

Solapur University, Solapur

Revised Semester Pattern Syllabus

Physical Education (Optional)

B.A. Part-I

(w. e. f. June 2013)

Paper-I Principles of Physical Education

Semester –I (Theory)

(25 Marks)

Objective :- to enable the student to :

- 1) Understand the meaning of Education and Physical Education & their principles.
- 2) Acquaint with changing concepts of physical Education.
- 3) Know the concepts like physical training physical Culture, Gymnastics, recreation, sports and games.
- 4) Acquaint with aims and objectives of physical Education w.r. to organic power, physical skills, mental development, emotional development social development and recreational skills.
- 5) Develop the fundamental skills of Indian game like Kabbadi.
- 6) Develop the skills required for athletics sprint event and Broad Jump.
- 7) Understand the maintenance of record book w.r. to brief history and fundamental skills of kabaddi, Broad Jump.

Unit 1) The meaning of Principles with special reference to physical Education.

- a) Meaning of Principles
- b) Principles of Education
- c) Principles of Physical Education.
- d) Meaning of Education and Physical Education.

Unit 2) The changing concepts of Physical Education

- a) Physical Training
- b) Physical Culture
- c) Gymnastics
- d) Recreation
- e) Sports and Game

Unit 3) Aim and Objectives of Physical Education

- a) General aim
- b) Objectives
 - i) Organic Power
 - ii) Physical skills
 - iii) Mental development
 - iv) Emotional development
 - v) Social development
 - vi) Recreational Skills.

Semester –I (Practical)

(25 Marks)

- 1) One Indian Game – 10 Marks-Kabaddi
- 2) Athletics – Sprint, Broad-Jump- 10 Marks
- 3) Indian Exercises – Dands (man) Asanas (woman)
(5 marks)

(A Batch of 20 Students for practical periods and Examination Details of the Practical Examinational)

I) Indian Game:- 10 Marks

- 1) Kabaddi A) Fundamental Skills 6 Marks
B) Rules of the Game) 4 Marks

II) Athletics – 10 Marks

- 1) Sprint – 100 m, 200m,400m (any one) 5 Marks

(The candidates running 100m or 200m or 400m will get the

marks as given below performance 3 Marks

100 m (Man) 1) 13.00 Sec 3 Marks

2) 13.10 To 13.50 Sec 2 Marks

3) 13.60 To 14.50 Sec 1 Marks

100 m (Woman) 1) 15.00 Sec 3 Marks

2) 16.05 Sec 2 Marks

3) 17.05 Sec 1 Marks

200 m (Man) 1) 27.00 Sec 3 Marks

2) 29.00 Sec 2 Marks

3) 30.00 Sec 1 Marks

200 m (Woman) 1) 32.00 Sec 3 Marks

2) 34.00 Sec 2 Marks

3) 36.00 Sec 1 Marks

400 m (Man)	1) 56.00 Sec	3 Marks
	2) 58.00 Sec	2 Marks
	3) 60.00 Sec	1 Marks
400 m (Woman)	1) 1m.05 Sec	3 Marks
	2) 1m.15 Sec	2 Marks
	3) 1m.20 Sec	1 Marks
d) For Technique & Modern style		2 Marks
2) Broad Jump		5 Marks
a) Performance		3 Marks
Man	1) 5.00 mrs	3 Marks
	2) 4.75 mrs	2 Marks
	3) 4.50 mrs	1 Marks
Woman	1) 4.00 mrs	3 Marks
	2) 3.75 mrs	2 Marks
	3) 3.00 mrs	1 Marks
d) For Technique & Modern style		2 Marks

III) Indian Exercise – 5Marks

a) 25 ordinary dands in 1 min 30 sec (man) 5 Marks

b) 5 Asanas (As per given Syllabus (Any Five) (Only Women) 5 Marks

- 1) Padmasana 2) Veerasana 3) Padhaastmana 4) Chakrasana
 5) Bhajangasan 6) Tadasan 7) Mastyasana

B.A. Part-I
Principles of Physical Education
Semester –II (Theory)

(25 Marks)

Objective : To enable the student to :

- 1) Understand the foundations of Physical Education w.r. to physical and psychological performance of men and women players.
- 2) Know the stages of human growth and development.
- 3) Acquaint with suitable activities for physical mental and social development of student .
- 4) Understand the physiology of exercise w.r. to different system to different systems of body.
- 5) Know the meaning & theories of play and also about sportsmanship and leadership.
- 6) Develop the skills required for Ball game Volley Ball and know the rules of that game.
- 7) Develop the skills of athletics like shot put technique and modern style.
- 8) Practices the Indian Exercise such as Baithakas and asanas for men and women respectively.
- 9) Understant the maintainance of record book w.r. to brief history and fundamental skills of volley- Ball and shot –put.

Unit 1. Foundations of Physical –Education

- a) Physical:- Difference between two sexes with reference to physical performance- strength, speed, end urance , agility flexibility.
- b) Psychological :-
 - i) Growth &development
 - ii) Stages of human Growth & development
 - a) Infancy stage b) Child hood stage
 - c) Adolescent stage d) Aduthood stage

(Physical, mental, social development & suitable activities)

Unit 2. Physiology of exercise with reference to different system of body

- i) Skeletal System
- ii) Muscular System
- iii) Respiratory System
- iv) Nervous System
- v) Circulatory System

Unit 3. Play :-

- a) Meaning, Definitions, Concepts
- b) Importance of Play
- c) Work and play
- d) Theories of Play (Surplus energy theory , Anticipatory Theory, Recapitulatory Theory, Cathors is Theory)
- e) Play way in education and its application in Physical Education.
- f) Sportsman ship and Lideore ship.

The record book will be assessed internally & marks should be submitted to the External Examiner.

N.B. 1) Separate Heads of Passing

- a) Theory papers minimum passing (I Semester) 9 marks
- b) Theory papers minimum passing (II Semester) 9 marks
- c) Practical Examination will be conducted at the end of second semester & minimum passing 17 marks
- d) Total passing (Theory & Practical minimum passing 35 marks

N.B.2:- Conduction of Practical Examination.

- a) A batch of 20 students for practical period and 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.

Semester-II (Practical)

- 1) One Ball Game 10 Marks
- 2) Athletics -Shot-put 5 marks
- Indian Exercise - Baithakas & Asanas 5 marks
- 4) Record Book 5 marks

(A Batch of 20 students for practical period and Examinations)

Details of Practical Examination

- 1) one Ball Game- 10marks

Volley –Ball

- a) Fundamental skills 6 marks
- b) Rules of the Game 4 marks
- 3) Athletics-
 - Shot-put 5marks
 - A) Performance 3 marks
 - man 1) 6.25 mtrs. 3 marks
 - 2) 6.00 mtrs 2 marks
 - 3) 5.25 mtrs 1 marks
 - Woman 1) 5.50 mtrs. 3 marks
 - 2) 5.20 mtrs 2 marks
 - 3) 5.00 mtrs 1 marks
 - B) For Technique & modern style 2 marks
- 4) Indian Exercises
 - a) 50 ordinary Baithakas 1 min (only man) 5 marks
 - b) 5 Asanas (As per given syllabus) (only woman)
5 marks
 - c) (By draws) (only five)

1. Vakrasana 2) Pachimotarasana , 3) Halasana 4) Shavasana 5)Sarvangansna6) Gomukhasaana 7) Ardhashalabhasana

Record Book – The Record Book will cover the following 5marks

a) Brief History b) various diagrams c) names of different

fundamental skills item resents and different styles in Athletic events

d)Rules of games & Sports-Kabaddi (2) Volley-Ball (3) Sprint (4) Broad-Jump (5) Short-Put

Distribution of Marks for Practical

Exam No.	Roll No.	Athletic	Indian Exc.	One Ball Game	One Indian Game	Record Book	Total 50
		18	7	10	10	5	

N.B. 1. Theory paper shall be of 1 hours duration carrying 25 marks

There will be Two question of the first of which will be having internal option carrying 15 marks. The second question having be of short answer type question and will carry 10 marks.

2. The practical will carry I & II semester 25 & 25 marks. The practical examination will held on the second semester.

Books Recommended.

२. शारिरीक शिक्षण -तत्त्वे व स्वरुप- भा. रा. गोगटे अखिल महाराष्ट्र शारिरीक शिक्षण प्रकाशन, पुणे
३. शारिरीक शिक्षण-तत्त्वे व व्यवस्थापन हिराजी पाटील ठोकळ प्रकाशन-पुणे
४. शारिरीक शिक्षणाचे स्वरुप : प्रा. श्रीपाल जर्दे व सौ. सुनिता जर्दे, चंद्रमा प्रकाशन,कोल्हापूर
५. शारिरीक शिक्षणाचा ओनामा: भा.रा. गोगटे, व्हीनस प्रकाशन, पुणे.
६. क्रीडा मानसशास्त्र: डॉ. प. म. आलेगावकर, श्री. गजाना बुक डेपो, पुणे-३०
७. शारिरीक शिक्षणाचे आधुनिक स्वरुप: दि. गो. वाखारकर, निलकंठ प्रकाशा व अध्यापन पध्दती पुणे.
8. Principles of Physical Education: J.F. Williams, W.B. Sanders Company, Philadelphia, Lonon.
9. Scientific Foundation of Physical Education: C.C. Cowell. Happer and Brothers, New Your.

9. Foundation of Physical Education – C.A. Bucher, W.B. Sanders Company, Philadelphia, London
10. Recreation and Physical Fitness for Youths and Men : Board of Education, London.
11. Physical Education: Interpretations and objectives – J.B. Nash, The Ronald Press Company –New York.
12. Introduction to Physical Education : L.R. Sharman, A.S. Barnes and Company, New York.
१३. आधुनिक हॉलीबॉल: व्यंकटेश वांगवड, गजानन बुक डेपो, पुणे-३०
१४. अॅथलेटीक्स-राम भागवत, ट्रॅक अॅड फील्ड पब्लिकेशा पुणे-८
१५. मैदानी स्पर्धा व नियम आयोजन - रमेश तावडे, राम भागवत ट्रॅक अॅन्ड प्रकाशन पुणे.
१६. खेळाची नियमावली- प्रा. जगदीश झाडबुके एस. अॅन्ड अॅडस पब्लिकेशन पुणे.
१७. अखाल भारतीय विविध खळांचे महासंघाची नियमावली पुस्तके कबड्डी , हॉली बॉल, आय.ए.ए. एफ.
१८. याग दिपीका- व्ही. के. अयंगार
19. Practice of Yoga - Dr. M.L.Gharote

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.
- B) 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 **(40%)** and not overall option. **for questions 2 to 5.**
3. Practical Examination for B. Sc. I. will be conducted at the end of second semester.
 4. 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.