

SOLAPUR UNIVERSITY, SOLAPUR



NAAC Accredited-2015
'B' Grade (CGPA 2.62)

Name of the Faculty Education

Syllabus B.A.-II sem III & IV

Name of the Course

B.A. II Physical Education

With effect from June-2017

Solapur University, Solapur
Physical Education (Optional)
(w.e.f. June 2017)
B.A.Part-II

Batch of 20 students for Practical period and Examination . Two periods for each theory paper and total practical 4(four) Periods for each batch per week

❖ Practical Examination Procedure.

- 1) Each 20 students batch.
- 2) One organizer (Internal subject teacher)
- 3) Two Examiners appointed by University.
- 4) Peons – Two Peons for Ground Marketing water supply equipment supply and collecting it etc.

History of Physical Education

Paper-II Semester III

Marks-35

Topic

Unit-1 Physical Education in Ancient Times

- a) Elements of Physical Education in Primitive Societies with reference to Aims, Promotions, Programmes and methods of Physical Education.
- b) Physical Education in Ancient India
Periods:
 - i. Advent of Aryans 2000 B.C.(Early Period)
 - ii. Epic Age 1500 B.C. to 500 B.C.
 - iii. Buddhist Period

With reference to the following activities

Archery, Wrestling, Stick-fighting, Yogic exercises.

- Unit-2 Ancient Olympic Games (Aim & Nature): Legendary Origin
Significance of the games rules of the games and eligibility,
conduct of events, awards, decline of ancient Olympic.
- Unit-3 Development of Physical Education in following countries:
Germany, Great Britain, Russia and U.S.A.

Semester IV

Marks-35

Topic

Unit- 4 a) Development of Physical Education in India.

- 1) Mogal Period.
- 2) British Period.
- 3) Post Independence Period.

b)Development of Physical Education in Maharashtra

Maratha Period: 1600 A.D. onwards

British Period: 1800 A.D. onwards

Period of Nationalism: 1920 onwards

Unit-5 Modern Olympic Games (Aim & Nature):

- a) Revival of the Olympic games, controlling body, rules of eligibility for competition, organization and conduct of the games, venues, events, opening ceremony awards, closing of ceremony, Olympic flag, Olympic torch Etc.

Unit-6 Different Institution for training in Physical Education in India.

- a) SNIPES - 1) NSNIS
2) LNIPE
- b) Sports Authority of India Inception and Function
- c) Sports Awards in India

1] National Level.

- 1) Arjun Awards
- 2) Dronacharya Awards
- 3) Rajiv Gandhi Khel Ratna Puraskar

2] State Level in Maharashtra

- 1) Dadoji Kondadev Awards
- 2) Shiva Chatrapati Awards

Recommended Books

- 1) Brief History of Physical Education by Rice Hutchenson and Lee. The Ronald Press Company, New York.
- 2) History of Physical Education by Eraj Khan, Hyderabad.
- 3) शारीरिक शिक्षणाचा विकास दि.बा.कोठीवाले श्री.लेखन वाचन भांडार पुणे भाग १ – २
- ४) शारीरिक शिक्षणाचा इतिहास – श्रीपाल जर्दे अंबा प्रकाशन कोल्हापूर
- ५) ऑलिम्पिक – हेमंत जोगदेव हिमांश प्रकाशन –पुणे.
- ६) महाराष्ट्रातील शारीरिक शिक्षणाची वाटचाल –दि.गो.वाखारकर मराठवाडा संस्कृतीक मंडळ प्रकाशन औरंगाबाद.
- ७) खेळाची नियमावली-प्रा.जगदीश झाडबुके.
- ८) शारीरिक शिक्षणाचा इतिहास - गांदगे आणि धुमाळ नांदेड प्रकाशन

Solapur Univeristy, Solapur

Physical Education (Optional)

B.A. Part-II

Paper-III

Organization & Administration in Physical Education & Sports

Semester III

Topic

Marks-35

Unit-1	Organization and Administration: Meaning, Definitions, Concepts and its needs in Physical Education and Sports.
Unit -2	a) Principles of Organization in Physical Education and Sports. b) Principles of Administration in Physical Education and Sports.
Unit-3	Organization and Administration of various competitions. 1) Inter-collegiate Sports and Solapur University. 2) Inter-University Sports. With special reference to organization, Administration, Finance and various committees and their function.

Semester – IV

Marks-35

Unit-4

Meets and Tournaments:

- a) Importance of meets and tournaments.
- b) Types of Tournaments- i) Knock-out system. ii) League system. iii) Combination system (To draw the lots their Merits and Demerits)
- c) Athletic Meet: Officials various Committees, Opening Ceremony, Closing Ceremony.

Unit-5

Play ground facilities-Standards:

- a) Preparation and Maintenance of Playground.
- b) Gymnasium: Standards, Facilities and Maintenance.
- c) Lay-out of play field- Kabbadi, Kho-Kho, Volleyball, Basket Ball, Hand ball.

Unit-6

Equipments of Sports

- a) Care and Maintenances
- b) Policies of Purchases of Sports Equipments.

Recommended Books-

1. E.F,Voltmer and Esslinger- The Organization of Administration of Physical Education.
2. Jay B.Nash- The Administration of Physical Education.
3. Prin. P.M. Joseph- Organization of Physical Education-The old Student's Association T.I.P.E. Bombay.

4. Organization of Physical Education- by J.P. Thomas.
5. Administration of School Health and Physical Education Programme by C.A.Bucher.
6. Williams J.F and Other the Administration of Health and Physical Education-Philadelphia-W.B.Saunders Co.
7. Two experienced Professors- Organization, Administration and Recreation in Physical Education. Prakash Brothers, Ludhiana.
- 8) शारीरिक शिक्षण संघटन आणि प्रशासन –प्रा.शंकर तिवाडी,शारदा प्रकाशन नांदेड.
- 9) शारीरिक शिक्षण,आयोजन,नियोजन निरीक्षण-प्राचार्य वाखारकर व सो.आलेगावकर प्रार्वती प्रकाशन पुणे.
- 10)मैदानी स्पर्धा - नियम ,आयोजन – रमेश तावडे व राम भागवत , ट्रॅक अन्ड फिल्ड पब्लीकेशन पुणे -९.
- 11)कबड्डी-प्रा.एन.एम्.बहिरट .
- 12)खो-खो प्रा.कामाला बनसोडे गजाजन बूक डेपो –पुणे.
- 13)अॅथलेटिक्स – राम भागवत ट्रॅक अन्ड फिल्ड पब्लीकेशन पुणे-३०.
- 14)व्हॉलीबॉल प्रा.व्यंकटेश वांगवाड

NB: Each theory paper shall be of 2 hours duration carrying 35 marks. There will be three questions of the first two of which will be having internal option carrying 10 marks the question will be short answers types and will carry 15 marks.

2. Nature of question paper:

- A. “30% Marks - objectives question” (**Two mark each and multiple choice questions**) “30% Marks - Short notes / Short answer type questions / definition Mathematical type questions) (Two mark each)
“40% Marks - Descriptive type questions / Long Mathematical type questions / Problems.
- B. Questions on any topic may be set in any type of question. All questions should be set in such a way that there should be permutation and combination of questions on all topics from the Syllabus. As far as possible it should cover entire syllabus.
- C. There will be only three questions in the question paper. All questions will be compulsory. Practical Examination for B. A. I. will be conducted end the both semester.

The structures of all courses in all Faculties were approved and placed before the Academic Council. After considered deliberations and discussion it was decided not to convene a meeting of the Academic Council for the same matter as there is no deviation from any decision taken by Faculties and Academic Council. Nature of Question Paper approved by Hon. Vice Chancellor on behalf of the Academic Council.

PRACTIALS PAPER NO: - III & IV

Practical 35 Marks (paper II & III) Semester III.

Practical 35 Marks (paper II & III) Semester IV.

A) Practical Examination 60 marks

B) Record Books 10 marks

Total 70 marks

Batch of 20 students for Practical period and Examination . Two periods for each theory paper and total practical 4(four) Periods for each batch per week.

Practical work

- 1) Athletics High Jump , Discus throw, Middle distance Running
- 2) One Indian Game - Kho-Kho
- 3) One Ball Game - Hand Ball / Basket Ball
- 4) Indian Exercise - Surya Namaskar
- 5) Ground Marking - Kho –Kho /Hand Ball /Basket Ball (any one)
- 6) Knowledge of Rules and Regulation of Discus throw, / High – Jump, / Middle Distance Running.

SEMESTER - III (Practical Paper III & IV)

Practical Examination:-

I] Athletics – (10 marks)

High Jump

a) Performance

Man →	1.45	10 marks
	1.40	07 marks
	1.20	04 marks
Women →	1.15	10 marks
	1.10	07 marks
	1.00	04 marks

800 mts Run 10 marks		
a) Performance only		
Men	2 min 25 sec	10 marks
	2 min 30 sec	07 marks
	2 min 40 sec	04 marks
Women	3 min 25 sec	10 marks
	3 min 35 sec	07 marks
	3 min 45 sec	04 marks

OR

1500 mts (15 marks)		
a) Performance only		
Men	5 min 25 sec	10 marks
	5 min 30 sec	07 marks
	5 min 40 sec	04 marks
Women	6 min 30 sec	10 marks
	6 min 40 sec	07 marks
	6 min 50 sec	04 marks

B) Knowledge of methods of increasing endurance capacity to be tested through oral test. 5 marks

II] One Ball Game (10 marks) Hand-ball/ Basket Ball

1)	Fundamental Skills	5 marks
2)	Knowledge of rules and regulations	5 marks

III] Knowledge of Rules and Regulations 5 marks

- 1) High Jump
- 2) Middle Distance Running

IV] Ground Marking of Hand-ball / Basket Ball (Anyone) 5 marks

Ground marking should be done actually on the ground. Direction, Straight Line, Rectangle, Circle, Parallel Lines and correct measurement etc.

IIV] Record Book

5 marks

The Record Book will cover the following

- i) Brief history
- ii) Various diagrams;
- iii) Names and explanation of different fundamental skills in team events and different styles in Athletic events;
- iv) Rules and Regulation (This should be completed as per syllabus)

The record book will be assessed internally and marks should be submitted to the external examiner.

Athletics	One ball game	Knowledge Rules & Regulation	Ground marking	Record book	Total
10	10	5	5	5	35

Semester IV

Practical for paper - V & VI

**Athletics
marks**

10

Discus throw		
a) Performance only		
Men	20 mts	5 marks
	18 mts	3 marks
	15 mts	2 marks
Women	16 mts	5 marks
	14 mts	3 marks
	12 mts	2 marks

b) For technique and Modern Style 5 marks

II] One Indian Game - Kho-Kho

10 marks

- | | |
|--|----------|
| i) Fundamental Skills | 05 marks |
| ii) Knowledge of rules and regulations | 05 marks |

Indian Exercise—Surya Namaskar**5 marks**

Performance only		
men	10 Surya Namaskar	3 marks
	07 Surya Namaskar	2 marks
Women	07 Surya Namaskar	3 marks
	05 Surya Namaskar	2 marks

IV] Ground Marking --Kho-Kho**05 marks**

Ground marking should be done actually on the ground. Directions, Straight lines, Rectangle, Circle, Parallel Lines and correct measurement etc.

V] Knowledge of Rules and Regulations**05 marks**

i) Discus Throw

VI] Record Book**05 marks**

The Record Book will cover the following Brief history ii) Various diagrams; iii) Names and explanation of different fundamental skills in team events and different styles in Athletic events; The record book will be assessed internally and marks should be submitted to the external examiner.

Athletics	One ball game	Knowledge Rules & Regulation	Ground marking	Record Book	Total
10	10	5	5	5	35

• NB: - Separate Heads of Passing.

A] Semester III Theory paper no II minimum passing 14 marks.

B] Semester IV Theory paper no II minimum passing 14 marks.

C] Semester III Theory paper no III minimum passing 14 marks.

D] Semester IV Theory paper no III minimum passing 14 marks.

Practical Examination will be conducted at the end of Second Semester and minimum passing of paper V & VI 17 marks.

Total Passing (Theory and Practical) minimum passing 35 marks.

E] Practical Examination Procedure.

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- 2) One organizer (Internal subject teacher)
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Solapur Univeristy, Solapur

YOGA STUDIES (IDS)

B.A. Part-II

Semester III

Batch of 20 students for Practical period and Examination . Two periods for each theory paper and total practical 4(four) Periods for each batch per week

❖ **Practical Examination Procedure.**

- 2) Each 20 students batch.
- 2)One organizer (Internal subject teacher)
- 3)Two Examiner appointed by University.
- 4)Peons – Two Peons for Ground Marketing water supply equipment supply and collecting it etc.

Theory and Practical

A) Theory I Semester	35 marks	(1.30 hour)
B) Theory II Semester	35 marks	(1.30 hour)
C) Practical I Semester	35 marks	
D) Practical II Semester	35 marks	

Theory Topics: Semester – I

Unit 1) Concept and Definition of Yoga.

Unit 2) Current Misconceptions about Yoga.

Unit 3) Survey of development of yoga from Vedic period to Modern period.

Practical Work Semester - III

A batch of 20 students for Practical Teaching and Examination

A] Vajarayasana, Padmasan, Bhujangasana, Vakrasana, Ardhashalbhasana, Goumkhasana, Dhanurasana, Paschimottanasana.

B] Uddiyana Bandha, Jalandhar Bandha, Brahma Mudra, Dnyan Mudra, Ujjayai Pranayam (without kumbhak), Shitali Pranayam

- The practical examination shall be conducted as follows

a) Two examiners appointed by the University and one Internal Organizer.

b) Marking system and Porforma

# Form section (A) of the Practical		
1)	One asanas of student's choice	7 marks
2)	One asanas of Examiner's choice	7 marks
# From section (B) of the practical		
1)	Any one of student choice	7 marks
2)	Any one of Examiner choice	7 marks

C] **Record Book** The record **Book** book will be assessed by Internal Examiner.

Section A (Asana)		Section B (pranayam/ mudra/ bhandh/)		Record Book	Total
Student Choice	Examiner choice	Student choice	Examiner choice		
07 Marks	07 Marks	07 Marks	07 Marks	07 Marks	35 Marks

SEMISTER IV

Theory Topics:

Unit 1) Ashtanga Yoga of Patanjali.

Unit 2) States of Chitta, Kinds of Chittavrutts and Methods of their Controls.

Unit 3) Various techniques of Yoga like Asana, Pranayam, Kriya, Bandha, Mudra, and their utility into day to day life.

Practical Work:

A batch of 20 students for practical teaching and examination

A] Chakrasana (lateral) , Halasana, Matsyasana, Mayurasana, Shavasana, Sarvangasana, Swastikasana, Padahastasana.

B] Mul Bandha, Shinhamudra, Yoga mudra, Kapalbhathi Pranayam, Bhramari Pranayam, Bhasrika Pranayam.

The practical examination shall be conducted as follows:

- a) Two examiners appointed by the University and one Internal Organizer
- b) Marking system and Porforma
- # Form section (A) of the Practical
- 1) One asanas of student's choice 07 marks
- 2) One asanas of Examiner's choice 07 marks
- * Form Section (B) of the Practical
- 1) Any one of Students choice 07 marks
- 2) Any one of Examiners choice 07 marks
- C] **Record Book:** 07 marks
- The record book will be assessed by Internal Examiner.

Section A (Asana)		Section B (pranayam/ mudra/ bhandh/)		Record Book	Total
Student Choice	Examiner choice	Student Choice	Examiner choice		
07 Marks	07 Marks	07 Marks	07 Marks	07 Marks	35 Marks

NB:- Separate Heads of Passing

- a) Theory paper minimum passing (Semester I) 14 marks.
- b) Theory paper minimum passing (Semester II) 14 marks.
- c) Practical Examination will be conducted at the end of Second Semester and minimum passing - 17 marks .
- d) Total Passing (Theory and Practical) minimum passing- 35 marks. e) Theory paper shall be of 1.30 hour's duration carrying 35 marks.

There will be Three Questions of the first Two of which will be having internal option carrying 15 marks. The Third question will be short answer type question and will carry 05 marks.

- f) The practical will carry I & II Semester 35 marks .

3. Nature of question paper:

- D. “30% Marks - objectives question” (Two mark each and multiple choice questions) “30% Marks - Short notes / Short answer type questions / definition Mathematical type questions) (Two mark each) “40% Marks - Descriptive type questions / Long Mathematical type questions / Problems.
- E. Questions on any topic may be set in any type of question. All questions should be set in such a way that there should be permutation and combination of questions on all topics from the Syllabus. As far as possible it should cover entire syllabus.
- F. There will be only three questions in the question paper. All questions will be compulsory. Practical Examination for B. A. I. will be conducted end the both semester.

The structures of all courses in all Faculties were approved and placed before the Academic Council. After considered deliberations and discussion it was decided not to convene a meeting of the Academic Council for the same matter as there is no deviation from any decision taken by Faculties and Academic Council. Nature of Question Paper approved by Hon. Vice Chancellor on behalf of the Academic Council.

Books Recommended

- 1] History of Yoga-Vivian Worthington, Routledge & Kegan Paul Ltd. London, 1982.
- 2] Asanas-Kuvalayannanda, Kaivalyadam, Lonavala.
- 3) योगाभ्यास मार्गदशी – म्.ल.घरोटे मेघा पब्लिकेशन कैवल्यधाम ,लोणावळा.
- ४).सर्व दर्शी संग्रह – द. बा. जोग.
- ५). शुद्धीक्रिया – प्रयोजा आणि प्रयोग ग. द. दातार योगविद्याधाम, पुणे.
- ६). योगाभ्यास सुखी जीवा प्रा. श्रीपाल जर्दे –चंद्रमा प्रकाशन कोल्हापूर-३.
- ७). प्रणायाम – बी.के. एस् आयंगार ओरिएंट लॉगमा,लि,मुंबई-३८.
- ८) योगदीपिका - बी.के. एस् आयंगार ओरिएंट लॉगमा,लि,मुंबई-३८.
- ९). योग आणि आरोग्य –डॉ धनंजय गुंडे.
- १०) आपले आरोग्य आपल्या हाती – डॉ धनंजय गुंडे.
- ११) आरोग्यची गुरुकिल्ली - डॉ धनंजय गुंडे.
- १२) योगपरिचय _ विश्वास मंडलिक