

**PUNYASHLOK AHILYADEVVI HOLKAR  
SOLAPUR UNIVERSITY, SOLAPUR.**



पुण्यश्लोक अहिल्यादेवी होळकर

**FACULTY OF  
INTERDISCIPLINARY STUDIES**

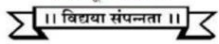
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NEP 2020 Compliant Curriculum for

**B.A. - III (Physical Education)**

With effect from 2026-27



पुण्यश्लोक अहिल्यादेवी होळकर  
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NAAC Accredited 2022  
'B++' Grade (CGPA 2.96)

## Punyashlok Ahilyadevi Holkar Solapur University, Solapur.

### Faculty of Interdisciplinary Studies NEP 2020 Complaint Curriculum

### **B.A. - III (Physical Education)** **Program Preamble**

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		
	Subject	Major – Mandatory (DSC)	Th	Pr				
5.5	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	
	<b>Vocational and Skill VSC, SEC (VSEC) and IKS</b>							
	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	---	---	---	---	---	---	
	<b>OJT,FP,CEP,CC,RP</b>							
	---	---	---	---	---	---	02	
	<b>Total Credits</b>						<b>22</b>	

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**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	CA	Total	
	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
	<b>Vocational and Skill VSC, SEC (VSEC) and IKS</b>						
	VSC-IV	(PHY-VSC-IV) Physical Education-VSC-IV Paper Code: Paper Name: Applied Yoga	15	15	20	50	2
	SEC-III	---	---	---	---	---	---
	AEC	---	---	---	---	---	---
	VEC	---	---	---	---	---	---
	<b>OJT,FP,CEP,CC,RP</b>						
	---	---	---	---	---	---	4
<b>Total Credits</b>						<b>22</b>	

**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



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**B.A.-III (Physical Education) Semester-V**

**Vertical: DSC (PEDU-VII) Physical Education Paper-VII**

**Paper Code:**

**Paper Name: Basics of Anatomy and Physiology**

**Teaching Scheme**

**Lectures: 04 Hours Week, 04 Credits (02+02)**  
(Th. 02 Hrs., Prac. 02 Hrs.)

**Examination Scheme**

**UA: 60 Marks**  
**Theory: 30 Marks**  
**Practical: 30 Marks**  
**CA: 40 Marks**

**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**

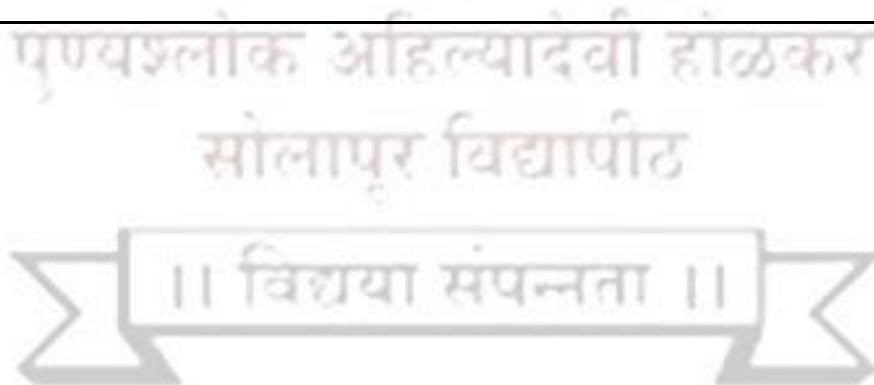
After successful completion of this course, the students will be able to:

- 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)**

<b>Unit 1:Introduction: Anatomy, Physiology and Physiology of Exercises</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
a) Meaning and Definition b) Importance c) The Cell and it's Parts		
<b>Unit 2:Skeletal and Muscular System</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
a) <b>Skeletal System :</b> 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) <b>Muscular System:</b> i. Structure of skeletal muscle, Smooth muscle and Cardiac muscle.		
<b>Unit 3:Respiratory System</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
a) The nose, pharynx, larynx, trachea, bronchioles, lungs structure and functions. b) Vital capacity - Second wind.		



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**SEM-V DSC Paper-VII (Practical)**

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

<b>Unit 1: Combative Sports: Boxing/ Wrestling</b>		<b>No. of Lectures: 02</b>	<b>Weightage: 15 Marks</b>
1. Fundamental Skills			05 Marks
2. Techniques & Tactical			05 Marks
3. Rules of the Game			05 Marks
<b>Unit 2: Athletics – Triple Jump (Hop Step Jump)</b>		<b>No. of Lectures: 02</b>	<b>Weightage: 15 Marks</b>
<b>i) Triple Jump</b>			<b>15 Marks</b>
<b>a) Performance</b>			
<b>Men</b>	<b>Women</b>		<b>12 Marks</b>
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>b) For Technique &amp; Modern style</b>			<b>03 Marks</b>

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

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**B.A.-III (Physical Education) Semester-V**

**Vertical: DSC (PEDU-VIII) Physical Education Paper-VIII**

**Paper Code:**

**Paper Name: Diet and Hygiene**

**Teaching Scheme**

**Lectures: 04 Hours Week, 04 Credits (02+02)**  
(Th. 02 Hrs., Prac. 02 Hrs.)

**Examination Scheme**

**UA: 60 Marks**  
**Theory: 30 Marks**  
**Practical: 30 Marks**  
**CA: 40 Marks**

**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)

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

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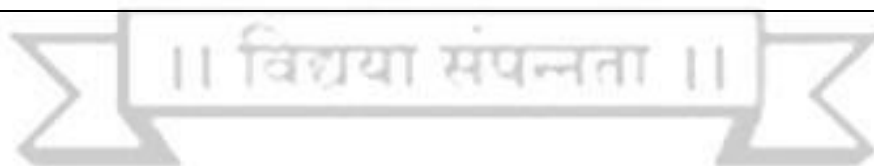
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**SEM-V DSC Paper-VIII (Practical)****Hours: 02/ Week, Credits: 02 (Marks: 30)**

<b>Unit 1: Racket Sports: Badminton/ Table Tennis</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 15 Marks</b>
1. Fundamental Skills		05 Marks
2. Techniques & Tactical		05 Marks
3. Rules of the Game		05 Marks
<b>Unit 2: Athletics – 110 Meter Hurdles</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 15 Marks</b>
<b>ii) 110 Meter Hurdles</b>		<b>15 Marks</b>
<b>a) Performance</b>		
<b>Men</b>	<b>Women</b>	<b>12 Marks</b>
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>b) For Technique &amp; Modern style</b>		<b>03 Marks</b>

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



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**B.A.-III (Physical Education) Semester-VI**

**Vertical: DSC (PEDU-IX) Physical Education Paper-IX**

**Paper Code:**

**Paper Name: Anatomy and Physiology of Exercise**

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

**SEM-VI DSC Paper-IX (Theory)**

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

<b>Unit 1: Circulatory System and Digestive System</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
<b>a) Circulatory System:</b> i. Blood – Its constituents and Function, Working of Heart. ii. Blood Pressure, Pulse, Blood groups, Oxygen debt.  <b>b) Digestive System:</b> i. Structure And Function - In Brief :- Mouth, Teeth, Salivary Glands, Pharynx, Oesphages, Stomach, Small And Large Intestine, Pancreas, Liver..		
<b>Unit 2: Endocrine System and Excretory System</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
<b>a) Endocrine System:</b> i. Structure and function of:- (a) Pituitary (b) Thyroid (c) Parathyroid d) Adrenals (e) Thymus (f) Pancreas (Islets of langerhans)  <b>b) Excretory System:</b> i. Excretory System Structure And Work ii. Skin structure and work.		
<b>Unit 3: Effects of exercise on various systems</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
i. Skeletal System ii. Muscular System iii. Respiratory System iv. Circulatory System v. Digestive System vi. Endocrine System vii. 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
<b>College Assessments (CA)</b>			<b>40 Marks</b>
3) Internal Assessment / Home Assignment / Unit Tests			20 Marks
4) Oral and Tutorial /Record Book,			20 Marks



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**B.A.-III (Physical Education) Semester-VI**

**Vertical: DSC (PEDU-X) Physical Education Paper-X**

**Paper Code:**

**Paper Name: Hygiene and Safety Education**

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

**SEM-VI DSC Paper-X (Theory)**

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

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

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

<b>Unit 1: Ball Game – Softball or Cricket</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 15 Marks</b>
<b>a) Performance</b>		<b>15 Marks</b>
1. Fundamental Skills		05 Marks
2. Rules of the Game		05 Marks
<b>b) Ground Marking</b>		<b>05 Marks</b>
<b>Unit 2: Athletics: Running Event</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 15 Marks</b>
<b>i) 5000 Meter Running</b>		<b>15 Marks</b>
<b>a) Performance</b>		<b>15 Marks</b>
<b>Men</b>	<b>Women</b>	<b>15 Marks</b>
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

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

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**B.A.-III (Physical Education) Semester-V**

**Vertical: DSE (Physical Education) Paper-I**

**Paper Code:**

**Paper Name: Fundamentals of Biomechanics**

**Teaching Scheme**

**Lectures: 04 Hours Week, 04 Credits (02+02)**  
(Th. 02 Hrs., Prac. 02 Hrs.)

**Examination Scheme**

**UA: 60 Marks**  
**Theory: 30 Marks**  
**Practical: 30 Marks**  
**CA: 40 Marks**

**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 &amp; CA: 40 Marks)

<b>Unit 1: Introduction to Biomechanics</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
a) Concept, Meaning and Definition of Biomechanics b) Importance of Biomechanics in Physical Education		
<b>Unit 2: Scope of Biomechanics</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
a) Relationship between biomechanics, anatomy, and physiology. b) Structure and function of bones, muscles, and joints.		
<b>Unit 3: Anatomical and Mechanical Foundations</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
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)

<b>Unit 1: 30 Meter Fly Test</b>		<b>No. of Lectures: 02</b>	<b>Weightage: 15 Marks</b>
<b>Men</b>	<b>Women</b>	<b>15 Marks</b>	
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	
<b>Unit 2: Vertical Jump Test</b>		<b>No. of Lectures: 01</b>	<b>Weightage: 15 Marks</b>
<b>Men</b>	<b>Women</b>	<b>15 Marks</b>	
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	

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



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**B.A.-III (Physical Education) Semester-VI**

**Vertical: DSE (Physical Education) Paper-II**

**Paper Code:**

**Paper Name: Applied Biomechanics**

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

**SEM-VI DSE-II (Theory)**

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

<b>Unit 1: Basic Concepts in Biomechanics</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
a) Force, Friction and Gravity. b) Their Role in Human Movement.		
<b>Unit 2: Motion</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
a) Concept and Meaning of Motion b) Types of Motion: Linear, Angular and General Motion		
<b>Unit 3: Law of Motion and Their Application Sports</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
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)		

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

<b>Unit 1: Shuttle Run Test (10m X 4)</b>		<b>No. of Lectures: 02</b>	<b>Weightage: 15 Marks</b>
<b>Men</b>	<b>Women</b>		<b>15 Marks</b>
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
<b>Unit 2: Kavayat (Mass Drills) Without Equipments</b>		<b>No. of Lectures: 01</b>	<b>Weightage: 15 Marks</b>
<b>Men</b>	<b>Women</b>		<b>15 Marks</b>
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

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

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**B.A.-III (Physical Education) Semester-V**

**Vertical: Minor - V (Physical Education)**

**Paper Code:**

**Paper Name: Rhythms and Recreation in Physical Education**

**Teaching Scheme**

**Lectures: 04 Hours Week, 04 Credits (02+02)**  
(Th. 02 Hrs., Prac. 02 Hrs.)

**Examination Scheme**

**UA: 60 Marks**  
**Theory: 30 Marks**  
**Practical: 30 Marks**  
**CA: 40 Marks**

**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)

<b>Unit 1: Concept of Rhythm</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
a) Concept, Meaning and Definition of Rhythm b) Nature and Function of Rhythm		
<b>Unit 2: Principles and Objectives of Rhythm</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
a) Principles of Rhythm b) General Aims and Objectives of Rhythm		
<b>Unit 3: Nature of Recreation</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 10 Marks</b>
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)

<b>Unit 1: Exercises for Health and Wellness</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 15 Marks</b>
1. Warm-Up and Cool down - General & Specific Exercises		
2. Yoga: Shitalikarna Vyayama, Suryanamaskara, Basic Set of Yoga Asanas, Basic Set of Pranayama & Meditation		
<b>Unit 2: Kavayat (Mass Drills) Without Equipments</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 15 Marks</b>
1. Kavayat (Mass Drills) Standing Position 2. Kavayat (Mass Drills) Seated Position		
<b>Practical Exam</b>		<b>30 Marks</b>
• 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
<b>College Assessments (CA)</b>		<b>40 Marks</b>
5) Internal Assessment / Home Assignment / Unit Tests		20 Marks
6) Oral and Tutorial / Record Book,		20 Marks



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**B.A.-III (Physical Education) Semester-VI**

**Vertical: Minor-VI (Physical Education)**

**Paper Code:**

**Paper Name: Physical Education Through Rhythm & Recreation**

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

**SEM-VI Minor-VI (Theory)**

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

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

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

<b>Unit 1: Exercises for Health and Wellness</b>	<b>No. of Lectures: 02</b>	<b>Weightage: 15 Marks</b>
1. Body Weight Exercises: Upper body, Lower Body		
2. Exercises with Partner		
<b>Unit 2: Kavayat (Mass Drills) With Equipments</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 15 Marks</b>
1. Kavayat (Mass Drills) Standing Position 2. Kavayat (Mass Drills) Seated Position <b>Equipments: Mogari, Rings, Dumbbells, Sticks, Flags, etc.</b>		
<b>Practical Exam</b>		<b>30 Marks</b>
• 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

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

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**B.A.-III (Physical Education) Semester-V**

**Vertical: VSC (PHY-VSC-III) Physical Education-VSC-III**

**Paper Code:**

**Paper Name: Fundamentals of Yoga**

**Teaching Scheme**

**Lectures: 02 Hours Week, 02 Credits (01+01)**  
(Th. 01 Hrs., Prac. 01 Hrs.)

**Examination Scheme**

**UA: 30 Marks**  
**Theory: 15 Marks**  
**Practical: 15 Marks**  
**CA: 20 Marks**

**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)

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

<b>Practical Work (SEM-V)</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 15 Marks</b>
<b>a) Performance</b>		<b>15 Marks</b>
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

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



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**B.A.-III (Physical Education) Semester-VI**

**Vertical: -VSC-IV (Physical Education)**

**Paper Code:**

**Paper Name: Applied Yoga**

<b>Teaching Scheme</b>	<b>Examination Scheme</b>
<b>Lectures: 02 Hours Week, 02 Credits (01+01)</b> (Th. 01 Hrs., Prac. 01 Hrs.)	<b>UA: 30 Marks</b> <b>Theory: 15 Marks</b> <b>Practical: 15 Marks</b> <b>CA: 20 Marks</b>

**SEM-VI VSC-IV (Theory)**

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

<b>Unit 1: Yoga, Emotional Health and Personal Efficiency</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
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.		
<b>Unit 2: Yoga and Sports</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 07 to 08 Marks</b>
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)**

<b>Practical Work (SEM-V)</b>	<b>No. of Lectures: 01</b>	<b>Weightage: 15 Marks</b>
<b>a) Performance</b>		<b>15 Marks</b>
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

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

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<ul style="list-style-type: none"> <li>• <b>Scheme Of Examination:</b></li> <li>• Examination will be conducted at End of the Semester.</li> </ul>	
<b>Theory Paper (2 Credits)</b>	<b>Total: 30 Marks</b>
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
<b>Theory Paper (1 Credit)</b>	<b>Total: 15 Marks</b>
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
<b>Practical Examination Conducted: (2 Credits)</b> (One Inspection Day & Two Days Examination)	<b>Total: 30 Marks</b>
<ul style="list-style-type: none"> <li>a) A Batch of 20 students for Practical period &amp; Examination</li> <li>b) One Organizer (Internal Subject Teacher)</li> <li>c) Two Examiners Appointed by Organizer / University.</li> <li>d) Peons - Two Peons for Ground Marking, Water Supply, Equipment Supply and Collecting, etc.</li> </ul>	
<b>Practical Examination Conducted: (1 Credit)</b> (One Inspection Day & One Days Examination)	<b>Total: 15 Marks</b>
<ul style="list-style-type: none"> <li>a) A Batch of 20 students for Practical period &amp; Examination</li> <li>b) One Organizer (Internal Subject Teacher)</li> <li>c) Two Examiners Appointed by Organizer / University.</li> <li>d) Peons - Two Peons for Ground Marking, Water Supply, Equipment Supply and Collecting, etc.</li> </ul>	

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<b>Books Recommended:</b>	
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 Pfeiffier 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: व्यांकटेश वांगवड, गजानन बुक डेपो, पुणे. ३०.
28.	अथलेटिक्स: राम भगवत, ट्रॅक अँड फोल्ड पब्लिकेशन, पुणे.-९.
29.	□ □