



PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR

Name of the Faculty – Faculty of Interdisciplinary Studies

Sub-Physical Education

Syllabus B.A. Part-III semester - V & VI

With effect from June-2021

Annexure-I

CHOCE BASED CREDIT SYSTEM T.Y.B.A

SEMESTER- V SCHEME OF EXAMI -2021

Paper No.	L/P	Credit	Total Mark Par Paper	UA		CA	
				Max	Min	Max	Min
Physical Education Paper No.VII	60	4	50 40/10	40 20/20	16 08/08	10	4
Physical Education Paper No. VIII	60	4	50 40/10	40 20/20	16 08/08	10	4
Physical Education Paper No. IX	60	4	50 40/10	40 20/20	16 08/08	10	4
Physical Education Paper No. X	60	4	50 40/10	40 20/20	16 08/08	10	4
Physical Education Paper No. XI	60	4	50 40/10	40 20/20	16 08/08	10	4

Note: 1.25 Mark per credit.

2. Total no off house required to earn two credits points for each theory course 60 hrs. For semester where has to 120 hrs. for each practicum course.

Annexure-I

CHOCE BASED CREDIT SYSTEM T.Y.B.A

SEMESTER- VI SCHEME OF EXAMI -2021

Paper No.	L/P	Credit	Total Mark Par Paper	UA		CA	
				Max	Min	Max	Min
Physical Education Paper No.XII	60	4	50 40/10	40 20/20	16 08/08	10	4
Physical Education Paper No. XIII	60	4	50 40/10	40 20/20	16 08/08	10	4
Physical Education Paper No. IVX	60	4	50 40/10	40 20/20	16 08/08	10	4
Physical Education Paper No. XV	60	4	50 40/10	40 20/20	16 08/08	10	4
Physical Education Paper No. XVI	60	4	50 40/10	40 20/20	16 08/08	10	4

Note: 1.25 Mark per credit.

2. Total no off house required to earn two credits points for each theory course 60 hrs. For semester where has to 120 hrs. for each practicum course.

Objective of the Course

Objective – To enable the student –Teachers to-

1. Acquaint with elements of physical education in primitive societies
- 2) Understand the Recreation in Physical Education.
- 3) Understand the people Health education, Deit and Hygiene.
- 4) Understand the people Yoga and Asana important.
- 5) Know the significance and rules of the games and eligible for them.

A) Theory	20 marks
B) Practical	20 marks
C) Internal Examination	10 marks

Semester Pattern Syllabus for Physical Education

B. A. Part III (w.e. f. June 2021)

Semester-V (Theory)

Paper No	Name of the paper	Marks
VII	Health Education	20
VIII	Rhythms and Recreation in Physical Education	20
IX	Applied Yoga	20
X	Anatomy Physiology and Physiology Of Exercise	20
XI	DIET and Hygiene	20

(Two periods for theory and two periods for practical per week per paper A batch of 20 students for practical period's)

Paper: VII

Health Education

University Assessment – 20 marks Internal Assessment – 10 Marks
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A) University Assessment (Syllabus Theory)

20 marks

I) Introduction:

- a) Meaning, definitions of Health Education.
- b) Nature and scope of Health Education.

II) Objectives of Health Education

- a) Physical Health Education
- b) Mental Health
- c) Social Health

III) Health of the Community

- a) Health problems in family, community, Schools and Colleges.
- b) Communicable diseases - causes, symptoms and prevention. (Small pox, Cholera, T.B., Malaria)
- c) Role of Government in community health.
- d) Aids - causes, symptoms & prevention of Aids.

B) Internal Assessment – Home Assessment / Test

10 Marks

Reference Book

1. Health Education and Hygiene :J. S. Manjal, Universal Publishers, Agra.
2. Adapted and Corrective Physical Education : Kielly.
3. Applied anatomy and Kinesiology : Rash and Burke.
4. Exercise Physiology : Fox.

Paper: VIII

Rhythms and Recreation in Physical Education

University Assessment – 20 marks
Internal Assessment – 10 Marks

A) University Assessment

20 marks

(Syllabus Theory)

Unit: I: Concept, Definitions, Nature and function of Rhythm.

Unit: II: Principles and Objectives of Rhythm.

Unit: III: a) Concept, Definitions, Nature and Function of Recreation.

b) Need and importance of recreation in life.

c) Objectives of recreation.

**B) Internal Assessment –
Home Assessment / Test**

10 Marks

Books Recommended

1. An Introduction to Recreation Education : W. B. Saunders Company
Philadelphia :1955.

2. Community Recreation : Meyer and Brightbill, Prentice Hall, INC 1966.

3. Leisure and Recreation : Neumeyer and Esther. A. S. Barnes and Company,
1956.

Paper- IX

Applied Yoga

University Assessment – 20 marks
Internal Assessment – 10 Marks

A) University Assessment

20 marks

(Syllabus Theory)

Unit: I) Aim, Objectives and Scope of Yoga in Human Life.

Unit: II) Yoga and Physical Health: Promotives, Preventive and Curative aspects of Physical Health tackled through Yogic practices.

Unit: III) Yoga and Mental Health: Nature of problems in mental health. Promotive, Preventive and Curative aspects of mental health through Yogic practices.

**B) Internal Assessment –
Home Assessment / Test**

10 Marks

Reference Books

- 1) Applied Yoga: Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
2. Yoga and your heart : Datey K. K., Gharote, M. L. and Soli Parri, Jaico Publications, Bombay.
3. Yogic Therapy : Swami Kuval Yananda and S. L., Vinekar, Central Bureau of Health Services : New Delhi:1963.
4. Yogasana : A. Teachers guide, N.C.E.R.T. : New Delhi.
5. Teaching methods for yogic practices Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
6. Light on Yoga : B. S. Iyengar.

Paper-X

Anatomy Physiology and Physiology of Exercise

University Assessment – 20 marks
Internal Assessment – 10 Marks

A) University Assessment (Syllabus Theory)

20 marks

I) Introduction :

Anatomy, Physiology and Physiology of exercises - Meaning, definition and importance.

II) The cell and its parts

III) Skeletal System:

1. Structure and classification of bones.
2. Difference between male and female skeleton.
3. Classification of Joints -Structure of a synovial joint (freely movable.)
4. Functions of skeletal system.

Iv) Muscular System:

1. Structure of skeletal muscle, Smooth muscle and Cardiac muscle.

V) Respiratory System:

1. The nose, pharynx, larynx, trachea, bronchioles, lungs structure and functions.
2. Vital capacity - Second wind.

B) Internal Assessment – Home Assessment / Test

10 Marks

Reference Book

1. Anatomy and Physiology for nurses - E. Pearce.
2. Human Anatomy and Physiology - King & Shaver.
3. Physiology & Anatomy - Smart & Macdowel.

Paper-XI

Diet and Hygiene

University Assessment – 20 marks

Internal Assessment – 10 Marks

A) University Assessment

20 marks

(Syllabus Theory)

Unit: I: Ingredients of diet

a) Protein, Carbohydrates, Fats,
Vitamins, Minerals, water - its sources.

b) Growth and repair

c) Vitality and fitness

Unit: II:

a) Balanced diet, Athletes diet

b) Malnutrition and diseases due to deficiency.

Unit: III :

a) Importance of Hygienic living.

b) Environmental Hygiene -Lighting, Ventilation, Water Supply, Disposal of Waste.

**B) Internal Assessment –
Home Assessment / Test**

10 Marks

Books Recommended

1. Handbook of Hygiene and Public Health - U. Bedi, Anand Publishing Company, Amritsar, 1962.

2. Nutrition and Physical Fitness -Bogert, Briggs and Calloway, W.B. - Saunders Co. 1966.

3. Human Nutrition and Dietics -Davidson and Passmore, The Williams and Wilkins Co., 1966.

Semester- V Practical

Paper: VII to XI

Practical Marks	Journal	Total Marks
75	25	100

Practical syllabus and Marks system

Total Marks: 200

Sr.No.	Name of the event	Total marks
A	Athletics	30
B	Weight Lifting /Badminton	10
C	Gymnastics	10
D	First Aid	10
E	Rules and regulations	15
F	Journal	25

A) Athletics

Total Marks: 30

Sr.No.	Name of the event	techniques	Performance	Total marks
1	Triple Jump.	05	05	10
2	Hurdles (110) Meters	05	05	10
3	5000 meter run	05	05	10

Triple Jump:

Gents		Ladies
Performance	Marks	Performance
10 Meters and above	5	8-Meters and above
9 to 9.9 Meters	4	7-Meters
8 to 8.9 Meters	3	6-Meters
7 to 7.9 Meters	2	5-Meters

110 Meters Hurdles:

Gents		Ladies
Performance	Marks	Performance
22 Seconds and below	5	24 Seconds and below.
22.01 to 24 Seconds.	4	24.01 to 26 Seconds.
24.01 to 26 Seconds	3	26.01 to 28 Seconds
28 Seconds and above.	2	28.01 to 30 Seconds and above

5000 Meter Running

Gents		Ladies
Performance	Marks	Performance
25 to 26.59 Minutes	5	35 to 36.59 Minutes
27 to 28.59 Minutes	4	37 to 38.59 Minutes
29 to 30.59 Minutes	3	39 to 40.59 Minutes
31 Minutes and above	2	41 Minutes and above.

B) Badminton & Weight Lifting**10 Marks****i) Badminton**

Technique -- 05 Marks

Performance – 05 Marks

Total Marks -- 10 Marks

ii) Weight Lifting

Gents		Ladies
Performance	Marks	Performance
105 kg and above.	5	85 kg. and above
95 kg	4	75 kg.
85 kg	3	65 kg.
75 kg.	2	55 kg.

C) Gymnastics :

10 Marks

(Any **five** of the following items)

Sr. No.	Performance	Sr. No.	Performance
1	Forward roll	6	Hand Spring
2	Backward role	7	Neck Spring
3	Dive roll	8	Head Spring
4	Cartwheel	9	Summer Sault
5	Hand Stand		

D) First Aid:

10 Marks

Oral	Practical	Total Marks
05	05	10

E) Rules and regulations

15 Marks:

Rules and regulations of following games (Viva voce only)

(Athletics, Weight Lifting, Badminton, Gymnastics)

f) Journal :

25 Marks

Athletics

Diagram, Sectors, rules and regulations of Athletics events.

Weight Lifting / Badminton

Badminton –

Brief History, Diagram. Techniques of two modern styles. Rules and regulations .

Weight Lifting :

Different types of technique, Rules and Regulations of the game.

Gymnastics :

Brief history and skills of following Gymnastics events.

1. Forward roll 2. Backward role
3. Dive & roll 4. Cartwheel
5. Hand Stand 6. Hand Spring
7. Neck Spring 8. Head Spring
9. Summer Sault (Forward or Backward)

First Aid:

- A) First Aid: Meaning objectives, important rules.
- B) Materials in the first Aid box
- C) Fracture- types and symptoms- use of sling and splint.
- D) Bleeding types, and symptoms - use of sling and splint.
- E) Artificial Respiration: Meaning and method of artificial respiration (any two)
- F) Bandage: ways of applying Bandage. Simple dressing.

N.B.

1) Separate heads of passing.

a)

a) Theory paper will be carry 20 marks and Minimum passing 08 Marks.

b) Practical will be carry 20 marks and Minimum passing 08 Marks.

c) Internal Examination will be carry 10 marks and Passing 04 Marks.

1) 05 Mark- Unit Test

2) 05 Mark-Home Assignment

2) Practical examination conducted:

a) Each batch of 20 students

b) One organizer (Internal subject teacher)

c) Two examiners appointed by University.

d) Peons: Two peons for ground marking, water supply, and equipment Supply and collecting of materials.

e) Result sheet (Practical)

N.B. 3) Theory papers shall be of two hour's duration carrying 20 marks.

First question will be Fill in the Blank and short answer type question will carry 04 marks. The second question having been of short answer type questions and will 06 marks. The third question will be brief answer it will carry 05 marks. The fourth question will be of short note type question and will carry 05 marks.

N.B. 4) Two periods for theory + two periods for Practical for each paper: per week.

Skill Oriented Course w. e. f. 2021 - 22

Title of the Course: **CERTIFICATE COURSE OF GYM INSTRUCTOR**

- | | |
|---------------------------------------|---------------------|
| • Eligibility of the course | : B.A. Semester - V |
| • Total credit of the course | : 04 Credit |
| • Total marks of the course | : 100 Marks |
| • Weightage to practical work (marks) | : 80 Marks |
| • Weightage to Theory work (marks) | : 20 Marks |
| • Duration of the course | : 12 weeks (60 |

Hours) Aim of the course: To develop the Techniques of Gym

training.

Learning Outcomes: After successful completion of this course, the students will be able to:

1. To enable student to become competent and committed professionals willing to perform as gym Instructor.
2. To make student to use competencies and skills needed for becoming an effective gym instructor
3. To enable student to understand principles of fitness training
4. To acquaint student with the practical knowledge of giving fitness instructions
5. To enable student to understand duties and responsibilities as gym instructor
6. To enable student to prepare the Fitness programme
7. To enable students to understand and explain the effect of Exercise on the body.
8. To enable students to understand human posture.

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- **Course Content:**
 - **Module 01: Anatomy physiology and sports medicine**
 - Muscular System.
 - Cardio respiratory systems
 - Injuries and their management.
 - First aid.
 - Rehabilitation and Therapeutic Modalities

Module 02: Nutrition and Biomechanics

- a) Nutrition
- b) Lever
- c) Motion
- d) Force
- e) Flexibility

Module 03: Physical fitness factors

- a) Cardio vascular endurance
- b) Muscular Strength
- c) Muscular endurance
- d) Exercise & diet
- e) Flexibility

Module 04: Training and training methods

- a) Definition of training and its Principles Load and Adaptation
- b) Scheduling (Short term & long term training.
- c) Training Methods
- d) Fitness testing

List of the Practical Tests: Following test are used by teacher educator for implementation of the skill oriented course.

Sr. No.	Verbal / Non verbal Tests	Performance Tests
01	Student choice war map Exercises	Technical and Wright positions
02	Examiner choice war map Exercises	
03	Student choice Upper Body	
04	Examiner choice Upper Body	
05	Student choice Lower body	
06	Examiner choice Lower body	
07	Student choice Specific Exarches	
08	Examiner choice Specific Exarches	

Teacher educator also may be uses different psychology tests as per availability. This list is

just for reference.

Course Lay out

Week	Content	Place	Hours
Week 01	Muscular System ,Cardio respiratory systems ,Injuries and their management., First aid., Rehabilitation and Therapeutic Modalities	Classroom	05
Week 02	Nutrition , Lever ,Motion ,Force ,Flexibility	Classroom	05
Week 03	Warming up and cooling down: • General exercise • Stretching exercise • Specific exercises • Conditioning exercises	Gym Hall	05
Week 04	Exercises , Basic Concept,	Gym Hall	05
Week 05	Squat , Bench Press Incline Bench Press	Gym Hall	05
Week 06	Hammer Strength Machine , Various training methods for fitness	Gym Hall	05
Week 07	Training Programmer ,Dumbbells	Gym Hall	05
Week 08	Pull-up Bar Abdominal Bench / Sit –up Daily Analysis, Measurement and Record of athlete	Gym Hall	05
Week 09	Cardio vascular endurance, Muscular Strength, Muscular endurance, Exercise & diet , Flexibility	Classroom	05
Week 10	Definition of training and its Principles Load and Adaptation ,	Classroom	05

	Scheduling (Short term & long term training. Training Methods ,Fitness testing		
Week 11	<ul style="list-style-type: none"> Practice and revision of administration & assessment of tests under the supervision of educator. Evaluation Process includes: <ol style="list-style-type: none"> Practical Activity 	Classroom	05
Week 12	<ul style="list-style-type: none"> Evaluation Process includes: <ol style="list-style-type: none"> Practical Activity Viva Voce 	Educational Yoga Laboratory	05
	<ul style="list-style-type: none"> Theory Test or exam 	Classroom	

Evaluation system or process of the course:

Sr. No.	Course Nature	Particular	Marks
01	Theory course	MCQ test at the end of the course	20
02	Practical Activity evaluation	Verbal or Non-verbal Test Administration, Assessment (any Six test)	60
03	Practical Activity evaluation	Performance Test Administration, Assessment (any one test)	10
04	Viva Voce	Viva Voce related to Practical Activity	10
TOTAL MARKS			100

References:

- Basic Weight Training for Men and Women Thomas D. Fahey
- Concepts of Athletic Training Pfeiffer Mangus.
- Nutrition and Diet Therapy Lutz and Przytulshi
- Sport Training Principles Frank W. Dick .
- Strength Training and Conditioning R. A. Proctor

Skill Oriented Course w. e. f. 2021 - 22

Title of the Course: **CERTIFICATE COURSE OF CRICKET COACHING**

- | | |
|---------------------------------------|----------------------------|
| • Eligibility of the course | : B.A. Semester - V |
| • Total credit of the course | : 04 Credit |
| • Total marks of the course | : 100 Marks |
| • Weightage to practical work (marks) | : 80 Marks |
| • Weightage to Theory work (marks) | : 20 Marks |
| • Duration of the course | : 12 weeks (60 |

Hours) Aim of the course: To develop the skillful Cricket training.

Learning Outcomes: After successful completion of this course, the students will be able to:

- 1) To develop highly skilled scholars in the field of Cricket.
- 2) To be sensitive about emerging issues in Cricket.
- 3) To develop in the students an inquiring mind & ability to understand the true nature and to solve the innermost questions of Cricket.
- 4) To provide opportunity for creativity, self-expression & provide information on continued professional growth in Cricket.
- 5) To develop in the students an inquiring mind & ability to employ reasoning, rational thinking, critical thinking in the problems & issues relating to the Cricket.
- 6) To master the competencies and skills needed to become professional Cricket resource person.

- **Course Content:**
- **Module 01: History of Cricket**
 - History of Cricket.
 - Preparation of Cricket Ground.
 - Measurement of Cricket Ground.

Module 02: Cricket ground Measurement.

- a) Warm up Exercise
- b) Specific cricket Exercise.
- c) Psychology Preparation of Cricket Player.
- d) Basic skill of cricket.
- e) Advance skill of cricket.
- f) Top performers skill of cricket.

Module 03:

- a) Training Program of Batsman.
- b) Training Program of Bowling.
- c) Training Program of Wicket keeper.
- d) Training Program of Fielder.
- e) Balance diet for cricket player.

Module 04: Officiating of Cricket

- e) Law of Test, One day, Twenty- twenty Cricket Match.
- f) Officiating of Cricket
- g) Organization of State, District, Taluka, College, school and Club etc. Cricket Tournament.
- h) First aid

List of the Practical Tests: Teacher educator for implementation of the skill-oriented course uses following Test.

Sr. No.	Verbal / Non verbal Tests	Performance Tests
01	Specific Cricket Exercises	Observation
02	Ground Marking	Observation
03	Rules	Question Answer
04	All Cricket Skills	Observation
05	Officiating	Observation

Teacher educator also may be uses different psychology tests as per availability. This

list is just for reference.

Course Lay out

Week	Conte nt	Place	Hours
Week 01	History of Cricket. Preparation of cricket Ground. Cricket ground measurement	Classroom	05
Week 02	War map Exercises Specific Cricket Exercises	Cricket Ground	05
Week 03	Batting Skill Grip, Stance ,Front Foot, Defense , Drives	Cricket Ground	05
Week 04	Bating Skill Back Foot, Defense , Drives ,Cut Shout	Cricket Ground	05

Week 05	Bowling Fast :- Grip , run up ,Jump, in swing , Out swing	Cricket Ground	05
Week 06	Bowling Spin: - off, leg. goggle	Cricket Ground	05
Week 07	Fielding :- Different all Position.	Cricket Ground	05
Week 08	Wicket keeping skill For Spin and Fast Bowling	Cricket Ground	05
Week 09	Officiating	Cricket Ground / Class room	05
Week 10	Low of Cricket A District , Tal uka, College,school and Club Tournament of Cricket.	Cricket Ground	05
Week 11	<ul style="list-style-type: none"> Practice and revision of administration & assessment of tests under the supervision of educator. Evaluation Process includes: <ol style="list-style-type: none"> 1. Practical Activity 	Cricket Ground	05
Week 12	<ul style="list-style-type: none"> Evaluation Process includes: <ol style="list-style-type: none"> 2. Practical Activity 3. Viva Voce 	Cricket Ground	05
	<ul style="list-style-type: none"> Theory Test or exam 	Classroom	

Evaluation system or process of the course:

Sr. No.	Course Nature	Particular	Marks
01	Theory course	MCQ test at the end of the Course	20
02	Practical Activity evaluation	Verbal or Non-verbal Test Administration, Assessment (any Six test)	60
03	Practical Activity evaluation	Performance Test Administration, Assessment (any one test)	10
04	Viva Voce	Viva Voce related to Practical Activity	10
TOTAL MARKS			100

References:

- Hardayal singh (1984) Sport training general theory and methods Netaji subhs. Nat. inst. of Sports.
- Ferdinands, R. M. (2003). The effect of flexed elbow on the bowling speed in cricket . Journal of sports biomechanics , 65-71.
- Feros, S. A. (2015). The determinant and development of fast bowling performance in cricket . ballarat victoria: Federation University Australia .
- Khangure, B. C. (2002). Disk degeneration and fast bowling in cricket: An intervention study. Medicine & Science in Sports & Exercise , 1714- 8
- Lee, A. (1980). Cricket. London: Hamlet Sports Special
- Max C Stuelcken "Successful cricket coaching the Aussie way" Australian Journal of sports medicines. (2003)19-24
- Max C. Stuelcken "A Kinematic analysis of off side front foot drives in elite men cricket batting", Australian Journal of Sports Medicine(March 2001), p. 260 -270
- Tyagi, A. K. (2012). Cricket Skills & Rules. New Delhi: Khel Sahitya Kendra.
- Tyson, F. (1976). "Complete cricket coaching" in "the biomechanics of fast bowling in men's cricket: A review. Chicago

New Syllabus for Physical Education

B. A. Part III

(w.e. f. June 2021)

Semester-VI (Theory)

(Two periods for theory and two periods for practical per week. per paper batch of 20 students for practical periods)

Paper No	Name of the paper	Marks
XII	Health Education	20
XIII	Rhythms and Recreation in Physical Education	20
XIV	Applied Yoga	20
XV	Anatomy Physiology and Physiology of Exercise	20
XVI	Diet and Hygiene	20

Paper: XII
Health Education

University Assessment – 20 marks Internal Assessment – 10 Marks
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A) University Assessment
(Syllabus Theory)

20 marks

I) Health Programs

- a) Importance of exercises in health and fitness.
- b) Drugs, Alcohol and Tobacco: Adverse effect on performance.
- c) Place of Physical Education teacher in health education programme.

II) Body posture

- a) Types of body posture.
- b) Body posture its deformities.

III) Health Organization

World Health Organization - Constitution, Aims & Objectives, Plans of Operations, Assistance, functions and importance.

IV) Sex Education

Importance and need of family planning and Sex Education in India. (In Brief)

B) Internal Assessment –
Home Assessment / Test

10 Marks

Reference Book

1. Health Education and Hygiene: J. S. Manjal, Universal Publishers, Agra.
2. Adapted and Corrective Physical Education: Kielly.
3. Applied anatomy and Kinesiology: Rash and Burke.
4. Exercise Physiology: Fox.

Paper: XIII

Rhythms and Recreation in Physical Education

University Assessment – 20 marks
Internal Assessment – 10 Marks

A) University Assessment (Syllabus Theory)

20 marks

Unit: I: Main trends in patterns of recreation ...

- a) Outdoor pursuits: Countryside for leisure.
- b) Cultural pursuits: Play, Art, Exhibition, Films.
- c) Social Recreation: Clubs, Parties, Social Evenings.
- d) Sports and Physical Education.
- e) Holidays away from home: Hiking, Trekking, Picnic, Trips

Unit: II:

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

Unit: III: Recreation facilities: playground, recreation hall, theatre, Necessary equipment.

B) Internal Assessment – Home Assessment / Test

10 Marks

Books Recommended

1. An Introduction to Recreation Education: W. B. Saunders Company. Philadelphia :1955.
2. Community Recreation: Meyer and Brightbill, Prentice Hall, INC 1966.
3. Leisure and Recreation: Neumeyer and Esther. A. S. Barnes and Company, 1956.
4. Introduction to Community: Recreation - Bultter.
5. Organization of Physical Education: J. P. Thomas.

Paper: XIV

Applied Yoga

University Assessment – 20 marks
Internal Assessment – 10 Marks

A) University Assessment (Syllabus Theory)

20 marks

Unit. I) Relationship of Yoga with Emotional Health.

Unit. II) Yoga and Personal Efficiency General Introduction, characteristics according to individual needs: Different methods of improving efficiency: importance of yogic practices for improving efficiency.

to: individual needs: Different methods of improving efficiency: importance of yogic practices for improving efficiency.

Unit. III) Yoga and Sports: Psychophysical basis of promoting sports career. Contribution of yogic practices for the development of Sports performances.

B) Internal Assessment – Home Assessment / Test

10 Marks

Reference Books

1. Applied Yoga : Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
2. Yoga and your heart : Datey K. K., Gharote, M. L. and Soli Parri, Jaico Publications, Bombay.
3. Yogic Therapy : Swami Kuval Yananda and S. L., Vinekar, Central Bureau of Health Services : New Delhi:1963.
4. Yogasana : A. Teachers guide, N.C.E.R.T. : New Delhi.
5. Teaching methods for yogic practices Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
6. Light on Yoga : B. S. Iyengar.

Paper: XV

Anatomy Physiology and Physiology of Exercise

University Assessment – 20 marks
Internal Assessment – 10 Marks

A) University Assessment (Syllabus Theory)

20 marks

I) Circulatory System:

A) Blood - Its constituents and functions, working of heart.

B) Blood pressure, Pulse, Blood groups, Oxygen debt.

II) Digestive System:

Mouth, teeth, salivary glands, pharynx, Oesophages, Stomach, small and large intestine, pancreas, liver- structure and function - in brief.

III) Endocrine System:

Structure and function of (a) Pituitary (b) Thyroid (c) Parathyroid

d) Adrenals (e) Thymus (f) Pancreas (Islets of langerhans)

IV) Excretory System

.a) Excretory System Structure And Work

b) Skin structure and work

v) Effects of exercise on various systems:

A) Internal Assessment – Home Assessment / Test

10 Marks

Reference Book

1. Anatomy and Physiology for nurses - E. Pearce.

2. Human Anatomy and Physiology - King & Shaver.

3. Physiology & Anatomy - Smart & Macdowel.

Paper: XVI
Diet and Hygiene

University Assessment – 20 marks Internal Assessment – 10 Marks
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A) University Assessment
(Syllabus Theory)

20 marks

Unit: I:

Safety Education:

Safety at home, play grounds and streets.

Unit: II:

First Aid:

Sprain, Strain, Muscle pull, Dislocation, Fracture, Cramps, Shock, Bleeding.

Unit: III

Personal hygiene - Care of skin, Hair, Ear, Throat, Teeth, Eyes, Nose,
Feet & Habits.

B) Internal Assessment –
Home Assessment / Test

10 Marks

Books Recommended

1. Handbook of Hygiene and Public Health - U. Bedi, Anand Publishing Company, Amritsar, 1962.
2. Nutrition and Physical Fitness -Bogert, Briggs and Calloway, W.B. - Saunders Co.1966.
3. Human Nutrition and Dietics -Davidson and Passmore, The Williams and Wilkins Co., 1966.
4. Preventive and Social Medicine J. E. Park.
5. Nutrition - Dr. Swaminathan

Semester- VI

Practical

Practical (New Course)
From (w. e. f. June 2012)

Paper: IV to VIII

Practical Marks	Journal	Total Marks
75	25	100

Practical syllabus and mark system

Total Marks: 100

Sr.No.	Name of the event	Total marks
A	Athletics	30
B	Asans	10
C	Marking of the Track	10
D	One ball game	10
E	Rules and regulations	15
F	Journal	25

A) Athletics

Total Marks: 30

Sr.No	Name of the event	Techniques	Performance	Total marks
1	Javelin Throw	05	05	10
2	Hammer Throw	05	05	10
3	Relay (4x100)	05	05	10

Javelin Throw

Gents		Ladies
Performance	Marks	Performance
30- Meters and Above	05	8-Meters and above
27 to 30 Meters	04	7-Meters
24 to 27 Meters	03	6-Meters
20 to 24 Meters	02	5-Meters

Hammer Throw

Gents		Ladies
Performance	Marks	Performance
20- Meters and above	05	16- Meters and above
18- Meters	04	15- Meters
16- Meters	03	14- Meters
14- Meters	02	13- Meters

Relay (4x100)

Gents		Ladies
Performance	Marks	Performance
22 Seconds and below	05	24 Seconds and Below.
22. to 24 Seconds.	04	24. to 26 Seconds.
24. to 26 Seconds	03	26. to 28 Seconds
28 Seconds and above.	02	28. to 30 Seconds and above

B) Asans**Marks- 10**

A	Asans
student choice (any two)	Sarvangasana : Matsyasana, Akarna Dhanurasana, Suptavajrasana, Paschimottanasana, Ardhamatsyantrasana, Buddha Padmasana.
B	Asans
examiners choice (any two)	Sarvangasana : Matsyasana, Akarna Dhanurasana, Suptavajrasana, Paschimottanasana, Ardhamatsyantrasana, Buddha Padmasana.
C	Pranayama
student choice (any one)	Bhastrika, Bhramari, Shitkari, Shitali, Bhramari, Ujjayai.
D	Pranayama
examiners choice (any one)	Bhastrika, Bhramari, Shitkari, Shitali, Bhramari, ujjayai.

C) Track Marking (On paper only):**Total Marks – 10**

Show all running track start. Show diagram of throwing & jumping event.

D) One Ball game

Name of the games	Performance	Fundamental skills	Total Marks
Football, Cricket, Table -Tennis.	05-Mark (Any one of the following games)	05-Marks	10

E) Rules and regulations

Total Marks: 15

Rules and regulations above games (Viva voce only)

(Athletics, Asanas, Track Marking, Ball games)

F) Journal

Marks: 25

Athletics:

Diagram, Sectors, rules and regulations of athletics events.

Asanas & pranayama :

Diagrams and technique of different Asanas, pranayama etc

Asanas

Sarvangasana, Matsyasana, Akarna-Dhanurasana, Suptavajrasana, Paschimottanasana, Ardhamatsyantrasana, Buddha Padmasana.

pranayama

Anulom vilom, Bhastrika, Bhramari, Shitkari, Shitali

Track Marking

Diagram of 400 meter Track – starting line and finishing line.

100 M. Running, 110 M. Hurdles.

Exchange Zones: 4x100 M. Relay and 4x400 M. Relay.

Marking of staggers for 200 M. Run & 400 M. Run.

Any one ball game

(Selected by the student) Brief history :

List of Different fundamentals skills

Diagram of play field, Rules and Regulations of the game, Duties of the Officials.

N.B.

1) Separate heads of passing.

- a) Theory paper will be carry 20 marks and Minimum passing 08 Marks.
- b) Practical will be carry 20 marks and Minimum passing 08 Marks.
- c) Internal Examination will be carry 10 marks and Passing 04 Marks.
 - 1) 05 Mark- Unit Test
 - 2) 05 Mark-Home Assignment

2) Practical examination conducted:

- a) Each batch of 20 students
- b) One organizer (Internal subject teacher)
- c) Two examiners appointed by University.
- d) Peons: Two peons for ground marking, water supply, and equipment Supply and collecting of materials.
- e) Result sheet (Practical)

N.B. 3) Theory papers shall be of two hour's duration carrying 20 marks. First question will be Fill in the Blank and short answer type question will carry 04 marks. The second question having been of short answer type questions and will 06 marks. The third question will be brief answer it will carry 05 marks. The fourth question will be of short note type question and will carry 05 marks.

N.B. 4) Two periods for theory + two periods for Practical for each paper: per week.