

॥ 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

Phone: (02462) 229542

Website: www.srtmun.ac.in

E-mail: bos.srtmun@gmail.com

Fax : (02462) 229574

आंतर-विद्याशाखीय अभ्यास विद्याशाखेतील
विविध पदवी व पदव्युत्तर विषयांचे
सी.बी.सी.एस. पॅटर्नचे अभ्यासक्रम शैक्षणिक
वर्ष २०१९-२० पासून लागू करण्याबाबत.

परिपत्रक

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक ३० एप्रिल २०१९ रोजी संपन्न झालेल्या ४३व्या मा. विद्या परिषद बैठकीतील ऐनवेळचा विषय क्र.७/४३-२०१९ च्या ठरावानुसार प्रस्तुत विद्यापीठाच्या संलग्नित महाविद्यालयांतील आंतर-विद्याशाखीय अभ्यास विद्याशाखेतील पदवी व पदव्युत्तर स्तरावरील खालील विषयांचे C.B.C.S. (Choice Based Credit System) Pattern नुसारचे अभ्यासक्रम शैक्षणिक वर्ष २०१९-२० पासून लागू करण्यात येत आहेत.

- 1) B.A.-I Year Physical Education
- 2) M.P.Ed.-I Year
- 3) B.Ed.-I & II Year
- 4) M.Ed.- I Year
- 5) B.A.-I Year-Music)
- 6) B.A.-I Year-Journalism & Mass Communication) (Optional I, II, III)
- 7) M.A.-I Year-Journalism & Mass Communication) (MA MCJ, I & II)
- 8) M.A./M.Sc.-I Year-Electronic Media
- 9) B.A.- I Year-Computer Animation and Web Designing
- 10) Master in Computer Animation, Vfx & Web
- 11) B.A.-I Year-Library and Information Science
- 12) B.A.-I Year-Home Science
- 13) B.A.-I Year-Fashion Design
- 14) M.A.-I Year- Fashion Design
- 15) B.S.W.-III Year

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 व पदव्युत्तर-सीबीसीएस
अभ्यासक्रम/२०१८-१९/३८६१

दिनांक : २३.०५.२०१९.

प्रत माहिती व पुढील कार्यवाहीस्तव :

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

स्वाक्षरित / -

उपकुलसचिव

शैक्षणिक (१-अभ्यासमंडळ विभाग)



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	10
<ul style="list-style-type: none"> i) Physical Education in ancient – Greece, Rome. ii) Ancient Physical Education in India. <ul style="list-style-type: none"> 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
<ul style="list-style-type: none"> 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	10
<ul style="list-style-type: none"> i) Olympic Movement ii) Ancient Olympic Games. iii) Modern Olympic Games. iv) Indian Olympic Association. iii) Asian Games. iv) Commonwealth games. 		
Unit-IV – Awards in Games and Sports.	05	10
<ul style="list-style-type: none"> 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
Test-I	-10	35

Test-II (MCQ) - 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	25
Attendance of practical period -10		
Oral (General Sports Knowledge) -10		
Discipline/ Behavior -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 – 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		
5. Suitable activities of different age groups		
Unit II- Biological basis of physical education	13	10
1. Affecting factors of growth and development		
2. Differences in between male and female		
3. Benefits of exercise Under load, Normal load, Overload, Training principals		
Unit III- psychological basis of physical education	12	10
1. Psychological Factors affecting sports performance		
2. Mental Health and Cognitive abilities		
3. Meaning and importance of play		
4. Theories of play		
5. Principals of growth and development		
Unit IV- Sociological basis of physical education	05	05
1. Games and sports as a cultural heritage of mankind		
2. Role of sports in national integration		
3. Role of society to culture development		
Internal Marks	05	35
Test-I	-10	

Test-II (MCQ)	- 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 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	25
Attendance of practical period	-10	
Oral (General Sports Knowledge)	-10	

Faculty of Physical Education
B. A. (First Year) (First Semester) EXAMINATION
October/ November, 2016
Physical Education (Optional)
Paper I
(Name of the Paper)

Date:

Time: 2 Hours.

N. B.—1) Attempt All Questions.

Maximum marks -40

- 2) All Questions Carry Equal Marks.
 - 3) One mark to each correct answered MCQ.
 - 4) Negative mark system is applicable for MCQ.
 - 5) First question is compulsory.
- | | | |
|-----------------|-------------------------------------|----|
| Question no. 1- | 10 MCQ questions with four options. | 10 |
| Question no. 2- | Question | 10 |
| | Or | |
| | Question | |
| Question no. 3- | Question | 10 |
| | Or | |
| | Question | |
| Question no. 4- | Write short notes. (Any two) | 10 |

- 1.
- 2.
- 3.
- 4.

- 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 75 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.

Following assistant professor has been appointed as examiner for practical examination of B.A. I, II, III year physical education (optional).

Sr.No.	Name of the Lecturer	Name of College	Mobile
1	Dr.M.D.Shejul	D.S.M.College,Parbhani	9422876825
2	Dr.G.Togare	Shivaji College, Kandhar	9423656345
3	Dr. R. B. Deshmukh	Nagnath ACS College,Anudha	9422551534
4	S. S. Bagal	Nagnath ACS College,Anudha	9673276776
5	Dr.Uttam Dhumal	Shivaji College, kandhar	9421337088
6	Dr.Sanjay Ekambekar	H.S.College, Udgir	9823195851
7	Dr. Khushal Waghmare	Ujwal college, Ghonashi	9422667274
8	Dr.G.S.Solunke	S.T.College,Parbhani	9422876081
9	Dr.Bankat Yadav	B.S.College, Basmath	9422873153
10	Dr.N.N.Lokhande	B.S.College, Basmath	9422719212
11	Dr.N.B.Gajmal	B.S.College, Basmath	9421381420
12	Dr.Uttam Devkate	P.A.H.College, Ranisawargaon	9637731979
13	Dr. Nagesh Phulari	Datta College, Hadgoan	9860564152
14	Dr. S.G.More	Vasantrao Naik College, Nanded	9860117717
15	S.K.Pathak	Sharda College,Parbhani	9421488938
16	Madan Thakur	B.Raghunath College, Parbhani	9503600112
17	D.P.Wawdhane	Degloor College, Degloor	
18	Dr. Amol Gautham	Shivaji College, Parbhani	9028520098
19	Sandeep Londhe	Shivaji college Hingoli	9284052180
20	Dr. Majid	L.B.S.College, Dharmabad	9860860456
21			
22	Dr. B.D.Lad	B.P.Ed.College, Kautha	9403908017
23	Dr. Chandrakant karad	B.P.Ed. College, Udgir	9422244317

24	D. J. Pawar	D.S.M.B.P.Ed.College, Parbhani	8329478117
25	M.S.Jadhale	D.S.M.B.P.Ed.College, Parbhani	9637333424
26	Puri	B.P.Ed. College, Udgir	

Chairman
B.O.S. in Physical Education