

SHIVAJI UNIVERSITY, KOLHAPUR



A++

Accredited By NAAC

Syllabus For

Bachelor of Arts [B.A. (PHYSICAL EDUCATION)]

UNDER

Faculty of Interdisciplinary Studies

B. A. Part - II (Semester - III and IV)

(Subject to the modifications to be made from time to time)

To be implemented from June 2025

INDEX

Sr. No.	CONTENT	Page No
1	PREAMBLE	03
2	PROGRAMME LEARNING OUTCOMES (PO)	04
3	COURSE OUTCOMES (CO)	05
4	OBJECTIVES PROGRAMME	06
5	DURATION	07
6	MEDIUM OF INSTRUCTION	07
7	ELIGIBILITY FOR ADMISSION	07
8	SCHEME OF TEACHING AND EXAMINATION PATTERN (Theory/Practical/Internal)	07
9	STRUCTURE OF THE PROGRAMME	08
10	STANDARDS OF PASSING AND DETERMINATION OF SGPA/CGPA, GRADING AND DECLARATION OF RESULTS	09
11	NATURE OF QUESTION PAPER, DURATION AND SCHEME OF MARKING	10
12	SYLLABUS: COURSE TITLE, CODE, CREDITS, VERTICALS NAME, REFERENCES etc.	13 to 57

1. PREAMBLE:

Shivaji University, founded in 1962, derives its name from the esteemed Maratha Warrior and architect of the Maratha Empire, Chhatrapati Shivaji Maharaj. Established with a primary goal of addressing the educational needs of South Maharashtra, the university's jurisdiction spans across three districts – Kolhapur, Sangli, and Satara. Currently, it boasts an enrollment of approximately 3,00,000 students distributed among 280 affiliated colleges and recognized institutes.

Recognizing the holistic importance of Physical Education and Sports within the realm of education, the university has consistently endeavoured to incorporate Physical Education as a pivotal curricular subject since its inception. The advent of the New Education Policy in 2020 has further catalyzed the integration of Physical Education, Sports, and Yoga into the academic landscape. These disciplines are not only offered as Discipline Specific Core subjects and Open Elective subjects but are also mandatory Skill Enhancement Courses and considered Value-Based subjects.

At the undergraduate level, the Physical Education program encompasses a comprehensive range of subjects, including Foundation of Physical Education, Anatomy, Health Education, Physiology, Nutrition, Rehabilitation, Psychology, Sports Training, History, Principles and Practices of Yoga, Application of Yoga, and more. This diverse curriculum aims to equip students with in-depth knowledge and practical skills. Graduates from these programs are well-prepared for a variety of careers, including roles such as Physical Fitness and Yoga trainers, Coaches, Sports and Games Officials, Referees, Umpires, Curators, Gym trainers, Lifeguards, Personal trainers, and Yoga therapists.

Moreover, students pursuing courses in Physical Education, Sports, and Yoga gain the expertise to establish their own businesses as entrepreneurs in areas such as Fitness, Sports, Yoga, Recreation, Rehabilitation, Adventure Sports, Camping, and Event Management. The educational journey also empowers interested students to pursue research in the domains of Physical Education, Sports, and Yoga, contributing to the broader advancement of knowledge in these fields. Overall, the university's commitment to holistic education underscores the profound impact these programs have on the health and well-being of the youth.

2. PROGRAMME LEARNING OUTCOMES (POS)

1. Historical Understanding

Students will demonstrate an understanding of the historical evolution of physical education, sports, and yoga, recognizing their role in shaping societal and cultural contexts.

2. Administrative Proficiency

Students will develop skills in organizing and managing physical education programs, sports events, and tournaments, applying principles of administration, planning, and evaluation.

3. Philosophical and Ethical Insights

Students will critically analyze the philosophical aspects of physical education and yoga, incorporating ethical principles and traditional wisdom into modern practices.

4. Event Management Skills

Students will acquire competencies in sports event management, including planning, execution, and evaluation, ensuring effective teamwork and resource utilization.

5. Media and Communication Proficiency

Students will learn to use mass media and technology for sports journalism, reporting, and promoting physical education and sports events.

6. Foundations of Training Science

Students will apply the foundational principles of sports training and understand methods to enhance athletic performance and fitness levels.

7. National Development Awareness

Students will evaluate the development of physical education and sports in India, identifying its impact on national identity, health, and international competitiveness.

8. Yoga Practice and Philosophy

Students will gain knowledge of the foundational and philosophical aspects of yoga, including Ashtanga Yoga and Maharishi Patanjali's contributions, integrating these principles into holistic wellness.

9. Entrepreneurial Skills

Students will develop entrepreneurial thinking and strategies to create opportunities in physical education, sports, and fitness industries.

10. Instructional Competence

Students will demonstrate the ability to instruct and train individuals and groups in physical activities, emphasizing safety, motivation, and skill development.

3. COURSE OUTCOMES (CO):

By the conclusion of this course, student-learners will:

1. History of Physical Education

- CO1: Explain the historical development of physical education and its impact on modern sports and physical activities.
- CO2: Analyze key milestones and figures in the history of physical education globally and in India.

2. Organization and Administration of Physical Education and Sports

- CO3: Develop organizational skills for planning, administering, and evaluating physical education programs and sports activities.
- CO4: Demonstrate knowledge of policies, legal aspects, and resource management in physical education and sports.

3. History and Philosophical Aspects of Yoga

- CO5: Illustrate the philosophical underpinnings of yoga and its role in promoting mental, physical, and spiritual health.
- CO6: Evaluate the historical evolution and cultural significance of yoga practices.

4. Sports Event Management

- CO7: Apply event management principles to plan, organize, and evaluate sports events efficiently.
- CO8: Utilize teamwork, leadership, and problem-solving skills in sports event execution.

5. Sports Journalism and Mass Media Technology

- CO9: Analyze the role of mass media and technology in sports journalism, reporting, and promotion.
- CO10: Develop skills in content creation, sports writing, and communication for different media platforms.

6. Introduction to Sports Training

- CO11: Understand the fundamentals of sports training, including principles of conditioning, load, and recovery.
- CO12: Apply basic training techniques to improve athletic performance.

7. History and Foundation of Physical Education

- CO13: Examine the foundational theories and philosophies of physical education as a discipline.

- CO14: Discuss the historical development and establishment of physical education systems.

8. Development of Physical Education and Sports in India

- CO15: Assess the growth of physical education and sports in India in the context of social and political developments.

- CO16: Identify key organizations and events that have shaped Indian sports.

9. Organization and Administration of Tournaments and Competitions**

- CO17: Plan and organize various types of tournaments and competitions, understanding formats, rules, and logistics.

- CO18: Demonstrate leadership and administrative capabilities in conducting sports tournaments.

10. Foundations of Ashtanga Yoga – Maharshi Patanjali

- CO19: Explain the principles and components of Ashtanga Yoga as outlined by Maharshi Patanjali.

- CO20: Integrate Ashtanga Yoga practices into daily routines for holistic health and wellness.

11. Entrepreneurship in Physical Education

- CO21: Identify entrepreneurial opportunities in physical education, sports, and wellness industries.

- CO22: Develop business plans and strategies for initiating and sustaining ventures in sports and fitness.

12. Physical Training Instructor

- CO23: Demonstrate the ability to design, implement, and evaluate physical training programs for individuals and groups.

- CO24: Exhibit leadership, motivational, and instructional skills in the role of a physical training instructor.

These outcomes ensure students achieve course-specific goals while gaining practical knowledge and skills for professional development in physical education and related fields.

4. OBJECTIVES OF THE PROGRAMME:

The course will provide student-learners

1. Historical and Philosophical Understanding of physical education, sports, and yoga, fostering an appreciation of their cultural and societal relevance.

2. Organizational and Administrative Skills

3. Understanding Yoga Philosophy and Practices
4. Sports Event Management Proficiency
5. Media and Communication Competence
6. Foundation in Sports Training for improving athletic performance and fitness
7. Awareness of Indian Sports Development
8. Entrepreneurial and Career-Oriented Skills in physical education, fitness, and sports industries.
9. Instructional and Leadership Competence in physical activities and sports.
10. Holistic Personal and Professional Development in sports, education, and wellness.

These objectives collectively aim to prepare students for dynamic careers in physical education, sports management, journalism, training, and wellness while promoting lifelong fitness and personal growth.

5. DURATION:

The Bachelor of Arts in **Physical Education** programme shall be A FULL TIME COURSE OF 3/4 YEARS – 6/8 SEMESTERS DURATION with 22 Credits per Semester. (Total Credits = 132/176)

6. MEDIUM OF INSTRUCTION:

The medium of instruction shall be ENGLISH or MARATHI. The students will have AN OPTION TO WRITE ANSWER-SCRIPTS IN ENGLISH OR MARATHI. (EXCEPT DIFFERENT FIELD OF PHYSICAL EDUCATION.S)

7. ELIGIBILITY FOR ADMISSION:

The candidate who has qualified SENIOR SECONDARY SCHOOL EXAMINATION (10 + 2) OR EQUIVALENT from a recognized board/institute is eligible for admission for this course. The criteria for admission are as per the rules and regulations set from time to time by concerned departments, HEIs, university, government and other relevant statutory authorities.

8. SCHEME OF TEACHING AND EXAMINATION PATTERN

(Theory/Practical/Internal):

The pattern of examination will be Semester End Examination with Internal Assessment/Evaluation.

NOTE: Separate passing is mandatory for, Semester End Examination, Practical's and Internal Evaluation/Assessment. (Annexure-I)

Employability / Entrepreneurship abilities:

- The candidate will be able to work as a Physical Education, Sports, and Yoga instructor.
- The Candidate will be able to instruct, organize & officiate Physical Education, Sports, and Yoga.
- The candidate will be able to establish fitness, sports, and yoga centers.
- The candidate will be able to conduct Traditional games, Sports, and General Yoga classes.

9. STRUCTURE OF THE PROGRAMME:

Shivaji University, Kolhapur Faculty of Interdisciplinary Studies B. A. II PHYSICAL EDUCATION (As per National Educational Policy 2020 and Resolution of Government of Maharashtra 2022) With effect from academic year 2025-26 STRUCTURE, SCHEME OF TEACHING AND EXAMINATION OF LEVEL 5.0 OF B. A. II PHYSICAL EDUCATION Semester - III														
Sr. No	Teaching Scheme							Examination Scheme						
	Theory (TH)				Practical (PR)			Semester-End Examination(SEE)					Internal Assessment (IA)	
								Theory (TH)			Practical (PR)		(T/P)	
	Course Type	No. of Lectures	Hours	Credits	Practical Periods	Hours	Credits	Paper Hours	Max	Min	Max	Min	Max	Min
01	MM –III	2	2	2	2x4=8*	4	2	02	50	18	50	18		
02	MM - IV	2	2	2	2x4=8*	4	2	02	50	18	50	18		
03	MN	2	2	2	2x4=8*	4	2	02	50	18	50	18		
04	IDC/MDC / GEC/OE	1	1	1	2x2=4*	2	1	01	25	09	25	09		
05	SEC - III	1	1	1	2x2=4*	2	1	01	25	09	25	09		
06	SEC - IV	1	1	1	2x2=4*	2	1	01	25	09	25	09		
07	AEC	2	2	2				02	40	14			10	04
08	IKS (Specific)	1	1	1	2x2=4*	2	1	01	25	09	25	09		
Total		12	12	12	36	20	10		290		250		10	SEE + IA = 540+10 = 550

Semester - IV														
Sr. No	Teaching Scheme							Examination Scheme						
	Theory (TH)				Practical (PR)			Semester-End Examination(SEE)					Internal Assessment (IA)	
								Theory (TH)			Practical (PR)		(T/P)	
	Course Type	No. of Lectures	Hours	Credits	Practical Periods	Hours	Credits	Paper Hours	Max	Min	Max	Min	Max	Min
01	MM –V	2	2	2	2x4=8*	4	2	02	50	18	50	18		
02	MM - VI	2	2	2	2x4=8*	4	2	02	50	18	50	18		
03	MN	2	2	2	2x4=8*	4	2	02	50	18	50	18		
04	IDC/MD C/	1	1	1	2x2=4*	2	1	01	25	09	25	09		

	GEC/OE													
05	SEC – V	1	1	1	2x2=4*	2	1	01	25	09	25	09		
06	SEC – VI (Major)	1	1	1	2x2=4*	2	1	01	25	09	25	09		
07	AEC	2	2	2				2	40	14			10	04
08	VAC	2	2	2				2	40	14			10	04
Total		13	13	13	36	18	09		305		225		20	SEE + IA = 530+20= 550

10. STANDARDS OF PASSING AND DETERMINATION OF SGPA/CGPA, GRADING AND DECLARATION OF RESULTS

Determination of CGPA, Grading, and declaration of results:

Shivaji University has adopted 10 point Grading System as follows:

- In each semester, marks obtained in each course (Paper) are converted to grade points:
- If the total marks of the course are 100 and the passing criteria are 35%, then use the following Table for the conversion.
- If the total marks of any of the courses are different than 100 (e.g. 50) and the passing criterion is 35%, then marks obtained are converted to marks out of 100 as below:

1. Gradation Chart: Table:

Marks Obtained	Numerical Grade (Grade Point)	CGPA	Letter Grade
Absent)	0 (zero)	-	Ab: Absent
0-34	0 to 4	0.0-4.99	F: Fail
35 - 44	5	5.00-5.49	C: Average
45 - 54	6	5.50-6.49	B: Above Average
55 - 64	7	6.50-7.49	B+: Good
65 - 74	8	7.50-8.49	A: Very Good
75 - 84	9	8.50-9.49	A+: Excellent
85 - 100	10	9.50-10.0	O: Outstanding

Note:

1. Marks obtained ≥ 0.5 shall be rounded to the next higher digit.
2. The SGPA & CGPA shall be rounded to 2 decimal points.
3. Marks obtained in 50 or 200 marks paper shall be converted to 100 marks.

Calculation of SGPA & CGPA

1. Semester Grade Point Average (SGPA)

$$SGPA = \frac{\sum (\text{Course credits} \times \text{Grade points obtained}) \text{ of a semester}}{\sum (\text{Course credits}) \text{ of the respective semester}}$$

2. Cumulative Grade Point Average (CGPA)

$$\text{CGPA} = \frac{\sum (\text{Total credits of a semester} \times \text{SGPA of the respective semester}) \text{ of all semesters}}{\sum (\text{Total course credits}) \text{ of all semesters}}$$

11. NATURE OF QUESTION PAPER, DURATION AND SCHEME OF MARKING

Question Paper Pattern for Semester-End Examination (For 4 credits)

B. A. II PHYSICAL EDUCATION		
Paper Title: SubjectCode:		
Dayand Date:		TotalMarks:50
Time:1Hour 30Minutes		
	Instructions:1.Allquestionarecompulsory. 2.FigurestorightindicatedFullMarks.	
Q. No.	Typeof Question	Marks
1	ObjectiveTypeQuestions(EachQuestioncarryonemarks) Multiple choice questions.(Ten Questions)	10
2	Shortnotesquestions(Any Four out of SixQuestions) (Answer Limit: 150 - 200 Words)	20
3	Descriptivetype question (Any One out of Two) (Answer Limit: 600-800 Words)	10
4	Descriptivetype question(Any One out of Two) (Answer Limit: 600-800 Words)	10

QuestionPaperPatternforSemester-EndExamination(For2credits)

B. A. II PHYSICAL EDUCATION		
Paper Title: SubjectCode:		
Dayand Date:		TotalMarks:25
Time:1Hour 00Minutes		
	Instructions:1.Allquestionare compulsory. 2.FigurestorightindicatedFullMarks.	
Q. No.	Typeof Question	Marks
1	ObjectiveTypeQuestions(Each QuestioncarryOnemarks) A) Multiple choice questions. (Five Questions)	05
2	Shortnotesquestions(Any two out of three) (Answer Limit: 150 - 200 Words)	10
3	Descriptivetype question (Any One out of Two) (Answer Limit: 600-800 Words)	10

InternalAssessment:Practical:

50/25 Marks

PRACTICALS

The evaluation of the student's performance in practical's shall be based on external evaluation at the end of each semester.

Record Book	Practical examination conducted
Brief History	a batch of 25 students for the practical period & examination
Various diagrams	One organizer (Internal subject teacher)
Name of different Fundamental skills in team events and styles in related to events.	Two examiners appointed by the University.
Rules and regulations (This should be written as per federation rulebook)	Peons - Two peons for ground marking, water supply equipment supply and collecting, etc.
**The Record Book will be assessed internally and marks should be submitted to the External Examiner.	

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

Result - The result of each semester shall be declared as Pass or Fail or Allowed to Keep Terms (A.T.K.T. for Semester III & IV as per University Rules) with grade/ grade points and Credits gained.

Rules for Allowing to Keep Term (ATKT):

A) ATK Rules for Undergraduate Programmes:

- i. If a candidate fails in any number of courses (subject heads) of Semester I, shall be allowed to proceed to Semester II.
- ii. A candidate who earns 50% of total credit of Level 4.5 shall be allowed to keep terms in Level 5.0
- iii. If a candidate fails in any number of courses (subject heads) of Semester III, shall be allowed to proceed to Semester IV.
- iv. A candidate who earns 50% of total credit of Level 5.0 shall be allowed to keep terms in Level 5.5.
- v. If a candidate fails in any number of courses (subject heads) of Semester V, shall be allowed to proceed to Semester VI.
- vi. No candidate shall be allowed to proceed to Semester V, unless candidate has passed in all courses of Level 4.5.
- vii. If a candidate opts for four-year bachelor degree programme and fails in any number of courses (subject heads) of Semester VII, shall be allowed to proceed to Semester VIII.
If a candidate opts for four-year bachelor degree programme, such candidates shall not be allowed to proceed to Semester VII, unless candidate has passed three-year bachelor degree with 7.5 CGPA or 75%.
- viii.
- ix. In case if the rules of any Apex body differ from these rules, then the rules of that apex

body will be applicable.

12. SYLLABUS: COURSE TITLE, CODE, CREDITS, VERTICALS NAME, REFERENCES etc.

SHIVAJI UNIVERSITY, KOLHAPUR
B. A. II PHYSICAL EDUCATION

Semester-III				
Sr.No	Course Type	Title of Courses		Credits
1.	MM –III	HISTORY OF PHYSICAL EDUCATION	BAU0325MMP/T326C03	4
2.	MM - IV	ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION AND SPORTS	BAU0325MMP/T326C04	4
3.	MN	HISTORY AND PHILOSOPHICAL ASPECTS OF YOGA	BAU0325MNP/T326C	4
4.	OE-III	SPORTS EVENT MANAGEMENT	BAU0325OEP/T326C	2
5.	VSC- I	SPORTS JOURNALISM AND MASS MEDIA TECHNOLOGY	BAU0325VSP/T326C	2
6.	SEC - III	INTRODUCTION OF SPORTS TRAINING	BAU0325SEP/T326C	2
7.	AEC-III	ENG		2
8.	IKS (Specific)	HISTORY AND FOUNDATION OF PHYSICAL EDUCATION	BAU0325IKP/T326C	2
Total				22

B. A. II SEMESTER – III

Course Category:PHYSICAL EDUCATION

Course Name: HISTORY OF PHYSICAL EDUCATION

Course Number: Major-Mandatory 03

Course Code: BAU0325MMP/T326C03

Course Credits: (Theory Credit -2, Practical Credit -02)

(Total Credits: 4)

Marks: Semester End: 50/50 (T/P)

Total Marks: 100

Objectives:

1. Acquaint the students with an Understanding of Historical Development
2. Enable the graduates to analyse the Cultural and Societal Impact
3. Enable the students to Appreciate Philosophical Foundations
4. Enable the students to Analyse Modern Implications

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA a) HISTORY OF PHYSICAL EDUCATION (PRIMITIVE SOCIETY) b) DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA 1. INDUS VALLEY CIVILIZATION PERIOD (3250 B.C-2500B.C) 2. VEDIC PERIOD (2500B.C-600B.C) 3. EARLY HINDU PERIOD (600B.C-320A.D) 4. LATER HINDU PERIOD (320A.D-1000A.D)	7.5		01
02	DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA a) MEDIEVAL PERIOD (1000A.D-1757A.D) b) BRITISH PERIOD (TILL 1946) c) DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA (POST-INDEPENDENCE)	7.5		

03	OLYMPIC MOVEMENT (ORIGIN OF OLYMPIC MOVEMENT) a) PHILOSOPHY OF THE OLYMPIC MOVEMENT b) THE EARLY HISTORY OF THE OLYMPIC MOVEMENT c) THE SIGNIFICANT STAGES IN THE DEVELOPMENT OF THE ANCIENT OLYMPIC MOVEMENT d) EDUCATIONAL AND CULTURAL VALUES OF THE ANCIENT OLYMPIC MOVEMENT	7.5		01
04	OLYMPIC MOVEMENT (MODERN OLYMPIC GAMES) a) REVIVAL OF THE OLYMPIC GAMES. Olympics – Symbols, Motto, Flag, Oath, and Anthem b) DIFFERENT OLYMPIC GAMES: i) PARA OLYMPIC GAMES ii) SUMMER OLYMPICS iii) WINTER OLYMPICS iv) YOUTH OLYMPIC GAMES c) COMMITTEES OF OLYMPIC GAMES i) INTERNATIONAL OLYMPIC COMMITTEE - STRUCTURE AND FUNCTIONS ii) NATIONAL OLYMPIC COMMITTEES AND THEIR ROLE IN THE OLYMPIC MOVEMENT d) OPENING AND CLOSING OF THE CEREMONY.	7.5		
05	Practical Activities:		30	01
06	Practical Activities:		30	01
Total				04

Course Learning Outcomes:

Students will understand the Historical Evolution of Physical Education in India

Students will be able to evaluate the Role of Government Policies and Institutions

Students will be able to analyze the Historical Evolution and Values of the Modern Olympic Games

Students will be able to evaluate the Impact of the Olympics on Global Sports and Society

References/ReadingList:

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2. D.N.Dwivedi,(2008)MicroeconomicTheoryandApplications,Pearson Education
3. Robert,DaniellandPremL.(2009),Microeconomics,PearsonPrentice Hall,Noida
4. HalR., Varian(2010):IntermediateMicroeconomics:AModernApproach,Springer(India) Pvt. Ltd. India
5. Koutsoyiannis,A.(1979),ModernMicroeconomics(2ndEdition),MacmillanPress, London
6. Sen,A.(1999),Microeconomics:TheoryandApplications,OxfordUniversityPress, New Delhi
7. Archibald,G.C. (Ed.)(1971),Theoryofthefirm,Penguin, Harmondsworth
8. DaCosta,G.C.(1980),Production,PricesandDistribution,TataMcGrawHill,New Delhi
9. Green,H.A.G.(1971), ConsumerTheory,Penguin, Harmondsworth
10. Stigler,G.(1996),TheoryofPrice,(4thEdition), PrenticeHallof India,NewDelhi.

Course Category:PHYSICAL EDUCATION

Course Name: ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION AND SPORTS

Course Number: Major-Mandatory 04

Course Code: BAU0325MMP/T326C04

Course Credits: (Theory Credit -2, Practical Credit -02)

(Total Credits: 4)

Marks: Semester End: 50/50 (T/P)

Total Marks: 100

Objectives:

1. To acquaint students with the Organization and conduct of the program in physical education.
2. To make students aware of the conduct of sports events, equipment, facilities, budget making, etc.
3. To develop skills of students in the application of Principles of Organization and Administration and their Professional service. Emphasize the need of well – defined administrative policies and the means of establishing these

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	ORGANIZATION AND ADMINISTRATION a) MEANING AND DEFINITION OF ORGANIZATION AND ADMINISTRATION b) NEED AND IMPORTANCE OF ORGANIZATION AND ADMINISTRATION c) ORGANIZATION & ADMINISTRATION IN PHYSICAL EDUCATION.	7.5		01
02	A PHILOSOPHY OF ORGANIZATION AND ADMINISTRATION a) PHILOSOPHY OF ORGANIZATION AND ADMINISTRATION b) PRINCIPLES OF ORGANIZATION IN PHYSICAL EDUCATION AND SPORTS. c) PRINCIPLES OF ADMINISTRATION IN PHYSICAL EDUCATION AND SPORTS.	7.5		

03	THE BUDGET AND THE PURCHASE OF SPORTS EQUIPMENT a) MEANING, IMPORTANCE OF BUDGET MAKING, CRITERIA OF A GOOD BUDGET, SOURCES OF INCOME, EXPENDITURE, PREPARATION OF BUDGET. b) POLICIES OF PURCHASES OF SPORTS EQUIPMENT. c) CARE AND MAINTENANCE OF SPORTS EQUIPMENT.	7.5		01
04	FACILITIES a) FACILITIES AND EQUIPMENT MANAGEMENT: TYPES OF FACILITIES INFRASTRUCTURE-INDOOR, OUTDOOR. b) CARE OF SCHOOL/COLLEGE BUILDING, GYMNASIUM, SWIMMING POOL, PLAY FIELDS, PLAYGROUNDS c) EQUIPMENT: NEED, IMPORTANCE, PURCHASE.	7.5		
05	Practical Activities:		30	01
06	Practical Activities:		30	01
Total				04

Course Learning Outcomes:

Students will understand the Principles of Organization and Administration

Students will be able to Design and Management of Sports Programs

Students will be able to do Leadership and Decision-Making Skills

Students will understand the Evaluation and Policy Development

Practical Activities for MM 03 and MM 04

PRACTICAL STANDARDS

Athletics					Marks
Event		Marks	Event		
Middle Distance Run		<u>10</u>	Throwing		<u>10</u>
800 M	Performance in Minutes & seconds		Discus Throw	Performance in meters	
Men	2.40	05	Men	18	05
	2.45	03		16	03
	2.50	02		14	02
Women	3.40	05	Women	15	05
	3.45	03		14	03
	3.50	02		13	02
Technique and modern style		<u>05</u>	Technique and modern style		<u>05</u>
Ground Marking		<u>05</u>	Ground Marking		<u>05</u>
Indian Game: Kho-Kho					<u>10</u>
Fundamental skills					06
Knowledge of rules and regulations					04
Ground Marking					<u>10</u>
Indian Exercises					<u>20</u>
Yongsan’s section (A) Standing position Tadasan, Vrikshasan, Trikonasan, Padahastasana section (B) Sitting position Padmasan: Padmasanyogmudra, Vajrasan: Vajrasanyogmudra Vakrasan, Bhadrasan (butterfly) section (C) Supine position Ekpaduttanpadasan, Nouksan, Pawanmuktasan, Shavasan section (D) Prone position Bhujangasan, Shalbhasan, Dhanurasan, Makarasan Two Assans of Student Choice and two Assans Examiners Choice- From section (A) of the practical From section (B) of the practical From section (C) of the practical From section (D) of the practical					

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

Record Book	Practical examination conducted
Brief History	During the practicals, There should be 25 students in a batch.
Various diagrams	One organizer (Internal subject teacher)
Name of different Fundamental skills in team events and styles in related to events.	Two examiners appointed by the organizer.
Rules and regulations (This should be written as per federation rulebook)	The concerned College will make all necessary arrangements, including ground marking, Water Supply, equipment, availability of sports equipment, and support staff. Peons - Two peons for ground marking, water supply equipment supply and collecting, etc.
** The Record Book will be assessed internally and marks should be submitted to the External Examiner.	There are two separate heads for passing i.e. Theory and Practical

Course Category: PHYSICAL EDUCATION

Course Name: HISTORY AND PHILOSOPHICAL ASPECTS OF YOGA

Course Number: Minor-Mandatory

Course Code: BAU0325MNP/T326C

Course Credits: (Theory Credit -2, Practical Credit -02)

(Total Credits: 4)

Marks: Semester End: 50/50 (T/P)

Total Marks: 100

OBJECTIVES:

1. Enhance Understanding of the Meaning and Importance of Yoga
2. Recognize and Articulate the Importance of Yoga for Holistic Development
3. Develop a Comprehensive Understanding of the Aim and Objectives of Yoga
4. Identify and Correct Misconceptions about Yoga
5. Enhance Holistic Development and Well-being through Skill Development in Yoga
6. Explore and Promote Traditional Indian History and Philosophy of Yoga

Course

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	YOGA: AN OVERVIEW A) YOGA PHILOSOPHY AND INDIAN CULTURE B) NATURE OF INDIAN PHILOSOPHY C) YOGA- MEANING, DEFINITION, AND CONCEPT D) YOGA- OBJECTIVES AND SCOPE E) CHITTA AND CHITTAVRITTI	7.5		01
02	YOGA: HISTORY AND DEVELOPMENT A) HISTORY OF YOGADARSHAN B) HISTORY OF YOGA C) YOGA MISCONCEPTIONS D) DIFFERENT KINDS OF YOGA	7.5		

03	BRIEF INTRODUCTION OF ASHTANGAYOGA BAHIRANGA (THE EXTERIOR PART OF YOGA) 1. YAMA – RESTRAINTS 2. NIYAMA – OBSERVANCES 3. ASANA – POSTURE 4. PRANAYAMA – CONTROL OF BREATH AND PRANA 5. PRATYAHARA – DIRECTING THE SENSES INWARDS ANTARANGA (THE INTERIOR ASPECT OF YOGA) 6. DHARANA – CONCENTRATION 7. DHYANA – MEDITATION 8. SAMADHI – UNIFIED CONSCIOUSNESSYOGAS	7.5		01
04	YOGA MUDRAS AND BANDHAS A) PANCHA TATTVA AND YOGA MUDRA B) BANDHAS C) SAPTACHAKRA AND YOGASHASTRA D) DESCRIPTION OF CHAKRAS E) BENEFITS OF CHAKRA MEDITATION	7.5		
05	Practical: Section(A): Sukshnavyayam (Micro Exercises) KaratalasaktiVikasaka(plams) KohinishaktiVikasaka(elbows) BhujaBandha Shakti Vikasaka(Upper arms) SkandhaTathaBahumulashaktiVikasaka (shoulder blades and joints) GrivashaktiVikasaka(Neck movement) Kati shaktiVikasaka 1,2(Trunk movement) Janghashakti Vikasaka1 (Knee movement) Pad mulashaktiVikasaka(Ankle movement) 4.Suryanamaskar (Aundhkarpadhati 10 count)		30	01

06	section (B): Asanas section (B-1) Supine Ekpaduttanpadasan, Nouksan, Pawanmuktasan, Shavasan section (B-2) Prone Bhujangasan, Shalbhasan, Dhanurasan, Makarasan section (B-3) Sitting Padmasan: Padmasanyogmudra, Vajrasan: Vajrasanyogmudra Vakrasan, Bhadrasan(butterfly) section (B-4) Standing Tadasan, Vrikshasan, Trikonasan, Padahastasana Section (C) Omkar sadhana		30	01
Total				04

Course Learning Outcomes:

- Students will understand Yoga, its origin, history, philosophy, and development.
- Students will be able to comprehend the relationship between history and philosophy of Yoga.
- Students would learn about recent developments and the academic foundation of yoga.
- Students will acquire a comprehensive knowledge and sound understanding of Yoga.
- Students can compare the relationship between Yoga and Practical Life.

Essential Books:

Patanjali. The Yoga Sutras of Patanjali. Various translations

Vivekananda, Swami. Raja Yoga. Advaita Ashrama, 1896.

Satchidananda, Swami. The Yoga Sutras of Patanjali: Commentary on the Raja Yoga Sutras by Sri Swami Satchidananda. Integral Yoga Publications, 1978.

Singleton, Mark. Yoga Body: The Origins of Modern Posture Practice. Oxford University Press, 2010.

De Michelis, Elizabeth. A History of Modern Yoga: Patanjali and Western Esotericism. Continuum, 2005.

Saraswati, Swami Sivananda. The Philosophy of Yoga. The Divine Life Society, 1947.

Radhakrishnan, S. The Principal Upanishads.* HarperCollins, 1992.

"योगशास्त्र" (Yoga Shastra) by N. S. Phadke

"योगाचेदर्शन" (YogaacheDarshan) by Swami Muktananda

"भक्तियोग" (Bhakti Yoga) by Swami Sivananda

"योगआणिआंतरंग" (Yoga AaniAntarang) by Dr. V. B. Kharat

"योगदर्शन" (Yogadarshan) by Y. R. Gaitonde

Suggested Readings:

- योगविज्ञान-स्वामी विज्ञानानंद सरस्वती
- वेदों में योगविद्या-स्वामी दिव्यानंद
- योग मनोविज्ञान-शांतीप्रकाशआत्रेय
- औपनिषदिकअध्यात्मविज्ञान-डॉ. ईश्वर भारद्वाज
- कल्याण (योगतत्त्वांक) -गीताप्रेस, गोरखपूर
- कल्याण (योगांक) -गीताप्रेस, गोरखपूर
- भारतकेसंतमहात्मा-रामलाल
- भारत के महान योगी-विश्वनाथ मुखर्जी

The practical examination shall be conducted as follows

A. Examiners are appointed as per the directions of SUK.

B. Marking system and performance.

From Section(A) of the practical (10 Marks)

Five Sukshnavyayam (Micro Exercises) of Student Choice- 05 Marks

Five Sukshnavyayam (Micro Exercises) Examiners Choice- 05 Marks

From Section(B) of the practical (32 Marks)

Two Assans of Student Choice and two Assans Examiners Choice-

From section (B-1) of the practical 08 Marks

From section (B-2) of the practical	08 Marks
From section (B-3) of the practical	08 Marks
From section (B-4) of the practical	08 Marks
From Section (C) of the Practical	
Omkar sadhana	04 Marks
Anyone prayer	04 Marks

OPEN ELECTIVE (OE-3)

Course Category: Physical Education

Course Name: **SPORTS EVENT MANAGEMENT**

Course Code: BAU0325OEP/T326C

Course Credits: 02

Marks: Semester End: 25 + 25 (T/P)

Total Marks: 50

Course Objectives:

By the end of this course, students will:

1. Understand how and why sports events began and why they matter.
2. Learn what event organizers and managers do.
3. Explore the main steps of planning a sports event.
4. Learn how to organize and prepare for an event.
5. Know how to serve and take care of customers at sports events.
6. Understand the basics of working with media during an event.

COURSE

Module No.	Module Name	Teaching Hours	Practicals Hours	Credit
01	Introduction to the Sports Event Industry - How sports events have grown and their different types - The job of sports event managers and organizations - Sports tourism and future trends in event management	7.5		01
02	Event Planning and Process - Making a plan for the event (SWOT analysis, goals, checklists, safety) - Choosing the right venue and right people (staff, vendors, volunteers) - Promotion: media coverage, campaigns, and marketing strategies	7.5		

05	PRACTICALS: Organize Indoor Sports/Games – Plan and conduct small indoor games. Outdoor Sports Project – Prepare and present a project on outdoor sports events. Field Visits – Visit sports clubs, stadiums, and large tournaments (like IPL, KPL, etc.). Host School Events – Organize intramural matches, sports fests, or traditional games. Report Writing – Write a short report about your event or visit. Project Sharing – Share your experiences in a project report or presentation. Other Practice – Take part in other activities decided by your teacher. If required, students can share their experiences in the form of a Project Report. Any other Practical/Practice as decided from time to time Assessment of practical: Performance & Demo: 20 marks (based on how you organize/participate in activities) Viva (Oral Questions): 5 marks or Record Book: 5 marks (notes, reports, or assignments on all practicals) Total = 25 Marks	30	01
Total			02
Formative Assessment			
Assessment		Weightage in Marks	
Theory		Theory – 25 Marks	
Practical's		Practical – 25 Marks	
Total		50 Marks	

Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extramurals.

Course Outcomes:

After this course, students will be able to:

- Identify the challenges of organizing a sports event.
- Explain the key parts of planning a sports event.
- Use organizing skills to successfully manage an event.
- Apply basic money-management ideas in event planning.

References:

1. Managing Sporting Events – Jerry Solomon (Human Kinetics)- Human Kinetics Publishers (Jan. 2002)
2. Managing Major Sports Events: Theory and Practice, By Milena M. Parent, Sharon Smith- Swan - Routledge (26 Nov. 2012)
3. Chandan, JS: Management – Concepts and Strategies, Vikas Publishing House Pvt Ltd (2009)

VSC: Vocational Skill Courses (MAJOR related) VEC – 1

Course Category: Physical Education

Course Name: **SPORTS JOURNALISM AND MASS MEDIA TECHNOLOGY**

Course Code: BAU0325VSP/T326C

Course Credits: 02

Marks: Semester End: 25 (T/P)

Total Marks: 25

Course Objectives:

To impart basic knowledge of mass communication processes to students from diverse backgrounds.

To imbibe skills required to work effectively in various fields of Sports Journalism.

To train well-rounded Sports journalists professionals with requisite technical and content-generation skills.

To develop an analytical approach among students to critically evaluate Sports Journalism.

To build research interest and encourage students to undertake meaningful research about contemporary developments in Sports Journalism.

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	INTRODUCTION OF JOURNALISM a) MEANING AND DEFINITION OF JOURNALISM b) SPORTS JOURNALISM: MEANING, DEFINITION AND SCOPE c) MEDIA: TYPES, NATURE, SIGNIFICANCE d) JOURNALIST: ROLE, RESPONSIBILITIES, ETHICS AND HAZARDS IN JOURNALISM	7.5		01
02	MASS MEDIA a) SPORTS SECTION IN MASS MEDIA: PRINT, ELECTRONIC, AND ONLINE b) SPORTS COVERAGE: LIVE AND RECORDED c) SPORTS CONTENTS: NEWS, PANEL DISCUSSIONS, INTERVIEWS, SPECIAL STORIES d) SKILL AND TECHNIQUES OF WRITING e) SPORTS EVENTS, TOURNAMENTS, AND THEIR COVERAGE	7.5		

03	PRACTICAL: - FIELD VISITS AND REPORTING OF MAJOR SPORTS EVENTS - INTERVIEWS OF ELITE SPORTS PERSONALITIES - PROJECT ON LOCAL SPORTS TOURNAMENTS AND SPORTS PHOTOGRAPHY - MOCK INTERVIEW/RECORD/PROJECT If required, students can share their experiences in the form of a Project Report. Any other Practical/Practice as decided from time to time <i>Assessment of practical:</i> practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05		30	01
Total				02

COURSE LEARNING OUTCOME:

After completing this course, the students will be able to

Understand the modern concept of Sports Journalism.

Describe the principles of communication.

Learn about the Genesis and Growth of Mass Mediums in India. Develop Listening, reading, speaking, and writing skills

SUGGESTED READINGS:

1. Folkerts & Lacy. The Media in Your Life. Pearson Education. Delhi. 2005.
2. Harper, Christopher. The New Mass Media. Houghton Mifflin Co. Boston. 2007
3. Singhal and Rogers. India's Communication Revolution. Sage.
4. Kumar, KJ. Mass Communication in India. Jaico. Mumbai. 2007
5. Natrajan. History of Press in India. Publications Division. Delhi
6. Kohli-Khandekar. Indian Media Business. Response Books. Delhi. 2010
7. Sahay, Uday. Making News(Ed.). OUP. Delhi. 2009
8. कानडेरा .गो . मराठीनियतकालीकांचाइतिहास , कर्नाटक , मुंबई 1938.
9. लेले .रा .के .मराठीवृत्तपत्रांचाइतिहास , कॉन्टीनेटल , पुणे 1984.
10. जोशीवि .कृ .वलेले .रा .के . वृत्तपत्रांांचाइतिहासयुगवाणी , वाई 1951.
11. डॉ .धारुरकरवि .ल . शोधमाध्यमांचा , शुभदाप्रकाशन , औरंगाबाद .

12. डॉ . पानतावणेगंगाधर , पत्रकारडॉ .
बाबासाहेबआंबेडकरअभिजितप्रकाशन , पुणे .
13. डॉ . धारुकरवि . ल . माध् यमदृष्टीक्षेप , चैतन्यप्रकाशन ,
औरंगाबाद .
14. वि . ल . धारुकर -जनसंपर्कमीमांसा , रामराज्यप्रकाशन , औरंगाबाद .
15. पुरीसुरेश -जनसंपर्कसंकल्पनाआणिसिध्दांत ,
विमुक्तजनप्रकाशन , औरंगाबाद , 1984
16. डिजिटलपत्रकारिता : विश्वनाथअनंतगरुड , गमभनप्रकाशन ,
शनिवारपेठ , पुणे
17. पत्रकारितेचीमुलतत्वे : सुधाकरपवार , कॉन्टिनेन्टलप्रकाशन ,
पुणे
18. पत्कीवि . वा ., जनसंपर्क , राजहंसप्रकाशन
19. शेवडेअनंत , समाचारपत्रव्यवस्थापन , मं . प्र . हिंदीप्रचारसभा ,
भोपाल
20. जैनसुकुमार , समाचारपत्रसंगठनऔरप्रबंधनमुंबई 1985
21. चतुर्वेदीप्रेमानंद , समाचारपत्रप्रबंध .

SKILL ENHANCEMENT COURSES (SEC-III)

Course Category: Physical Education

Course Name: **INTRODUCTION OF SPORTS TRAINING**

Course Code:BAU0325SEP/T326C

Course Credits: 02

Marks: Semester End: 50 (T/P)

Total Marks: 50

Course Objectives:

1. Understand the Principles of Sports Training to enhance athletic performance safely and effectively, learn the foundational principles of sports training, including specificity, overload, progression, and recovery.
2. Develop Training Program Design Skills – Gain the ability to design, implement, and evaluate sport-specific training programs tailored to athletes' needs, goals, and developmental stages.
3. Understand Diverse Training Approaches – Gain a comprehensive knowledge of various training methods, including aerobic, anaerobic, strength, flexibility, and functional training techniques.
4. Analyze the Effectiveness of Training Methods – Learn to evaluate the advantages and limitations of different training methods for achieving specific fitness, health, or athletic performance goals.

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	INTRODUCTION OF SPORTS TRAINING a) SPORT TRAINING: MEANING b) THE OBJECTIVE OF SPORTS TRAINING c) CHARACTERISTIC OF SPORTS TRAINING d) PRINCIPLES OF SPORTS TRAINING e) PERFORMANCE DEVELOPMENT THROUGH SPORTS TRAINING	7.5		01

02	TRAINING METHODS MEANING OF TRAINING METHODS METHODS IN SPORTS TRAINING METHODS OF STRENGTH DEVELOPMENT (7) ISOTONIC EXERCISES (ii) ISOMETRIC EXERCISES (III) ISOKINETIC EXERCISES METHODS OF ENDURANCE DEVELOPMENT 1. CONTINUOUS TRAINING METHOD 2. INTERVAL TRAINING METHOD 3. FARTLEK TRAINING METHOD CIRCUIT TRAINING	7.5		
05	Practical Activities: Modern training patterns Preparation of Training Plans <i>Assessment of practical:</i> practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05		30	01
Total				02

COURSE LEARNING OUTCOME:

After completing this course, the students will be able to

- Understand Training Principles
- Analyze Athlete Needs
- Develop Basic Training Programs
- Recognize the Role of Recovery and Nutrition

References:

1. Ajmer Singh, JagtarSingh Gill, Jagdish Bains and Rashpal Singh Brar (2004). Physical Education for B.P.E, B.P.Ed., and M.P.Ed. Kalyani Publishers Ludhiana.
2. Prof. V. Satyanarayana, Dr. Sahil K. Borkar, Dr. Abhay N. Buchha and Dr. Tarak Nath Pramanik (2015) B.P.ED. Guide. Sports Publication
3. Dick, W.F. (1980) Sports training principles. London: Lepus Books.
4. Harre, D (1982) Principles of sports training Berlin: Sporulated.
5. Jensen, R.C. & Fisher, A.G. (1976) Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2nd Edn.

6. Matvyew, L.P (1981). Fundamentalofsportstraining.Moscow: ProgressPublishers.Singh, H. (1984). Sports training: general theory and methods. Patial: NSNIS.
7. Uppal, A.K., (1999). Sports Training. New Delhi: Friends Publication.

IKS (Specific)

Course Category: Physical Education

Course Name: **HISTORY AND FOUNDATION OF PHYSICAL EDUCATION**

Course Code: BAU0325IKP/T326C

Course Credits: 02

Marks: Semester End: 25 (T/P)

Total Marks: 25

Course Objectives:

1. Enhance Understanding of the Meaning and Importance of Physical Education.
2. Recognize and Articulate the Importance of Physical Education for Holistic Development
3. Analyzing Philosophical Foundations of Physical Education
4. Enhance Application of Historical Insights

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	INTRODUCTION AND HISTORICAL DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA. a) MEANING, DEFINITION, AND SCOPE OF PHYSICAL EDUCATION b) AIMS AND OBJECTIVE OF PHYSICAL EDUCATION c) INDUS VALLEY CIVILIZATION PERIOD. (3250 BC – 2500 BC) d) VEDIC PERIOD (2500 BC – 600 BC) e) EARLY HINDU PERIOD (600 BC – 320 AD) AND LATER HINDU PERIOD (320 AD – 1000 AD)	7.5		01
02	FOUNDATION OF PHYSICAL EDUCATION. a) PHILOSOPHIES OF EDUCATION AS APPLIED TO PHYSICAL EDUCATION (IDEALISM, NATURALISM, PRAGMATISM) b) AKHADAS AND VYAYAMSHALS CONTRIBUTED TO THE DEVELOPMENT OF PHYSICAL EDUCATION. c) Y.M.C.A. AND ITS CONTRIBUTIONS TO THE DEVELOPMENT OF PHYSICAL EDUCATION. d) SPORTS AUTHORITY OF INDIA CONTRIBUTES TO THE DEVELOPMENT OF SPORTS	7.5		

03	PRACTICAL: a) INDIAN EXERCISES SURYA NAMASKAR b) INDIAN GAME: KABADDI c) ORAL/VIVA VIVO		30	01
Total				02

COURSE LEARNING OUTCOME:

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 will be able to communicate clearly and respectfully in diverse physical education settings.
4. Students will understand the Historical and Cultural Significance of Physical Education

PRACTICAL STANDARDS

Event	Marks	Event	Marks
Indian Game: Kabaddi	<u>10</u>	Indian Exercises Surya Namaskar	<u>10</u>
Fundamental skills	06	Performance Men (20)	
Knowledge of rules and regulations	04	Performance Women (15)	

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

ORAL/VIVA VIVO

05 Marks

SHIVAJI UNIVERSITY, KOLHAPUR
B. A. II PHYSICAL EDUCATION
SEMESTER – IV

Semester-IV				
Sr. No	Course Type	Title of Courses		Credits
1.	MM –V	DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS IN INDIA	BAU0325MMP/T326D05	4
2.	MM - VI	ORGANIZATION AND ADMINISTRATION OF TOURNAMENTS AND COMPETITIONS	BAU0325MMP/T326D06	4
3.	MN	HISTORY AND PHILOSOPHICAL ASPECTS OF YOGA	BAU0325MNP/T326D	4
4.	OE- IV	FOUNDATIONS OF ASHTANGA YOGA – MAHARSHIPATANJALI	BAU0325OEP/T326D	2
5.	VSC- II	ENTREPRENEURSHIP IN PHYSICAL EDUCATION	BAU0325VSP/T326D	2
6.	SEC – IV	PHYSICAL TRAINING INSTRUCTOR	BAU0325SEP/T326D	2
7.	AEC-IV	ENG – IV		2
8.	VEC	EVS		2
Total				22

B. A. II SEMESTER – IV

Course Category:PHYSICAL EDUCATION

Course Name: DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS IN INDIA

Course Number: Major-Mandatory 05

Course Code: BAU0325MMP/T326D05

Course Credits: (Theory Credit -2, Practical Credit -02)

(Total Credits: 4)

Marks: Semester End: 50/50 (T/P)

Total Marks: 100

Objectives:

1. To evaluate the impact of policies and programs on the growth of sports in India
2. To examine the role of institutions in promoting sports and physical education
3. To identify challenges and opportunities for the future of sports in India
4. To analyse the role of Maharashtra's policies and initiatives in promoting sports
5. To evaluate challenges and opportunities for the growth of sports in Maharashtra

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	PROGRESSION OF PHYSICAL EDUCATION AND SPORTS IN INDIA A) THE MINISTRY OF YOUTH AFFAIRS & SPORTS a) NATIONAL SPORTS POLICY b) KHELO INDIA-NATIONAL PROGRAMME FOR DEVELOPMENT OF SPORTS c) FIT INDIA MOVEMENT d) NATIONAL ANTI-DOPING AGENCY (NADA) B) NATIONAL INSTITUTE OF SPORTS IN INDIA A)THE SPORTS AUTHORITY OF INDIA (SAI) I) NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS NSNIS, PATIALA II) LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION (LNCPE), THIRUVANANTHAPURAM. THEIR STRUCTURE AND FUNCTIONS	7.5		01

02	PROGRESSION OF PHYSICAL EDUCATION AND SPORTS IN MAHARASHTRA A) THE MINISTRY OF SPORTS AND YOUTH WELFARE GOVERNMENT OF MAHARASHTRA i) MAHARASHTRA STATE SPORTS POLICY B) DIRECTORATE OF SPORTS AND YOUTH SERVICES, MAHARASHTRA STATE THEIR STRUCTURE AND FUNCTIONS	7.5		
03	SPORTS AWARDS A) INDIA'S NATIONAL SPORTS AWARDS a) THE MAJOR DHYAN CHAND KHEL RATNA AWARD b) THE ARJUNA AWARD c) THE DRONACHARYA AWARD d) THE MAJOR DHYAN CHAND AWARD e) THE MAULANA ABUL KALAM AZAD TROPHY (MAKA) f) RASHTRIYA KHEL PROTSAHAN PURUSKAR B) MAHARASHTRA STATE-LEVEL SPORTS AWARDS a) SHIV CHHATRAPATI STATE SPORTS AWARD. b) THE BEST COACH AWARD.	7.5		01
04	SPORTS PERSONALITIES IN INDIA a) MAJOR DHYAN CHAND b) KHASHABA JADHAV c) PILAVULLAKANDI THEKKEPARAMBIL.USHA (P.T.USHA) d) ABHINAV BINDRA e) NEERAJ CHOPRA	7.5		
05	Practical Activities:		30	01
06	Practical Activities:		30	01
Total				04

Course Learning Outcomes:

Page 38 of 38

After completing this course, the students will be able to

1. Understand the significance of physical education and sports in India and Maharashtra.

2. Understand the evolution of physical education systems and their integration with modern practices at national and state levels.
3. Evaluate the role of national policies and state-level initiatives in the development of sports and physical education.
4. Examine the contributions of organizations to sports promotion.
5. Formulate innovative solutions to enhance the accessibility and popularity of sports and physical education, both at the grassroots and elite levels.
6. Explore career opportunities in sports management, coaching, and physical education training within the context of India's and Maharashtra's sports ecosystem.

B. A. II SEMESTER – IV

Course Category:PHYSICAL EDUCATION

Course Name: ORGANIZATION AND ADMINISTRATION OF TOURNAMENTS AND COMPETITIONS

Course Number: Major-Mandatory 06

Course Code: BAU0325MMP/T326D06

Course Credits: (Theory Credit -2, Practical Credit -02) (Total Credits: 4)

Marks: Semester End: 50/50 (T/P)

Total Marks: 100

Objectives:

1. To acquaint students with the organization and conduct various competitions.
2. To students aware of the conduct of sports events, equipment, facilities, budget making, etc.
3. To develop skills of students regarding the preparation of various play fields.
4. Emphasize the need for well-defined administrative policies and the means of establishing these.

COURSE

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	TOURNAMENTS AND COMPETITIONS a) IMPORTANCE OF SPORTS PARTICIPATION IN NATIONAL AND INTERNATIONAL COMPETITIONS b) SGFI GAMES c) ZONE, INTERZONE, ANDINTER-UNIVERSITY TOURNAMENTS d) NATIONAL CHAMPIONSHIPS e) NATIONAL GAMES f) ASIAN GAMES g) COMMONWEALTH GAMES h) MODERN OR SUMMER OLYMPIC GAMES	7.5		0 1

02	DIFFERENT TYPES OF TOURNAMENTS A) KNOCKOUT OR ELIMINATION TOURNAMENT ii) SINGLE KNOCK OUT OR SINGLE ELIMINATION CONSOLATION TOURNAMENT iii) DOUBLE KNOCK OUT OR DOUBLE ELIMINATION TOURNAMENT B) BAGNALL-WILD ELIMINATION TOURNAMENT C) LEAGUE OR ROUND ROBIN TOURNAMENT METHOD OF DRAWING FIXTURE FOR SINGLE LEAGUE i) CYCLIC METHODii) TABULAR METHOD D) COMBINATION TOURNAMENT i. KNOCK-OUT CUM KNOCK-OUT ii. KNOCK-OUT CUM LEAGUE iii. LEAGUE-CUM-KNOCK-OUT iv. LEAGUE-CUM- LEAGUE) CHALLENGE TOURNAMENT i) LADDER TOURNAMENTii) PYRAMID TOURNAMENT (with their merits and demerits, and the method of drawing fixtures)	7.5		
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03	ORGANIZATION AND ADMINISTRATION OF COMPETITIONS a) TECHNICAL TERMS USED IN DRAWING FIXTURES Bye, seeding, Point/Scoring, Draw/Lots, Deciding Quarters, Deciding Upper half and Lower Half, Method, and Formula of Byes. b) ORGANIZATION STRUCTURE OF ATHLETIC MEET. 1. Organizing Committee 2. Sub-Committees a. Technical Committee b. Reception and Hospitality Committee c. Ground and Equipment Committee d. Finance Committee e. Transport Committee f. Medical and First Aid Committee g. Cultural and Entertainment Committee 3. Event Managers and Coordinators 4. Volunteers and Support Staff 5. Communication and Feedback Mechanism c) TYPICAL WORKFLOW Planning Phase, Promotion Phase Execution Phase, Post-Event Phase	7.5		0 1
04	PLAYGROUNDS A) STANDARDS AND FACILITIES B) PRECAUTIONS, AND SIGNIFICANCE OF PLAYGROUND SAFETY C) LAYOUT OF PLAYFIELDS a. Kabaddi b. Kho-Kho c. Volleyball d. Handball e. Basketball	7.5		

05	Practical Activities:		30	01
06	Practical Activities:		30	01
Total				04

Course Learning Outcomes:

After completing this course

The students will be able to understand the tournament Structure

Students will demonstrate the ability to plan and manage events Planning and Logistics Management

Students will develop effective Communication and Leadership Skills

Students will learn to assess the effectiveness of tournament evaluation and Feedback Integration

Practical Activities for MM 05 and MM 06

PRACTICAL STANDARDS

Event		Marks	Event		Marks
Athletics- Middle Distance Run		<u>10</u>	Athletics- Throwing		<u>10</u>
1500 M	Performance in Minutes & seconds		High Jump	Performance in meters	
Men	5.45	05	Men	1.30	05
	5.50	03		1.25	03
	5.55	02		1.20	02
Women	7.00	05	Women	1.10	05
	7.10	03		1.05	03
	7.20	02		1.00	02
Technique and modern style		<u>05</u>	Technique and modern style		<u>05</u>
Ground Marking		<u>05</u>	Ground Marking		<u>05</u>
Ball Game: Hand Ball or Basket Ball					<u>10</u>
Fundamental skills					06
Knowledge of rules and regulations					04
Ground Marking					<u>10</u>

Indian Exercises	<u>20</u>
Yongsan's Section (A) Type of ASANAS A. Meditation:	05 Marks
1. Padmasana 2. Siddh asana 3. Swastik asana 4. Sam asana B. Physical:	
1. Sarvang asana 2. Bhujangasana 3. Supta-Vajarasana C. Relaxative:	05 Marks
1. Shavasana 2. Makarasna Section (B) Pranayamas	
1. Kapala Pathi 2. AnulomaViloma 3. Ujjayi 4. Bhastrika 5. Shitali6. Sitkari	05 Marks
From Section (A) of the practical Two Meditation Assans of Student Choice and two Meditation Assans Examiners Choice One Physical Assans of Student Choice and one Physical Assans Examiners Choice One RelaxativeAssans of Student Choice and one RelaxativeAssans Examiners Choice Two Assans of Student Choice and two Assans Examiners Choice	05 Marks
From Section (B) of the practical Three Pranayamas of Student Choice and three Pranayamas Examiners Choice	

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

Record Book	Practical examination conducted
Brief History	During the practicals, There should be 25 students in a batch.
Various diagrams	One organizer (Internal subject teacher)
Name of different Fundamental skills in team events and styles in related to events.	Two examiners appointed by the organizer.
Rules and regulations (This should be written as per federation rulebook)	The concerned College will make all necessary arrangements, including ground marking, Water Supply, equipment, availability of sports equipment, and support staff. Peons – Two peons for ground marking, water supply equipment supply and collecting, etc.
** The Record Book will be assessed internally and marks should be submitted to the External Examiner.	There are two separate heads for passing i.e. Theory and Practical

Course Category: PHYSICAL EDUCATION

Course Name: HISTORY AND PHILOSOPHICAL ASPECTS OF YOGA

Course Number: Minor-Mandatory

Course Code: BAU0325MNP/T326D

Course Credits: (Theory Credit -2, Practical Credit -02) (Total Credits: 4)

Marks: Semester End: 50/50 (T/P)

Total Marks: 100

OBJECTIVES:

1. Enhance Understanding of the Meaning and Importance of Schools of Yoga
2. Recognize and Articulate the Importance of Schools of Yoga for Holistic Development
3. Identify and Correct Misconceptions about Yoga
4. Enhance Holistic knowledge of various Schools of Yoga
5. Explore and Promote Traditional Indian History and Philosophy of different Schools of Yoga

Course

Module No.	Module Name	Teaching Hours	Credit
01	DIET AND SURYA NAMASKAR A) YOGIC DIET B) CLASSIFICATION OF DIET IN YOGA SCIENCE C) YOGI DIET AND RULES OF DIET AND LIFESTYLE D) SURYA NAMASKAR AND BENEFITS OF SURYA NAMASKAR	15	01
02	YOGA ASANAS A) HISTORICAL BACKGROUND B) BENEFITS OF YOGA ASANAS C) GUIDELINES FOR YOGA PRACTITIONERS D) SEQUENCE OF YOGA ASANAS: TYPES OF YOGA ASANAS	15	01

03	SHATKARMA AND PRANAYAM A) SHUDDHI KRIYA (SHATKARMA) B) PURPOSE OF THE BODY PURIFICATION PROCESS C) DEFINITION AND MEANING OF PRANAYAMA D) TYPES OF PRANAYAMA	15	01
04	YOGA: SPORTS, ATHLETES AND THE HUMAN BODY A) YOGA'S SPORTS JOURNEY B) YOGA - COMPETITIVE SPORTS C) YOGA - PREVENTIVE MEASURES D) HUMAN BODY AND YOGA PRACTICE	15	01
05	Section(A): 1. Omkar chanting 2. Prayer 3. Sukshma vyayam (Micro Exercises) Jogging, Forward & Backward bending Side bending Twisting, Alternate toe touch Straight Leg Raising 4 Suryanamaskar-12 counts with Mantras		
06	Breathing exercise Deep breathing Ratio 1:2 section (B): Pranayam: Anulomvilom SuryabhedanPranayam (without Bandhas) Shitalipranayam (without bandhas) Bhramari Pranayam (without Bandhas)		
Total			04

Course Learning Outcomes:

- Students will be able to understand the orientation of Schools of Yoga
- Students will be able to compare various Schools of Yoga.
- Students will be able to acquire a philosophical touch of different Schools of Yoga.
- Students will be able to keep an interest in the legacy of Yoga and Practical Life.

Bibliography:

Karma Yoga

1. "The Bhagavad Gita" by Vyasa, translated by EknathEaswaran

2. “Karma Yoga: A Yoga of Action” by Swami Sivananda

Jnana Yoga

1. “The Upanishads” translated by EknathEaswaran

2. “The Ashtavakra Gita” translated by Swami Nikhilananda

Raja Yoga

1. “The Yoga Sutras of Patanjali” by Patanjali, translated by Swami Satchidananda

2. “The Heart of Yoga: Developing a Personal Practice” by T.K.V. Desikachar

Hatha Yoga

1. “Hatha Yoga Pradipika” by Swami Swatmarama

2. “The GherandaSamhita” by Gheranda

3. “Light on Yoga” by B.K.S. Iyengar

MARATHI

•” कर्मयोग” (Karma Yoga) by Swami Sivananda

•” भगवद्गीता” (Bhagavad Gita) translated by various authors

• “योगदर्शन” (Yogadarshan) by Y. R. Gaitonde

• “राजयोग” (Raja Yoga) by Swami Sivananda

•” योगशास्त्र” (Yoga Shastra) by N. S. Phadke

•” योगाची सुरवात” (YogachiSurwat) by Swami Muktananda

The practical examination shall be conducted as follows

A. Examiners are appointed as per the directions of SUK.

B. Marking system and performance.

From Section (A) of the practical (30 Marks)

Omkar sadhana 05 Marks

Anyone prayer 05 Marks

Sukshnavyayam (Micro Exercises) - 10 Marks

Suryanamaskar - 10 Marks

From Section (B) of the practical (20 Marks)

Anulomvilom	05 Marks
SuryabhedenPranayam (without Bandhas)	05 Marks
Shitali48ilson48ma (without bandhas)	05 Marks
Bhramari Pranayam (without Bandhas)	05 Marks

OPEN ELECTIVE (OE-4)

Course Category: Physical Education

Course Name: **FOUNDATIONS OF ASHTANGA YOGA – MAHARSHIPATANJALI**

Course Code: **BAU0325OEP/T326D**

Course Credits: 02

Marks: Semester End: 25 + 25 (T/P)

Total Marks: 50

OBJECTIVES:

1. To provide a comprehensive understanding of Patanjali's Eight Limbs of Yoga and their application in daily life.
2. To enhance physical strength, flexibility, and stamina through the practice of asanas (postures).
3. To promote mental focus and emotional stability through pranayama (breath control) and meditation techniques.
4. To encourage spiritual growth and self-realization through ethical practices and mindfulness.

Course

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	PATANJALI YOGA SUTRA 1.1 Overview of Yoga and Patanjali 1.2 Definition of yoga and its branches 1.3 Introduction to Maharshi Patanjali and the Yoga Sutras 1.4 Introduction to the eight limbs	7.5		01
02	ASANA AND PRANAYAMA 2.1 Introduction to Asana 2.2 Introduction to Pranayama 2.3 Meditation: Meaning 2.4 Meditation: Techniques, and Benefits	7.5		

03	Section(A): 1. Omkar chanting 2. Prayer 3. Sukshma vyayam (Micro Exercises) Jogging, Forward & Backward bending Side bending Twisting, Alternate toe touch Straight Leg Raising Section (B) Pranayamas 1. Kapalapathi 2. Anuloma Viloma 3. Ujjayi 4. Bhastrika 5. Shitali 6. Sitkari Section (C) Type of ASANAS A. Meditation: 1. Padmasana 2. Siddh asana 3. Swastik asana 4. Sam asana B. Physical: 1. Sarvang asana 2. Bhujangasana 3. Supta-Vajarasana C. Relaxative: 1. Shavasana 2. Makarasna		30	01
Total				02

Formative Assessment	
Assessment	Weightage in Marks
Theory	Theory – 25 Marks
Practical's	Practical – 25 Marks
Total	50 Marks

Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extra murals.

Course Learning Outcomes:

- Participants will achieve a balanced integration of physical, mental, and spiritual health through the principles of Ashtanga Yoga.
- Learners will develop self-discipline and commitment by regularly practicing the Eight Limbs of Yoga.
- Students will cultivate mindfulness and awareness, improving focus and reducing stress in daily life.
- Individuals will deepen their spiritual understanding and connection, promoting inner peace and enlightenment.

Bibliography:

- शरीरक्रियाविज्ञान – डॉ . प्रीयवृत्तशर्मा
- सुश्रुत – भास्करगोविंदघाणेकर
- शरीररचनावक्रियाविज्ञान – डॉ . एस . आर . वर्मा
- Anatomy & Physiology for Nursees – Jaypee Brothers
- Anatomy & Physiology- Ross & Wilson
- Anatomy & Physiology- C.Gyton
- Human Anatomy – grays
- Human Anatomy- M. Lyes Prives
- Human physiology – Chakravti, Ghosh and Sahana

- Basic physiology–E.D.AmourFred
- Swasthya Shiksha Avam Sharir Vigyan- H.K.Sharma
- Health for all through Yoga- Dr.Ganesh Shanker Ghi
- Manvav Sarir Dipika-Dr.Mukund Swarup Verma
- Yoga AvamSwasthya–Raaj Publication Patoyala

The practical examination shall be conducted as follows

A. Examiners are appointed as per the directions of SUK.

B. Marking system and performance.

From Section (A) of the practical (05 Marks)

From Section (B) of the practical (12 Marks)

Three Pranayamas of Student Choice and three Pranayamas Examiners Choice

From Section © of the practical (08 Marks)

Two Meditation Assans of Student Choice and two Meditation Assans Examiners Choice 04 Marks

One Physical Assans of Student Choice and one Physical Assans Examiners Choice 02 Marks

One RelaxativeAssans of Student Choice and one RelaxativelAssans Examiners Choice 02 Marks

Course Category: Physical Education

Course Name: ENTREPRENEURSHIP IN PHYSICAL EDUCATION

Course Code: BAU0325VSP/T326D

Course Credits: 02

Marks: Semester End: 25 (T/P)

Total Marks: 25

Course Objectives:

Objectives:

1. Acquiring entrepreneurial quality, competency, and motivation.
2. Learning the process and skills of creation and management of entrepreneurial ventures.
3. Understanding the concept and process of entrepreneurship – its contribution and role in the growth and development of individuals and the nation.

Course

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	INTRODUCTION TO ENTREPRENEURSHIP a) INTRODUCTION TO PHYSICAL EDUCATION ENTREPRENEURSHIP AND TECHNOLOGY VENTURES b) PHYSICAL EDUCATION POST GRADUATES AS AN ENTREPRENEUR c) A MINDSET OF THE ENTREPRENEURIAL LEADER d) CREATING AND SELLING THE ENTREPRENEURIAL VALUE PROPOSITION	7.5		01
02	SPORTS MARKETING a) DEFINITION – MARKETING b) MYOPIA IN SPORT – UNIQUENESS OF SPORTS c) MARKETING – i. MODEL OF THE SPORTS INDUSTRY ii. IMPLEMENTATION OF SPORTS MARKETING PROGRAMME. d) PERSPECTIVES ON SPORTS CONSUMER BEHAVIOR	7.5		

03	PRACTICAL: ▪ FIELD VISITS AND REPORTING OF MAJOR SPORTS DEALERS ▪ INTERVIEWS OF ELITE SPORTS DEALERS ▪ CASE STUDIES AND PRESENTATIONS practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05		30	01
Total				02

Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extra murals.

Course Learning Outcomes:

1. Learners will Understand Entrepreneurial Concepts specifically tailored to physical education and sports enterprises.
2. Participants will achieve and Develop Business Plans and operations strategies.
3. Participants will achieve and Develop innovation in the Sports and Fitness industries.
4. Learners will develop Demonstrate Implement and Evaluate Projects

References:

1. Entrepreneurship Development: Indian cases on change agents, Tata McGraw Hill, K. Ramachandran
2. Robert Hisrich and Michael Peters, Entrepreneurship, Tata Mc Graw– Hill
3. Vasant Desai, Entrepreneurship
4. Marc J Dollinger, Entrepreneurship – Strategies and Resources, Pearson Education
5. Business Development Skills: Definition and Examples

SKILL ENHANCEMENT COURSES (SEC-IV)

Course Category: Physical Education

Course Name: **PHYSICAL TRAINING INSTRUCTOR**

Course Code: BAU0325SEP/T326D

Course Credits: 02

Marks: Semester End: 25 (T/P)

Total Marks: 25

Course Objectives:

1. Understanding and Develop Physical Fitness Competencies
2. Understanding the concept and process of Master Instructional Techniques
3. Understand Safety and Injury Prevention
4. Plan and Deliver Structured Training Programs

Course

Module No.	Module Name	Teaching Hours	Practical's Hours	Credit
01	TESTING PHYSICAL FITNESS a) TESTS FOR MEASURING CARDIOVASCULAR ENDURANCE b) TESTS FOR MEASURING MUSCULAR STRENGTH& ENDURANCE c) TESTS FOR MEASURING FLEXIBILITY d) TESTS FOR MEASURING BODY COMPOSITION	7.5		01
02	EFFECT OF EXERCISE ON VARIOUS BODY SYSTEMS a) EFFECT OF EXERCISES ON THE MUSCULOSKELETAL SYSTEM b) EFFECT OF EXERCISES ON CIRCULATORY SYSTEM c) EFFECT OF EXERCISES ON RESPIRATORY SYSTEM d) EFFECT OF EXERCISES ON THE GLANDULAR SYSTEM	7.5		

03	PRACTICAL ▪ FIELD VISITS AND REPORTING OF MAJOR SPORTS DEALERS ▪ INTERVIEWS OF ELITE SPORTS DEALERS ▪ CASE STUDIES AND PRESENTATIONS practical demonstration and performance-20 viva voce-05 or Record book on all topics of practical-05		30	01
Total				02

Pedagogy: The course shall be taught through lectures, Practical, Interactive Sessions, Materials, Assignments, Seminars, Intramurals, and Extra murals.

Course Learning Outcomes:

1. Participants will achieve and Demonstrate advanced knowledge and practical application of physical fitness principles.
2. Participants will achieve and Develop Instruction and Coaching Skills.
3. Participants will learn to apply an understanding of human anatomy, exercise physiology, and biomechanics.
4. Participants will achieve and Develop Leadership and Professionalism

List of Books recommended:

- 1 Athletic Training and Sports Medicine Rubert C. Schenck
- 2 Basic Weight Training for Men and Women Thomas D. Fahey
- 3 Concepts of Athletic Training Pfeiffer Mangus
- 4 Essential of Exercise Psychology Lorry G. Shaver
- 5 Exercise Physiology George, Thomas
- 6 Exercise Physiology Fox Falls
- 7 Inside the Body Anita Ganeri
- 8 Introduction to Human Nutrition Gibney, Varster& Kok
- 9 Methods Measurement & Evaluation in Physical Education Satish Sonkar
- 10 New Allis of Human Anatomy
- 11 Nutrition and Diet Therapy Lutz and Przytulshi
- 12 Nutrition in Exercise and Sport Ira Wolinsky
- 13 Prentice Therapeutic Modalities in Sports Medicine William E. Prentice
- 14 Science of Sports Training Hardayal Singh
- 15 Sport Training Principles Frank W. Dick

- 16 Sports Medicine Dr. P.K. Pande, Dr. G. S. Sundararajan
17 Sports Medicine of the Lower Extremity Steven I. Subotnick
18 Strength Training and Conditioning R. A. Proctor
19 Test & Measurement Dhananjay Shaw
20 Wood Essential of Anatomy & Physiology Michael G. Wood
21 फिटनेससाठी शास्त्रशुद्ध व्यायाम : भागवतके . पी .
22 व्यायाम करा आजार पळवा : डॉ . सुहास जोशी मनोरमा प्रकाशन , मुंबई
