

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



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

NEP 2020 Compliant CO-Curriculum (CC)

Subject: (CC-) Sports

For Semester-III

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

With effect from 2025-26

Punyashlok Ahilyadevi Holkar Solapur University, Solapur
Syllabus

(According to NEP 2020)

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

With effect from June 2025-26


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

पुण्यश्लोक अहिल्यादेवी होळकर
सोलापूर विद्यापीठ

॥ विद्यया संपन्नता ॥

NMAC 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 Under – Physical Education (Semester-III) NEP 2020 Complaint Curriculum</p> <p>Vertical: Co-Curriculum (CC) SP-III</p> <p>Paper Code:</p> <p>Paper Name: Sports</p>
<p>Teaching Scheme</p> <p>Lectures: 02 Hours /Week, 02 Credits (01+01) (Th. 01 Hrs., Prac. 01 Hrs.)</p>	<p>Examination Scheme</p> <p>UA: 30 Marks Theory: 15 Marks Practical: 15 Marks CA: 20 Marks</p>

Course Preamble:

This 3rd semester Sports course introduces students to the foundational aspects of the Olympic Games and athletics. It emphasizes the revival of the modern Olympic Games, key symbols, ceremonies, and an overview of athletics, including track and field events. The course aims to develop an appreciation for the spirit of sportsmanship and enhance students' understanding of physical activities that promote health, fitness, and global unity.

Course Objective:

Upon completing this course, students will be able to:

1. To familiarize students with the history and revival of the Olympic Games.
2. To explain the significance of key Olympic symbols and ceremonies.
3. To provide an overview of athletics, including track and field events and their evolution.
4. To introduce students to the structure and significance of multi-event competitions like the Pentathlon, Heptathlon, and Decathlon.

Course Outcome

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

1. Understand the historical revival and significance of the Olympic Games.
2. Recognize and describe the importance of Olympic symbols and ceremonies.
3. Gain foundational knowledge of various athletic events and their classifications.
4. Identify and explain the multi-event competitions and their role in athletics.

Program Outcomes

1. Historical Awareness: Demonstrate an understanding of the history and cultural significance of the Olympic Games and athletics.
2. Analytical Skills: Analyze the structure and requirements of athletic events, including track, field, and multi-event competitions.
3. Sportsmanship Values: Appreciate the role of athletics and the Olympics in fostering global unity and the spirit of fair play.
4. Practical Knowledge: Apply basic knowledge of athletics and multi-event competitions to enhance personal fitness and teamwork skills.

Section I (Theory)

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

Unit 1: Introduction to Olympic Games	No. of Lectures: 01	Weightage: 07 to 08 Marks
1.1 Revival of the Olympic Games 1.2 Olympic Flag, Olympic Torch 1.3 Opening and Closing of Ceremony		
Unit 2: Athletics	No. of Lectures: 01	Weightage: 07 to 08 Marks
2.1 Overview of Athletics (Concept, History & Evolution) 2.2 Track Events (Sprints, Middle-Distance, Long-Distance, Hurdles, Relays) 2.3 Field Events (Jumping and Throwing Events) 2.4 Pentathlon, Heptathlon, Decathlon		

Section II (Practical)

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

Practical Exam			15 Marks
i) Athletics: Broad Jump		No. Of Lectures: 01	Weightage: 05 Marks
a) Performance chart			03 Marks
Sr. no.	Men (Meter)	Women (Meter)	Marks
1.	4.50	3.50	03
2.	4.25	3.25	02
3.	4.00	3.00	01
b) For Technique & Modern style			02 Marks
ii) Athletics: Sprint 100 m		No. of Lectures: 01	Weightage: 05 Marks
a) Performance chart			03 Marks
Sr. no.	Men (Seconds)	Women (Seconds)	Marks
1.	14.00 to 14.50	16.00 to 16.50	03
2.	14.50 to 15.50	16.50 to 17.50	02
3.	15.50 to 16.50	17.50 to 18.50	01
b) For Technique & Modern style			02 Marks
iii) Athletics: Shot-put		No. Of Lectures: 01	Weightage: 05 Marks
a) Performance chart			03 Marks
Sr. no.	Men (Meter)	Women (Meter)	Marks
1.	5.25	4.25	03
2.	5.00	4.00	02
3.	4.50	3.50	01
b) For Technique & Modern style			02 Marks

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

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

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