and two periods for practical per week. per paper batch of 20 students for practical periods)

| <b>Paper No</b> | <b>Name of the paper</b>                      | <b>U.A. Marks</b> | <b>C.A. Marks</b> | <b>Total</b> |
|-----------------|---|-------------------|-------------------|--------------|
| XII             | Health Education                              | 35                | 15                | 50           |
| XIII            | Rhythms and Recreation in Physical Education  | 35                | 15                | 50           |
| XIV             | Applied Yoga                                  | 35                | 15                | 50           |
| XV              | Anatomy Physiology and Physiology of Exercise | 35                | 15                | 50           |
| XVI             | Diet and Hygiene                              | 35                | 15                | 50           |
|                 | <b>Total</b>                                  | <b>175</b>        | <b>75</b>         | <b>250</b>   |

## Paper: XII

### Health Education

Credits : 2

Total Lectures:- 30

University Assessment - 35 Marks

Internal Assessment - 15 Marks

#### A) University Assessment

35 Marks

##### I) Health Programme :

- a) Importance of exercises in health and fitness.
- b) Drugs, Alcohol and Tobacco: Adverse effect on performance.
- c) Place of Physical Education teacher in health education programme.

##### II) Body posture

- a) types of body posture.
- b) body posture its deformities.

##### III) Health Organization

World Health Organization - Constitution, Aims & Objectives, Plans of Operations, Assistance, functions and importance.

##### IV) Sex Education

I Importance and need of family planning and Sex Education in India. (In Brief)

#### B) Internal Assessment

15 Marks

- |                    |          |
|--------------------|----------|
| 1) Home Assignment | 10 Marks |
| 2) Test            | 05 Marks |

#### Reference Book

1. Health Education and Hygiene: J. S. Manjal, Universal Publishers, Agra.
2. Adapted and Corrective Physical Education: Kielly.
3. Applied anatomy and Kinesiology: Rash and Burke.
4. Exercise Physiology: Fox.

## Paper: XIII

### Rhythms and Recreation in Physical Education

Credits : 2

Total Lectures:- 30

University Assessment - 35 Marks

Internal Assessment - 15 Marks

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#### A) University Assessment

35 Marks

##### Unit: I:

Main trends in patterns of recreation ...

- a) Outdoor pursuits: Countryside for leisure.
- b) Cultural pursuits: Concrets, Play, Art, Exhibition, Films.
- c) Social Recreation: Clubs, Parties, Social Evenings.
- d) Sports and Physical Education.
- e) Holidays away from home: Hiking, Trekking, Picnic, Trips

##### Unit: II:

- a) Planning of recreational activities by taking into consideration sex, age, Interests, size and types of the groups, time available, funds, place etc.
- b) Recreational scheduling programmes provides for primary and secondary Schools, Colleges, Universities and Industrial workers.

**Unit: III:** Recreation facilities: playground, recreation hall, theatre, Necessary equipment.

#### B) Internal Assessment

15 Marks

- 1) Home Assignment 10 Marks
- 2) Test 05 Marks

#### Books Recommended

1. An Introduction to Recreation Education: W. B. Saunders Company. Philadelphia :1955.
2. Community Recreation: Meyer and Brightbill, Prentice Hall, INC 1966.
3. Leisure and Recreation: Neumeyer and Esther. A. S. Barnes and Company, 1956.
4. Introduction to Community: Recreation - Bultter.
5. Organization of Physical Education: J. P. Thomas.

## Paper: XIV

### Applied Yoga

Credits : 2

Total Lectures:- 30

University Assessment - 35 Marks

Internal Assessment - 15 Marks

#### A) University Assessment

35 Marks

**Unit. I)** Relationship of Yoga with Emotional Health, Ashtang Yoga.

**Unit. II)** Yoga and Personal Efficiency General Introduction, characteristics according to individual needs: Different methods of improving efficiency: importance of yogic practices for improving efficiency.

to:individual needs:Different methods of improving efficiency: importance of yogic practices for improving efficiency.

**Unit. III)** Yoga and Sports: Psychophysical basis of promoting sports career. Contribution of yogic practices for the development of Sports performances, International Yoga Day

#### B) Internal Assessment

15 Marks

1) Home Assignment 10 Marks

2) Test 05 Marks

#### Reference Books

1. Applied Yoga : Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
2. Yoga and your heart : Datey K. K., Gharote, M. L. and Soli Parri, Jaico Publications, Bombay.
3. Yogic Therapy : Swami Kuval Yananda and S. L., Vinekar, Central Bureau of Health Services : New Delhi:1963.
4. Yogasana : A. Teachers guide, N.C.E.R.T. : New Delhi.
5. Teaching methods for yogic practices Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
6. Light on Yoga : B. S. Iyengar.

## Paper: XV

### Anatomy Physiology and Physiology of Exercise

Credits : 2

Total Lectures:- 30

University Assessment - 35 Marks

Internal Assessment - 15 Marks

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#### A) University Assessment

35 Mark

#### I) Circulatory System:

- A) Blood - Its constituents and functions, working of heart.
- B) Blood pressure, Pulse, Blood groups, Oxygen debt.
- C) Effects of exercise on Circulatory System.

#### II) Digestive System:

Mouth, teeth, salivary glands, pharynx, oesophages, stomach, small and large intestine, pancreas, liver- structure and function - in brief.  
Effects of exercise on Digestive System.

#### III) Endocrine System:

Structure and function of (a) Pituitary (b) Thyroid (c) Parathyroid (d) Adrenals (e) Thymus (f) Pancreas (Islets of Langerhans)  
Effects of exercise on Endocrine System.

#### IV) Excretory System

Kidney and Skin Structure and Function..  
Effects of exercise on Excretory System.

#### v) Effects of exercise on various systems:

#### B) Internal Assessment

15 Marks

- 1) Home Assignment 10 Marks
- 2) Test 05 Marks

#### Reference Book

1. Anatomy and Physiology for nurses - E. Pearce.
2. Human Anatomy and Physiology - King & Shaver.
3. Physiology & Anatomy - Smart & Macdowel.

**Paper: XVI**  
**Diet and Hygiene**

Credits : 2

Total Lectures:- 30

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**University Assessment - 35 Marks**  
**Internal Assessment - 15 Marks**

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**A) University Assessment**

**35 Marks**

**Unit:I:**

**Safety Education:**

Safety at home, play grounds and streets.

**Unit:II :**

**First Aid :**

Sprain, Strain, Muscle pull, Dislocation, Fracture, Cramps, Shock, Bleeding.

**Unit:III**

**Personal hygiene** - Care of skin, Hair, Ear, Throat, Teeth, Eyes,  
Nose, Feet & Habits.

**B) Internal Assessment**

**15 Marks**

1) Home Assignment

10 Marks

2) Test

05 Marks

**Books Recommended**

1. Handbook of Hygiene and Public Health - U. Bedi, Anand Publishing Company, Amritsar, 1962.
2. Nutrition and Physical Fitness -Bogert, Briggs and Calloway, W.B. - Saunders Co.1966.
3. Human Nutrition and Dietics -Davidson and Passmore, The Williams and Wilkins Co., 1966.
4. Preventive and Social Medicine J. E. Park.
5. Nutrition - Dr. Swaminathan

**Semester- VI**  
**Practical**

**Paper: XII to XVI**

Total University Assessment  
Total College Assessment  
**Total Marks**

175 Marks  
75 Marks  
**250 Marks**

**University Assessment**

**Total Marks: 175**

| Sr.No. | Name of the event     | Total marks |
|--------|-----------------------|-------------|
| A      | Athletics             | 60          |
| B      | Asans                 | 25          |
| C      | Marking of the Track  | 25          |
| D      | one ball game         | 20          |
| E      | Rules and regulations | 20          |
| F      | Journal               | 25          |
|        | Total                 | 175         |

**A) Athletics**

**Total Marks: 60**

| Sr.No | Name of the event | techniques | Performance | Total marks |
|-------|-------------------|------------|-------------|-------------|
| 1     | Javelin Throw     | 10         | 10          | 20          |
| 2     | Hammer Throw      | 10         | 10          | 20          |
| 3     | Relay (4x100 )    | 10         | 10          | 20          |

### **Javelin Throw**

| <b>Gents Performance</b> | <b>Marks</b> | <b>Ladies Performance</b> |
|--------------------------|--------------|---------------------------|
| 30- Meters and above     | 10           | 8-Meters and above        |
| 27 to 29.99 Meters       | 8            | 7-Meters                  |
| 24 to 26.9 Meters        | 6            | 6-Meters                  |
| 20 to 23.99 Meters       | 4            | 5-Meters                  |

### **Hammer Throw**

| <b>Gents Performance</b> | <b>Marks</b> | <b>Ladies Performance</b> |
|--------------------------|--------------|---------------------------|
| 20- Meters and above     | 10           | 16- Meters and above      |
| 18- Meters               | 8            | 15- Meters                |
| 16- Meters               | 6            | 14- Meters                |
| 14- Meters               | 4            | 13- Meters                |

### **Relay (4x100)**

| <b>Gents Performance</b> | <b>Marks</b> | <b>Ladies Performance</b>     |
|--------------------------|--------------|-------------------------------|
| 22 Seconds and below     | 10           | 24 Seconds and below.         |
| 22.01 to 24 Seconds.     | 8            | 24.01 to 26 Seconds.          |
| 24.01 to 26 Seconds      | 6            | 26.01 to 28 Seconds           |
| 28 Seconds and above.    | 4            | 28.01 to 30 Seconds and above |

**B) Asans****Marks- 25**

|                               |  |
|-------------------------------|--|
| <b>A</b>                      | <b>Asans</b>   |
| Student choice<br>(any two)   | Sarvangasana : Matsyasana, Akarna Dhanurasana,<br>Suptavajrasana, Paschimottanasana,<br>Ardhamatsyantrasana, Buddha Padmasana. |
| <b>B</b>                      | <b>Asans</b>   |
| Examiners choice<br>(any two) | Sarvangasana : Matsyasana, Akarna Dhanurasana,<br>Suptavajrasana, Paschimottanasana,<br>Ardhamatsyantrasana, Buddha Padmasana. |
| <b>C</b>                      | <b>Pranayama</b>   |
| Student choice<br>(any one)   | Bhastrika, Bhramari, Shitkari, Shitali, Bhramari, Ujjayai.   |
| <b>D</b>                      | <b>pranayama</b>   |
| Examiners choice<br>(any one) | Bhastrika, Bhramari, Shitkari, Shitali, Bhramari, ujjayai.   |

**C) Track Marking (On paper only):****Total Marks - 25**

Show all running track start. Show diagram of throwing & jumping event.

**D) One Ball game****20 Marks**

| Name of the games                                       | Performance                                    | Fundamental skills | Total Marks |
|---|--|--------------------|-------------|
| Football, Hockey,<br>Cricket, Tennis,<br>Table -Tennis. | 10-Mark<br>(Any one of the<br>following games) | 10-Marks           | 20          |

**E) Rules and regulations**

**Total Marks: 20**

Rules and regulations above games (Viva voce only)

**(Athletics, Asanas, Track Marking, Ball games)**

**F) Journal**

**25 Marks**

**Athletics:**

Diagram, Sectors, rules and regulations of athletics events.

**Asanas & pranayama :**

Diagrams and technique of different Asanas, pranayama etc

**Asanas**

Sarvangasana, Matsyasana, Akarna-Dhanurasana,  
Suptavajrasana, Paschimottanasana, Ardhamatsyantrasana,  
Buddha Padmasana. **pranayama**

Anulom vilom, Bhastrika, Bhramari, Shitkari, Shitali

**Track Marking**

Diagram of 400 meter Track – starting line and finishing  
line. 100 M. Running, 110 M. Hurdles

Exchange Zones: 4x100 M. Relay and 4x400 M. Relay.

Marking of staggers for 200 M. Run & 400 M. Run.

**Any one ball game** (Selected by the student) Brief

history : List of Different fundamentals skills

Diagram of play field, Rules and Regulations of the game, Duties of the Officials.

**1) Separate heads of passing.**

a) Theory paper - Minimum passing 13 Marks

b) Practical - Minimum Passing 14 Marks

**2) Practical examination conducted:**

a) Each batch of 20 students

b) One organizer (Internal subject teacher)

c) Two examiners appointed by University.

d) Peons: Two peons for ground marking, water supply, and  
equipment Supply and collecting of materials.

e) Result sheet (Practical)

**Total Internal Assessment****75 Marks**

| Sr.No. | Name of the event               | Total marks |
|--------|---------------------------------|-------------|
| A      | Atheletics Skill Test           | 15          |
| B      | Asans Skill Test                | 15          |
| C      | Marking of the Track            | 15          |
| D      | One ball Game Skill Test        | 15          |
| E      | Rules and regulations Oral Test | 15          |
|        | <b>Total</b>                    | <b>75</b>   |

**Equivalent subject for old Syllabus**

| Sr. No. | Name of Old Paper                             | Name of New Paper                             |
|---------|---|---|
| 1       | Health Education                              | Health Education                              |
| 2       | Rhythms and Recreation in Physical Education  | Rhythms and Recreation in Physical Education  |
| 3       | Applied Yoga                                  | Applied Yoga                                  |
| 4       | Anatomy Physiology and Physiology Of Exercise | Anatomy Physiology and Physiology Of Exercise |
| 5       | Diet and Hygiene                              | Diet and Hygiene                              |