

॥ सा विद्या या विमुक्तये ॥



स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

“ज्ञानतीर्थ” परिसर, विष्णुपुरी, नांदेड - ४३१६०६ (महाराष्ट्र)

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY NANDED

“Dnyanteerth”, Vishnupuri, Nanded - 431606 Maharashtra State (INDIA)

Established on 17th September 1994 – Recognized by the UGC U/s 2(f) and 12(B), NAAC Re-accredited with 'A' Grade



ACADEMIC (1-BOARD OF STUDIES) SECTION

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मानवविज्ञान विद्याशाखेतील बी.ए.प्रथम वर्ष—शारीरिक शिक्षण या विषयाचा सी.बी.सी.एस. पॅटर्नचा नविन अभ्यासक्रम शैक्षणिक वर्ष २०१९-२० पासून लागू करण्याबाबत.

प रि प त्र क

(संदर्भ: परिपत्रक शैक्षणिक -०१/परिपत्रक/पदवी—सीबीसीएस अभ्यासक्रम २०१८-१९/३८६१, दिनांक २३/०५/२०१९)

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, संदर्भीय परिपत्रकान्वये प्रस्तुत विद्यापीठाच्या संलग्नित महाविद्यालयांतील मानवविज्ञान विद्याशाखेतील पदवी स्तरावरील खालील विषयाचा **C.B.C.S. (Choice Based Credit System) Pattern** चा सुधारित अभ्यासक्रम शैक्षणिक वर्ष २०१९-२० पासून लागू करण्यात आला होता.

१) बी.ए. — प्रथम वर्ष — शारीरिक शिक्षण

तथापि, शैक्षणिक वर्ष २०१९-२० पासून उपरोक्त विषयाचा नवीन अभ्यासक्रम लागू करण्याच्या दृष्टीन मा. प्र. कुलगुरू महोदयांनी मा. विद्या परिषदेच्या मान्यतेच्या अधिन राहून मान्यता दिलेली असल्याने संदर्भीय परिपत्रक रद्द समजण्यात यावे.

सदरील परिपत्रक व अभ्यासक्रम प्रस्तुत विद्यापीठाच्या www.srtmun.ac.in या संकेतस्थळावर उपलब्ध आहेत. तरी सदरील बाब ही सर्व संबंधितांच्या निदर्शनास आणून द्यावी.

‘ज्ञानतीर्थ’ परिसर,
विष्णुपुरी, नांदेड - ४३१ ६०६.
जा.क्र.: शैक्षणिक-०१/परिपत्रक/पदवी—सीबीसीएस अभ्यासक्रम/
२०१९-२०/१३१९
दिनांक : १२.०९.२०१९.

संवाक्षरित/-
उपकुलसचिव
शैक्षणिक (१-अभ्यासमंडळ विभाग)

प्रत माहिती व पुढील कार्यवाहीस्तव :

प्रत माहिती व पुढील कार्यवाहीस्तव :

- १) मा. कुलसचिव यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- २) मा. संचालक, परीक्षा व मूल्यमापन मंडळ यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- ३) प्राचार्य, सर्व संबंधित संलग्नित महाविद्यालये, प्रस्तुत विद्यापीठ.
- ४) उपकुलसचिव, पात्रता विभाग, प्रस्तुत विद्यापीठ.
- ५) साहाय्यक कुलसचिव, पदव्युत्तर विभाग, प्रस्तुत विद्यापीठ.
- ६) सीनिअर प्रोग्रामर, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ.

SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED.

SYLLABUS

B.A. FIRST YEAR
(PHYSICAL EDUCATION)

Semester Pattern
(Choice Base Credit System)
(**CBSE**)

(With Effective from 2019-20)

SWAMI RAMANAND TEERTH MARATHWADA
UNIVERSITY, NANDED.

CHOICE BASE CREDIT SYSTEM (CBCS)

SEMESTER PATTERN

B.A. First Year

B.A.(UG) Programme under Faculty of Physical Education

(Affiliated Colleges)

(With Effect from Academic Year , 2019-20)

Name of the Faculty: **Physical Education**

Total Credit: **48**

Average credits per semester: **24**

Note:

1. Assessment shall consist of Continuous Assessment (CA) and End of Semester Examination (ESE)
2. Weightage: -- % for ESE & --% for CA
3. Each Paper is of 3 Credits
4. Paper – (Elective) Transfer of Credit as per Student choice.

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED.

Choice Base Credit System (CBCS) Course Structure (New Scheme)

Faculty of Physical Education

B.A. First Year Syllabus

Semester Pattern

(With Effect from Academic Year 2019-20)

Subject: **Physical Education**

Semester	Core Course	Paper No.	Name Of Paper	Lectures/ week	Total No. of lectures	CA	ESE	Total Marks	Credits
Semester-I	CCPHY. EDU.-I	I	History of Physical Education	4	55	35	40	75	3
	CCPHY. EDU.- II	II	Practical	4	55	25	50	75	3
			Total-I	8	110	60	90	150	6
Semester-II	CCPHY. EDU.- III	III	Principle of Physical Education	4	55	35	40	75	3
	CCPHY. EDU.-IV	IV	Practical	4	55	25	50	75	3
			Total-II	8	110	60	90	150	6
			Total- I+II	16	220	120	180	300	12

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED.

CBCS- Paper pattern in the subject of
Physical Education

B. A. First Year

(With Effect from Academic Year **2019-20**)

SEMESTER – I

Paper no.	Title of the Paper	Internal Marks	External Marks
I	History of Physical Education	35	40
II	Practical	25	50

SEMESTER – II

Paper no.	Title of the Paper	Internal Marks	External Marks
V	Principal of Physical Education	35	40
VI	Practical	25	50

Following statement showing distribution of internal and external marks.

Paper no.	Title of Paper	Internal Marks	External Marks	Internal + External = Total marks
I	History of Physical Education	Test-I -10 Test-II (MCQ) - 10 Assignment/ Tutorial- - 10 Oral/ Attendance - 05	Theory Paper 30+10=40	35+40= 75
II	Practical	Attendance of practical period - 10 Oral (General Sports Knowledge) -10 Discipline/ Behavior -05	Practical Exam- 50	25+50= 75
V	Principal of Physical Education	Test-I -10 Test-II (MCQ) - 10 Assignment/ Tutorial- 10 Oral/ Attendance - 05	Theory Paper 30+10=40	35+40= 75
VI	Practical	Attendance of practical period - 10 Oral (General Sports Knowledge) -10 Discipline/ Behavior -05	Practical Exam- 50	25+50= 75

Structure of B. A. Programme under CBCS Pattern
(Physical Education & Arts & Humanities Faculty)

Semester	Core Course(12)	Ability Enhancement Compulsory Courses(AEC)(8)	Skill Enhancement Courses (SEC) (4)	Discipline Specific Elective DSE (6)	Generic Elective (6)
	CC-A I-6	1. English-3			
I	CC-B I-6	Communication			
Credits : 24	CC-C I-6	2. SL-3			
II	CC-A II-6	1. English-3			
Credits : 24	CC-B II-6	Communication			
	CC-C II-6	2. SL-3			
Total Credit: 48	No. Credits:36	No. Credits : 12	--	--	--

Structure of B. A. Programme under CBCS Pattern
(Physical Education & Arts & Humanities Faculty)

Semester	Course Opted	Course Name	Credits
	Ability enhancement compulsory	1.English communication	03
	Course-I	2.SL	03
I	Core Course A-I	Paper A & B	06
	Core Course B-I	Paper A & B	06
	Core Course C-I	Paper A & B	06
		Sem - I Total Credits	24
	Ability enhancement compulsory	1.English communication	03
	Course-II	2.SL	03
II	Core Course A-II	Paper A & B	06
	Core Course B-II	Paper A & B	06
	Core Course C-II	Paper A & B	06
		Sem - II Total Credits	24
		Sem -I& II Total Credits	48

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED.

CBCS- Paper pattern in the subject of
Physical Education

B. A. First Year

(With Effect from Academic Year 2019-20)

SEMESTER – I

Paper I- History of Physical Education

Credits: 03

Period: 55

Marks: 75

Course Contents	Period	Marks
Unit-I - History	15	15
i) Physical Education in ancient – Greece, Rome.		
ii) Ancient Physical Education in India.		
1. Vedic Period.		
2. Ramayan and Mahabharat Period .		
3. Boudha Period.		
4. Maratha Period.		
5. British Period.		
Unit-II - History and Development of Sports Institute :	15	10
i) Y.M.C.A, Madras .		
ii) Decam Gymkhana, Pune.		
iii) Hanuman Vyayam Prasarak Mandal, Amravati.		
iv) Netaji Subhash National Istution of Sports ,Patiala.		
v) LNIPE Gawlior		
Unit-III -History and Development of sports	15	15
i) Ancient Olympic Games.		
ii) Modern Olympic Games.		
iii) Indian Olympic Association.		
iii) Asian Games.		
iv) Commonwealth games.		
Unit-IV – Awards in Games and Sports.	05	10
i) Rajiv Gandhi Khel Ratan Awards.		
ii) Dronacharya and Arjun Award.		
iii) Maharashtra Jeevan Gaurav Awards.		
iv) Shiv Chhatrapati Krida Awards.		
v) District Awards (Best Coach, Player, Organizer).		
Internal Marks	05	35
Test-I -10		
Test-II - 10		
Assignment/ Tutorial - 10		
Oral/ Attendance - 05		

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED.

CBCS- Paper pattern in the subject of
Physical Education

B. A. First Year

(With Effect from Academic Year **2019-20**)

SEMESTER – I

Paper II- Practical

Credits: 03

Period: 55

Marks: 75

Course Contents	Period	Marks
1) Practical Project. Weight measurement.	05	05
2) Running Event's – Skills and Techniques. 100m. Sprints (For Men/Women)	08	10
3) Optional Games (Any One) 1. Kabaddi 2. Atya-Patya. [Fundamental Skills, Knowledge of rules and regulation]	25	20
4) Indian Exercise Suryanamskar (Men/Womwn)	10	10
5) Record Book All practical event's related. a) Brief History. b) Various Diagrams. c) Names of different fundamental skills in the event's. d) Officials. e) Awards. N.B :- Record book and uniform is compulsory.	02	05
Internal Marks		05
Attendance of practical period	-10	
Oral (General Sports Knowledge)	-10	
Discipline/ Behavior	-05	

SWAMIRAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED.
 CBCS- Paper pattern in the subject of
 Physical Education
B. A. First Year
 (With Effect from Academic Year **2019-20**)
SEMESTER – II
 Paper III- Principal of Physical Education

Credits: 03

Period: 55

Marks: 75

Course Contents	Period	Marks
Unit I- Principal of physical education	15	15
1. Meaning, need, importance and scope of physical education		
2. Aims and objectives of physical education		
3. Philosophy of physical education (Idealism, Naturalism & Realism)		
4. Classification of activities		
Unit II- Biological basis of physical education	13	15
1. Affecting factors of growth and development		
2. Anatomical differences between male and female		
3. Benefits of exercise Under load, Normal load, Overload, Training principals		
Unit III- psychological basis of physical education	12	15
1. Psychological Factors affecting sports performance		
2. Meaning and importance of play		
3. Theories of play		
Unit IV- Sociological basis of physical education	05	10
1. Games and sports as a cultural heritage of mankind		
2. Role of sports in national integration		
3. Role of sports in the cultural development & society		
Internal Marks	05	35
Test-I -10		
Test-II - 10		
Assignment/ Tutorial - 10		
Oral /Attendance -05		
Oral/ Attendance - 05		

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED.
CBCS- Paper pattern in the subject of
Physical Education
B. A. First Year
(With Effect from Academic Year 2016-17)
SEMESTER – I
Paper IV- Practical

Credits: 03

Period: 55

Marks: 75

Course Contents	Period	Marks
1.) Practical Project. Height measurement.	05	05
2.) Throwing Event – Skills and Techniques. Shot-put (for Men/Women)	08	10
3.) Jumping event skills and techniques. Long jump (approach run, take-off, air position and landing)	10	10
4.) Optional Games (Any One) i. Table Tennis ii. Gymnastics (Mat exercise) [Fundamental Skills, Knowledge of rules and regulation]	25	20
5.) Record Book All practical events related. i. Brief History. ii. Various Diagrams. iii. Names of different fundamental skills in the events. iv. Officials. v. Awards. a. Note:- Record book and uniform is compulsory.	02	05
Internal Marks		05
Attendance of practical period	-10	
Oral (General Sports Knowledge)	-10	
Discipline/ Behavior	-05	

- N.B.
1. Separate heads of Passing
 - a) Theory Paper Minimum Passing 16 Marks per semester (Out of 40 Marks)
 - b) Practical Papers Minimum Passing 20 Marks per semester (Out of 50 Marks)
 2. Practical examination conduct.
 - a) First batch 20 students, Second batch will be treated as 1/3 of First batch
 - b) Examiner appointed by University (Internal one subject teacher and one external)
 - c) One peon for ground marking, equipment and water supply and collecting it etc.
 3. Physically handicapped student is not allowed
 4. Uniform and practical book is compulsory for practical period and Examination
 5. Practical examination of paper II and IV will taken jointly at the time of summer examination.
 6. While conducting the practical period and examination the concern College will make all necessary arrangement including grounds equipments as well as supportive staff for the purpose.
 7. Arranging a visit to the sports Institutes, stadium and other sports activity is compulsory.