

**PUNYASHLOK AHILYADEVI HOLKAR
SOLAPUR UNIVERSITY, SOLAPUR.**



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

NEP 2020 Compliant CO-Curriculum (CC)

Subject: (CC-403) Sports

For Semester-IV

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

With effect from 2025-26

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

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


With effect from June 2025-26

Sem.	Paper Code	Title of the Paper	Semester Exam				Total Credits
			UA		CA	Total	
IV	CC-403	Sports	Th	Pr			
			15	15	20	50	2

पुण्यश्लोक अहिल्यादेवी होळकर
सोलापूर विद्यापीठ

॥ विद्यया संपन्नता ॥

NAAC Accredited 2022
B++ Grade (CGPA-2.98)

 <p>पुण्यश्लोक अहिल्यादेवी होळकर सोलापूर विद्यापीठ ॥ विद्यया संयन्ता ॥ NAAC Accredited 2022 'B++' Grade (CGPA 2.96)</p>	<p>Punyashlok Ahilyadevi Holkar Solapur University, Solapur.</p> <p>Faculty of Interdisciplinary Studies Under – Physical Education (Semester-IV) NEP 2020 Complaint Curriculum</p> <p>Vertical: Co-Curriculum (CC) SP-IV Paper Code: 403 Paper Name: Sports</p>
<p>Teaching Scheme</p> <p>Lectures: 02 Hours /Week, 02 Credits (01+01) (Th. 01 Hrs., Prac. 01 Hrs.)</p>	<p>Examination Scheme</p> <p>UA: 30 Marks Theory: 15 Marks Practical: 15 Marks CA: 20 Marks</p>

Course Preamble:

This 4th semester Sports course builds on prior knowledge by exploring fitness principles, training methods, and advanced team sports. It emphasizes components of physical fitness, basic training systems, and skills in sports like basketball and handball to promote holistic development, endurance, and competitive spirit.

Course Objective:

Upon completing this course, students will be able to:

1. Understand key components of physical fitness and their health benefits.
2. Identify basic principles of sports training and conditioning.
3. Demonstrate skills in advanced team sports and individual activities.
4. Apply training methods to improve personal performance and injury prevention.
5. Foster leadership and strategic thinking in sports scenarios.

Course Outcome

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

1. Explain fitness components and design simple training routines.
2. Perform techniques in team sports with proper rules adherence.
3. Evaluate personal fitness levels through practical assessments.
4. Promote health and wellness through sports participation.

Program Outcomes

1. Fitness Awareness: Assess and improve physical fitness for lifelong health.
2. Skill Proficiency: Master advanced sports techniques and teamwork.
3. Strategic Thinking: Apply training principles to enhance performance.
4. Wellness Promotion: Encourage balanced physical activity habits.

Section I (Theory)

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

Unit 1:Physical Fitness	No. of Lectures: 01	Weightage: 07 to 08 Marks
1.1 Meaning, Definition & Concept of Physical Fitness. 1.2 Components of Physical Fitness (Health-Related vs. Skill-Related Physical Fitness) 1.3 Fitness Testing (Endurance, Strength, Flexibility, Agility, Speed etc.)		
Unit 2: Training Principles	No. of Lectures: 01	Weightage: 07 to 08 Marks
2.1 Introduction to Sports Training (Overload, Specificity, Progression) 2.2 Types of Training (Interval, Circuit, Weight etc.) 2.3 Warm-up, Cool-down, and Injury Prevention		

Section II (Practical)

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

Practical Exam			15 Marks
i) Athletics: Discus Throw		No. Of Lectures: 01	Weightage: 05 Marks
a) Performance chart			03 Marks
Sr. no.	Men (Meter)	Women (Meter)	Marks
1.	18	15	03
2.	16	14	02
3.	14	13	01
b) For Technique & Modern style			02 Marks
ii) Athletics: Sprint 200 m		No. of Lectures: 01	Weightage: 05 Marks
a) Performance chart			03 Marks
Sr. no.	Men (Seconds)	Women (Seconds)	Marks
1.	30.00 to 31.00	34.00 to 35.00	03
2.	31.00 to 32.00	35.00 to 36.00	02
3.	32.00 to 33.00	36.00 to 37.00	01
b) For Technique & Modern style			02 Marks
iii) Athletics: Long Jump		No. Of Lectures: 01	Weightage: 05 Marks
a) Performance chart			03 Marks
Sr. no.	Men (Meter)	Women (Meter)	Marks
1.	4.50	3.50	03
2.	4.25	3.25	02
3.	4.00	3.00	01
b) For Technique & Modern style			02 Marks

College Assessments (CA)	20 Marks
Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial /Record Book.	20 Marks

<ul style="list-style-type: none"> Scheme Of Examination: Examination will be conducted at End of the Semester. 	
Theory Paper (1 Credit)	Total: 15 Marks
Q. 1: Multiple choice questions (04 MCQs x 1 mark)	04 Marks
Q. 2: Write short notes (Any Three x 2 marks)	06 Marks
Q. 3: Long Answer Questions (Any One x 5 marks)	05 Marks
Practical Examination Conducted: (1 Credit) (One Inspection Day & One Days Examination)	Total: 15 Marks
<ul style="list-style-type: none"> a) A Batch of 20 students for Practical period & Examination b) One Organizer (Internal Subject Teacher) c) Two Examiners Appointed by Organizer / University. d) Peons - Two Peons for Ground Marking, Water Supply, Equipment Supply and Collecting, etc. 	

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