

PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR



Faculty of Humanities Studies
Structure, Scheme and Syllabus For
Bachelor of Arts Part- I
Semester I & II

PHYSICAL EDUCATION

Syllabus to be implemented from June, 2024 onwards

(Subject to the modification made from time to time)



Punyashlok Ahilyadevi Holkar Solapur University, Solapur.

National Education Policy (NEP-2020)

First Year Bachelor of Arts (B. A. Part – I) Course Structure for (Level-5)

With Multiple Entry and Multiple Exit Option

(To be implemented from the Academic Year 2024-25)

Choice Based Credit System

Class: B.A. Part - 1

Semester I & II

COURSE NAME- PHYSICAL EDUCATION

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

1. TITLE: B.A. Part I (PHYSICAL EDUCATION)
Under Faculty of Interdisciplinary Studies
2. YEAR OF IMPLEMENTATION: New Syllabus (CBCS Pattern) (Semester Pattern)
Will be implemented from June, 2024 onwards.
3. DURATION: B.A. I – Two Semesters (One Year)
4. PATTERN OF:
EXAMINATION Semester (CBCS Pattern)
Practical– Semester I & II -External Evaluation
5. MEDIUM OF INSTRUCTION: English or Marathi.
6. STRUCTURE OF COURSE: B.A. Part – I Two Semesters
(Two Papers)

CHOICE BASED CREDIT SYSTEM IN B.A. (PROG) PHYSICAL EDUCATION

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) (71234) INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS	Phy.Edu. -1
2	II	DSC – B28(Paper - II) (71281) 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) HISTORY OF PHYSICAL EDUCATION	Phy.Edu. -3
2		DSC – D28 (Paper - IV) (73397) ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION AND SPORTS.	Phy.Edu. -4
3	IV	DSC – D55 (Paper - V) (73483) DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS.	Phy.Edu. -5
4		DSC – D56 (Paper - VI) (73484) ORGANIZATION AND ADMINISTRATION OF MEETS 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

PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR

PHYSICAL EDUCATION (Optional)

B. A. Part - I

(Sem.-I & Sem.-II)

Sr. No.	Semester	Title of the Paper and Course	Discipline	Distribution of Credits			Workload			Total Credit	Total Workload	Theory Marks	Practical work
				Theory	Practical	Total	Theory (Lectures/week)	Practical Lectures/week	Total (Lectures/week)				
1	I	INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS	PHYSICAL EDUCATION course- DSC – B14	02	02	04	02	02	04	04	04	25	25
2	II	FOUNDATIOOF PHYSICAL EDUCATION	PHYSICAL EDUCATION course-DSC – B28	02	02	04	02	02	04	04	04	25	25

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

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

- Brief history

- ii) Various diagrams
- iii) Name of different Fundamental skills in team events and different style in Athletics events.
- iv) 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.

Practical examination conducted-

- a) a batch of 20 students for practical period & examination
- b) One organizer (Internal subject teacher)
- c) Two examiners appointed by organizer.
- d) Peons - Two peons for ground marking, water supply equipment supply and collecting etc.

RESULT SHEET for Practical examination Sem.-I

Exam. No.	Roll No.	Name	Athletics	Indian Game	Indian Exercises	Total
			10	10	05	25

RESULT SHEET for Practical examination Sem.-II

Exam. No.	Roll No.	Name	Athletics	Ball Game	Indian Exercises	Record Book	Total
			05	10	05	05	25

INTRODUCTION OF PHYSICAL EDUCATION AND SPORTS

Course outcomes:

1. After completion of this course, students will be able to compare the relationship between general education and physical education.
2. Students will be able to comprehend the relationship between philosophy, education and physical education.
3. Students would know recent developments and academic foundation of physical education.
4. Students will acquire a comprehensive knowledge and sound understanding of foundation of physical education.
5. After completion of this course, students will have hands of experience to perform starting, finishing short distance race, shot-put, long jump. They will be having the concept of track and field events, including Volleyball and Indian game, Kabaddi, Indian exercise surynamaskar and Yoga.

Module – 1

The meaning of physical education

1. Meaning and definition of physical education
2. Nature and scope of physical education
3. Need and importance of physical education in present era

Module -2

Misconception about physical education

1. Exercise
2. Physical training
3. Sports and games
4. Gymnastics
5. Recreation

Module -3

Aim and objectives of physical education

A. General aim

B. Objectives of physical education

1. Organic development
2. Physical skills development
3. Mental and emotional development
4. Social development and national integration
5. Professional development

PRACTICAL
(Sem.-I, Paper - I)

Practical - 25 marks

A batch of 20 students for practical

Athletics – 10marks

1. Sprint-100M - 5marks

a) 100 mts.running Performance of the student

100 mts.(Men) - 14.00 to 14.50 sec.-3marks

- 14.50 to 15.50 sec.-2marks

-15.50 to 16.50 sec.-1 marks

100 mts. (Women) - 16.00 to 16.50 sec.-3marks

- 16.50 to 17.50 sec.-2marks

-17.50 to 18.50 sec.-1 marks

b) ForTechniqueandmodernstyle-2marks

II) Shot-put - 5marks

a) Performance - 5.50 mts. - 3 marks (Men) - 5.00
mts. - 2marks

- 4.50 mts. - 1 marks Performance -

5.00 mts. - 3 marks (Women) - 4.50

mts. - 2marks

- 4.00 mts. - 1marks

b) ForTechniqueandmodernstyle -2marks

- III) Indian Game: Kabaddi** - 10marks
- a) Fundamental skills - 6marks
 - b) Knowledge of rules and regulation - 4marks
- IV) Indian Exercises:** - 5marks
- a) Suryanamaskar (Boys - 20, Girls -15)

THEORY

(Sem.-II, Paper - II)DSC – B28

Foundation of physical education

Module-1

Biological Foundation of physical education

- 1) Growth and development
- 2) Gender Characteristics
- 3) Body somatotype

Module-2

Psychological and Social Foundation of physical education

- 1) Attitude and interest
- 2) Social acceptance and recognition
- 3) Leadership in physical education

Module-3

Theories of play

- 1) Surplus energy theory
- 2) Anticipatory theory
- 3) Recapitulatory theory

PRACTICAL
(Sem.-II, Paper - II)

Practical - 25 marks

A batch of 20 students for practical

Athletics – 05marks

- I) Long Jump** - 5marks
- a) Performance - 4.50 mts. - 3 marks
 - (Men) - 4.25 mts. -2 marks
 - Performance - 3.00 mts. -3 marks
 - (Women) - 2.75 mts. - 2 marks
 - b) For Technique and modern style -2marks
- II) Ball Game: Volleyball** - 10marks
- a) Fundamental skills - 6marks
 - b) Knowledge of rules and regulation - 4marks
- III) Indian Exercises:** - 05 marks
- Asana
Pashimotanasan, Bhujangasan, Vajrasan, Halasan, Sarvangasan.
- IV) Record Book** - 05marks

Books Recommended:

1. Principles of Physical Education: J.F. Williams, W.B. Sanders Company, Philadelphia, London.
2. Scientific Foundations of Physical Education: C.C. Cowell, Harper and Brothers, New York.
3. Foundation of Physical Education: C.A. Bucher, W.B. Sanders Company, Philadelphia, London.
4. Recreation and Physical Fitness for Youths and Men: Board of Education, London.
5. Physical Education: Interpretations and objectives - J.B. Nash, the Ronald Press Company, New York.
6. Introduction to Physical Education: L.R. Sharman, A.S. Barnes and Company, New York.
7. शारीरिकशिक्षण: तत्त्वे आणि स्वरूप - भा. रा. गोगटे, अखिल महाराष्ट्र शारीरिक शिक्षण मंडळ प्रकाशन, पुणे.
8. शारीरिकशिक्षण: तत्त्वे व व्यवस्था, हिराजी पाटील, ठोकळ प्रकाशन, पुणे.
9. शारीरिकशिक्षणाचे स्वरूप: प्रो. श्रीपाल जरदे व सौ. सुनीता जरदे, चंद्रमा प्रकाशन, कोल्हापूर.
10. शारीरिकशिक्षणाचा ओनामा: भा. रा. गोगटे, व्हिनस प्रकाशन, पुणे.
11. क्रीडामानसशास्त्र: डॉ. प. म. आलेगावकर, श्री. गजानन बुक डेपो, पुणे 30
12. शारीरिकशिक्षणाचे आधुनिक स्वरूप व अध्यायन: दि. गो. वाखारकर नीलकंठ प्रकाशन, पुणे, 1969
13. कबड्डी, दाभोलकर, नरेंद्र, मुंबई, 1979.
14. व्यायामज्ञानकोश, खंड 1, 2, 3, 4 व 10, संपा. करंदीकर (मुजुमदार), द. चिं. बडोदे, 1936 ते 1949.

Punyashlok Ahilyadevi Holkar Solapur University, Solapur.

NEP-2020: Credit Framework for Faculty of HUMANITIES

(Single Major and Minor)

SEM/ Level	Major		Minor	IDC/MDC/GEC/OE (Only One)	VSC/SEC	AEC/VAC/ IKS	OJT/FP/ CEP/CC/RP	Total credits	
	Mandatory	Elective							
SEM I 4.5	Physical education P-I (4)		(Write Name) P -I (4)	Marathi/ Hindi / Eng./STD/EDU/MUSUC etc. (2+2=4)	VSC I Gym Training P-1 (2) SEC I (Write Name) (2)	AEC English - P-I (2) VAC Democracy(2) IKS (Major) Philosophy in Phy.Edu. (2)	--	22	UG CERTIFICATE 40-44
	W-L/W=4		W-L/W=4	W-L/W=4	W-L/W=4	W-L/W=6		W-L/W=22	
SEM II 4.5	Physical education P-II (4)		(Write Name) P -II (4)	Marathi/ Hindi / Eng./STD/EDU/MUSUC etc. (2+2=4)	VSC I Gym Training P-2 (2) SEC II (Write Name) (2)	AEC (Write Name) English- P-02 (2)	CEP (Major) Health & Wellness (2) CC (2) NCC/NSS/SPORTS	22	EXIT OPTION: 4 CREDIT
	W-L/W=4		W-L/W=4	W-L/W=4	W-L/W=4	W-L/W=2	W-L/W=4	W-L/W=22	
Credits	4+4=8		4+4=8	4+4=8	4+4=8	6+2=8	0+4=4	22+22=44	NSQF/Internship
SEM III 5.0	P.E. P-III (4) P.E. P-IV (4)		(Write Name) P -III (4)	Logic/Cooperation/ HSRM/Tourism etc. (2)	SEC III (2) SEC IV (2)	AEC Eng P-III (2) IKS (2) Specific		22	UG DIPLOMA 80-84
	W-L/W=8		W-L/W=4	W-L/W=2	W-L/W=4	W-L/W=4		W-L/W=22	
SEM IV 5.0	P.E. P-V (4) P.E. P-VI (4)		(Write Name) P -IV (4)	Logic/Cooperation/ HSRM/Tourism etc. (2)	SEC V (2) SEC VI (Major) (2)	AEC Eng P-IV (2) VAC Env. (2)		22	EXIT OPTION: 4 CREDIT
	W-L/W=8		W-L/W=4	W-L/W=2	W-L/W=4	W-L/W=4		W-L/W=22	
Credits	8+8=16		4+4=8	2+2=4	4+4=8	4+4=8		44	NSQF/Internship
SEM V 5.5	P.E. P-VII (4) P.E. P-VIII (4) P.E. P-IX (4)	P.E.P-I (4) (ELEC)	(Write Name) P -V (4)				OJT (02)	22	UG DEGREE 120-132
	W-L/W=3×4=12		W-L/W=4				02	W-L/W=22	
SEM VI 5.5	P.E. P-X (4) P.E. P-XI (4) P.E. P-XII (4)	P.E.P-II (4) (ELEC)	(Write Name) P -VI (4)				FP (02)	22	EXIT OPTION
	W-L/W=3×4=12	W-L/W=4	W-L/W=4				02	W-L/W=22	
Credits	12+12=24	8	6×4=24				2+2=04	132	
Total Credits	48	08	24	12	16	16	08	132/(120-140)	
SEM VII 6.0	P.E. P-XIII (4) P.E. P-XIV (4) P.E. P-XV (4)	P.E.P-III (4) (ELEC)	RM - I (4)					22	

	P.E. P-XVI (2)								
	W-L/W=4×3=12+2	W-L/W=4	W-L/W=4					W-L/W=22	UG HONOURS DEGREE 160-176
SEM VIII 6.0	P.E. P-XVII (4) P.E. P-XVIII (4) P.E. P-XIX (4) P.E. P-XX (2)	P.E.P-IV (4) (ELEC)					OJT (04)	22	
	W-L/W=4×3=12+2	W-L/W=4	W-L/W=4				04	W-L/W=22	
Credits	14+14 = 28	4+4 = 8	04				12	176	
Total Credits	76	16	28	12	16	16	12	176/(160-180)	
SEM VII 6.0	P.E. P-XIII (4) P.E. P-XIV (4) P.E. P-XVI (2)	P.E.P-III (4) (ELEC)	RM-I (4)				RP-4	22	UG HONOURS WITH RESEARCH DEGREE 160-176
	W-L/W=2×4=8+2	W-L/W=4	W-L/W=4					W-L/W=22	
SEM VIII 6.0	P.E. P-XVII (4) P.E. P-XVIII (4) P.E. P-XX (2)	P.E.P-XIV (4) (ELEC)					RP-8	22	
	W-L/W=2×4=8+2	W-L/W=4	W-L/W=4				12	W-L/W=22	
Credits	10+10=68	16	4×6=24				12	176	
Total Credits	68	16	28	12	16	16	20	176/(160-180)	

- Major: Mandatory /Elective
- Minor: The course may be from different disciplines of the same faculty of DSC Major or different faculty altogether.

IDC/MDC/GEC/ OE: Inter-disciplinary courses/Multi-disciplinary courses/General Elective courses/Open Elective to be chosen compulsorily from faculty other than that of the Major.

VSC/ SEC: Vocational Skill Courses (Major related)/ Skill Enhancement Courses

AEC/ VAC / IKS: Ability Enhancement Courses (English, Modern Indian Language)/Value Added Courses (Democracy & Good Governance)/ Indian Knowledge Skill (Major related)

OJT/FP/RP/CEP/CC: On-Job Training (Internship/Apprenticeship) / Field Project (Major related)/ Research Projects (Major related) Community

Engagement (Major related)/ Co-Curricular courses(CC) such as Health and wellness, Yoga Education, Sports, and Fitness, Cultural activities, NSS/NCC and

Fine /applied/visual/performing Arts

Semester – I
Indian Knowledge skill (IKS)
PHYSICAL EDUCATION
Title of the Paper - INDIAN PHILOSOPHY OF PHYSICAL EDUCATION
(BA/BSc/B.Com/BBA/BCA & all other UG Courses)

Number of Credits	Number of lecture hours/ semester
2	2 Hours/Week
Activity Based Practical Course Content	
Module – I	Hours 28 Hours
1.1 Meaning and Definition Philosophy.	
1.2 Origin & Development of Indian Philosophy.	
1.3 Physical Education & Indian Philosophy and its Relation.	
1.4 Indian Philosophy and Culture.	
Module – II	
2.1 Vedic Period (2500BC–600BC), Early Hindu Period (600BC–320AD) and Later Hindu Period (320 AD–1000 AD), Medieval period.	
2.2 Basic Philosophical Foundations. 1. Idealism 2. Realism 3. Pragmatism 4. Naturalism.	
2.3 Fit India movement. Sports for all and their role in maintaining and promoting fitness	
<i>Note: The activities in the Curriculum shall be modified/redesigned at the BoS level of the concerned universities to benefit the Physically / Visually Challenged students</i>	
Formative Assessment	
Assessment type	Weightage in Marks
Activity Based Practical	IA-Internal Assessment- 20 Marks <input type="checkbox"/> Project/ Record=05
Total	25 Marks

G)Scheme of Course Evaluation		
A.	End Semester Examination (ESE)	
	All questions are compulsory	20
	Q. 1 10-mark short notes types(2/3)	
	Q. 2 10 mark choose correct alternative	
B.	Continuous Internal Evaluation(CIE) Any one of the following	
	i) Poster Presentations on Specific Theme	05
	ii) Oral Presentation	
	iii) Active participation in Essay writing, Group Discussion and Filed Activities	
	Total Marks	25

References:

- Aggarwal, J. C., Great Philosophers and Thinkers on Education, (2006), Shipra Publications, Delhi.
- Dr. Hussain Zakir, Educational Reconstruction in India, (1969), Director, Publications Division, Government of India Press, Faridabad.
- Singh, R. P., Zakir Hussain: Dynamics of Indigenous Education,(1968), Sterling Publishers (P) Ltd. Delhi.
- Chakraborty A. K.(2003)." Principles and Practices of Education."Meerut, Lal Book Depot.
- Gupta S. (2005). " Education in Emerging India. Teachers' Role in Society." New Delhi, Shipra Publication.
- Seetharamu, A. S. (1989). Philosophy of Education. New Delhi, Ashish Publishing House.

References: On-line Sources:

- Encyclopedia of Philosophy of Ed.
- www.educaopro.br/links.htm
- The Center for Dewey Studies:
 - www.siu.edu/~dewyctr/
- Stanford Encyclopedia of Philosophy:
 - www.plato.stanford.edu/
- http://www.objectivistcenter.org/cth--409-FAQ_Philosophy.aspx
- <https://www.slideshare.net/arnieariasvalera/postmodernism-ineducation>.

Semester-I
Skill Enhancement Courses (SEC-1)
PHYSICAL EDUCATION
Title of the Course: Health, Wellness & Yoga
(BA/BSc/BCom/BBA/BCA & all other UG Courses)

Number of Theory Credits	Number of lecture hours/semester	Number of Practical Credits	Number of Practical hours/ semesters
01	14	01	28
Content of Theory Course (1-0-1) 02 Credits			42
Unit 1:- Introduction a. Meaning, Definition, and Importance of Health & Wellness b. Dimensions of Health and Wellness c. Factors Influencing Health and Wellness Physical Fitness, Nutrition, Habits, Age, Gender, Lifestyle d. Health & Wellness through Physical Activities Sports, Games, Yoga, Recreation and Leisure time activities e. Causes of Stress & Stress relief through Exercise and Yoga Unit 2:- Practical- Exercises for Health and Wellness 1. Warm-Up and Cool Down - General & Specific Exercises 2. Physical Fitness Activities 3. Stretching Exercises 4. Strengthening Exercises 5. Cardiovascular Exercises 6. Flexibility and Agility Exercises 7. Assessment of BMI 8. Relaxation techniques Unit 3:- Yoga <input type="checkbox"/> Shitalikarna Vyayama <input type="checkbox"/> Suryanamaskara <input type="checkbox"/> Basic Set of Yoga Asanas <input type="checkbox"/> Basic Set of Pranayama & Meditation			14
			28
<i>Note: The activities in the Curriculum shall be modified/redesigned at the BoS level of the concerned universities to benefit the Physically / Visually Challenged students</i>			
Formative Assessment			
Assessment type		Weightage in Marks	
Activity Based		IA-Internal Assessment- 10 Marks <input type="checkbox"/> Project/ Record=05	
Practical		<input type="checkbox"/> Performance = 10*	
Total		25 Marks	

*Note: 1. *Due Weightage in the Internal Assessment shall be given to the Achievement of Sportsmen of the institution*

2. IA Guidelines shall further be modified at the University Level

4. G. G. Mirchandani: Reporting India 1973, 1974.
5. G. K. Puri: Journalism.
6. James Glen Stevall: Writing for the Mass Media.
7. K. M. Srivastava: News Reporting and Editing.
8. Mitchell V Charnley: Reporting.
9. Neal Copple: Depth Reporting.
10. P. N. Williams: Investigative Reporting and Editing.
11. Abraham Aamidor: Real Sports Reporting.
12. K. C. Thakur: Sports Journalism; Delhi.
13. Kathryn T. Stofe: Sports Journalism: An Introduction to Reporting and Writing.
14. L Jones Robyn, Robyn L Jones, Mike Hughes: An Introduction to Sports
15. Phil Andrews: Sports Journalism: A Practical Introduction; Sage Publications.
16. Prasad Kumar Mishra: Sports Journalism.