


**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>
---	---

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: Paper Name: History of Physical Education	30	30	40	100	4
	DSC-IV	(PEDU-VI) Physical Education-VI Paper Code: Paper Name: Organization and Administration of Physical Education and Sports	30	30	40	100	4
	Minor-III	Paper Code: Paper Name: History and Principles of Physical Education	30	30	40	100	4
	GE/OE	(PEDU-GE-III) Physical Education-GE-III Paper Code: 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: 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						
	---	---	---	---	---	---	---
	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: Paper Name: Development of Physical Education and Sports	30	30	40	100	4
	DSC-VI	(PEDU-VI) Physical Education-VI Paper Code: Paper Name: Organization and Administration of Meets and Tournaments	60		40	100	4
	Minor-IV	Paper Code: Paper Name: Olympic Games and Indian Sports Awards	60		40	100	4
	GE/OE	(PEDU-GE-IV) Physical Education-GE-IV Paper Code: 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: Paper Name: Essentials of Yoga	15	15	20	50	2
	SEC-III	(PHY-SEC-III) Physical Education-SEC-III Paper Code: 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						
	---	---	---	---	---	---	---
						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/RP/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:</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 a) Performance			15 Marks
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 ॥

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

 <p>पुण्यश्लोक अहिल्यादेवी होळकर सोलापूर विद्यापीठ</p> <p>॥ विद्यया संपन्नता ॥</p> <p>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-III</p> <p>Vertical: DSC (PEDU-IV) Physical Education Paper-IV</p> <p>Paper Code:</p> <p>Paper Name: Organization and Administration in Physical Education and Sports.</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>

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


॥ विद्यया संपन्नता ॥

NACC Accredited 2022
B++ Grade (GPA-2.98)

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

 <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: DSC (PEDU-V) Physical Education Paper-V</p> <p>Paper Code:</p> <p>Paper Name: Development of Physical Education & Sports</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>

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

 <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: DSC (PEDU-VI) Physical Education Paper-VI</p> <p>Paper Code:</p> <p>Paper Name: Organization and Administration of Meets and Tournaments.</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>

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
<p>a) Importance of meets and tournaments.</p> <p>b) Methods of Tournaments –</p> <ol style="list-style-type: none"> Knock-out method. League method. Combination method. <p>(To draw the lots, their merits and demerits)</p> <p>c) Athletic Meet : Officials, various Committees, Opening ceremony, closing ceremony</p>		
Unit 2: Module II: Organization and Administration of Competitions	No. of Lectures: 02	Weightage: 10 Marks
<p>a) Sports Competitions –</p> <ol style="list-style-type: none"> Inter-collegiate / Zonal Competitions of P. A. H. Solapur University. Inter-Zonal Competitions of P. A. H. Solapur University. Inter university sports competitions. <p>b) Human resources for organization and administration of competitions.</p> <ol style="list-style-type: none"> Organization body. Finance committee Officials and committees. 		
Unit 3: Play Ground Standards and Facilities	No. of Lectures: 02	Weightage: 10 Marks
<p>a) Preparation and Maintenance of Playgrounds.</p> <p>b) Gymnasium: Standards, Facilities and Maintenances.</p> <p>c) Lay-out of Play fields – Kabaddi, Kho-Kho, Volleyball, Handball, Cricket, Basket Ball.</p>		

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		
a) Performance		15 Marks
Men: 20 Surya Namaskar		10 Marks
Women: 12 Surya Namaskar		
b) Mudras (Any Two) Prana Mudras, Gyan Mudras, Surya Mudras, Vayu Mudras, Shoonya Mudra, Apaan 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

 <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-III</p> <p>Vertical: Minor-III (Physical Education)</p> <p>Paper Code:</p> <p>Paper Name: History and Principles 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>

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		

पुण्यश्लोक अहिल्यादेवी होळकर
सोलापूर विद्यापीठ


॥ विद्यया संपन्नता ॥

NMAC Accredited 2022
B++ Grade (GPA-2.98)

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

 <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: Minor-IV (Physical Education)</p> <p>Paper Code:</p> <p>Paper Name: Olympic Games and Indian Sports Awards</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>


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

 <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-III</p> <p>Vertical: GE (PEDU-GE-III) Physical Education-GE-III</p> <p>Paper Code:</p> <p>Paper Name: Essential of Health Education</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:

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

 <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. (Physical Education) Semester-IV</p> <p>Vertical: GE (PEDU-GE-IV) Physical Education-GE-IV</p> <p>Paper Code:</p> <p>Paper Name: Applied Health Education</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>

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

 <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-III</p> <p>Vertical: VSC (PHY-VSC-I) Physical Education-VSC-I</p> <p>Paper Code:</p> <p>Paper Name: Foundation of Yoga</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 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, Ujjayai Pranayam (without kumbhak), Shitali Pranayam	07 Marks
College Assessments (CA)	20 Marks
Internal Assessment/Home Assignment/Unit Tests, Oral & Tutorial /Record Book.	20 Marks

 <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: -VSC-II (Physical Education)</p> <p>Paper Code:</p> <p>Paper Name: Essentials of Yoga</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>

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, Padahastasana.</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-III</p> <p>Vertical: SEC (PHY-SEC-III) Physical Education-SEC-III</p> <p>Paper Code:</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



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

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.


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



**FACULTY OF
INTERDISCIPLINARY STUDIES**

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

With effect from 2026-27

 <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. - III (Physical Education) Program Preamble</p>
---	---

The BA 3rd Year Physical Education program is designed to provide students with a holistic understanding of the human body, movement, and well-being. This curriculum integrates theoretical knowledge and practical skills across disciplines such as anatomy, physiology, biomechanics, diet and hygiene, rhythm and recreation, and yoga. The program aims to equip students with the ability to analyze, improve, and promote physical health and performance. It also emphasizes the importance of recreation, mental health, and sustainable lifestyle choices to develop well-rounded professionals in the field of physical education and sports.

B.A. - III (Physical Education) Program Specific Outcomes (PSOs)	
Upon successful completion of the B.A. 3rd year Physical Education program, students will be able to:	
1.	Understand Human Anatomy and Physiology: Demonstrate in-depth knowledge of the structure and functions of the human body.
2.	Apply Principles of Exercise Physiology: Understand how exercise impacts various physiological systems.
3.	Promote Healthy Lifestyles through Diet and Hygiene: Recognize the importance of proper nutrition and hygiene in maintaining physical health.
4.	Utilize Biomechanics in Physical Education: Apply biomechanical principles to analyze and improve sports techniques.
5.	Integrate Rhythm and Recreation into Physical Education: Utilize rhythmic activities and recreational games to promote creativity, coordination, and enjoyment.
6.	Incorporate Yoga for Holistic Development: Practice and teach yoga techniques to enhance physical, mental, and emotional well-being.
7.	Develop Professional and Analytical Skills: Critically assess and evaluate physical education practices using interdisciplinary knowledge.

Punyshlok Ahilyadevi Holkar Solapur University, Solapur
Syllabus (According to NEP 2020)
B.A. Physical Education Part-III Semester-V (CBCS) w.e.f. 2026-27

Level	Sem. V	Title of the Paper	Semester Exam				Total Credits
			UA		CA	Total	
5.5	Subject	Major – Mandatory (DSC)	Th	Pr			
	DSC-VII	(PEDU-VII) Physical Education-VII Paper Code: Paper Name: Basics of Anatomy and Physiology	30	30	40	100	4
	DSC-VIII	(PEDU-VIII) Physical Education-VIII Paper Code: Paper Name: Diet and Hygiene	30	30	40	100	4
	DSE-I	Paper Code: Paper Name: Fundamental of Biomechanics	30	30	40	100	4
	Minor-V	(Minor-V) Physical Education Paper Code: Paper Name: Rhythm and Recreation in Physical Education	30	30	40	100	4
	Vocational and Skill VSC, SEC (VSEC) and IKS						
	VSC-III	(PHY-VSC-III) Physical Education-VSC-III Paper Code: Paper Name: Fundamental of Yoga	15	15	20	50	2
	VEC	---	---	---	---	---	---
	IKS	(Generic Related)	30	---	20	50	2
	AEC	---	---	---	---	---	---
	OJT,FP,CEP,CC,RP						
	---	---	---	---	---	---	02
						Total Credits	22

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

Punyashlok Ahilyadevi Holkar Solapur University, Solapur
Syllabus (According to NEP 2020)
B.A. Physical Education Part-III Semester-VI (CBCS) w.e.f. 2026-27

Level	Sem. VI	Title of the Paper	Semester Exam				Total Credits
			UA		CA	Total	
5.5	Subject	Major – Mandatory (DSC)	Th	Pr			
	DSC-IX	(PEDU-IX) Physical Education-IX Paper Code: Paper Name: Anatomy and Physiology of Exercise	30	30	40	100	4
	DSC-X	(PEDU-X) Physical Education-X Paper Code: Paper Name: Hygiene and Safety Education	30	30	40	100	4
	DSE-II	Paper Code: Paper Name: Applied Biomechanics	30	30	40	100	4
	Minor-VI	(Minor-VI) Physical Education Paper Code: Paper Name: Physical Education Throw Rhythm & Recreation	30	30	40	100	4
	Vocational and Skill VSC, SEC (VSEC) and IKS						
	VSC-IV	(PHY-VSC-IV) Physical Education-VSC-IV Paper Code: Paper Name: Applied Yoga	15	15	20	50	2
	SEC-III	---	---	---	---	---	---
	AEC	---	---	---	---	---	
	VEC	---	---	---	---	---	
	OJT,FP,CEP,CC,RP						
	---	---	---	---	---	---	4
	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/RP/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>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.-III (Physical Education) Semester-V</p> <p>Vertical: DSC (PEDU-VII) Physical Education Paper-VII</p> <p>Paper Code:</p> <p>Paper Name: Basics of Anatomy and Physiology</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>

Course Preamble:

The subject "Anatomy, Physiology, and Physiology of Exercise" introduces students to the foundational concepts of the human body's structure and function. This course is designed to provide a detailed understanding of the body's anatomy, physiological processes, and the effects of exercise on various systems. Through theoretical knowledge and practical applications, students will develop insights into the interplay between physical activity and bodily functions, forming a critical base for advanced studies and professional practice in fields like sports science, physical therapy, medicine, and fitness training.

Objective of the Course:

- 1) To provide an in-depth understanding of human anatomy, including the skeletal, muscular, cardiovascular, and nervous systems.
- 2) To explain the physiological processes governing bodily functions and their interrelationships.
- 3) To analyze the adaptations and responses of the body to physical exercise and activity.
- 4) To equip students with the skills to assess physiological changes during rest and exercise.
- 5) To emphasize the role of exercise in maintaining health, improving performance, and preventing diseases.

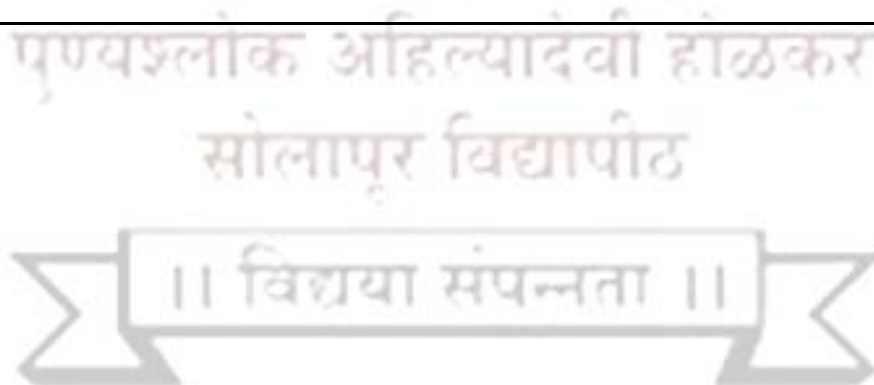
Course Outcome

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

- 1) Identify and describe the structure and function of major organs and systems in the human body.
- 2) Understand and explain the physiological mechanisms underlying normal and pathological conditions.
- 3) Assess the short-term and long-term physiological responses to exercise and training.
- 4) Apply principles of exercise physiology to design fitness programs and promote health.

SEM-V DSC Paper-VII (Theory)**Hours: 02/ Week, Credits: 02 (Marks: UA: 30 & CA: 40 Marks)**

Unit 1:Introduction: Anatomy, Physiology and Physiology of Exercises	No. of Lectures: 02	Weightage: 10 Marks
a) Meaning and Definition b) Importance c) The Cell and it's Parts		
Unit 2:Skeletal and Muscular System	No. of Lectures: 02	Weightage: 10 Marks
a) Skeletal System : i. Structure and classification of bones. ii. Difference between male and female skeleton. iii. Classification of Joints -Structure of a synovial joint (freely movable.) iv. Functions of skeletal system. b) Muscular System: i. Structure of skeletal muscle, Smooth muscle and Cardiac muscle.		
Unit 3:Respiratory System	No. of Lectures: 02	Weightage: 10 Marks
a) The nose, pharynx, larynx, trachea, bronchioles, lungs structure and functions. b) Vital capacity - Second wind.		




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

SEM-V DSC Paper-VII (Practical)**Hours: 02/ Week, Credits: 02 (Marks: 30)**

Unit 1: Combative Sports: Boxing/ Wrestling		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 – Triple Jump (Hop Step Jump)		No. of Lectures: 02	Weightage: 15 Marks
i) Triple Jump a) Performance			15 Marks
Men	Women		12 Marks
10 Meters and above	8 Meters and above		12 Marks
9 to 9.9 Meters	7 to 7.9 Meters		09 Marks
8 to 8.9 Meters	6 to 6.9 Meters		06 Marks
7 to 7.9 Meters	5 to 5.9 Meters		03 Marks
b) For Technique & Modern style			03 Marks

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

 <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.-III (Physical Education) Semester-V</p> <p>Vertical: DSC (PEDU-VIII) Physical Education Paper-VIII</p> <p>Paper Code:</p> <p>Paper Name: Diet and Hygiene</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>

Course Preamble:

The course "Diet and Hygiene, Safety Education, and First Aid" is designed to educate undergraduate students on the principles of healthy living, personal and environmental hygiene, and safety awareness. It also imparts critical knowledge and practical skills in providing immediate care during emergencies. This course aims to promote a comprehensive understanding of nutrition, hygiene practices, accident prevention, and emergency response, enabling students to contribute to their own well-being and that of the community.

Objective of the Course:

- 1) To introduce the principles of balanced nutrition and its role in maintaining optimal health.
- 2) To emphasize the importance of personal, community, and environmental hygiene in disease prevention.
- 3) To educate students on common safety measures to prevent accidents in various settings.
- 4) To develop proficiency in first aid techniques for handling medical emergencies effectively.
- 5) To encourage awareness and responsibility for promoting health and safety in society.

Course Outcome

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

- 1) Understand the importance of balanced diets and apply nutritional knowledge to promote healthy eating habits.
- 2) Implement personal and environmental hygiene practices to prevent infections and maintain well-being.
- 3) Recognize potential safety hazards and take preventive measures to ensure safety in homes, workplaces, and public spaces.
- 4) Educate others on the significance of hygiene, safety, and first aid in everyday life.

SEM-V DSC Paper-VIII (Theory)**Hours: 02/ Week, Credits: 02 (Marks: UA: 30 & CA: 40 Marks)**

Unit 1:Ingredients of Diet	No. of Lectures: 02	Weightage: 10 Marks
a) Protein, Carbohydrates, Fats, Vitamins, Minerals, Water – its sources. b) Growth and Repair c) Vitality and Fitness		
Unit 2:Types of Diet	No. of Lectures: 02	Weightage: 10 Marks
a) Balanced Diet, Athletes Diet. b) Malnutrition and Diseases due to deficiency.		
Unit 3:Importance of Hygiene	No. of Lectures: 02	Weightage: 10 Marks
a) Importance of Hygienic Living. b) Environmental Hygiene – Lighting, Ventilation, Water Supply, Disposal of Waste. c) Essential Components of quality Physical Education program.		

पुण्यश्लोक अहिल्यादेवी होळकर
सोलापूर विद्यापीठ

॥ विद्यया संपन्नता ॥


NAAC Accredited 2022

B++ Grade (CGPA-2.98)

SEM-V DSC Paper-VIII (Practical)**Hours: 02/ Week, Credits: 02 (Marks: 30)**

Unit 1: Racket Sports: Badminton/ Table Tanis		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 – 110 Meter Hurdles		No. of Lectures: 02	Weightage: 15 Marks
ii) 110 Meter Hurdles a) Performance			15 Marks
Men	Women	12 Marks	
22 Seconds and Below	24 Seconds and Below	12 Marks	
22.01 to 24 Seconds	24.01 to 26 Seconds	09 Marks	
24.01 to 26 Seconds	26.01 to 28 Seconds	06 Marks	
26.01 to 28 Seconds and above	28.01 to 30 Seconds and above	03 Marks	
b) For Technique & Modern style			

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

 <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.-III (Physical Education) Semester-VI Vertical: DSC (PEDU-IX) Physical Education Paper-IX Paper Code: Paper Name: Anatomy and Physiology of Exercise</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>	

SEM-VI DSC Paper-IX (Theory)


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

Unit 1: Circulatory System and Digestive System	No. of Lectures: 02	Weightage: 10 Marks
<p>a) Circulatory System:</p> <ol style="list-style-type: none"> Blood – Its constituents and Function, Working of Heart. Blood Pressure, Pulse, Blood groups, Oxygen debt. <p>b) Digestive System:</p> <ol style="list-style-type: none"> Structure And Function - In Brief :- Mouth, Teeth, Salivary Glands, Pharynx, Oesophages, Stomach, Small And Large Intestine, Pancreas, Liver.. 		
Unit 2: Endocrine System and Excretory System	No. of Lectures: 02	Weightage: 10 Marks
<p>a) Endocrine System:</p> <ol style="list-style-type: none"> Structure and function of:- (a) Pituitary (b) Thyroid (c) Parathyroid d) Adrenals (e) Thymus (f) Pancreas (Islets of langerhans) <p>b) Excretory System:</p> <ol style="list-style-type: none"> Excretory System Structure And Work Skin structure and work. 		
Unit 3: Effects of exercise on various systems	No. of Lectures: 02	Weightage: 10 Marks
<ol style="list-style-type: none"> Skeletal System Muscular System Respiratory System Circulatory System Digestive System Endocrine System Excretory System 		

SEM-VI DSC Paper-IX (Practical)

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

Unit 1: Athletics - Throwing Event		No. of Lectures: 02	Weightage: 15 Marks
i) Javelin Throw			15 Marks
a) Performance			
Men	Women		12 Marks
30 Meters and Above	10 Meters and Above		12 Marks
27 to 30 Meters	08 to 10 Meter		09 Marks
24 to 27 Meters	06 to 08 Meters		06 Marks
20 to 24 Meters	04 to 06 Meters		03 Marks
b) For Technique & Modern style			03 Marks
Unit 2: Athletics – Running Event		No. of Lectures: 02	Weightage: 15 Marks
i) Relay (4x100 Meters)			15 Marks
b) Performance			
Men	Women		12 Marks
22 Seconds and Below	24 Seconds and Below		12 Marks
22 to 24 Seconds	24 to 26 Seconds		09 Marks
24 to 26 Seconds	26 to 28 Seconds		06 Marks
26 to 28 Seconds and Above	28 to 30 Seconds and Above		03 Marks
b) For Technique & Modern style			03 Marks
College Assessments (CA)			40 Marks
3) Internal Assessment / Home Assignment / Unit Tests			20 Marks
4) Oral and Tutorial /Record Book,			20 Marks

 <p>पुण्यश्लोक अहिल्यादेवी होळकर सोलापूर विद्यापीठ ॥ विद्या 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.-III (Physical Education) Semester-VI</p> <p>Vertical: DSC (PEDU-X) Physical Education Paper-X</p> <p>Paper Code:</p> <p>Paper Name: Hygiene and Safety 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>

SEM-VI DSC Paper-X (Theory)

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

Unit 1: Safety Education	No. of Lectures: 02	Weightage: 10 Marks
a) Safety at: i. home ii. play grounds and streets.		
Unit 2: First Aid:	No. of Lectures: 02	Weightage: 10 Marks
a) Sprain b) Strain c) Muscle pull d) Dislocation e) Fracture f) Cramps g) Shock h) Bleeding.		
Unit 3: Personal hygiene	No. of Lectures: 02	Weightage: 10 Marks
a) Care of : Skin, Hair, Ear, Throat, Teeth, Eyes, Nose, Feet & Habits.		


SEM-VI DSC Paper-X (Practical)**Hours: 02/ Week, Credits: 02 (Marks: 30)**

Unit 1: Ball Game – Softball or Cricket	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: Athletics: Running Event	No. of Lectures: 02	Weightage: 15 Marks
i) 5000 Meter Running		15 Marks
a) Performance		15 Marks
Men	Women	15 Marks
27 to 28.59 Minutes	37 to 38.59 Minutes	05 Marks
29 to 30.59 Minutes	39 to 40.59 Minutes	05 Marks
31 Minutes and Above	41 Minutes and Above	05 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 ॥

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

 <p>पुण्यश्लोक अहिल्यादेवी होळकर सोलापूर विद्यापीठ ॥ विद्या 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.-III (Physical Education) Semester-V</p> <p>Vertical: DSE (Physical Education) Paper-I</p> <p>Paper Code:</p> <p>Paper Name: Fundamentals of Biomechanics</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>

Course Preamble:

Biomechanics is a vital component of physical education, focusing on the principles of human movement and their application in sports and physical activity. This course provides an introduction to the scientific study of movement, integrating anatomical, physiological, and mechanical concepts. Through theoretical and practical learning, students will gain insights into optimizing performance, preventing injuries, and improving overall movement efficiency. The course is designed to build a strong foundation in biomechanics, making it accessible and relevant for beginner-level students.

Objective of the Course:

To enable the students to :

- 1) To introduce the fundamental concepts of biomechanics and their importance in physical education.
- 2) To develop an understanding of the anatomical and mechanical aspects of human movement.
- 3) To explore the application of biomechanical principles in sports performance and exercise.
- 4) To equip students with the skills to analyze and evaluate movement patterns.

Course Outcome

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

- 1) Define and explain the principles of biomechanics and their relevance to physical education and sports.
- 2) Demonstrate knowledge of anatomical structures and their roles in movement and stability.
- 3) Analyze basic human movements and sports skills using biomechanical concepts.
- 4) Apply biomechanical principles to improve sports techniques and exercise performance


SEM-V DSE-I (Theory)**Hours:** 02/ Week, **Credits:** 02 (**Marks:** UA: 30 & CA: 40 Marks)

Unit 1: Introduction to Biomechanics	No. of Lectures: 02	Weightage: 10 Marks
a) Concept, Meaning and Definition of Biomechanics b) Importance of Biomechanics in Physical Education		
Unit 2: Scope of Biomechanics	No. of Lectures: 02	Weightage: 10 Marks
a) Relationship between biomechanics, anatomy, and physiology. b) Structure and function of bones, muscles, and joints.		
Unit 3: Anatomical and Mechanical Foundations	No. of Lectures: 02	Weightage: 10 Marks
a) Types of Joints and their Movements b) Planes and axes of movement in the human body.		

SEM-V DSE-I (Practical)**Hours:** 02/ Week, **Credits:** 02 (**Marks:** 30)

Unit 1: 30 Meter Fly Test		No. of Lectures: 02	Weightage: 15 Marks
Men	Women	15 Marks	
4.2 Seconds and Below	4.8 Seconds and Below	15 Marks	
4.3 to 4.5 Seconds	4.9 to 5.1 Seconds	12 Marks	
4.6 to 4.8 Seconds	5.2 to 5.4 Seconds	09 Marks	
4.9 to 5.1 Seconds	5.5 to 5.7 Seconds	06 Marks	
5.2 Seconds and Above	5.8 Seconds and Above	03 Marks	
Unit 2: Vertical Jump Test		No. of Lectures: 01	Weightage: 15 Marks
Men	Women	15 Marks	
65 cm and Above	55 cm and Above	15 Marks	
55 to 64 cm	45 to 54 cm	12 Marks	
45 to 54 cm	35 to 44 cm	09 Marks	
35 to 44 cm	25 to 34 cm	06 Marks	
34 cm and Below	24 cm and Below	03 Marks	

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

 <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.-III (Physical Education) Semester-VI Vertical: DSE (Physical Education) Paper-II Paper Code: Paper Name: Applied Biomechanics</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>

SEM-VI DSE-II (Theory)

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

Unit 1: Basic Concepts in Biomechanics	No. of Lectures: 02	Weightage: 10 Marks
a) Force, Friction and Gravity. b) Their Role in Human Movement.		
Unit 2: Motion	No. of Lectures: 02	Weightage: 10 Marks
a) Concept and Meaning of Motion b) Types of Motion: Linear, Angular and General Motion		
Unit 3: Law of Motion and Their Application Sports	No. of Lectures: 02	Weightage: 10 Marks
a) Newton's First Law of Motion (Law of Inertia) b) Newton's Second Law of Motion (Law of Acceleration) c) Newton's Third Law of Motion (Action-Reaction Law)		

SEM-VI DSE-II (Practical)
Hours: 02/ Week, Credits: 02 (Marks: 30)


Unit 1: Shuttle Run Test (10m X 4)		No. of Lectures: 02	Weightage: 15 Marks
Men	Women	15 Marks	
10.4 Seconds and Below	11.4 Seconds and Below	15 Marks	
10.5 to 11.4 Seconds	11.5 to 12.4 Seconds	12 Marks	
11.5 to 12.4 Seconds	12.5 to 13.4 Seconds	09 Marks	
12.5 to 13.4 Seconds	13.5 to 14.4 Seconds	06 Marks	
13.5 Seconds and Above	14.5 Seconds and Above	03 Marks	
Unit 2: Kavayat (Mass Drills) Without Equipments		No. of Lectures: 01	Weightage: 15 Marks
Men	Women	15 Marks	
23 cm and Above	25 cm and Above	15 Marks	
20 to 22 cm	22 to 24 cm	12 Marks	
17 to 19 cm	19 to 21 cm	09 Marks	
14 to 16 cm	16 to 18 cm	06 Marks	
14 cm and Below	16 cm and Below	03 Marks	

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

पुण्यश्लोक अहिल्यादेवी होळकर
सोलापूर विद्यापीठ

॥ विद्यया संपन्नता ॥

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

 <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.-III (Physical Education) Semester-V</p> <p>Vertical: Minor - V (Physical Education)</p> <p>Paper Code:</p> <p>Paper Name: Rhythms and Recreation in 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>

Course Preamble:

The course "Rhymes and Recreation in Physical Education" introduces undergraduate students to the foundational elements of rhythmic activities and recreational games, emphasizing their importance in physical and emotional development. This course is designed to foster creativity, coordination, and social interaction through rhythmic movements, songs, and structured recreational activities. It aims to build a strong foundation in physical education by integrating fun and engaging practices that promote overall well-being.

Objective of the Course:

To enable the students to :

- 5) To introduce students to the basic concepts of rhythm and recreation in physical education.
- 6) To develop motor coordination, balance, and flexibility through rhymes and rhythmic activities.
- 7) To encourage creative expression and teamwork in recreational games and activities.
- 8) To promote the importance of physical activity in improving mental and emotional well-being.
- 9) To provide opportunities for students to explore the role of recreation in stress management and relaxation.
- 10) To enhance students' ability to design and implement rhymes and recreational activities for diverse groups.

Course Outcome

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

- 5) Perform and lead basic rhythmic activities and songs with coordination and confidence.
- 6) Understand the significance of recreation and its contribution to physical and mental health.
- 7) Demonstrate improved motor skills, spatial awareness, and body control through rhythmic exercises.
- 8) Facilitate engaging recreational games that foster teamwork, communication, and social interaction.
- 9) Develop creative and inclusive strategies for implementing rhymes and recreational activities.
- 10) Appreciate the role of fun and play in promoting lifelong physical activity and well-being.


SEM-V Minor-V (Theory)**Hours:** 02/ Week, **Credits:** 02 (**Marks:** UA: 30 & CA: 40 Marks)

Unit 1: Concept of Rhythm	No. of Lectures: 02	Weightage: 10 Marks
a) Concept, Meaning and Definition of Rhythm b) Nature and Function of Rhythm		
Unit 2: Principles and Objectives of Rhythm	No. of Lectures: 02	Weightage: 10 Marks
a) Principles of Rhythm b) General Aims and Objectives of Rhythm		
Unit 3: Nature of Recreation	No. of Lectures: 02	Weightage: 10 Marks
a) Concept, Definition, Nature and Function of Recreation b) Need and Importance of Recreation in Life c) Objectives of Recreation		

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

Unit 1: Exercises for Health and Wellness	No. of Lectures: 02	Weightage: 15 Marks
1. Warm-Up and Cool down - General & Specific Exercises		
2. Yoga: Shitalikarna Vyayama, Suryanamaskara, Basic Set of Yoga Asanas, Basic Set of Pranayama & Meditation		
Unit 2: Kavayat (Mass Drills) Without Equipments	No. of Lectures: 01	Weightage: 15 Marks
1. Kavayat (Mass Drills) Standing Position		
2. Kavayat (Mass Drills) Seated Position		
Practical Exam		30 Marks
• Two Kavayat (Mass Drills) Standing Position		08 Marks
• Two Kavayat (Mass Drills) Seated Position		08 Marks
• One Asana of Student's choice		04 Marks
• One Asana of Examiner's choice		04 Marks
• Any one Pranayama		03 Marks
• Knowledge of Exercises & Techniques		03 Marks

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

 <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.-III (Physical Education) Semester-VI</p> <p>Vertical: Minor-VI (Physical Education)</p> <p>Paper Code:</p> <p>Paper Name: Physical Education Through Rhythm & Recreation</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>

SEM-VI Minor-VI (Theory)

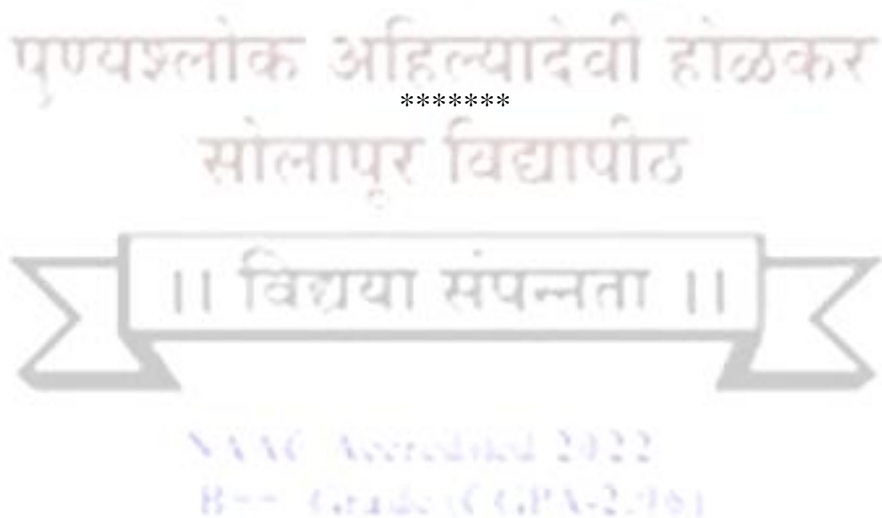
Hours: 02/ Week, Credits: 02 (Marks: UA: 30 & CA: 40 Marks)


Unit 1: Main trends in patterns of recreation	No. of Lectures: 02	Weightage: 10 Marks
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 2: Planning of recreational activities	No. of Lectures: 02	Weightage: 10 Marks
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 3: Recreation facilities	No. of Lectures: 02	Weightage: 10 Marks
a) Recreation facilities: Playground, Recreation Hall, Theatre, Necessary Equipment.		

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

Unit 1: Exercises for Health and Wellness	No. of Lectures: 02	Weightage: 15 Marks
1. Body Weight Exercises: Upper body, Lower Body		
2. Exercises with Partner		
Unit 2: Kavayat (Mass Drills) With Equipments	No. of Lectures: 01	Weightage: 15 Marks
1. Kavayat (Mass Drills) Standing Position 2. Kavayat (Mass Drills) Seated Position Equipments: Mogari, Rings, Dumbbells, Sticks, Flags, etc.		
Practical Exam		30 Marks
• Two Kavayat (Mass Drills) Standing Position		08 Marks
• Two Kavayat (Mass Drills) Seated Position		08 Marks
• One Body Weight Exercise of Student's choice		04 Marks
• One Body Weight Exercise of Examiner's choice		04 Marks
• Any one Exercise with Partner		03 Marks
• Knowledge of Exercises & Techniques		03 Marks

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



 <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.-III (Physical Education) Semester-V</p> <p>Vertical: VSC (PHY-VSC-III) Physical Education-VSC-III</p> <p>Paper Code:</p> <p>Paper Name: Fundamentals of Yoga</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 course "Yoga for Holistic Health and Performance" explores the multifaceted benefits of yoga for physical, mental, and emotional well-being. This course provides an integrative approach to understanding how yoga practices enhance personal efficiency, promote mental clarity, and improve sports performance. Through theoretical knowledge and practical applications, students will gain insight into the transformative impact of yoga on various aspects of health and its role in achieving personal and professional excellence.

Objective of the Course:

To enable the student teacher to :

- 1) To provide foundational knowledge of yoga and its philosophical principles.
- 2) To explore the role of yoga in enhancing physical health and fitness.
- 3) To understand the psychological benefits of yoga in improving mental and emotional health.
- 4) To promote personal efficiency and productivity through mindfulness and self-discipline.
- 5) To examine the application of yoga in improving sports performance and reducing injury risks.
- 6) To equip students with practical skills in asanas, pranayama, and meditation for holistic development.

Course Outcome

By the end of the course, students will:

- 1) Demonstrate an understanding of yoga's principles and their application in daily life.
- 2) Perform yoga practices that enhance physical strength, flexibility, and balance.
- 3) Apply yoga techniques to manage stress, anxiety, and emotional fluctuations effectively.
- 4) Utilize mindfulness and meditation to improve focus, decision-making, and personal efficiency.
- 5) Integrate yoga into fitness and sports routines to boost performance and prevent injuries.
- 6) Appreciate the holistic impact of yoga on personal and professional growth.


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

Unit 1: Yoga and Physical Health	No. of Lectures: 01	Weightage: 07 to 08 Marks
a) Aim, Objectives and Scope of Yoga in Human Life. b) Promotives, Preventive and Curative aspects of Physical Health tackled through Yogic practices.		
Unit 2: Yoga and Mental Health	No. of Lectures: 01	Weightage: 07 to 08 Marks
a) Nature of problems in mental health. b) Promotive, Preventive and Curative aspects of mental health through Yogic practices.		

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

Practical Work (SEM-V)	No. of Lectures: 01	Weightage: 15 Marks
a) Performance		15 Marks
1. One Asana (Standing Position) Examiner's Choice		03 Marks
2. One Asana (Standing Position) Student's Choice		03 Marks
3. One Asana (Seated Position) Examiner's Choice		03 Marks
4. One Asana (Seated Position) Student's Choice		03 Marks
5. Any One Pranayama/ Mudra		03 Marks

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

 <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.-III (Physical Education) Semester-VI</p> <p>Vertical: -VSC-IV (Physical Education)</p> <p>Paper Code:</p> <p>Paper Name: Applied Yoga</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>

SEM-VI VSC-IV (Theory)

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

Unit 1:Yoga, Emotional Health and Personal Efficiency	No. of Lectures: 01	Weightage: 07 to 08 Marks
A) Relationship of Yoga with Emotional Health B) Yoga and Personal Efficiency General Introduction, characteristics according to individual needs: Different methods of improving efficiency: importance of yogic practices for improving efficiency.		
Unit 2: Yoga and Sports	No. of Lectures: 01	Weightage: 07 to 08 Marks
A) Psychophysical basis of promoting sports career. B) Contribution of yogic practices for the development of Sports performances.		

SEM-VI VSC-IV (Practical)

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

Practical Work (SEM-V)	No. of Lectures: 01	Weightage: 15 Marks
a) Performance		15 Marks
1. One Asana (Prone Position) Examiner's Choice		03 Marks
2. One Asana (Prone Position) Student's Choice		03 Marks
3. One Asana (Supine Position) Examiner's Choice		03 Marks
4. One Asana (Supine Position) Student's Choice		03 Marks
5. Any One Pranayama/ Mudra		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



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

Books Recommended:	
1.	Anatomy and Physiology for nurses - E. Pearce.
2.	Human Anatomy and Physiology - King & Shaver.
3.	Physiology & Anatomy - Smart & Macdowel.
4.	Handbook of Hygiene and Public Health - U. Bedi, Anand Publishing Company, Amritsar, 1962.
5.	Nutrition and Physical Fitness -Bogert, Briggs and Calloway, W.B. - Saunders Co. 1966.
6.	Human Nutrition and Dietics -Davidson and Passmore, The Williams and Wilkins Co., 1966.
7.	Preventive and Social Medicine J. E. Park.
8.	Nutrition - Dr. Swaminathan
9.	An Introduction to Recreation Education : W. B. Saunders Company Philadelphia :1955.
10.	Community Recreation : Meyer and Brightbill, Prentice Hall, INC 1966.
11.	Leisure and Recreation : Neumeyer and Esther. A. S. Barnes and Company, 1956.
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.	Yoga and your heart : Datey K. K., Gharote, M. L. and Soli Parri, Jaico Publications, Bombay.
18.	History of Yoga-Vivian Worthington, Routledge & Kegan Paul Ltd. London, 1982.
19.	Asanas-Kuvalayannanda, Kaivalyadam, Lonavala.
20.	Applied Yoga: Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
21.	Yogasana : A. Teachers guide, N.C.E.R.T. : New Delhi.
22.	Teaching methods for yogic practices Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
23.	Light on Yoga : B. S. Iyengar.
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 व्हॉलीबॉल: 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.