

**PUNYASHLOK AHILYADEVII HOLKAR  
SOLAPUR UNIVERSITY, SOLAPUR.**



**Choice Based Credit System  
(According to NEP 2020)**

Name of the Faculty  
**Interdisciplinary Studies**

Subject  
**PHYSICAL EDUCATION**

Name of the Course  
**B.A. Part-I (Semester-I & II)**

With effect from  
**Academic Year 2024-25**

# 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	M-1 DSC-I (4) (Paper-I) Introduction of Physical Education & Sports			GE (2) PE - (1+1) Paper-I Principles of Physical Education & Sports	VSC (2) (Major or Minor Related) PE - (1+1) Health, Wellness & Yoga	AEC L-1 (2) (English)  VEC (2) Constitution of India  IKS (2) (Generic Related)		22	UG CERTIFICATE 44
	II	M-1 DSC-II (4) (Paper-II) Foundation of Physical Education & Sports			GE (2) PE - (1+1) Paper-II Importance of Anatomy in Physical Education & Sports	VSC (2) (Major or Minor Related) PE - (1+1) Physical fitness for Career  SEC (2) (Major or Minor Related) PE-(1+1) Rhythms & Recreation in Physical Education	AEC L-1 (2) (English)  VEC (2) Environment Studies		22	
<b>Credits</b>		<b>24</b>			<b>04</b>	<b>06</b>	<b>10</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

W. e. f. Academic Year-2024-25

**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	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	Principles of Physical Education & Sports	15	15	20	50	2
	<b>Vocational and Skill VSC, SEC (VSEC) and IKS</b>						
	VSC-	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>						
	---	---	---	---	---	---	2
	<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**

**W. e. f. Academic Year-2024-25**

**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	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	Importance of Anatomy in Physical Education & Sports	15	15	20	50	2	
	<b>Vocational and Skill VSC, SEC (VSEC) and IKS</b>							
	VSC-	Physical fitness for Career	15	15	20	50	2	
	SEC-	Rhythms & Recreation in Physical Education	15	15	20	50	2	
	AEC-	---	30		20	50	2	
	VEC-	---	30		20	50	2	
	<b>OJT,FP,CEP,CC,RP</b>							
	---	---	---	---	---	---	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/FP/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

## **B.A. Physical Education**

### **1) 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.

### **2) Objective of the Course:**

- 1) Understand the meaning of Education and Physical Education that's Principles.
- 2) Acquaint 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.

### **3) Course Outcome**

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

- ❖ **Title:** B.A. Physical Education
- ❖ **Duration:** The course shall consist of 3 years divided into Part- I, II, III  
B.A. Part-I - 60+40 Patterns
- ❖ **Qualification of Teachers:** as per UGC Guidelines.
- ❖ **Teaching Periods:** B.A. Part-I (Each paper 4 periods per week.)  
2 Periods Theory, 2 Periods Practical
- ❖ **Examination :** 60 + 40 Pattern Separate Heads of Passing  
(40% for each paper)
  - **Theory:** 30 Marks - Minimum Passing 12 Marks
  - **Practical:** 30 Marks-Minimum Passing 12Marks
  - **Internal:** 40 Marks - Minimum Passing 16 Marks

(Internal Assessment / Home Assignment / Tutorial Test / Oral and Record Book, etc.)

- **Scheme Of Examination:**

- Examination will be conducted at End of the Semester.

**Theory Paper** **(2 Credits) Total: 30 Marks**

- |  |          |
|--|----------|
| 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 |

**Theory Paper** **(1 Credit) Total: 15 Marks**

- |  |          |
|--|----------|
| 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. 4: Long Answer Questions (Any One x 5 marks)    | 05 Marks |

**Practical Examination Conducted: (2 Credits) Total: 30 Marks**

(One Inspection Day & Two Days Examination)

- a) A Batch of 20 students for Practical period & Examination
- b) One Organizer (Internal Subject Teacher)
- c) Two Examiners Appointed by Organizer / University.
- d) Peons - Two Peons for Ground Marking, Water Supply, Equipment Supply and Collecting, etc.

**Practical Examination Conducted: (1 Credit) Total: 15 Marks**

(One Inspection Day & One Days Examination)

- a) A Batch of 20 students for Practical period & Examination
- b) One Organizer (Internal Subject Teacher)
- c) Two Examiners Appointed by Organizer / University.
- d) Peons - Two Peons for Ground Marking, Water Supply, Equipment Supply and Collecting, etc.

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

## **B.A. Part I -Semester I (CBCS)**

### **Physical Education**

Introduced from the Academic Year 2024-25

### **B.A. I - Semester I**

### **MAJOR (4 Credits)**

#### **Sub: DSC-I: Introduction of Physical Education & Sports**

(2+2=4) 60+40 = 100

(Theory 30 + Practical 30 + Assignment 40= 100 Marks)

**Credit:** 2 (Th) + 2 (Pr) = 4

**Teaching Hour:** 60

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#### **Theory:**

**2 Credits**

#### **Unit 1: The meaning of Principles with special reference to physical Education.**

1. Meaning of Principles
2. Principles of Physical Education
3. Meaning of Physical Education

#### **Unit 2: The changing concepts of Physical Education**

1. Physical Training
2. Physical Culture
3. Recreation
4. Sports and Game

#### **Unit 3: Aim and Objectives of Physical Education**

1. General aim
  2. Objectives
    - 2.1 Organic Power
    - 2.2 Physical skills
    - 2.3 Mental development
    - 2.4 Emotional development
    - 2.5 Social development
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**B.A. I - Semester I**

**MAJOR (4 Credits)**

**Sub: DSC-I: Introduction of Physical Education & Sports**

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**Practical:**

**2 Credits**

**One Indian Game:** Kabaddi 10 Marks

**Athletics:** Sprint 100/200 m. 10 Marks

**Athletics:** Broad-Jump 10 marks

**(A Batch of 20 Students for practical)**

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**1) Indian Game: - Kabaddi**

**10 Marks**

1. Fundamental Skills

5 Marks

2. Rules of the Game

5 Marks

**2) Athletics – Sprint 10 Marks**

1. Sprint – 100 m, 200m (any one)

**10 Marks**

**a) Performance**

(The candidates running 100m or 200m will get the Marks as given below performance)

**05 Marks**

**100 mtrs. (Men) -**

14.00 to 14.50 sec.- 05 marks

14.50 to 15.50 sec.- 03 marks

15.50 to 16.50 sec.- 02 marks

**100 mtrs. (Women)–**

16.00 to 16.50 sec.- 05 marks

16.50 to 17.50 sec.- 03 marks

17.50 to 18.50 sec.- 02 marks

**200 mtrs. (Men)**

30.00 to 30.50 sec.- 05 marks

30.50 to 31.50 sec.- 03 marks

31.50 to 32.50 sec.- 02 marks

**200 mtrs. (Women)**

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) For Technique & Modern style** **05 Marks**

**3) Athletics – Broad Jump** **10 Marks**

**a) Performance** **05 Marks**

**Men**

1) 4.50 metres	05Marks
2) 4.25 metres	03 Marks
3) 4.00 meters	02 Marks

**Woman**

1) 3.50 meters	05 Marks
2) 3.25 meters	03 Marks
3) 3.00 meters	02Marks

**b) For Technique & Modern style** **05 Marks**

**Distribution of Marks for Practical**

Exam/ SeatNo.	PRN No.	One Indian Game (Kabaddi)	Athletic (100/200 m.)	Athletic (Long jump)	Total Marks
		10	10	10	30

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## **B.A. I - Semester I**

### **GE (2 Credits)**

**Sub: Principles of Physical Education & Sports** (1+1=2) 30+20 = 50  
(Theory 15 + Practical 15 + Assignment 20 = 50 Marks)

**Credit:** 1 (Th) + 1 (Pr) = 2

**Teaching Hour:** 30

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**Theory:**

**1 Credit**

#### **Module 1: The Meaning & Principles physical Education.**

1. Definition, Meaning and Principles of Physical Education
2. The changing concepts of Physical Education: Physical Training, Physical Culture, Recreation, Sports and Game

#### **Module 2: Aim and Objectives of Physical Education**

1. General aim
  2. Objectives
    - 2.1 Organic Power
    - 2.2 Physical skills
    - 2.3 Mental development
    - 2.4 Emotional development
    - 2.5 Social development
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## B.A. I - Semester I

### GE (2 Credits)

#### Sub: Principles of Physical Education & Sports

#### Practical:

1 Credit

**One Indian Game:** Kabaddi 05 Marks

**Athletics:** Sprint 100 m. 05 Marks

**Athletics:** Broad-Jump 05 marks

(A Batch of 20 Students for practical)

- 1) **Indian Game: Kabaddi** **05 Marks**  
1. Fundamental Skills 3 Marks  
2. Rules of the Game 2 Marks

- 2) **Athletics: Sprint 100 m** **05 Marks**  
a) **Performance chart** 03 Marks

Sr. no.	Men (Seconds)	Women (Seconds)	Marks
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) **For Technique & Modern style** 02 Marks

- 3) **Athletics: Broad Jump** **05 Marks**  
a) **Performance chart** 03 Marks

Sr. no.	Men (Meter)	Women (Meter)	Marks
1.	4.50	3.50	03
2.	4.25	3.25	02
3.	4.00	3.00	01

- b) **For Technique & Modern style** 02 Marks

#### Distribution of Marks for Practical

Exam/ SeatNo.	PRN No.	One Indian Game (Kabaddi)	Athletic (100/200 m.)	Athletic (Long jump)	Total Marks
		05	05	05	15

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**B.A. I - Semester I**  
**VSC (2 Credits)**

**Sub: Health, Wellness & Yoga** (1+1=2) 30+20 = 50  
(Theory 15 + Practical 15 + Assignment 20 = 50 Marks)

**Credit:** 1 (Th) + 1 (Pr) = 2

**Teaching Hour:** 30

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**Theory:**

**1 Credit**

**Module 1:**

- a. Introduction: Meaning, Definition and Importance of Health & Wellness
- b. Dimensions of Health and Wellness

**Module 2:**

- 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
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## B.A. I - Semester I

### VSC (2 Credits)

#### Sub: Health, Wellness & Yoga

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#### Practical:

**1 Credit**

#### a) Exercises for Health and Wellness

1. Warm-Up and Cool down - General & Specific Exercises

2. Physical Fitness Activities:

Stretching & Strengthening Exercises, Cardiovascular Exercises,  
Flexibility and Agility Exercises

#### b) Yoga

Shitalikarna Vyayama, Suryanamaskara, Basic Set of Yoga Asanas, Basic  
Set of Pranayama & Meditation

#### Practical Exam

**15 Marks**

- 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

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

## **B.A. Part I -Semester II (CBCS)**

### **Physical Education**

Introduced from the Academic Year 2024-25

### **B.A. I - Semester II**

### **MAJOR (4 Credits)**

### **Sub: DSC-II: Foundation of Physical Education & Sports**

(2+2=4) 60+40 = 100

(Theory 30 + Practical 30 + Assignment 40= 100 Marks)

**Credit:** 2 (Th) + 2 (Pr) = 4

**Teaching Hour:** 60

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#### **Theory:**

**2 Credits**

#### **Unit 1: Foundations of Physical Education**

**1. Physical:** Difference between two sexes with reference to physical performance- strength, speed, endurance, agility flexibility.

#### **2. Psychological:**

2.1 Growth & development

2.2 Stages of human Growth & development

i) Child hood stage

ii) Adolescent stage

iii) Adulthood stage

(Physical, mental, social development & suitable activities)

#### **Unit 2: Physiology of exercise with reference to different system of body:**

i) Skeletal System

ii) Digestive System

iii) Respiratory System

iv) Excretory System

v) Circulatory System

**Unit 3: Play:**

- 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.
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**B.A. I - Semester II**

**MAJOR (4 Credits)**

**Sub: DSC-II: Foundation of Physical Education & Sports**

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**Practical: 2 Credits**

**One Ball Game:** volleyball 10 Marks

**Athletics:** Shot-put 10 Marks

**Indian Exercise:** Dands, Baithakas & Asanas 10Marks

**(A Batch of 20 students for practical)**

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**1) One Ball Game- Volleyball 10 Marks**

1. Fundamental skills 05 Marks

2. Rules of the Game 05 Marks

**2) Athletics-Shot-put 10 marks**

**a) Performance 05 marks**

**Men:**

5.25 meters 05 marks

5.00 meters 03 marks

4.50 meters 02 marks

**Woman:**

4.25 meters 05 marks

4.00 meters 03 marks

3.50 meters 02 marks

**b) For Technique & modern style 05 Marks**

**3) Indian Exercise: 10 Marks**

◆ 25 ordinary dands Baithakas in 1 min. 30 sec. 10 Marks  
(Only for Men)

◆ Asanas as per given Syllabus (Any Five) 10 Marks  
(Only for Women)

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

**Distribution of Marks for Practical**

Exam/ SeatNo.	PRN No.	One Ball Game (Volleyball)	Athletic (Shot-put)	Indian Exercise: Dands, Baithakas & Asanas	Total Marks
		10	10	10	30

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## **B. A. I - Semester II**

**GE/OE (2 Credits)**

**Sub: Importance of Anatomy in Physical Education & Sports**

(1+1=2) 30+20 = 50

(Theory 15 + Practical 15 + Assignment 20 = 50 Marks)

**Credit:** 1 (Th) + 1 (Pr) = 2

**Teaching Hour:** 30

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**Theory:**

**1 Credit**

### **Module 1: Foundations of Physical Education**

#### **1. Physical and Psychological:**

**1.1 Difference:** Between two sexes with reference to physical performance- strength, speed, endurance, agility flexibility.

#### **1.2 Growth & development:**

i) Child hood stage ii) Adolescent stage iii) Adulthood stage  
(Physical, mental, social development & suitable activities)

**1.3 Play:** Meaning, Definitions, Concepts, Importance of Play

### **Module 2: Anatomy and Physiology of Exercise**

- i) Skeletal System
  - ii) Digestive System
  - iii) Respiratory System
  - iv) Excretory System
  - v) Circulatory System
-

## B. A. I - Semester II

### GE/OE (2 Credits)

#### Sub: Importance of Anatomy in Physical Education & Sports

**Practical: 1 Credit**

**One Ball Game:** volleyball 05 Marks

**Athletics:** Shot-put 05 Marks

**Indian Exercise:** Dands, Baithakas & Asanas 05 Marks

(A Batch of 20 students for practical)

- 1) **One Ball Game: Volleyball 05 Marks**  
1. Fundamental skills 03 Marks  
2. Rules of the Game 02 Marks

- 2) **Athletics: Shot-put 05 marks**

a) **Performance 03 Marks**

Sr. no.	Men (Meter)	Women (Meter)	Marks
1.	5.25	4.25	03
2.	5.00	4.00	02
3.	3.50	3.50	01

b) **For Technique & modern style 2 Marks**

- 3) **Indian Exercise: 05 Marks**

- ◆ 15 ordinary dands Baithakas in 1 min.  
(Only for Men)

- ◆ Asanas as per given Syllabus (Any Five) **05 Marks**  
(Only for Women)

Padmasana, Veerasana, Padhaastmana, Chakrasana, Bhajangasan,  
Tadasan, Mastyasana

#### Distribution of Marks for Practical

Exam/ SeatNo.	PRN No.	One BallGame (Volleyball)	Athletic (Shot-put)	Indian Exercise: Dands, Baithakas & Asanas	Total Marks
		05	05	05	15

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## **B.A. I - Semester II**

### **VSC (2 Credits)**

**Sub: Physical Fitness for Career** (1+1=2) 30+20 = 50  
(Theory 15 + Practical 15 + Assignment 20 = 50 Marks)

**Credit:** 1 (Th) + 1 (Pr) = 2

**Teaching Hour:** 30

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**Theory:**

**1 Credit**

#### **Module 1:**

- 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

#### **Module 2:**

- a. Fitness Tests:
    - Strength Test
    - Speed Test
    - Agility Test
    - Flexibility Test
    - Coordinative abilities, etc
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## B.A. I - Semester II

### VSC (2 Credits)

#### Sub: Physical Fitness for Career

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#### Practical:

**1 Credit**

◆ General and Specific Warm up:

- Stretching
- Rotational Exercises
- Pulse raising Activities

◆ Training for Endurance, Speed, Strength, Agility, Flexibility etc

#### Practical Exam

**1) Speed Test: 100 m. Run**

**05 Marks**

**a) Performance chart**

03 Marks

Sr. no.	Men (Seconds)	Women (Seconds)	Marks
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) For Technique & modern style**

02 Marks

**2) Muscular Strength Test: Standing Broad Jump**

**05 Marks**

**a) Performance chart**

03 Marks

Sr. no.	Men (Meter)	Women (Meter)	Marks
1.	4.50	3.50	03
2.	4.25	3.25	02
3.	4.00	3.00	01

**b) For Technique & modern style**

02 Marks

**3) Flexibility Test: Seat and Reach**

**05 Marks**

**a) Performance chart**

03 Marks

Sr. no.	Men (Meter)	Women (Meter)	Marks
1.	10.1 to 13.00	06.1 to 10.00	03
2.	06.1 to 10.00	01.1 to 06.00	02
3.	01.1 to 06.00	Less than 01.00	01

**b) For Technique & modern style**

02 Marks

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## **B.A. I - Semester II**

### **SEC (2 Credits)**

**Sub: Rhythms & Recreation in Physical Education** (1+1=2) 30+20 = 50  
(Theory 15 + Practical 15 + Assignment 20 = 50 Marks)

**Credit:** 1 (Th) + 1 (Pr) = 2

**Teaching Hour:** 30

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**Theory:**

**1 Credit**

#### **Module 1: Meaning, Definition and Principles**

- Concept, Definitions, Nature and function of Rhythm and Recreation.
- Principles and Objectives of Rhythm and Recreation.
- Need and importance of Recreation in life.

#### **Module 2: Recreational Activities**

- Planning of recreational activities by taking into consideration sex, age, Interests, size and types of the groups, time available, funds, place etc.
  - Recreational scheduling programmer provides for primary and secondary Schools, Colleges, Universities and Industrial workers.
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## B.A. I - Semester II

### SEC (2 Credits)

#### Sub: Rhythms & Recreation in Physical Education

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**Practical: 1 Credit**

**Fitness Test: 12 min Run/Walk 05 Marks**

**Recreational Game: Blind Man's Buff/ Hopping 05 Marks**

**Indian Exercise: Suryanamskar 05 Marks**

**(A Batch of 20 students for practical)**

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**1) Fitness Test: 12 min Run/Walk 05 marks**

**a) Performance 03 Marks**

Sr. no.	Men (Meter)	Women (Meter)	Marks
1.	2300 to 2700	1900 to 2300	03
2.	1900 to 2300	1500 to 1900	02
3.	1500 to 1900	Less than 1500	01

**b) For Technique & modern style 2 Marks**

**2) Recreational Game: Blind Man's Buff / Hopping 05 Marks**

1. Fundamental skills 03 Marks

2. Rules of the Game 02 Marks

**3) Indian Exercise: Suryanamskar 05 Marks**

◆ 10 Suryanamskar in 1 min.  
(Only for Men)

◆ 05 Suryanamskar in 1 min. **05 Marks**  
(Only for Women)

#### Distribution of Marks for Practical

Exam/ SeatNo.	PRN No.	Fitness Test: 12 min Run/Walk	Recreational Game: Blind Man's Buff/ Hopping	Indian Exercise: Suryanamskar	Total Marks
		05	05	05	15

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### **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, Happer 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,  
5. London.
6. Physical Education: Interpretations and objectives: J. B. Nash, The Ronald Press Company, New York.
7. Introduction to Physical Education: L. R. Sharman, A. S. Barnes and Company, New York.
8. Fitness and Wellness, Werner. W.K. Hoegar, Sharon.A. Hoegar, 1990, Morton Publishing Company, Englewood, Colorado
9. Health, Exercise and Fitness, Dr.Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi
10. Physical Fitness and Wellness, Dr. Samjay R.Agashe, Khel Sahithya Kendra, 7/26 Ansari Road, Darya Ganj, New Delhi
11. Yoga for Promotion of Positive Health, 2011. Dr.H.R.Nagendra and Dr.R.Nagarathna, Swamy Vivekananda Yoga Prakashna, Bangalore
12. "Asana, Pranayama, Mudra, Bandha", 1969, Swamy Sathy 27/52 Saraswati, Bihar Yoga Bharati, Munger
13. An Introduction to Recreation Education: W. B. Saunders Company Philadelphia: 1955.
14. Community Recreation: Meyer and Brightbill, Prentice Hall, INC 1966.
15. Leisure and Recreation: Neumeyer and Esther. A. S. Barnes and Company, 1956.
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