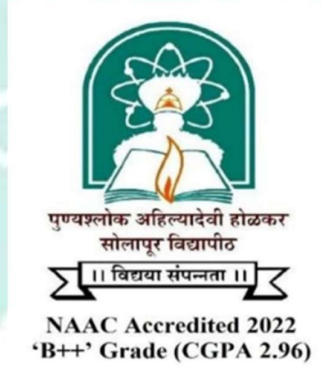


**PUNYASHLOK AHILYADEVVI HOLKAR
SOLAPUR UNIVERSITY, SOLAPUR.**



**NAME OF FACULTY:
INTERDISCIPLINARY STUDIES UNDER –
PHYSICAL EDUCATION**

NEP 2020 Compliant CO-Curriculum (CC)

Subject: (CC-203) Sports

(B.A., B.Com., B.Sc., B.B.A., B.C.A., and all Non AICTE offered UG Programs)

With effect from 2024-25

Punyshlok Ahilyadevi Holkar Solapur University, Solapur
Syllabus
(According to NEP 2020)

Faculty of Interdisciplinary Studies Under - Physical Education
(B.A., B.Com., B.Sc., B.B.A., B.C.A., and all Non AICTE offered UG Programs)

With effect from June 2024-25

Sem.	Paper Code	Title of the Paper	Semester Exam				Total Credits
			UA		CA	Total	
			Th	Pr			
II	CC-203	Sports	15	15	20	50	2


Evaluation Pattern (2 Credit Paper)

Nature of Assessment	Total Marks	Minimum Passing Marks
CA	20	08
Theory UA	15	06
Practical UA	15	06

सोलापूर विद्यापीठ



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

 <p>पुण्यश्लोक अहिल्यादेवी होळकर सोलापूर विद्यापीठ ॥ विद्यया संपन्नता ॥ NAAC Accredited 2022 'B++' Grade (CGPA 2.96)</p>	<p align="center">Punyashlok Ahilyadevi Holkar Solapur University, Solapur.</p> <p align="center">Faculty of Interdisciplinary Studies Under – Physical Education (Semester-II) NEP 2020 Complaint Curriculum</p> <p>Vertical: Co-Curriculum (CC) SP-II Paper Code: CC-203 Paper Name: Sports</p>
<p>Teaching Schem</p> <p>Lectures: 02 Hours /Week, 02 Credits (01+01) (Th. 01 Hrs., Prac. 01 Hrs.)</p>	<p>Examination Schem</p> <p>UA: 30 Marks Theory: 15 Marks Practical: 15 Marks CA: 20 Marks</p>

Course Preamble:

The sports program aims to introduce fundamental movement skills, teamwork, and sports-specific techniques to student or athletes. This comprehensive program fosters physical development, social interaction, and emotional growth, laying the groundwork for lifelong participation and enjoyment in sports.

Course Objective:

Upon completing this sports course, students will be able to:

1. Demonstrate basic movement skills, including running, jumping, throwing, and catching.
2. Understand fundamental game rules and strategies.
3. Develop teamwork and communication skills through group activities.
4. Improve overall physical fitness, coordination, and balance.
5. Cultivate emotional intelligence, sportsmanship, and respect for others.

Course Outcome

By the end of this course, students will be able to:

1. Identify and demonstrate basic sports techniques (e.g., dribbling, passing, shooting).
2. Participate in team-based activities, showing awareness of roles and responsibilities.
3. Apply fundamental movement skills in game-like situations.
4. Recognize the importance of warm-ups, cool-downs.

Program Outcomes

Upon completing the sports program, students will:

1. Develop a lifelong appreciation for physical activity and sports participation.
2. Build confidence and self-esteem through achievement of skills.
3. Understand the value of teamwork, cooperation, and communication.
4. Demonstrate respect for rules, officials, and opponents.
5. Acquire foundational skills for progression to intermediate-level sports programs.

Section I (Theory)

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

Unit 1: Introduction	No. of Lectures: 01	Weightage: 07 to 08 Marks
1.1 Definition and Concepts of sports 1.2 History and development of sports 1.3 Need and Importance of Sports		
Unit 2: Types of Sports	No. of Lectures: 01	Weightage: 07 to 08 Marks
2.1 Individual sports 2.2 Team sports		

Section II (Practical)

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

Unit 1: Team Sports	No. of Lectures: 01	Weightage: 07 to 08 Marks
Kabaddi /Kho-Kho /Volleyball /Cricket /Football (any two)		
Unit 2: Individual and Partner Sports	No. of Lectures: 01	Weightage: 07 to 08 Marks
2.1 100/200/400 meter Running 2.2 Combat Events (Wrestling, Judo, Taekwondo, etc.) 2.3 Racket Sports (Badminton, Tennis, Table Tennis, etc.) 2.4 Gymnastics (Mat exercises: Front roll, Back roll, Side roll, Cart wheel, etc.)		

॥ विशया संपन्नता ॥

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Practical Exam			15 Marks
i) Kabaddi / Kho-Kho / Volleyball (any one)		No. of Lectures: 01	Weightage: 05 Marks
1. Fundamental Skills			03 Marks
2. Rules of the Game			02 Marks
ii) Athletics: Sprint 100 m		No. of Lectures: 01	Weightage: 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
iii) Athletics: Discus Throw		No. Of Lectures: 01	Weightage: 05 Marks
a) Performance chart			03 Marks
Sr. no.	Men (Meter)	Women (Meter)	Marks
1.	18	15	03
2.	16	14	02
3.	14	13	01
b) For Technique & Modern style			02 Marks
College Assessments (CA)			20 Marks
Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial /Record Book.			20 Marks

<ul style="list-style-type: none"> • Scheme Of Examination: • Examination will be conducted at End of the Semester. 	
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. 3: Long Answer Questions (Any One x 5 marks)	05 Marks
Practical Examination Conducted: (1 Credit) (One Inspection Day & One Days Examination)	Total: 15 Marks
<ul style="list-style-type: none"> 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. 	

Books Recommended:	
1.	Scientific Foundations of Physical Education: C. C. Cowell, Happer and Brothers, New York.
2.	Introduction to Physical Education: L. R. Sharman, A. S. Barnes and Company, New York.
3.	Man and Movement: Principles of Physical Education: Barrow, Harold M., Lea & Febiger, U.S. Publication
4.	शारीरिक शिक्षण: तत्वे व व्यवस्था, हिराजीपाटील, ठोकळ प्रकाशन, पुणे.
5.	शारीरिक शिक्षणाचे स्वरूप: प्रा. श्रीपालजर्देवसौ. सुनिताजर्दे, चंद्रमाप्रकाशन, कोल्हापूर.
6.	क्रीडामानसशास्त्र: डॉ.प.म. आलेगांवकर,श्री.गजानन बुक डेपो,पुणे३०.
7.	कब्बडी: नरेंद्र दाभोळकर, म.वि.ग्रं.नि.मंडळ, नागपूर.
8.	आधुनिक व्हॉलीबॉल: व्यंकटेश वांगवड, गजानन बुक डेपो, पुणे. ३०.
9.	अथलेटिक्स: राम भगवत, ट्रॅक अँड फोल्ड पब्लिकेशन, पुणे.-९.
10.	मैदानी स्पर्धा व नियम, आयोजन: उमेश तावडे, रामभागवत ट्रॅक अँड फील्ड प्रकाशन, पुणे.

पुण्यश्लोक अहिल्यादेवी हाळकर
सोलापूर विद्यापीठ

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SVAC Approved 2022

B-1 - Grades (C GPA-2.00)