

Punyashlok Ahilyadevi Holkar solapur University, Solapur



Name of the Faculty: - Humanities

Name of the Course: - B.A.

Pattern : - Choice Based Credit System (CBCS)

Syllabus: - B.A. – I

Physical Education(Optional)

w.e.f. June 2022-23 on wards

Punyashlok Ahilyadevi Holkar Solapur University, Solapur.

Annexure-I

Faculty of Humanities

Structure B.A. Part - I Physical Education of CBCS w.e.f. June -2022-23

(CBCS Pattern)

Name of the Paper – Principle of Physical Education

Class	Sem	Paper No.	Units		Marks & Passing		Credits (Tutorials)	Marks & Passing		Credits (Tutorials)	Total Credits
			L	T	(Theory And Practical)	(Theory and Practical)					
B.A. I	I	I	03	01	20 / 20	08	03	10	04	01	04
	II	II	03	01	20 / 20	08	03	10	04	01	04

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.

1) PREAMBLE

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

2) Objective of the Course

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

3) COURSE OUTCOME

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

Punyashlok Ahilyadevi Holkar Solapur University, Solapur
CBCS Pattern Syllabus for Physical Education (Optional)
B.A. Part-I

Principles of Physical Education

Semester –I (Theory)

Paper No- I

(w. e. f. June 2022-23)

(20 Marks)

Unit 1) The meaning of Principles with special reference to physical Education.

- a) Meaning of Principles
- b) Principles of Physical Education.
- c) Meaning of Physical Education.

Unit 2) The changing concepts of Physical Education

- a) Physical Training
- b) Physical Culture
- c) Recreation
- d) Sports and Game

Unit 3) Aim and Objectives of Physical Education

- a) General aim
- b) Objectives
 - i) Organic Power
 - ii) Physical skills
 - iii) Mental development
 - iv) Emotional development
 - v) Social development

B.A. Part-I
Principles of Physical Education
Semester –I (Practical Syllabus)
Paper No - I
(w. e. f. June 2022-23)
(20 Marks)

- | | |
|---------------------------------------|-----------------|
| 1) One Indian Game – Kabaddi | 05 Marks |
| 2) Athletics – Sprint 100 Mrs. | 05 Marks |
| 3) Athletics – Broad-Jump- | 05 marks |
| 4) Record book – 05 Marks | |

(A Batch of 20 Students for practical periods and Examination Details of the Practical Examinational)

1) Indian Game: - Kabaddi 05 Marks

A) Fundamental Skills 3 Marks

B) Rules of the Game 2 Marks

2) Athletics – Sprint 10 Marks

1) Sprint – 100 m, 200m, 400m (**any one**) **05 Marks**

(The candidates running 100m or 200m or 400m will get the **Marks as given below performance**) **03 Marks**

100 mtrs. (Men) -

14.00 to 14.50 sec.- 03 marks

14.50 to 15.50 sec.- 02 marks

15.50 to 16.50 sec.- 01 marks

100 mtrs. (Women)-

16.00 to 16.50 sec.- 03 marks

16.50 to 17.50 sec.- 02 marks

17.50 to 18.50 sec.- 01 marks

200 mtrs. (Men)

30.00 to 30.50 sec.- 03 marks

30.50 to 31.50 sec.- 02 marks

31.50 to 32.50 sec.- 01 marks

200 mtrs. (Women)

34.00 to 34.50 sec.-	03 marks
34.50 to 35.50 sec.-	02 marks
35.50 to 36.50 sec.-	01 marks

400 mtrs. (Men)

01.00 to 01.15 Min.-	03 marks
01.15 to 02.15 Min.-	02 marks
02.15 to 03.15 Min.-	01 marks

400 mtrs. (Women)

01.30 to 01.45 Min.-	03 marks
01.45 to 02.45 Min.-	02 marks
01.45 to 03.45 Min.-	01 marks

b) For Technique & Modern style 02 Marks

3) Athletics – Broad Jump 05 Marks

a) Performance 03 Marks

Men

1) 4.50 mtrs	03Marks
2) 4.25 mtrs	02 Marks
3) 4.00 mtrs	01 Marks

Woman

1) 3.50 mtrs	03 Marks
2) 3.25 mtrs	02 Marks
3) 3.00 mrs	01Marks

b) For Technique & Modern style 02 Marks

4) Record Book – The Record Book will cover the following 05 marks

a) Brief History

b) Various diagrams

c) Names of different fundamental skills item resents and different styles in Athletic events (sprint, Long jump)

d) Rules of Sports & games 1) Kabaddi

Distribution of Marks for Practical

Exam No.	Roll No.	Athletic Sprint	Athletic Long jump	One Ball Game	Record Book	Total Marks
		05	05	05	05	20

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.
 - 10 Mark- Unit Test / 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 paper shall be of One hour's duration carrying 20 marks.

First question Choose the correct alternative question will carry **04** marks (one marks each question).

The second question having been of short answer type questions and will **06** marks (any two out of Three).

The third question will be broad answer it will carry **05** marks (any one out of two).

The fourth question will be broad answer question and will carry **05** marks. (No choice question)

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

Books Recommended :

1. शारीरिकशिक्षण : तत्वेवस्वरूप - भा.रा.गोगटे , अखिलमहाराष्ट्रशारीरिकशिक्षणमंडळप्रकाशन ,पुणे.
2. शारीरिकशिक्षण : तत्वेवव्यवस्था , हिराजीपाटील , ठोकळप्रकाशन ,पुणे .
3. शारीरिकशिक्षणाचेस्वरूप : प्रा.श्रीपालजर्देवसौ.सुनिताजर्दे, चंद्रमाप्रकाशन ,कोल्हापूर
4. शारीरिकशिक्षणाचाअनोमा : भा.रा.गोगटे , व्हीनसप्रकाशन ,पुणे .
5. क्रीडामानसशास्त्र : डॉ.प.म.आलेगांवकर , श्री.गजाननबुकडेपो , पुणे३०.
6. शारीरिकशिक्षणाचेआधुनिकस्वरूप : दि.गो.वाखारकर, निलखंडप्रकाशनवअध्यापनपद्धती , पुणे.
7. Principles of Physical Education : J.F.Williams, W.B.Sanders Company, Philadelphia, London.
8. Scientific Foundations of Physical Education: C.C.Cowell, Happer and Brothers, New York.
9. Foundation of Physical Education : C.A.Bucher, W.B.Sanders Company, Philadelphia, London.
10. Recreation and Physical Fitness for Youths and Men : Board of Education, London.
11. Physical Education : Interpretations and objectives - J.B.Nash, The Ronald Press Company, New York.
12. Introduction to Physical Education : L.R.Sharman, A.S.Barnes and Company, New York.
13. कब्बडी : नरेंद्रदाभोळकर ,म.वि.ग्रं.नि.मंडळ, नागपूर.
14. कब्बडी : श्री.श्रीपालजर्देवप्रा.विजयपाटील , अंबाप्रकाशन ,कोल्हापूर
15. कब्बडी : प्रा.एन.एम.भैरट
16. आधुनिकव्हॉलीबॉल : व्यंकटेशवांगवड,गजाननबुकडेपो,पुणे.३०.
17. अथलेटिक्स - रामभागवत , ट्रॅकअॅण्डफोल्डपब्लिकेशन ,पुणे.-९.
18. मैदानीस्पर्धाविनियम , आयोजन - उमेशतावडे , रामभागवतट्रॅकअॅण्डफील्डप्रकाशन , पुणे.

B.A. Part-I
Principles of Physical Education
Semester –II (Theory)
Paper No -II
(20 Marks)

Unit 1. Foundations of Physical –Education

- a) **Physical:** - Difference between two sexes with reference to physical performance- strength, speed, endurance, agility flexibility.
 - b) **Psychological :-**
 - i) Growth & development
 - ii) Stages of human Growth & development
 - a) Child hood stage
 - b) Adolescent stage
 - c) Adulthood stage
- (Physical, mental, social development & suitable activities)

Unit 2. Physiology of exercise with reference to different system of body

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

Unit 3. Play:-

- a) Meaning, Definitions, Concepts
- b) Importance of Play
- c) Work and play
- d) Play way in education and its application in Physical Education.
- F) Sportsman ship and Leadership.

B.A. Part-I
Principles of Physical Education
Semester –II (Practical Syllabus)
Paper No - II
(w. e. f. June 2022-23)
(20 Marks)

- 1) **One Ball Game –volleyball 05 Marks**
2) **Athletics -Shot-put 05Marks**
3) **Indian Exercise - Dands,Baithakas & Asanas 05Marks**
4) **Record Book 05 marks**
(A Batch of 20 students for practical period and Examinations)

Details of Practical Examination

1) One Ball Game- Volleyball 05marks

- a) **Fundamental skills** 03 marks
b) **Rules of the Game**02 marks

2)Athletics-Shot-put 05 marks
a) **Performance**03 marks

Men

- 1) 5.25 mtrs. 03marks
2)5.00 mtrs 02marks
3) 4.50 mtrs 01 marks

Woman

- 1) 4.25 mtrs. 03marks
2) 4.00 mtrs 02 marks
3) 3.50 mtrs 01 marks

B) For Technique & modern style 02 marks

- 3) **Indian Exercise – 05 Marks**
a)25 ordinary **dands Baithakas**in 1 min. 30 sec. (**Only Men**) **05 Marks**
b) **Asanas**As per given Syllabus (Any Five)(**Only Women**) **05 Marks**
1) Padmasana 2) Veerasana 3) Padhaastmana 4) Chakrasana
5) Bhajangasan 6) Tadasan 7) Mastyasana

4) Record Book – The Record Book will cover the following 05marks

(The record book will be assessed internally & marks should be submitted to the External Examiner.)

- a) Brief History
- b) Various diagrams
- c) Names of different fundamental skills item resents and different styles in Athletic Events
- d) Rules of Sports& games -1) Volley-Ball 2) Shot-Put

Distribution of Marks for Practical

Exam No.	Roll No.	Athletic	One Ball Game	Indian Exc./ Asanas	Record Book	Total Marks
		05	05	05	05	20

N.B.

1) Separate heads of passing.

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The fourth question will be broad answer question and will carry **05** marks. (No choice question)

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

Books Recommended:

1. शरीर विज्ञान व आरोग्य शास्त्र, दि.गो.वाखारकर, क्रीडा तंत्र प्रकाशन पुणे ३७ .
2. शारीरिकशिक्षण : तत्वेवव्यवस्था , हिराजीपाटील , ठोकळप्रकाशन , पुणे .
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4. शरीर शास्त्र रचना व कार्यडॉ.व्ही.एल.लेकावळे,साई प्रिंटिंगप्रेस , बार्शी .
5. क्रीडामानसशास्त्र : डॉ.प.म.आलेगांवकर , श्री.गजाननबुकडेपो , पुणे३० .
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