

**PUNYASHLOK AHILYADEVVI HOLKAR  
SOLAPUR UNIVERSITY, SOLAPUR.**



पुण्यश्लोक अहिल्यादेवी होळकर  
**FACULTY OF  
INTERDISCIPLINARY STUDIES**

॥ विद्यया संपन्नता ॥  
**NEP 2020 Compliant Curriculum for**

**B.A. (Physical Education)**

**with effect from 2024-25**



## Punyashlok Ahilyadevi Holkar Solapur University, Solapur.

### Faculty of Interdisciplinary Studies NEP 2020 Complaint Curriculum

### **B.A. (Physical Education)** **Program Preamble**

The Bachelor of Arts (B.A.) in Physical Education is a comprehensive and dynamic program designed to provide students with a deep understanding of the fundamental principles of physical Education, along with the practical skills required to apply this knowledge in various scientific and technical contexts. Aligned with the vision of the National Education Policy (NEP) 2020, the program offers a flexible, multidisciplinary, and learner-centric curriculum that encourages critical thinking, innovation, and holistic development. The B.A. Physical Education program spans four years, with each year offering a progressively advanced curriculum designed to build a strong foundation in physical Education while allowing for specialization and interdisciplinary learning. The curriculum is structured around several key components:

1. **Major Courses:** These core courses form the backbone of the program, providing in-depth knowledge and understanding of essential physical Education concepts, theories, and methodologies. Students will engage with topics ranging from Principles, History in Physical Education, Organization & Management, Anatomy, Health, Yoga in Physical Education and Sports ensuring a robust and comprehensive education in the discipline.
2. **Minor Courses:** Students have the opportunity to choose minor courses from related or distinct disciplines, promoting an interdisciplinary approach to learning. This flexibility allows students to complement their physical education with insights from fields such as Organization & Management, Anatomy & Physiology, Sports Training or Coaching Approach enhancing their versatility and broadening their career prospects.
3. **Open Electives/General Electives:** The program encourages intellectual exploration beyond the core discipline by offering a wide range of elective courses. These electives enable students to pursue their interests in diverse subjects, fostering creativity, critical thinking, and a well-rounded educational experience.
4. **Vocational and Skill Enhancement Courses:** Practical skills and technical proficiency are integral to the program, with vocational and skill enhancement courses providing hands-on experience in areas such as Physical Activities & Sports Competition, Health, Wellness & Yoga Studies These courses are designed to prepare students for immediate employment and equip them with the Skills necessary for career advancement in various fields in Physical Education.
5. **Ability Enhancement Courses (AEC), Indian Knowledge System (IKS), and Value Education Courses (VEC):** In alignment with NEP 2020, the program integrates courses that emphasize the Indian Knowledge System, ethical values, and life skills. These courses foster a deep appreciation for India's rich cultural heritage, while also developing essential communication and ethical decision-making skills that are vital for personal and professional growth.
6. **Field Projects/Internships/Apprenticeships/Community Engagement Projects/On-Job Training:** To bridge the gap between theoretical knowledge and real-world applications, the program includes opportunities for field projects, internships, apprenticeships, and community engagement. These experiences provide students with practical insights, problem-solving abilities, and exposure to professional environments, enhancing their readiness for careers in physical Education and related fields.
7. **Research Methodology and Research Projects:** Research is a critical component of the B.A. Physical Education program, with students acquiring skills in research methodology, data collection, analysis, and scientific inquiry. By engaging in independent research projects, students are encouraged to develop innovative solutions to complex scientific problems, preparing them for advanced studies and research-oriented careers.

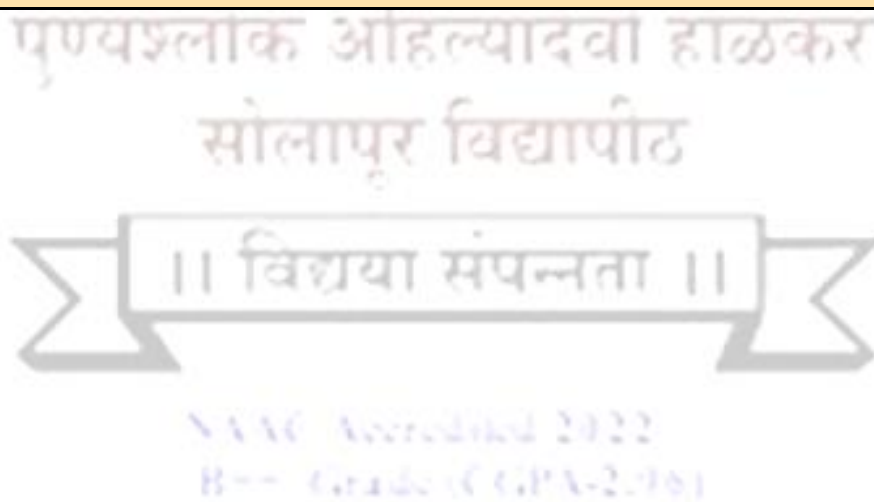
### Multiple Entry and Multiple Exit Options

In accordance with the NEP 2020, the B.A. Physical Education program incorporates a Multiple Entry and Multiple Exit framework, offering students the flexibility to enter or exit the program at various stages. This approach ensures that students can tailor their educational journey according to their personal and professional goals, with options to earn certificates, diplomas, or degrees based on the duration of study completed.

- **Year 1:** Upon completion of the first year, students may exit with a **Certificate in Physical Education**.
- **Year 2:** After two years, students may choose to exit with a **Diploma in Physical Education**.
- **Year 3:** Completion of the third year qualifies students for a **B.A. Degree in Physical Education**.
- **Year 4:** The fourth year offers an advanced curriculum with a focus on research, allowing students to graduate with an **Honours Degree in Physical Education**.

### Eligibility for B.A. Physical Education:

XII PASSED with at least 40% marks & as per the eligibility criteria prescribed for each course and the merit list in the qualifying examination.





पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ  
॥ विद्यया संपन्नता ॥  
NAAC Accredited 2022  
'B++' Grade (CGPA 2.96)

**Punyashlok Ahilyadevi Holkar Solapur University,  
Solapur.**

**Faculty of Interdisciplinary Studies  
NEP 2020 Complaint Curriculum**

**B.A. (Physical Education)  
Program Specific Outcomes (PSOs)**

**Students graduating from B.A. (Physical Education) will able to :**

**PSO1:** The final version of program outcomes will be communicated to students, guardians and alumni for their awareness.

**PSO2:** The knowledge spours will be useful elated skill development.

**PSO3:** Student will be introduced the basic knowledge and conception of physical education, anatomy and physiology.

**PSO4:** Student will understand the concepts of track and field events. Students will develop practical, theoretical skills in physical education.

पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ

॥ विद्यया संपन्नता ॥

NAAC Accredited 2022  
'B++' Grade (CGPA-2.96)

**Punyashlok Ahilyadevi Holkar Solapur University, Solapur**  
**Credit Distribution Structure For Three / Four Year Honours / Honours With Research B.A. Degree Programmes**  
**With Multiple Entry And Exit Option CBSC (NEP 2020)**  
**B.A. I Physical Education (Sem. I & II) W.E.F. 2024-25**

Level	SEM	Major		Minor	(GE/OE)	VSC, SEC (VSEC)	AEC, VEC, IKS	OJT, FP, CEP, CC, RP	Total Credits	Degree / Cum. Credits
		Mandatory	Electives							
4.5	I	<b>M-1 DSC-I (4) (PEDU-I)</b> Physical Education-I <b>Paper Code:</b> G03-0113 <b>Paper Name:</b> Introduction of Physical Education & Sports  <b>M-2 DSC-I (4)</b> (Other Subject)  <b>M-3 DSC-I (4)</b> (Other Subject)			<b>GE (2)</b> PE - (1+1) <b>(PEDU-GE-I)</b> Physical Education-GE-I <b>Paper Code:</b> G03-GE-115 <b>Paper Name:</b> Principles of Physical Education & Sports	<b>SEC (2)</b> (Major or Minor Related) PE - (1+1) <b>(PHY-SEC-I)</b> Physical Education-SEC-I <b>Paper Code:</b> G03-SEC-113 <b>Paper Name:</b> Health, Wellness & Yoga	<b>AEC L-1 (2)</b> (English)  <b>VEC (2)</b> Constitution of India  <b>IKS (2)</b> (Generic Related)		22	UG CERTIFICATE 44
	II	<b>M-1 DSC-II (4) (PEDU-II)</b> Physical Education-II <b>Paper Code:</b> G03-0213 <b>Paper Name:</b> Foundation of Physical Education & Sports  <b>M-2 DSC-II (4)</b> (Other Subject)  <b>M-3 DSC-II (4)</b> (Other Subject)			<b>GE (2)</b> PE - (1+1) <b>(PEDU-GE-II)</b> Physical Education-GE-II <b>Paper Code:</b> G03-GE-214 <b>Paper Name:</b> Importance of Anatomy in Physical Education & Sports	<b>SEC (2)</b> (Major or Minor Related) PE - (1+1) <b>(PHY-SEC-II)</b> Physical Education-SEC-II <b>Paper Code:</b> G03-SEC—213 <b>Paper Name:</b> Physical fitness for Career	<b>AEC L-1 (2)</b> (English)  <b>VEC (2)</b> Environment Studies  <b>IKS (2)</b> (Major or Minor Related)	CC (2) (Major or Minor Related)	22	
<b>Credits</b>		<b>24</b>			<b>04</b>	<b>04</b>	<b>10</b>	<b>02</b>	<b>44</b>	

Exit option: Award of UG Certificate in Major with 44 Credits and an additional 4 credits Core / Internship OR Continue with Major and Minor

**Punyshlok Ahilyadevi Holkar Solapur University, Solapur**  
**Syllabus**  
**(According to NEP 2020)**  
**B.A. Part – I (Physical Education) Choice Based Credit System**  
**B.A. Physical Education Part-I Semester-I NEP 2020 w.e.f. 2024-25**

Level	Sem. I	Title of the Paper	Semester Exam				Total Credits	
			UA		CA	Total		
	Subject	Major – Mandatory (DSC)	Th	Pr				
4.5	M-1 DSC-I	(PEDU-I) Physical Education-I Paper Code: G03-0113 Paper Name: Introduction of Physical Education And Sports	30	30	40	100	4	
	M-2 DSC-I	Other Subject	60		40	100	4	
	M-3 DSC-I	Other Subject	60		40	100	4	
	GE/OE	(PEDU-GE-I) Physical Education-GE-I Paper Code: G03-GE-115 Paper Name: Principles of Physical Education & Sports	15	15	20	50	2	
	<b>Vocational and Skill VSC, SEC (VSEC) and IKS</b>							
	SEC	(PHY-SEC-I) Physical Education- SEC-I Paper Code: G03-SEC-113 Paper Name: Health, Wellness & Yoga	15	15	20	50	2	
	VEC	---	15	15	20	50	2	
	IKS	(Generic Related)	30		20	50	2	
	AEC	---	30		20	50	2	
	<b>OJT,FP,CEP,CC,RP</b>							
	---	---	---	---	---	---	---	
	<b>Total Credits</b>						<b>22</b>	



# Punyshlok Ahilyadevi Holkar Solapur University, Solapur

## Syllabus

(According to NEP 2020)

**B.A. Part – I (Physical Education) Choice Based Credit System**

**B.A. Physical Education Part-I Semester-II NEP 2020 w.e.f. 2024-25**

Level	Sem. II	Title of the Paper	Semester Exam				Total Credits	
			UA		CA	Total		
	Subject	Major – Mandatory (DSC)	Th	Pr				
4.5	M-1 DSC-II	(PEDU-II) Physical Education-II <b>Paper Code:</b> G03-0213 <b>Paper Name:</b> Foundation of Physical Education & Sports	30	30	40	100	4	
	M-2 DSC-II	Other Subject	60		40	100	4	
	M-3 DSC-II	Other Subject	60		40	100	4	
	GE/OE	(PEDU-GE-II) Physical Education-GE-II <b>Paper Code:</b> G03-GE-214 <b>Paper Name:</b> Importance of Anatomy in Physical Education & Sports	15	15	20	50	2	
	<b>Vocational and Skill VSC, SEC (VSEC) and IKS</b>							
	SEC	(PHY-SEC-II) Physical Education-SEC-II <b>Paper Code:</b> G03-SEC—213 <b>Paper Name:</b> Physical fitness for Career	15	15	20	50	2	
	AEC	---	30		20	50	2	
	VEC	---	30		20	50	2	
	<b>OJT,FP,CEP,CC,RP</b>							
	CC	(Major or Minor Related)	15	15	20	50	2	
						<b>Total Credits</b>	<b>22</b>	

**Major:** Mandatory/Elective **DSC:** Discipline Specific Core Course

**Minor:** The course may be from different disciplines of the same faculty of DSC Major or different faculty altogether.

**PE:** Physical Education, **Th:** Theory, **Pr:** Practical, **CA:** College Assessment, **UA:** University Assessment

**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



पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ  
॥ विद्यया संपन्नता ॥  
NAAC Accredited 2022  
'B++' Grade (CGPA 2.96)

**Punyashlok Ahilyadevi Holkar Solapur University, Solapur.**

**Faculty of Interdisciplinary Studies  
NEP 2020 Complaint Curriculum**

**B.A. (Physical Education) Semester-I**

**Vertical: DSC (PEDU-I) Physical Education-I**

**Paper Code: G03-0113**

**Paper Name: Introduction of Physical Education & Sports**

**Teaching Schemam**

**Lectures: 04 Hours Week, 04 Credits (02+02)**  
(Th. 02 Hrs., Prac. 02 Hrs.)

**Examination Schemam**

**UA: 60 Marks**  
**Theory: 30 Marks**  
**Practical: 30 Marks**  
**CA: 40 Marks**

**Course Preamble:**

It is very important to every student to participate in physical activity and provide opportunities for the acquisition of comprehensive knowledge, attitude and skills. It is necessary to introduce to the student the principles of physical education for their physical and mental development and understand the various concepts related to the field.

**Objective of the Course:**

- 1) Understand the meaning of Education and Physical Education that's Principles.
- 2) Acquint with changing concepts of Physical Education.
- 3) Know the concepts like Physical training, Physical Culture, Gymnastics, Recreation, Sport and game.
- 4) Acquaint with aims and objectives of Physical Education w.r.to organic power, physical skill, mental development, emotional development, social development, recreational skills.
- 5) Develop the fundamental skills of Indian games and athletics.

**Course Outcome**

- 1) The final version of course outcomes will be communicated to students, guardians and alumni for their awareness.
- 2) The knowledge spoors will be useful elated skill development.
- 3) Student will be introduced the basic knowledge and conception of physical education, anatomy and physiology
- 4) Student will understand the concepts of track and field events.
- 5) Students will develop practical, theoretical skills in physical education.



## Section I (Theory)

Hours: 02/ Week, Credits: 02 (Marks: UA: 30 & CA: 40 Marks)

<b>Unit 1: The meaning of Principles with special reference to Physical Education.</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
<ol style="list-style-type: none"><li>1. Meaning of Principles</li><li>2. Principles of Physical Education</li><li>3. Meaning of Physical Education</li></ol>		
<b>Unit 2: The changing concepts of Physical Education</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
<ol style="list-style-type: none"><li>1. Physical Training</li><li>2. Physical Culture</li><li>3. Recreation</li><li>4. Sports and Game</li></ol>		
<b>Unit 3: Aim and Objectives of Physical Education</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
<ol style="list-style-type: none"><li>1. General aim</li><li>2. Objectives<ol style="list-style-type: none"><li>2.1 Organic Power</li><li>2.2 Physical skills</li><li>2.3 Mental development</li><li>2.4 Emotional development</li><li>2.5 Social development</li></ol></li></ol>		

## Section II (Practical)

Hours: 02/ Week, Credits: 02 (Marks: 30)

<b>Unit 1: Indian Game: - Kabaddi</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
1. Fundamental Skills		05 Marks
2. Rules of the Game		05 Marks
<b>Unit 2: Athletics – Sprint</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
1. Sprint – 100 m, 200m (any one) <b>a) Performance</b> The candidates running 100m/ 200m will get the Marks as given below performance		<b>10 Marks</b>
<b>100 mtrs. (Men) -</b>		<b>05 Marks</b>
14.00 to 14.50 sec.-		05 Marks
14.50 to 15.50 sec.-		03 Marks
15.50 to 16.50 sec.-		02 Marks
<b>100 mtrs. (Women)–</b>		<b>05 Marks</b>
16.00 to 16.50 sec.-		05 Marks
16.50 to 17.50 sec.-		03 Marks
17.50 to 18.50 sec.-		02 Marks
<b>200 mtrs. (Men)</b>		<b>05 Marks</b>
30.00 to 30.50 sec.-		05 Marks
30.50 to 31.50 sec.-		03 Marks
31.50 to 32.50 sec.-		02 Marks
<b>200 mtrs. (Women)</b>		<b>05 Marks</b>
34.00 to 34.50 sec.-		05 Marks
34.50 to 35.50 sec.-		03 Marks
35.50 to 36.50 sec.-		02 Marks
<b>b) For Technique &amp; Modern style</b>		<b>05 Marks</b>

<b>Unit 3: Athletics – Broad Jump</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
<b>a) Performance</b>		<b>05 Marks</b>
<b>Men</b>		
1) 4.50 metres		05Marks
2) 4.25 metres		03 Marks
3) 4.00 meters		02 Marks
<b>Woman</b>		
1) 3.50 meters		05 Marks
2) 3.25 meters		03 Marks
3) 3.00 meters		02Marks
<b>b) For Technique &amp; Modern style</b>		<b>05 Marks</b>

<b>College Assessments (CA)</b>	<b>40 Marks</b>
1) Internal Assessment / Home Assignment / Unit Tests	20 Marks
2) Oral and Tutorial /Record Book,	20 Marks

पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ

॥ विद्यया संपन्नता ॥

NMAC Accredited 2022  
B++ Grade (CGPA-2.76)



पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ  
॥ विद्यया संपन्नता ॥  
NAAC Accredited 2022  
'B++' Grade (CGPA 2.96)

**Punyashlok Ahilyadevi Holkar Solapur University, Solapur.**

**Faculty of Interdisciplinary Studies  
NEP 2020 Complaint Curriculum**

**B.A. (Physical Education) Semester-II**

**Vertical: DSC (PEDU-II) Physical Education-II**

**Paper Code: G03-0213**

**Paper Name: Foundation of Physical Education & Sports**

**Teaching Schemam**

**Lectures: 04 Hours Week, 04 Credits (02+02)**  
(Th. 02 Hrs., Prac. 02 Hrs.)

**Examination Schemam**

**UA: 60 Marks**  
**Theory: 30 Marks**  
**Practical: 30 Marks**  
**CA: 40 Marks**

**Section I (Theory)**

**Hours: 02/ Week, Credits: 02 (Marks: UA: 30 & CA: 40 Marks)**

<b>Unit 1: Foundation of Physical Education</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
<p><b>1. Physical:</b> Difference between two sexes with reference to physical performance- strength, speed, endurance, agility flexibility.</p> <p><b>2. Psychological:</b> 1) Growth &amp; development 2) Stages of human Growth &amp; development i) Child hood stage ii) Adolescent stage iii) Adulthood stage (Physical, mental, social development &amp; suitable activities)</p>		
<b>Unit 2: Physiology of exercise with reference to different system of body</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
<p>i) Skeletal System ii) Digestive System iii) Respiratory System iv) Excretory System v) Circulatory System</p>		
<b>Unit 3: Play</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
<p>a) Meaning, Definitions, Concepts b) Importance of Play c) Work and play d) Play way in education and its application in Physical Education. e) Sportsman ship and Leadership.</p>		

## Section II (Practical)

Hours: 02/ Week, Credits: 02 (Marks: 30)

<b>Unit 1: One Ball Game- Volleyball</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
3. Fundamental Skills		05 Marks
4. Rules of the Game		05 Marks
<b>Unit 2: Athletics-Shot-put</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
<b>a) Performance</b>		<b>10 Marks</b>
<b>Men:</b>		<b>05 Marks</b>
5.25 meters		05 Marks
5.00 meters		03 Marks
4.50 meters		02 Marks
<b>Woman:</b>		<b>05 Marks</b>
4.25 meters		05 Marks
4.00 meters		03 Marks
3.50 meters		02 Marks
<b>b) For Technique &amp; Modern style</b>		<b>05 Marks</b>
<b>Unit 3: Indian Exercise:</b>	<b>No. of Lectures: 02</b>	<b>10 Marks</b>
◆ 25 ordinary dands Baithakas in 1 min. 30 sec. (Only for Men)		10 Marks
◆ Asanas as per given Syllabus (Any Five) (Only for Women)		10 Marks
1. Padmasana		
2. Veerasana		
3. Padhaastmana		
4. Chakrasana		
5. Bhajangasan		
6. Tadasan		
7. Mastyasana		

<b>College Assessments (CA)</b>	<b>40 Marks</b>
1) Internal Assessment / Home Assignment / Unit Tests	20 Marks
2) Oral and Tutorial / Record Book,	20 Marks



पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ

॥ विद्यया संपन्नता ॥

NAAC Accredited 2022

'B++' Grade (CGPA 2.96)

## Punyashlok Ahilyadevi Holkar Solapur University, Solapur.

### Faculty of Interdisciplinary Studies NEP 2020 Complaint Curriculum

#### **B.A. (Physical Education) Semester-I**

**Vertical: GE (PEDU-GE-I) Physical Education-GE-I**

**Paper Code: G03-GE-115**

**Paper Name: Principles of Physical Education & Sports**

#### **Teaching Schemam**

**Lectures: 02 Hours Week, 02 Credits (01+01)**  
(Th. 01 Hrs., Prac. 01 Hrs.)

#### **Examination Schemam**

**UA: 30 Marks**  
**Theory: 15 Marks**  
**Practical: 15 Marks**  
**CA: 20 Marks**

#### **Course Preamble:**

This syllabus of General Elective Course (GE) Physical Education will help the students of any faculty. This course will help the students in understanding the Principles, aims & objectives of the Physical Education. This course enables the students to understand the different skills and techniques in various sports. This course study will help to understand the discipline and develop the personality of students.

#### **Objective of the Course:**

- 1) To enable the student to understand the meaning of Physical Education that's Principles.
- 2) To enable the students to know the trends, concepts and career in Physical Education.
- 3) To enable the students to understand the Physical training, Physical Culture, Gymnastics, Recreation, Sport and game concepts and acquaint with aims and objectives of Physical Education w.r.to organic power, physical skill, mental development, emotional development, social development, recreational skills.
- 4) To enable the students to understand & develop the fundamental skills of Indian games and athletics.

#### **Course Outcome**

- 1) Student will describe the concept of Physical Education & Sports.
- 2) Student will illustrate the relationship sports & physical education.
- 3) Student will explain the aims, objectives and function of physical education.
- 4) Student will be know about basic knowledge and conception of physical education, anatomy and physiology.
- 5) Student will understand & equips the concepts of track and field events.
- 6) Students will develop practical, theoretical skills in physical education.



## Section I (Theory)

Hours: 01/ Week, Credits: 01 (Marks: UA: 15 & CA: 20 Marks)

<b>Unit 1: The Meaning &amp; Principles physical Education.</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
<ol style="list-style-type: none"> <li>1. Definition, Meaning and Principles of Physical Education</li> <li>2. The changing concepts of Physical Education: Physical Training, Physical Culture, Recreation, Sports and Game</li> </ol>		
<b>Unit 2: Aim and Objectives of Physical Education</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
<ol style="list-style-type: none"> <li>1. General aim</li> <li>2. Objectives               <ol style="list-style-type: none"> <li>2.1 Organic Power</li> <li>2.2 Physical skills</li> <li>2.3 Mental development</li> <li>2.4 Emotional development</li> <li>2.5 Social development</li> </ol> </li> </ol>		

## Section II (Practical)

Hours: 01/ Week, Credits: 01 (Marks: 15)

<b>Unit 1: Indian Game: Kabaddi</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 05 Marks</b>	
1. Fundamental Skills		03 Marks	
2. Rules of the Game		02 Marks	
<b>Unit 2: Athletics: Sprint 100 m</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 05 Marks</b>	
<b>a) Performance chart</b>		<b>03 Marks</b>	
<b>Sr. no.</b>	<b>Men (Meter)</b>	<b>Women (Meter)</b>	<b>Marks</b>
1.	14.00 to 14.50	16.00 to 16.50	03
2.	14.50 to 15.50	16.50 to 17.50	02
3.	15.50 to 16.50	17.50 to 18.50	01
<b>b) For Technique &amp; Modern style</b>		<b>02 Marks</b>	
<b>Unit 3: Athletics: Broad Jump</b>	<b>No. Of Lectures: 01</b>	<b>Weightage: 05 Marks</b>	
<b>a) Performance chart</b>		<b>03 Marks</b>	
<b>Sr. no.</b>	<b>Men (Meter)</b>	<b>Women (Meter)</b>	<b>Marks</b>
1.	4.50	3.50	03
2.	4.25	3.25	02
3.	4.00	3.00	01
<b>b) For Technique &amp; Modern style</b>		<b>02 Marks</b>	
<b>College Assessments (CA)</b>		<b>20 Marks</b>	
Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial /Record Book.		20 Marks	



पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ  
॥ विद्यया संपन्नता ॥  
NAAC Accredited 2022  
'B++' Grade (CGPA 2.96)

**Punyashlok Ahilyadevi Holkar Solapur University, Solapur.**

**Faculty of Interdisciplinary Studies  
NEP 2020 Complaint Curriculum**

**B.A. (Physical Education) Semester-II**

**Vertical: GE (PEDU-GE-II) Physical Education-GE-II**

**Paper Code: G03-GE-214**

**Paper Name: Importance of Anatomy in Physical Education & Sports**

**Teaching Schem**

**Lectures: 02 Hours Week, 02 Credits (01+01)**  
(Th. 01 Hrs., Prac. 01 Hrs.)

**Examination Schem**

**UA: 30 Marks**  
**Theory: 15 Marks**  
**Practical: 15 Marks**  
**CA: 20 Marks**

**Section I (Theory)**

**Hours: 01/ Week, Credits: 01 (Marks: UA: 15 & CA: 20 Marks)**

<b>Unit 1: Foundations of Physical Education</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
<b>1. Physical and Psychological:</b> <b>1.1 Difference:</b> Between two sexes with reference to physical performance- strength, speed, endurance, agility flexibility. <b>1.2 Growth &amp; development:</b> i) Child hood stage ii) Adolescent stage iii) Adulthood stage (Physical, mental, social development & suitable activities) <b>1.3 Play:</b> Meaning, Definitions, Concepts, Importance of Play		
<b>Unit 2: Anatomy and Physiology of Exercise</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
i) Skeletal System ii) Digestive System iii) Respiratory System iv) Excretory System v) Circulatory System		

## Section II (Practical)

Hours: 01/ Week, Credits: 01 (Marks: 15)

<b>Unit 1: One Ball Game: Volleyball</b>		<b>No. of Lectures: 01</b>	<b>Weightage: 05 Marks</b>
1. Fundamental Skills			03 Marks
2. Rules of the Game			02 Marks
<b>Unit 2: Athletics: Shot-put</b>		<b>No. of Lectures: 01</b>	<b>Weightage: 05 Marks</b>
<b>a) Performance chart</b>			<b>03 Marks</b>
<b>Sr. no.</b>	<b>Men (Meter)</b>	<b>Women (Meter)</b>	<b>Marks</b>
1.	5.25	4.25	03
2.	5.00	4.00	02
3.	3.50	3.50	01
<b>b) For Technique &amp; Modern style</b>			<b>02 Marks</b>
<b>Unit 3: Indian Exercise:</b>		<b>No. Of Lectures: 01</b>	<b>Weightage: 05 Marks</b>
◆ 15 ordinary dands Baithakas in 1 min. (Only for Men)			<b>05 Marks</b>
◆ Asanas as per given Syllabus (Any Five) (Only for Women) Padmasana, Veerasana, Padhaastmana, Chakrasana, Bhajangasan, Tadasan, Mastyasana			<b>05 Marks</b>
<b>College Assessments (CA)</b>			<b>20 Marks</b>
Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial /Record Book.			20 Marks

सोलापूर विद्यापीठ



NMAC Accredited 2022  
B++ Grade (CGPA-2.78)



पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ  
॥ विद्यया संपन्नता ॥  
NAAC Accredited 2022  
'B++' Grade (CGPA 2.96)

**Punyashlok Ahilyadevi Holkar Solapur University, Solapur.**

**Faculty of Interdisciplinary Studies  
NEP 2020 Complaint Curriculum**

**B.A. (Physical Education) Semester-I**

**Vertical: SEC (PHY-SEC-I) Physical Education-SEC-I**

**Paper Code: G03-SEC-113**

**Paper Name: Health, Wellness & Yoga**

**Teaching Schemam**

**Lectures: 02 Hours Week, 02 Credits (01+01)**  
(Th. 01 Hrs., Prac. 01 Hrs.)

**Examination Schemam**

**UA: 30 Marks**  
**Theory: 15 Marks**  
**Practical: 15 Marks**  
**CA: 20 Marks**

**Course Preamble:**

This syllabus of Skill Enhancement Course (SEC) Physical Education will help the students of any faculty. This course will help the students in understanding the Need and Importance, aims & objectives of Health, Wellness, Fitness & Yoga. This course enables the students to understand the different skills and techniques in various Exercise & Fitness Training. This course study will help to understand the discipline and develop the personality of students.

**Objective of the Course:**

- 1) To enable the student to understand the meaning of Health, Wellness, Fitness & Yoga.
- 2) To enable the students to know the trends, concepts and career in Health, Fitness & Yoga Education.
- 3) To enable the students to understand the Physical training, Physical Culture, Gymnastics concepts and acquaint with aims and objectives of Physical Education w.r.to organic power, physical skill, mental development, emotional development, social development, recreational skills.
- 4) To enable the students to understand the fitness test & Measurements the Physical Fitness.

**Course Outcome**

- 1) Student will describe the concept of Health, Wellness, Fitness & Yoga.
- 2) Student will illustrate the relationship Physical Fitness & Yoga.
- 3) Student will be know about basic knowledge and conception of Health, Wellness, Fitness & Yoga.
- 4) Student will understand & equips the concepts of Health, Fitness & Yoga
- 5) Students will develop practical, theoretical skills in Exercises & Yoga.

## Section I (Theory)

Hours: 01/ Week, Credits: 01 (Marks: UA: 15 & CA: 20 Marks)

<b>Unit 1: Introduction</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
a. Introduction: Meaning, Definition of Health & Wellness b. Importance of Health & Wellnes c. Dimensions of Health and Wellness		
<b>Unit 2: Factors of Health &amp; Wellness</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
a. Factors influencing Health and Wellness: Physical Fitness Nutrition, Habits, Age, Gender, Lifestyle		
b. Health & Wellness through Physical Activities: Sports, Games, Yoga, Recreation and Leisure time activities		

## Section II (Practical)

Hours: 01/ Week, Credits: 01 (Marks: 15)

<b>Unit 1: Exercises for Health and Wellness</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
1. Warm-Up and Cool down - General & Specific Exercises		
2. Physical Fitness Activities: Stretching & Strengthening Exercises, Cardiovascular Exercises, Flexibility and Agility Exercises		
<b>Unit 2: Yoga</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
Shitalikarna Vyayama, Suryanamaskara, Basic Set of Yoga Asanas, Basic Set of Pranayama & Meditation		
<b>Practical Exam</b>		<b>15 Marks</b>
• Knowledge of Exercises & Techniques		04 Marks
• One Asana of Student's choice		04 Marks
• One Asana of Examiner's choice		04 Marks
• Any one Pranayama		03 Marks
<b>College Assessments (CA)</b>		<b>20 Marks</b>
Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial /Record Book.		20 Marks





पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ  
॥ विद्यया संपन्नता ॥  
NAAC Accredited 2022  
'B++' Grade (CGPA 2.96)

**Punyashlok Ahilyadevi Holkar Solapur University, Solapur.**

**Faculty of Interdisciplinary Studies  
NEP 2020 Complaint Curriculum**

**B.A. (Physical Education) Semester-II**

**Vertical: SEC (PHY-SEC-II) Physical Education-SEC-II**

**Paper Code: G03-SEC-213**

**Paper Name: Physical Fitness for Career**

**Teaching Schemam**

**Lectures: 02 Hours Week, 02 Credits (01+01)**  
(Th. 01 Hrs., Prac. 01 Hrs.)

**Examination Schemam**

**UA: 30 Marks**  
**Theory: 15 Marks**  
**Practical: 15 Marks**  
**CA: 20 Marks**

**Section I (Theory)**

**Hours: 01/ Week, Credits: 01 (Marks: UA: 15 & CA: 20 Marks)**

<b>Unit 1: Importance, Standards &amp; Components of Physical Fitness</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
a. Importance of Fitness b. Physical Standards: Men and Women c. Physical Fitness & its Components i) Health Related Physical Fitness ii) Skill Related Physical Fitness		
<b>Unit 2: Test For Physical Fitness:</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
Fitness Tests: <ul style="list-style-type: none"><li>• Strength Test</li><li>• Speed Test</li><li>• Agility Test</li><li>• Flexibility Test</li><li>• Coordinative abilities, etc</li></ul>		



## Section II (Practical)

Hours: 01/ Week, Credits: 01 (Marks: 15)

<b>Unit 1: General and Specific Warm up:</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
<ul style="list-style-type: none"> <li>• Stretching</li> <li>• Rotational Exercises</li> <li>• Pulse raising Activities</li> </ul>		
<b>Unit 2: Physical Training</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
<ul style="list-style-type: none"> <li>• Training for Endurance, Speed, Strength, Agility, Flexibility, etc.</li> </ul>		
<b>Practical Exam</b>		<b>15 Marks</b>
<b>1) Speed Test: 100 m. Run</b>		<b>05 Marks</b>
<b>a) Performance chart</b>		<b>03 Marks</b>
<b>Sr. no.</b>	<b>Men (Seconds)</b>	<b>Women (Seconds)</b>
1.	14.00 to 14.50	16.00 to 16.50
2.	14.50 to 15.50	16.50 to 17.50
3.	15.50 to 16.50	17.50 to 18.50
<b>b) For Technique &amp; modern style</b>		<b>02 Marks</b>
<b>2) Muscular Strength Test: Standing Broad Jump</b>		<b>05 Marks</b>
<b>a) Performance chart</b>		<b>03 Marks</b>
<b>Sr. no.</b>	<b>Men (Meter)</b>	<b>Women (Meter)</b>
1.	10.1 to 13.00	06.1 to 10.00
2.	06.1 to 10.00	01.1 to 06.00
3.	01.1 to 06.00	Less than 01.00
<b>b) For Technique &amp; modern style</b>		<b>02 Marks</b>
<b>3) Flexibility Test: Seat and Reach</b>		<b>05 Marks</b>
<b>a) Performance chart</b>		<b>03 Marks</b>
<b>Sr. no.</b>	<b>Men (Meter)</b>	<b>Women (Meter)</b>
1.	10.1 to 13.00	06.1 to 10.00
2.	06.1 to 10.00	01.1 to 06.00
3.	01.1 to 06.00	Less than 01.00
<b>b) For Technique &amp; modern style</b>		<b>02 Marks</b>
<b>College Assessments (CA)</b>		<b>20 Marks</b>
Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial/Record Book.		20 Marks

<ul style="list-style-type: none"> <li>• <b>Scheme Of Examination:</b></li> <li>• Examination will be conducted at End of the Semester.</li> </ul>	
<b>Theory Paper (2 Credits)</b>	<b>Total: 30 Marks</b>
Q. 1: Multiple choice questions (06 MCQs x 1 mark)	06 Marks
Q. 2: Write the answers in one sentence (Any Four x 2 marks)	08 Marks
Q. 3: Write short notes (Any Two x 4 marks)	08 Marks
Q. 4: Long Answer Questions (Any One x 8 marks)	08 Marks
<b>Theory Paper (1 Credit)</b>	<b>Total: 15 Marks</b>
Q. 1: Multiple choice questions (04 MCQs x 1 mark)	04 Marks
Q. 2: Write short notes (Any Three x 2 marks)	06 Marks
Q. 3: Long Answer Questions (Any One x 5 marks)	05 Marks
<b>Practical Examination Conducted: (2 Credits)</b> (One Inspection Day & Two Days Examination)	<b>Total: 30 Marks</b>
<ul style="list-style-type: none"> <li>a) A Batch of 20 students for Practical period &amp; Examination</li> <li>b) One Organizer (Internal Subject Teacher)</li> <li>c) Two Examiners Appointed by Organizer / University.</li> <li>d) Peons - Two Peons for Ground Marking, Water Supply, Equipment Supply and Collecting, etc.</li> </ul>	
<b>Practical Examination Conducted: (1 Credit)</b> (One Inspection Day & One Days Examination)	<b>Total: 15 Marks</b>
<ul style="list-style-type: none"> <li>a) A Batch of 20 students for Practical period &amp; Examination</li> <li>b) One Organizer (Internal Subject Teacher)</li> <li>c) Two Examiners Appointed by Organizer / University.</li> <li>d) Peons - Two Peons for Ground Marking, Water Supply, Equipment Supply and Collecting, etc.</li> </ul>	

सोलापूर विद्यापीठ



NMAC Accredited 2022

B++ Grade (CGPA-2.76)

<b>Books Recommended:</b>	
1.	Principles of Physical Education: J. F. Williams, W. B. Sanders Company, Philadelphia, London.
2.	Scientific Foundations of Physical Education: C. C. Cowell, Happer and Brothers, New York.
3.	Foundation of Physical Education: C. A. Bucher, W. B. Sanders Company, Philadelphia, London.
4.	Physical Education: Interpretations and objectives: J. B. Nash, The Ronald Press Company, New York.
5.	Introduction to Physical Education: L. R. Sharman, A. S. Barnes and Company, New York.
6.	Fitness and Wellness, Werner. W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood, Colorado
7.	Health, Exercise and Fitness, Dr.Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi
8.	Physical Fitness and Wellness, Dr. Samjay R.Agashe, Khel Sahithya Kendra, 7/26 Ansari Road, Darya Ganj, New Delhi
9.	Yoga for Promotion of Positive Health, 2011. Dr.H.R.Nagendra and Dr.R.Nagarathna, Swamy Vivekananda Yoga Prakashna, Bangalore
10.	"Asana, Pranayama, Mudra, Bandha", 1969, Swamy Sathy 27/52 Saraswati, Bihar Yoga Bharati, Munger
11.	शारीरिकशिक्षण: तत्वेवस्वरूप भा.रा.गोगटे, अखिल महाराष्ट्र शारीरिक शिक्षण मंडळ प्रकाशन, पुणे.
12.	शारीरिकशिक्षण: तत्वे व व्यवस्था, हिराजीपाटील, ठोकळ प्रकाशन, पुणे.
13.	शारीरिक शिक्षणाचे स्वरूप: प्रा. श्रीपालजर्देवसौ. सुनिताजर्दे, चंद्रमाप्रकाशन, कोल्हापूर.
14.	शारीरिक शिक्षणाचाअनोमा: भा.रा. गोगटे, व्हीनसप्रकाशन, पुणे.
15.	क्रीडामानसशास्त्र: डॉ.प.म. आलेगांवकर,श्री.गजानन बुक डेपो,पुणे३०.
16.	शारीरिक शिक्षणाचे आधुनिक स्वरूप: दि. गो. वाखारकर, निलखंड प्रकाशन व अध्यापन पद्धती, पुणे.
17.	कब्बडी: नरेंद्र दाभोळकर, म.वि.ग्रं.नि.मंडळ, नागपूर.
18.	कब्बडी: श्री. श्रीपालजर्देव प्रा. विजयपाटील, अंबा प्रकाशन, कोल्हापूर.
19.	कब्बडी: प्रा.एन.एम. भैरट.
20.	आधुनिक व्हॉलीबॉल: व्यंकटेश वांगवड, गजानन बुक डेपो, पुणे. ३०.
21.	अथलेटिक्स: राम भगवत, ट्रॅक अँड फोल्ड पब्लिकेशन, पुणे.-९.
22.	मैदानी स्पर्धा व नियम, आयोजन: उमेश तावडे, रामभागवत ट्रॅक अँड फील्ड प्रकाशन, पुणे.