


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



**FACULTY OF
INTERDISCIPLINARY STUDIES**

**NEP 2020 Compliant Curriculum for
B.A. - II (Physical Education)**

With effect from 2025-26

 <p>पुण्यश्लोक अहिल्यादेवी होळकर सोलापूर विद्यापीठ ॥ विद्यया संपन्नता ॥ NAAC Accredited 2022 'B++' Grade (CGPA 2.96)</p>	<p>Punyashlok Ahilyadevi Holkar Solapur University, Solapur.</p> <p>Faculty of Interdisciplinary Studies NEP 2020 Complaint Curriculum</p> <p>B.A. - II (Physical Education) Program Preamble</p>
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The B.A. 2nd year Physical Education program aims to equip students with a comprehensive understanding of the theoretical and practical aspects of physical education, sports, and exercise science. Building upon the foundational knowledge gained in the first year, this program delves deeper into the historical evolution of physical education, explores the intricacies of organizing and administering sports programs, and emphasizes the significance of health education and wellness promotion. Through a combination of theoretical instruction, practical training, and experiential learning, students will develop the knowledge, skills, and competencies necessary to pursue careers in various fields related to physical education and sports, such as teaching, coaching, fitness instruction, and sports management.

<p>B.A. - II (Physical Education) Program Specific Outcomes (PSOs)</p>	
<p>Upon successful completion of the B.A. 2nd year Physical Education program, students will be able to:</p>	
1.	Demonstrate a comprehensive understanding of the historical evolution and philosophical foundations of physical education.
2.	Analyze and evaluate the principles and practices of organization and administration in sports and physical education settings.
3.	Apply knowledge of health education principles to promote healthy lifestyles and address health-related issues in individuals and communities.
4.	Acquire and demonstrate proficiency in various forms of yoga and meditation techniques.
5.	Develop the skills and knowledge necessary to function effectively as a fitness instructor, including exercise prescription, program design, and client instruction.
6.	Communicate effectively both orally and in writing on topics related to physical education, sports, and health.

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

B.A. Physical Education Part-II Semester-III (CBCS) w.e.f. 2025-26

Level	Sem. III	Title of the Paper	Semester Exam				Total Credits
			UA		CA	Total	
5.0	Subject	Major – Mandatory (DSC)	Th	Pr			
	DSC-III	(PEDU-III) Physical Education-III Paper Code: G03-DSC1-0313 Paper Name: History of Physical Education	30	30	40	100	4
	DSC-IV	(PEDU-VI) Physical Education-VI Paper Code: G03-DSC1-0314 Paper Name: Organization and Administration of Physical Education and Sports	30	30	40	100	4
	Minor-III	Paper Code: G03-DSC2-0313 Paper Name: History and Principles of Physical Education	30	30	40	100	4
	GE/OE	(PEDU-GE-III) Physical Education-GE-III Paper Code: G03-GE-OE-315 Paper Name: Essentials of Health Education	15	15	20	50	2
	Vocational and Skill VSC, SEC (VSEC) and IKS						
	VSC-I	(PHY-VSC-I) Physical Education- VSC-I Paper Code: G03-VSC-313 Paper Name: Foundation of Yoga	15	15	20	50	2
	VEC	---	15	15	20	50	2
	IKS	(Generic Related)	30		20	50	2
	AEC	---	30		20	50	2
	OJT,FP,CEP,CC,RP						
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	Total Credits						22

Punyashlok Ahilyadevi Holkar Solapur University, Solapur
Syllabus (According to NEP 2020)
B.A. Physical Education Part-II Semester-IV (CBCS) w.e.f. 2025-26

Level	Sem. II	Title of the Paper	Semester Exam				Total Credits
			UA		CA	Total	
5.5	Subject	Major – Mandatory (DSC)	Th	Pr			
	DSC-V	(PEDU-V) Physical Education-V Paper Code: G03-DSC1-0413 Paper Name: Development of Physical Education and Sports	30	30	40	100	4
	DSC-VI	(PEDU-VI) Physical Education-VI Paper Code: G03-DSC1-0414 Paper Name: Organization and Administration of Meets and Tournaments	60		40	100	4
	Minor-IV	Paper Code: G03-DSC2-0413 Paper Name: Olympic Games and Indian Sports Awards	60		40	100	4
	GE/OE	(PEDU-GE-IV) Physical Education-GE-IV Paper Code: G03-GE-OE-414 Paper Name: Applied Health Education	15	15	20	50	2
	Vocational and Skill VSC, SEC (VSEC) and IKS						
	VSC-II	(PHY-VSC-II) Physical Education- VSC-II Paper Code: G03-VSC-413 Paper Name: Essentials of Yoga	15	15	20	50	2
	SEC-III	(PHY-SEC-III) Physical Education-SEC-III Paper Code: G03-SEC-413 Paper Name: Gym and Fitness Instructor	15	15	20	50	2
	AEC	---	30		20	50	2
	VEC	---	30		20	50	2
	OJT,FP,CEP,CC,RP						
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						Total Credits	22

Major: Mandatory/Elective **DSC:** Discipline Specific Core Course

Minor: The course may be from different disciplines of the same faculty of DSC Major or different faculty altogether.


PE: Physical Education, **Th:** Theory, **Pr:** Practical, **CA:** College Assessment, **UA:** University Assessment

IDC/MDC/GEC/OE: Inter-disciplinary courses/Multi-disciplinary courses/General Elective courses/Open Elective to be chosen compulsorily from faculty other than that of the Major.

VSC/SEC: Vocational Skill Courses (Major related)/ Skill Enhancement Courses

AEC/VAC/IKS: Ability Enhancement Courses (English, Modern Indian Language)/Value Added Courses (Democracy & Good Governance)/ Indian Knowledge Skill (Major related)

OJT/FP/FP/CEP/CC: On-Job Training (Internship/Apprenticeship) / Field Project (Major related)/ Research Projects (Major related) Community Engagement (Major related)/ Co-Curricular courses (CC) such as Health and wellness, Yoga Education, Sports, and Fitness, Cultural activities, NSS/NCC and Fine/ applied/ visual/ performing Arts

	<p>Punyashlok Ahilyadevi Holkar Solapur University, Solapur.</p> <p>Faculty of Interdisciplinary Studies NEP 2020 Complaint Curriculum</p> <p>B.A.-II (Physical Education) Semester-III</p> <p>Vertical: DSC (PEDU-III) Physical Education Paper-III</p> <p>Paper Code: G03-DSC1-0313</p> <p>Paper Name: History of Physical Education</p>	
<p>Teaching Scheme</p> <p>Lectures: 04 Hours Week, 04 Credits (02+02) (Th. 02 Hrs., Prac. 02 Hrs.)</p>		<p>Examination Scheme</p> <p>UA: 60 Marks Theory: 30 Marks Practical: 30 Marks CA: 40 Marks</p>
<p>Course Preamble:</p> <p>Physical education has played a vital role in shaping human development, cultural identity, and societal well-being across ages. Understanding its historical evolution provides a comprehensive perspective on how physical activities have been integrated into education, healthcare, and recreation. This subject explores the origins, growth, and significant milestones of physical education from ancient to modern times, with a special focus on its role in shaping individual and collective health, discipline, and character.</p>		
<p>Objective of the Course:</p> <ol style="list-style-type: none">1) To provide a comprehensive understanding of the historical development of physical education.2) To explore the impact of physical education on culture, health, and society across different periods.3) To examine the evolution of physical education in India and its global connections.		
<p>Course Outcome</p> <p>After successful completion of this course, the students will be able to:</p> <ol style="list-style-type: none">1) Understand and explain elements of physical education in primitive societies.2) Understand the Physical Education in ancient India.3) Understand the nature and concept of ancient Olympic game.4) Understand development of physical Education in various countries.		

Paper-III (Theory)

Hours: 02/ Week, **Credits:** 02 (**Marks:** UA: 30 & CA: 40 Marks)

Unit 1:Physical Education in Ancient Times	No. of Lectures: 02	Weightage: 10 Marks
<p>a) Elements of Physical Education in Primitive Societies with reference to Aims, Promotions, Programmes and methods of Physical Education.</p> <p>b) Physical Education in Ancient India – Periods:- i. Advent of Aryans 1500 BCE to 600 BCE (Early Period) ii. Epic Age 1000 BCE to 600 BCE iii. Buddhist Period. 563 BCE to 483 BCE According to activities such as Archery, Wrestling, and Yoga etc.</p>		
Unit 2:The Physical Education in India	No. of Lectures: 02	Weightage: 10 Marks
<p>a) Development of Physical Education in India : i. Mughal Period. ii. Maratha Period iii. British Period.</p> <p>b) Development of Physical Education in Maharashtra. i. Period of Nationalism : 1920 onwards ii. Modern Period : 1937 onwards</p>		
Unit 3:Reflections of physical education in Olympic Games	No. of Lectures: 02	Weightage: 10 Marks
<p>a) Ancient Olympic Games (Aim & Nature) :- i. Legendary origin ii. significance of the games iii. eligibility for participation, conduct of events, awards iv. Decline of ancient Olympics.</p> <p>b) Modern Olympic Games (Aim & Nature) :- i. Revival of the Olympic Games. ii. Controlling body. iii. Olympic flag, Olympic torch. iv. Eligibility criteria, venues, events, awards. v. Opening and closing of ceremony.</p>		

Paper-III (Practical)


Hours: 02/ Week, Credits: 02 (Marks: 30)

Unit 1: Indian Game: - Kho-Kho		No. of Lectures: 02	Weightage: 15 Marks
1. Fundamental Skills			05 Marks
2. Techniques & Tactical			05 Marks
3. Rules of the Game			05 Marks
Unit 2: Athletics – Throw Event		No. of Lectures: 02	Weightage: 15 Marks
i) Discus Throw			15 Marks
a) Performance			
Men	Women	09 Marks	
18 Meter	15 Meter	09 Marks	
16 Meter	14 Meter	06 Marks	
14 Meter	13 Meter	03 Marks	
b) For Technique & Modern style			06 Marks

College Assessments (CA)	40 Marks
1) Internal Assessment / Home Assignment / Unit Tests	20 Marks
2) Oral and Tutorial /Record Book,	20 Marks

॥ विद्यया संपन्नता ॥

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<p>Teaching Scheme</p> <p>Lectures: 04 Hours Week, 04 Credits (02+02) (Th. 02 Hrs., Prac. 02 Hrs.)</p>	<p>Examination Scheme</p> <p>UA: 60 Marks Theory: 30 Marks Practical: 30 Marks CA: 40 Marks</p>

Course Preamble:

Effective organization and administration are essential for the success of physical education programs and sports activities. This subject delves into the principles, practices, and strategies required to manage physical education and sports programs at various levels. From planning and resource allocation to event management and policy implementation, this course equips students with the knowledge and skills necessary to lead and sustain successful initiatives in the field of physical education and sports.

Objective of the Course:

- 1) Introduce the principles of organization and administration in physical education and sports.
- 2) Develop skills for planning, resource management, and event execution.
- 3) Foster leadership abilities and understanding of policies and legal frameworks.
- 4) Equip students to address practical challenges in sports and physical education management.

Course Outcome

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

- 1) Understand Organization and conduct of program in physical education.
- 2) Understand conduct of sports events, equipment and facilities, budget making etc.
- 3) Understand the Principles of Organization and Administration and their Professional service.
- 4) Understand administrative policies and the means of establishing these.

Paper-IV (Theory)

Hours: 02/ Week, **Credits:** 02 (**Marks:** UA: 30 & CA: 40 Marks)

Unit 1: The Nature and Philosophy of Organization and Administration	No. of Lectures: 02	Weightage: 10 Marks
a) Nature of Organization and administration– i. Meaning, Definition and Concept of Organization and Administration ii. Need and Importance of Organization and Administration b) Philosophy of organization and administration – i. Principles of Organization in Physical Education and Sports. ii. Principles of Administration in Physical Education and Sports.		
Unit 2: Sports Equipments	No. of Lectures: 02	Weightage: 10 Marks
a) Policies of purchases of Sports Equipments. b) Care and Maintenance of Sports Equipments.		
Unit 3: Organizing and Planning a Quality Physical Education Program	No. of Lectures: 02	Weightage: 10 Marks
a) Meaning and Definition of quality Physical Education program. b) Benefits of a Quality Physical Education Program. c) Essential Components of quality Physical Education program.		

पुण्यश्लोक अहिल्यादेवी होळकर
सोलापूर विद्यापीठ


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Paper-IV (Practical)
Hours: 02/ Week, Credits: 02 (Marks: 30)

Unit 1: Indian Exercise	No. of Lectures: 02	Weightage: 10 Marks
i) Yogasanas (Any Three)		09 Marks
Padmasan, Pad-Hastasan, Veerasan, Shalbhasan, Navkasan, Tadasan, Suptavajrasan.		
ii) Pranayam (Any Two)		06 Marks
Anulomvilom, Kapalbhati, Shitali, Chandrabhedan, Suryabhedan		
Unit 2: Athletics – Running Event	No. of Lectures: 02	Weightage: 15 Marks
ii) Middle Distance Run: 800 Meter Run		15 Marks
a) Performance		
Men	Women	09 Marks
02:40 Seconds	03:40 Seconds	09 Marks
02:45 Seconds	03:40 Seconds	06 Marks
02:50 Seconds	03:40 Seconds	03 Marks
b) For Technique & Modern style		06 Marks

College Assessments (CA)	40 Marks
3) Internal Assessment / Home Assignment / Unit Tests	20 Marks
4) Oral and Tutorial /Record Book,	20 Marks

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<p>Teaching Scheme</p> <p>Lectures: 04 Hours Week, 04 Credits (02+02) (Th. 02 Hrs., Prac. 02 Hrs.)</p>	<p>Examination Scheme</p> <p>UA: 60 Marks Theory: 30 Marks Practical: 30 Marks CA: 40 Marks</p>

Paper-V (Theory)

Hours: 02/ Week, Credits: 02 (Marks: UA: 30 & CA: 40 Marks)


Unit 1: Different Institutions for Training of Physical Education in India	No. of Lectures: 02	Weightage: 10 Marks
<p>a) National Institutions –</p> <ol style="list-style-type: none"> Netaji Subhash National Institute of sports Lakshmibai National Institute of Physical Education Sports India Shree Hanuman Vyayam parsarak Mandal Amravaati, Maharashtra. <p>b) Directorate of sports and youth services, Maharashtra state</p> <ol style="list-style-type: none"> Structure Functions 		
Unit 2: Sports Awards in India	No. of Lectures: 02	Weightage: 10 Marks
<p>a) National Level Awards</p> <ol style="list-style-type: none"> Major Dhan Chand Khel Ratna Award Arjun Award Dronacharya Award <p>b) State Level Awards(In Maharashtra)</p> <ol style="list-style-type: none"> Shiv Chhatrapati state sports Award. The Best Coach Award. 		
Unit 3: Sports Personalities in India	No. of Lectures: 02	Weightage: 10 Marks
<ol style="list-style-type: none"> Major Dhan Chand. Khashaba Jadhav. Pilavullakandi Thekkeparambil.Usha (P. T. Usha) Abhinav Bindra. Mery kom 		

Paper-V (Practical)

Hours: 02/ Week, Credits: 02 (Marks: 30)

Unit 1: Athletics - Jump Event		No. of Lectures: 02	Weightage: 15 Marks
i) High Jump			15 Marks
a) Performance			
Men	Women	09 Marks	
01.30 Meter	01.10 Meter	09 Marks	
01.25 Meter	01.05 Meter	06 Marks	
01.20 Meter	01.00 Meter	03 Marks	
Unit 2: Athletics – Running Event		No. of Lectures: 02	Weightage: 15 Marks
i) Middle Distance Run 1500 Meter Running			15 Marks
b) Performance			
Men	Women	09 Marks	
05:45 Seconds	07:00 Seconds	09 Marks	
05:50 Seconds	07:10 Seconds	06 Marks	
05:55 Seconds	07:20 Seconds	03 Marks	
b) For Technique & Modern style			06 Marks

College Assessments (CA)	40 Marks
5) Internal Assessment / Home Assignment / Unit Tests	20 Marks
6) Oral and Tutorial /Record Book,	20 Marks

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<p>Teaching Scheme</p> <p>Lectures: 04 Hours Week, 04 Credits (02+02) (Th. 02 Hrs., Prac. 02 Hrs.)</p>	<p>Examination Scheme</p> <p>UA: 60 Marks Theory: 30 Marks Practical: 30 Marks CA: 40 Marks</p>

Paper-VI (Theory)
Hours: 02/ Week, Credits: 02 (Marks: UA: 30 & CA: 40 Marks)


Unit 1: Meets and Tournaments	No. of Lectures: 02	Weightage: 10 Marks
a) Importance of meets and tournaments. b) Methods of Tournaments – i. Knock-out method. ii. League method. iii. Combination method. <i>(To draw the lots, their merits and demerits)</i> c) Athletic Meet : Officials, various Committees, Opening ceremony, closing ceremony		
Unit 2: Module II: Organization and Administration of Competitions	No. of Lectures: 02	Weightage: 10 Marks
a) Sports Competitions – i. Inter-collegiate / Zonal Competitions of P. A. H. Solapur University. ii. Inter-Zonal Competitions of P. A. H. Solapur University. iii. Inter university sports competitions. b) Human resources for organization and administration of competitions. i. Organization body. ii. Finance committee iii. Officials and committees.		
Unit 3: Play Ground Standards and Facilities	No. of Lectures: 02	Weightage: 10 Marks
a) Preparation and Maintenance of Playgrounds. b) Gymnasium: Standards, Facilities and Maintenances. c) Lay-out of Play fields – Kabaddi, Kho-Kho, Volleyball, Handball, Cricket, Basket Ball.		

Paper-VI (Practical)

Hours: 02/ Week, Credits: 02 (Marks: 30)

Unit 1: Ball Game – Hand Ball or Basket Ball	No. of Lectures: 02	Weightage: 15 Marks
a) Performance		15 Marks
1. Fundamental Skills		05 Marks
2. Rules of the Game		05 Marks
b) Ground Marking		05 Marks
Unit 2: Indian Exercise	No. of Lectures: 02	Weightage: 15 Marks
i) Middle Distance Run 1500 Meter Running		15 Marks
a) Performance		
Men: 20 Surya Namaskar		
Women: 12 Surya Namaskar		10 Marks
b) Mudras (Any Two) Prana Mudras, Gyan Mudras, Surya Mudras, Vayu Mudras, Shoonya Mudra, Apaana Mudra, Prithvi Mudra		05 Marks

College Assessments (CA)	40 Marks
1) Internal Assessment / Home Assignment / Unit Tests	20 Marks
2) Oral and Tutorial /Record Book,	20 Marks

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<p>Teaching Scheme</p> <p>Lectures: 04 Hours Week, 04 Credits (02+02) (Th. 02 Hrs., Prac. 02 Hrs.)</p>	<p>Examination Scheme</p> <p>UA: 60 Marks Theory: 30 Marks Practical: 30 Marks CA: 40 Marks</p>

Course Preamble:

The study of the history and principles of physical education, Olympic Games, and awards in India provides a comprehensive understanding of the development and evolution of sports and physical activity in the country. This course examines the historical context, philosophical foundations, and cultural significance of physical education, Olympic Games, and awards in India, enabling students to appreciate the rich heritage and traditions of Indian sports.

Objective of the Course:

To enable the students to :

- 1) Understand the historical development of physical education in India.
- 2) Analyze the philosophical principles underlying physical education and sports.
- 3) Examine the evolution and impact of the Olympic Games on Indian sports.
- 4) Appreciate the significance of national and international awards in Indian sports.

Course Outcome

Upon completion of this course, students will be able to:

- 1) Describe the historical milestones in the development of physical education in India.
- 2) Explain the philosophical principles underlying physical education and sports.
- 3) Analyze the impact of the Olympic Games on Indian sports and society.
- 4) Identify and describe national and international awards in Indian sports.
- 5) Evaluate the significance of awards and recognition in promoting excellence in sports.

SEM-III Minor-III (Theory)

Hours: 02/ Week, **Credits:** 02 (**Marks:** UA: 30 & CA: 40 Marks)

Unit 1: Concept of Principles of Physical Education	No. of Lectures: 02	Weightage: 10 Marks
a) Meaning and Definition of Physical Education b) Principles of Physical Education c) General Aims and Objectives of Physical Education		
Unit 2: Physical Education in Ancient India	No. of Lectures: 02	Weightage: 10 Marks
a) Aryan Period/ 2000 BCE b) 1500 BCE to 600 BCE/ Jainism and Buddhist Period		
Unit 3: Development of Physical Education in India	No. of Lectures: 02	Weightage: 10 Marks
a) Mughal Period b) Maratha Period c) British Period		

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SEM-III Minor-III (Practical)
Hours: 02/ Week, Credits: 02 (Marks: 30)

Unit 1: Athletics – Sprint	No. of Lectures: 02	Weightage: 10 Marks
Sprint – 100 m, 200m (any one) a) Performance The candidates running 100m/ 200m will get the Marks as given below performance		10 Marks
100 mtrs. (Men) -	100 mtrs. (Women)–	05 Marks
14.00 to 14.50 sec.-	16.00 to 16.50 sec.-	05 Marks
14.50 to 15.50 sec.-	16.50 to 17.50 sec.-	03 Marks
15.50 to 16.50 sec.-	17.50 to 18.50 sec.-	02 Marks
200 mtrs. (Men)	200 mtrs. (Women)	05 Marks
30.00 to 30.50 sec.-	34.00 to 34.50 sec.-	05 Marks
30.50 to 31.50 sec.-	34.50 to 35.50 sec.-	03 Marks
31.50 to 32.50 sec.-	35.50 to 36.50 sec.-	02 Marks
b) For Technique & Modern style		05 Marks
Unit 2: Indian Game: - Kabaddi	No. of Lectures: 02	Weightage: 10 Marks
1. Fundamental Skills		05 Marks
2. Rules of the Game		05 Marks
Unit 3: One Ball Game- Volleyball	No. of Lectures: 02	Weightage: 10 Marks
1. Fundamental Skills		05 Marks
2. Rules of the Game		05 Marks

College Assessments (CA)	40 Marks
1) Internal Assessment / Home Assignment / Unit Tests	20 Marks
2) Oral and Tutorial /Record Book,	20 Marks

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<p>Teaching Scheme</p> <p>Lectures: 04 Hours Week, 04 Credits (02+02) (Th. 02 Hrs., Prac. 02 Hrs.)</p>	<p>Examination Scheme</p> <p>UA: 60 Marks Theory: 30 Marks Practical: 30 Marks CA: 40 Marks</p>


SEM-IV Minor-IV (Theory)

Hours: 02/ Week, Credits: 02 (Marks: UA: 30 & CA: 40 Marks)

Unit 1: Ancient Olympic Games (Aim & Nature)	No. of Lectures: 02	Weightage: 10 Marks
a) Legendary origin b) Significance of the games c) Eligibility for participation, conduct of events, awards d) Decline of ancient Olympics.		
Unit 2: Modern Olympic Games (Aim & Nature)	No. of Lectures: 02	Weightage: 10 Marks
a) Revival of the Olympic Games. b) Controlling body. c) Olympic flag, Olympic torch. d) Eligibility criteria, venues, events, awards. e) Opening and closing of ceremony.		
Unit 3: Indian Sports Awards	No. of Lectures: 02	Weightage: 10 Marks
a) National Level Awards <ol style="list-style-type: none"> Major Dhan Chand Khel Ratna Award Arjun Award Dronacharya Award b) State Level Awards(In Maharashtra) <ol style="list-style-type: none"> Shiv Chhatrapati state sports Award. The Best Coach Award. 		

SEM-IV Minor-IV (Practical)
Hours: 02/ Week, Credits: 02 (Marks: 30)

Unit 1: Indian Game: - Kho-Kho		No. of Lectures: 02	Weightage: 10 Marks
4. Fundamental Skills			05 Marks
5. Techniques & Tactical			03 Marks
1. Rules of the Game			02 Marks
Unit 2: Athletics – Throw Event		No. of Lectures: 02	Weightage: 10 Marks
i) Discus Throw a) Performance			05 Marks
Men	Women		
18 Meter	15 Meter		05 Marks
16 Meter	14 Meter		03 Marks
14 Meter	13 Meter		02 Marks
b) For Technique & Modern style			05 Marks
Unit 3: Athletics – Broad Jump		No. of Lectures: 02	Weightage: 10 Marks
ii) Long/ Broad Jump a) Performance			05 Marks
Men	Women		
1) 4.50 metres	1) 3.50 meters		05 Marks
2) 4.25 metres	2) 3.25 meters		03 Marks
3) 4.00 meters	3) 3.00 meters		02 Marks
b) For Technique & Modern style			05 Marks

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<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:

In an increasingly complex and interconnected world, understanding and promoting health is not just a personal responsibility but a collective endeavor. This course, "Health Education," provides students with a foundational understanding of health and well-being. It explores the multifaceted dimensions of health, including physical, mental, emotional, and social well-being. Through engaging discussions, interactive activities, and real-world case studies, students will gain valuable insights into health promotion strategies, critical thinking skills, and the importance of making informed choices for a healthy lifestyle.

Objective of the Course:

- 1) To define and explain the key concepts and dimensions of health.
- 2) To explore the social, environmental, and behavioral factors that influence individual and community health.
- 3) To analyze health information and critically evaluate health claims and messages.
- 4) To develop effective communication and interpersonal skills for health promotion.
- 5) To understand the role of individuals and communities in promoting health and preventing disease.
- 6) To explore diverse perspectives on health and well-being across cultures and contexts.

Course Outcome

Upon successful completion of this course, students will be able to:


- 1) Demonstrate a comprehensive understanding of the multifaceted dimensions of health.
- 2) Analyze health information from various sources and identify credible information.
- 3) Apply critical thinking skills to evaluate health-related decisions and behaviors.
- 4) Communicate effectively about health issues and promote healthy behaviors.
- 5) Develop an understanding of the social and ethical implications of health-related choices.
- 6) Appreciate the importance of health promotion in achieving personal and societal well-being.

SEM-III GE-III (Theory)**Hours:** 01/ Week, **Credits:** 01 (**Marks:** UA: 15 & CA: 20 Marks)

Unit 1:Introduction	No. of Lectures: 01	Weightage: 07 to 08 Marks
a) Meaning, Definitions of Health Education. b) Nature, Scope & Objectives of Health Education. i. Physical Health Education ii. Mental Health iii. Social Health		
Unit 2:Health of the Community	No. of Lectures: 01	Weightage: 07 to 08 Marks
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.		

SEM-III GE-III (Practical)**Hours:** 01/ Week, **Credits:** 01 (**Marks:** 15)

Unit 1: Gymnastics (Any Four)	No. of Lectures: 01	Weightage: 15 Marks
a) Performance		12 Marks
1. Forward Roll		03 Marks
2. Backward Roll		03 Marks
3. Dive Roll		03 Marks
4. Cart Wheel		03 Marks
5. Hand Stand		03 Marks
6. Summer Sault		03 Marks
b) For Technique & Modern style		03 Marks
College Assessments (CA)		20 Marks
Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial /Record Book.		20 Marks

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<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>	

SEM-IV GE-IV (Theory)


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

Unit 1: Health Programs and Body Postures	No. of Lectures: 01	Weightage: 07 to 08 Marks
<p>1) Health Programs</p> <p>a) Importance of exercises in health and fitness.</p> <p>b) Drugs, Alcohol and Tobacco: Adverse effect on performance.</p> <p>2) Body posture</p> <p>a) Types of body posture.</p> <p>b) Body posture its deformities.</p>		
Unit 2: Health Organization and Sex Education	No. of Lectures: 01	Weightage: 07 to 08 Marks
<p>a) World Health Organization - Constitution, Aims & Objectives, Plans of Operations, Assistance, functions and importance.</p> <p>b) Importance and need of family planning and Sex Education in India.</p>		

SEM-IV GE-IV (Practical)

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

Unit 1: One Ball Game: Cricket or Football	No. of Lectures: 01	Weightage: 15 Marks
1. Fundamental Skills		05 Marks
2. Rules of the Game		05 Marks
3. Ground Marking & Measurement (Diagram)		05 Marks
College Assessments (CA)		20 Marks
Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial /Record Book.		20 Marks

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<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 syllabus provides a foundation for further exploration of yoga and its practical applications. It aims to develop a balanced practice that fosters both physical and mental well-being.

The preamble aligns with the objectives of this syllabus by setting a foundation of unity, mindfulness, and dedication, which are core values in yoga studies. It reflects the holistic approach of the course, emphasizing physical, mental, and spiritual growth while fostering respect for the ancient tradition of yoga. This preamble inspires students to approach their practice with sincerity, discipline, and openness, resonating with the essence of the course content and outcomes.

Objective of the Course:

To enable the student teacher to :

- 1) Acquaint with concept and definition of Yoga.
- 2) Understand the current misconceptions about Yoga.
- 3) Acquaint with survey & development of Yoga from Vedic period to modern period.
- 4) Practice different types of asana, mudra and pranayama

Course Outcome

By the end of the course, students will:


- 1) Understand the historical and philosophical roots of yoga.
- 2) Perform basic yoga postures with correct alignment.
- 3) Practice simple breathing techniques and mindfulness meditation.
- 4) Appreciate yoga as a holistic discipline for physical and mental well-being.

SEM-III VSC-I (Theory)**Hours:** 01/ Week, **Credits:** 01 (**Marks:** UA: 15 & CA: 20 Marks)

Unit 1: Introduction of Yoga	No. of Lectures: 01	Weightage: 07 to 08 Marks
a) Concept and Definition of Yoga. b) Current Misconceptions about Yoga.		
Unit 2: Development of Yoga	No. of Lectures: 01	Weightage: 07 to 08 Marks
a) Survey of Development of Yoga from Vedic period to Modern period. b) Philosophical Information of international day of yoga		

SEM-III VSC-I (Practical)**Hours:** 01/ Week, **Credits:** 01 (**Marks:** 15)

Practical Work (SEM-III) A batch of 20 students for Practical Teaching and Examination	Weightage 15 Marks
A) Vajarasana, Padmasana, Bhujangasana, Vakrasana, Ardhashalabhasana, Gomukhasana, Dhanurasana, Paschimottanasana.	08 Marks
B) Uddiyana Bandha, Jalandhar Bandha, Brahma Mudra, Dnyan Mudra, Ujjayi Pranayam (without kumbhak), Shitali Pranayam	07 Marks
College Assessments (CA)	20 Marks
Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial /Record Book.	20 Marks

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<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>	

SEM-IV VSC-II (Theory)


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

<p>Unit 1: Ashthanga Yoga of Patanjali.</p>	<p>No. of Lectures: 01</p>	<p>Weightage: 07 to 08 Marks</p>
<p>A) Yam, Niyam, Asana, Pranyam, Pratyahar, Dharana, Dhyan, Samadhi B) States of Chitta, Kinds of Chittavrutts and Methods of their Controls</p>		
<p>Unit 2: Yoga Techniques and Ayush Ministry</p>	<p>No. of Lectures: 01</p>	<p>Weightage: 07 to 08 Marks</p>
<p>A) Various techniques of Yoga like Asana, Pranayam, Kriya, Bandha, Mudra, and their utility into day to day life. B) Facilities of Ayush Ministry.</p>		

SEM-IV VSC-II (Practical)

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

<p>Practical Work (SEM-IV) A batch of 20 students for Practical Teaching and Examination</p>	<p>Weightage 15 Marks</p>
<p>A) Chakrasana (Lateral), Halasana, Matsyasana, Mayurasana, Shavasana, Sarvangasana, Swastikasana, Padahasthasana.</p>	<p>08 Marks</p>
<p>B) Mul Bandha, Shinhamudra, Yoga mudra, Kapalbhati Pranayam, Bhramari Pranayam, Bhastrika Pranayam .</p>	<p>07 Marks</p>
<p>College Assessments (CA)</p>	<p>20 Marks</p>
<p>Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial /Record Book.</p>	<p>20 Marks</p>

 <p>पुण्यश्लोक अहिल्यादेवी होळकर सोलापूर विद्यापीठ ॥ विद्यया संपन्नता ॥ NAAC Accredited 2022 'B++' Grade (CGPA 2.96)</p>	<p>Punyashlok Ahilyadevi Holkar Solapur University, Solapur.</p> <p>Faculty of Interdisciplinary Studies NEP 2020 Complaint Curriculum</p> <p>B.A.-II (Physical Education) Semester-IV</p> <p>Vertical: SEC (PHY-SEC-III) Physical Education-SEC-III</p> <p>Paper Code: G03-SEC-413</p> <p>Paper Name: Gym and Fitness Instructor</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:

The Gym and Fitness Instructor course is designed to equip students with the knowledge, skills, and competencies necessary to plan, instruct, and supervise safe and effective exercise programs in a gym or fitness setting. This course emphasizes the application of exercise science principles, risk management strategies, and communication techniques to ensure a positive and supportive learning environment.

Objective of the Course:

To prepare students to design and deliver safe, effective, and engaging exercise programs for diverse populations in a gym or fitness setting.

Course Outcome

Upon completion of this course, students will be able to:

1. Demonstrate a comprehensive understanding of exercise science principles, including anatomy, physiology, and biomechanics.
2. Design and implement safe and effective exercise programs for diverse populations, including children, adults, and older adults.
3. Identify and manage risks associated with exercise participation, including injury prevention and emergency response.
4. Demonstrate effective communication and instructional skills, including group instruction, one-on-one coaching, and feedback techniques.
5. Apply principles of exercise adherence and motivation to promote long-term behavior change.

SEM-IV SEC-III (Theory)**Hours: 01/ Week, Credits: 01 (Marks: UA: 15 & CA: 20 Marks)**

Unit 1: Anatomy, Physiology and Biomechanics	No. of Lectures: 01	Weightage: 07 to 08 Marks
a) Different Systems in Human Body b) Types of Joints and Their Movements c) Types of Lever		
Unit 2: Nutrition and Physical Training Methods	No. of Lectures: 01	Weightage: 07 to 08 Marks
a) Nutrition: Micro Nutrition, Macro Nutrition and Vitamins b) Meaning, Principles and Types of Training Methods c) Fitness Testing: BMI, Strength, Endurance, Flexibility, Power etc. d) Injuries and Their Management		

SEM-IV SEC-III (Practical)**Hours: 01/ Week, Credits: 01 (Marks: 15)**

Unit 1: Warm up, Cooling Down and Stretching	No. of Lectures: 01	Weightage: 07 to 08 Marks
a) Types of Stretching: Static, Dynamic and PNF. b) Warm up and Cooling Down: Stretches, Rotational Exercises, Pulse Rising Exercises and Their Benefits.		
Unit 2: Different type of Exercises and Training Methods	No. of Lectures: 01	Weightage: 07 to 08 Marks
a) Types of Exercises: Body Weight, Machine, Free Weight, b) Training Methods: Strength Training, Endurance Training, Plyometric Training, Aerobics Training, Circuite Training, etc.		
Practical Exam		15 Marks
<ul style="list-style-type: none"> Any One Warming up Exercise One Upper Body Exercise of Student's choice One Upper Body Exercise of Examiner's choice One Lower Body Exercise of Student's choice One Lower Body Exercise of Examiner's choice 		03 Marks 03 Marks 03 Marks 03 Marks 03 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 (2 Credits)	Total: 30 Marks
Q. 1: Multiple choice questions (06 MCQs x 1 mark)	06 Marks
Q. 2: Write the answers in one sentence (Any Four x 2 marks)	08 Marks
Q. 3: Write short notes (Any Two x 4 marks)	08 Marks
Q. 4: Long Answer Questions (Any One x 8 marks)	08 Marks
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: (2 Credits) (One Inspection Day & Two Days Examination)	Total: 30 Marks
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.	
Practical Examination Conducted: (1 Credit) (One Inspection Day & One Days Examination)	Total: 15 Marks
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.	

सोलापूर विद्यापीठ



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Books Recommended:	
1.	E. F. Voltimen and A. A. E. Islinger – 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 others – The Administration of Health and Physical Education – Philadelphia – W. B. Saunders Co.
7.	Krishna murthy J., Administration and Organization of Physical Education and sports, commonwealth publishers, New Delhi, 2005.
8.	Jayne Greenberg and Judy LoBianco, Organization and Administration of Physical Education. Humankinetics pages : 408 Binding : Taschenbuch, 2019
9.	Health Education and Hygiene: J. S. Manjal, Universal Publishers, Agra.
10.	Adapted and Corrective Physical Education: Kielly.
11.	Applied anatomy and Kinesiology: Rash and Burke.
12.	Exercise Physiology: Fox.
13.	Basic Weight Training for Men and Women Thomas D. Fahey
14.	Concepts of Athletic Training Pfeiffer Mangus.
15.	Nutrition and Diet Therapy Lutz and Przytulshi
16.	Sport Training Principles Frank W. Dick .
17.	Strength Training and Conditioning R. A. Proctor
18.	History of Yoga-Vivian Worthington, Routledge & Kegan Paul Ltd. London, 1982.
19.	Asanas-Kuvalayannanda, Kaivalyadam, Lonavala.
20.	
21.	Principles of Physical Education: J. F. Williams, W. B. Sanders Company, Philadelphia, London.
22.	Physical Education: Interpretations and objectives: J. B. Nash, The Ronald Press Company, New York.
23.	Health, Exercise and Fitness, Dr.Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi
24.	Yoga for Promotion of Positive Health, 2011. Dr.H.R.Nagendra and Dr.R.Nagarathna, Swamy Vivekananda Yoga Prakashna, Bangalore
25.	"Asana, Pranayama, Mudra, Bandha", 1969, Swamy Sathy 27/52 Saraswati, Bihar Yoga Bharati, Munger
26.	क्रीडामानसशास्त्र: डॉ.प.म. आलेगांवकर,श्री.गजानन बुक डेपो,पुणे३०.
27.	आधुनिक हॉलीबॉल: व्यंकटेश वांगवड, गजानन बुक डेपो, पुणे. ३०.
28.	अथलेटिक्स: राम भगवत, ट्रॅक अँड फोल्ड पब्लिकेशन, पुणे.-९.
29.	मैदानी स्पर्धा व नियम, आयोजन: उमेश तावडे, रामभागवत ट्रॅक अँड फील्ड प्रकाशन, पुणे.