



# स्वामी रामानन्द तीर्थ मराठवाडा विद्यापीठ, नांदेड

'ज्ञानतीर्थ', विष्णुपुरी, नांदेड - ४३१ ६०६ (महाराष्ट्र राज्य) भारत

## SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED

'Dnyanteerth', Vishnupuri, Nanded - 431 606 (Maharashtra State) INDIA

Established on 17th September, 1994, Recognized By the UGC U/s 2(f) and 12(B), NAAC Re-accredited with 'B++' grade

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राष्ट्रीय शैक्षणिक धोरण—२०२० नुसार पदवी द्वितीय वर्षीयसाठी SPORT (CC-Co-Curricular) या विषयाचे सर्व विद्याशाखेसाठी Common Syllabus शैक्षणिक वर्ष २०२५—२६ पासून लागू करण्याबाबत.

### परिपत्रक

संदर्भ: शै-१/एनईपी—२०२०/पदवीNCC-SPORT/२०२५—२६/२०७ दिनांक: २१.०८.२०२५

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, संदर्भीय परिपत्रान्वये मा.विद्यापरिषदेच्या दिनांक २७ मे २०२५ रोजीच्या बैठकीतील दिलेल्या मान्यतेनुसार विज्ञान व तंत्रज्ञान, मानवविज्ञान विद्याशाखा, आंतर विद्याशाखीय अभ्यास विद्याशाखा आणि वाणिज्य व व्यवस्थापन विद्याशाखेसाठी राष्ट्रीय शैक्षणिक धोरण—२०२० नुसार पदवी द्वितीय वर्षाच्या आराखड्यातील स्तंभ ८ मधील CC-Co-Curricular Courses अंतर्गत Sport या विषयाचे Common Syllabus शैक्षणिक वर्ष २०२५—२६ पासून लागू करण्यात आला होता. तथापि वरील संदर्भीय परिपत्रकान्वये प्रकाशित केलेल्या अभ्यासक्रमामध्ये अभ्यासमंडळानी किरकोळ दुरुस्ती करून अभ्यासक्रम सादर केला आहे. त्यानुसार दुरुस्ती (सुधारित) अभ्यासक्रम २०२५—२६ पासून लागू करण्यात येत आहे.

सदरील परिपत्रक व अभ्यासक्रम प्रस्तुत विद्यापीठाच्या [www.srtmun.ac.in](http://www.srtmun.ac.in) या संकेतस्थळावर उपलब्ध आहेत. तरी सदरील बाब ही सर्व संबंधितांच्या निर्दर्शनास आणून द्यावी, ही विनंती.

'ज्ञानतीर्थ' परिसर,

विष्णुपुरी, नांदेड - ४३१ ६०६.

जा.क्र. शै-१/एनईपी—२०२०/पदवी-Sport/२०२५—२६/ २७४

दिनांक : २८.११.२०२५



सहा. कुलसीचव

शैक्षणिक (१—अभ्यासमंडळ) विभाग

ग्रन्त : १) मा. कुलगुरु महोदयांचे कार्यालय, प्रस्तुत विद्यापीठ.

२) मा. प्र. कुलगुरु महोदयांचे कार्यालय, प्रस्तुत विद्यापीठ.

३) मा. आविष्टाता, सर्व विद्याशाखा, प्रस्तुत विद्यापीठ.

४) मा. संचालक, परीक्षा व मूल्यमापन मंडळ, प्रस्तुत विद्यापीठ.

५) मा. प्राचार्य, सर्व संबंधित संलग्नित महाविद्यालये, प्रस्तुत विद्यापीठ.

६) सिस्टीम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ. यांना देवून कळविण्यात येते की, सदर परिपत्रक संकेतस्थळावर प्रसिद्ध करण्यात यावे.

**SWAMI RAMANAND TEERTH**  
**MARATHWADA UNIVERSITY, NANDED - 431 606**



**(Structure and Syllabus of Four Years Multidisciplinary Degree  
Program with Multiple Entry and Exit Option)**

**Under Co-Curricular**

**Credit -02 (III Sem.)**

**Sub- Sports**

Effective from Academic year 2025– 2026  
(As per NEP-2020)

**Faculty of  
*Interdisciplinary Studies***  
Board of Sports

## **Forward by the Dean, Faculty of Interdisciplinary Studies**

### **From the Desk of the Dean:**

To meet the challenge of ensuring excellence in education, the issue of quality needs to be addressed, debated and taken forward in systematic manner. Accreditation is the principal means of quality assurance in higher education. The major emphasis of accreditation process is to measure the outcomes of the program that is being accredited. In line with all Faculties of S.R.T.M. University, Nanded has taken a lead in incorporating philosophy of outcome based education in the process of curriculum development.

S.R.T.M. University of Nanded, in one of its meeting unanimously resolved that, each Board of Studies shall prepare some Program Educational Objectives (PEO's) and give freedom to affiliated Institutes to add few (PEO's) and course objectives and course outcomes to be clearly defined for each course, so that all faculty members in affiliated institutes understand the depth and approach of course to be taught, which will enhance learner's learning process. It was also resolved that, maximum senior faculty from colleges and experts from industry to be involved while revising the curriculum. I am happy to state that, each Board of studies has adhered to the resolutions passed and developed curriculum accordingly. In addition to outcome based education, semester based credit and grading system is also introduced to ensure quality of education.

Semester based Credit and Grading system enables a much-required shift in focus from teacher-centric to learner-centric education since the workload estimated is based on the investment of time in learning and not in teaching. It also focuses on continuous evaluation which will enhance the quality of education. S.R.T.M. University of Nanded has taken a lead in implementing the system through its affiliated Institutes and has revised a transparent credit assignment policy and adopted ten points scale to grade learner's performance, as per recommendations of Academic Council.

**Prof. Dr. Chandrakant Baviskar**

Dean, Faculty of Interdisciplinary Studies,

Swami Ramanand Teerth Marathwada University, Nanded

## **From Desk of Chairman, Board of Studies of the Subject Sport**

### **Preamble:**

Higher education is a key path way for social transformation and mobility along with the upliftment of individuals and communities. This importance addresses the NEP 2020 the responsibility of University is to provide complete protection to ensure the UG students to work and study in a friendly environment. The higher education institutions must examine all the issues of students like mental, physical, psychological and emotional health.

**Sports Program:** the sports program or syllabus must insure that it's graduates understand the basic concepts of physical fitness. It ensures it's mythologies for analyse and design to acquire skills for lifelong physical fitness.

I as a chairman Board of Studies in Sports Swami Ramanand Teerth Marathwada University, Nanded very happy to state here that the objectives of sports finalized in the meeting where Dr. Vinod Ganacharya, Dr. Bhaskar Mane, Dr. Mahesh Bebmde, Dr. Vikram Kunturwar, Dr. Minanath Gomchale Dr. Prashant Chavan and Dr. Madhav Kadam the members of different institutes were present. The program of sports and its objectives finalized for UG under graduate students of sports are as follows.

### **Objectives:-**

1. To focus on physical activity for all students to keep them physically fit and mentally healthy.
2. To nurture an atmosphere where students are askd to be physically active.
3. To create the awareness of physical fitness in students.
4. To create overcome against academic pressure, peer pressure behavioural issues, stress, career concerns depression and other issues on the mental health of the students.

**Dr. Kailas ShivharraoPalne**  
Chairman, Board of Studies in Sports.  
Swami Ramanand Teerth  
Marathwada University, Nanded

# Swami Ramanand Teerth Marathwada University, Nanded

## Syllabus for Sports under NEP 2020

### Under Graduate Second Year Programme Semester- III

### Examination Scheme

(2 credits- 50 Marks)

[ 40% Continuous Assessment (**CA-20 marks**) and 60% End Semester Examination (**ESE-30 Marks**) ]

Subject	Course Code	Course Name	Practical					Total	
			Continuous Assessment ( <b>CA</b> )				<b>ESE</b> ( End Semester Exam.)		
			Test 1	Viva	Attendence	Total out			
Co-Curricular	Cccxxx1151	Sports	10 Marks	06 Marks	04 Marks	20 Marks	30 Marks	50 Marks	

## Practical Syllabus: Sports

Unit No.	Name of Topic/content	Hours Required to cover the Contents 1Hr.=60Min.
1	<b>Components of Health- Related Fitness</b>	
	Definition and components of physical fitness	
	Definition of Health-Related Fitness	
	Cardiovascular endurance	
	Muscular strength	
	Muscular endurance	
	Flexibility	
2	<b>Components of Skill-Related Fitness</b>	
	Definition and components Skill-Related Fitness	
	Speed	
	Agility	
	Power	
	Reaction time	
3	<b>Sports &amp; Games Skill Proficiency</b>	
	Introduction of Sports & Games Skill	
	scope of sports and Game	
	Rules and etiquette, Techniques and basic skills, Game tactics and formations	
	<b>Team Games</b> -- Any one game as per the choice of student and available facilities in the college premises.	
	<b>Individual Games / Activities</b> - Any one game as per the choice of student and available facilities in the college premises.	

## **Assessment(Evaluation Criteria)**

### **Health-related components Assessment**

Cardiovascular endurance	12 m Run & Walk
Muscular strength	Push-ups / Pull-ups
Muscular endurance	Sit-ups
Flexibility	Sit & Reach

### **Skill-related components Assessment**

Speed	50 m dash
Agility	T-Test for agility
Power	Standing Broad Jump
Reaction time	Nelson Reaction Time Test

### **Sports & Game Skill Assessment**

**Team Games** (any one): basic skills , Techniques ,Rules

**Individual Games / Activities** (any one): basic skills, Techniques & Rules

### **Evaluation Criteria ESE**

<b>Sr.</b>	<b>Area</b>	<b>Marks</b>
<b>1</b>	Health Related Fitness Tests	<b>5 Marks (One Test)</b>
<b>2</b>	Skill Related Fitness Tests	<b>5 Marks (One Test)</b>
<b>3</b>	Skill in Games & Sports (One Team and one Individual)	<b>10 (5 Marks Each Game)</b>
<b>4</b>	Viva / Oral on Techniques, Rules	<b>05 Marks</b>
<b>5</b>	Marks to be awarded Proportionate to the Number of Practicals /activities done by the	<b>03 Marks</b>

	students during the Semester	
<b>6</b>	Record Book	<b>02 Marks</b>
	<b>Total</b>	<b>30 Marks</b>

### Evaluation Criteria CA

<b>Sr. No</b>	<b>Area</b>	<b>Marks</b>
<b>1</b>	Test 1	<b>10 (5 marks Each Test)</b>
<b>2</b>	Viva/Seminar/ Presentaion	<b>6 Marks</b>
<b>3</b>	Attendedence	<b>4 Marks</b>
	<b>Total</b>	<b>20 Marks</b>

### Reference Books-

1. Physical Fitness and Wellness - Eldhose Mathachan, Sports Publication-2020
2. Test, Measurement and Evaluation in Sports and Physical Education- Dr. Devinder Kansal, Publication-KSK
3. Health and Physical Education Class - XI (Latest Syllabus CBSE Board Examinations), Dr. Sunil Dabas, Publication-KSK
4. Physical Fitness, Vijaya Lakshmi, Publication-KSK
5. सांघिक खेळ- नियम व कारक कौशल्य, लेखक दीपक माने व डॉ. सुरेखा दप्तरे , डायमंड पब्लिकेशन
6. वैयक्तिक खेळ -नियम व कारक कौशल्य, लेखक दीपक माने व डॉ. सुरेखा दप्तरे , डायमंड पब्लिकेशन
7. शारीरिक शिक्षा योग्य नियम, लेखक सचिन कुमार आर्य , पब्लिकेशन खेळ साहित्य केंद्र



## **SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED**

### **Subject Sports-**

### **Final Proforma for marks allotment**

**Name of the College :**

**College Code:**

**Semester: III**

Sr. No.	Name of the student	Seat No.	CA	ESE	Total Out of 50	Remark
			Out of 20 Marks	Out of 30 Marks		
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

**SWAMI RAMANAND TEERTHMARATHWADA UNIVERSITY, NANDED**

**Subject Sports-**

**ESE Proforma for marks allotment**

**Name of the College :**

**College Code:**

**Semester: III**

Sr. No.	Name of the student	Seat No.	ESE							Total
			Health Related Physical Fitness Test (05Marks)	Skill Related Test (05Marks )	Sports & Games Skill (10Marks)	Viva / Oral (05Marks)	Number of Practicals /activities done by the students during the Semester	Record Book 2 Marks	Total out of 30 Marks )	
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										

**Subject Sports**  
**CA- Proforma for marks allotment**

**Name of the College :**

**College Code:**

**Semester: III**

Sr. No	Name of the student	Seat No.	CA			
			Test 1	Viva/Seminar/ Presentaion	Attended	Total Out of
1			10 Marks	06 Marks	04 Marks	20 Marks
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

## **Health Related Physical Fitness tests for assessment**

### **1) 12 Minute Run and walk Test:**

**Equipment required:** flat oval or running track, marker cones, recording sheets, stop watch.

**Pre-test:** Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender, test conditions. See more details of pre-test procedures.

**Procedure:** Place markers at set intervals around the track to aid in measuring the completed distance. Participants run for 12 minutes, and the total distance covered is recorded. Walking is allowed, though the participants must be encouraged to push themselves as hard as they can to maximize the distance covered.

**Scoring:**

<b>Grade</b>	<b>Distance covered in meters by Boys</b>	<b>Distance covered in meters by Girls</b>	<b>Score</b>
Excellent	Above than 2800	Above than 2500	5
Very Good	2500.01 to 2800	2200.01 to 2500	4
Good	2200.01 to 2500	1900.01 to 2200	3
Average	1900.01 to 2200	1600.01 to 1900	2
Satisfactory	Less than 1900	Less than 1600	1

### **2 ) Push Up Fitness Test**

The push-up fitness test (also called the press-up test) measures upper body strength and endurance. There are many variations of the push-up test, with differences in the placement of the hands, how far to dip, the duration of the test and the method of counting the number of completed push-ups. Here we discuss the general method for the push-up test, and link to specific push-up fitness tests.

**possible equipment required:** depending on which protocol you use, you will need a floor mat, metronome (or audio tape, clapping, drums), stopwatch, wall, chair.

**Pre-test:** Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender and test conditions. Perform a standard warm-up. See more details of pre-test procedures.

**procedure:** A standard push-up begins with the hands and toes touching the floor, the body and legs in a straight line, feet slightly apart, the arms at shoulder-width apart, extended and at a right angle to the body. Keeping the back and knees straight, the subject lowers the body to a predetermined point, to touch the ground or some other object, or until there is a 90-degree angle at the elbows, then returns back to the starting position with the arms extended. This action is repeated without rest, and the test continues until exhaustion, or until they can do no more in rhythm or have reached the target number of push-ups. See push-up videos for some examples of push-up fitness tests.

**scoring:** Record the number of correctly completed push-ups.

Grade	Boys	Girls	Score
Excellent	Above than 25	Above than 20	5
Very Good	21 to 25	16 to 20	4
Good	16 to 20	11 to 15	3
Average	11 to 15	6 to 10	2
Satisfactory	5 to 10	1 to 5	1

### **3. Sit up Test :**

**Equipment required:** flat ground, stopwatch

**Pre-test:** Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender, test conditions. Perform an appropriate warm-up. See more details of pre-test procedures.

**Procedure:** The aim of this test is to perform as many sit-ups as you can in two minutes. The starting position is lying on your back with your knees bent and feet flat on the floor. The arms are folded across and the chest, and must maintain no gap between the forearms and the chest at all times. A second person is permitted to hold the lower legs or ankles. On the command 'go,' start the crunch by raising your upper body forward until the elbows or forearms touch the thighs, and then lower the torso until the shoulder blades touch the ground. This is one complete sit up.

**Scoring:**

Grade	Boys	Girls	Score
Excellent	Above than 25	Above than 20	5
Very Good	21 to 25	16 to 20	4
Good	16 to 20	11 to 15	3
Average	11 to 15	6 to 10	2
Satisfactory	5 to 10	1 to 5	1

**4. Sit & Reach Test**

**equipment required:** sit and reach box (or alternatively a ruler can be used, and a step or box).

**procedure:** This test involves sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the box. Both knees should be locked and pressed flat to the floor - the tester may assist by holding them down. With the palms facing downwards, and the hands on top of each other or side by side, the subject reaches forward along the measuring line as far as possible. Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice reaches, the subject reaches out and holds that position for at least one-two seconds while the distance is recorded. Make sure there are no jerky movements. See also video demonstrations of the Sit and Reach Test.

**scoring:** The score is recorded to the nearest centimeter or half inch as the distance reached by the hand. Some test versions use the level of the feet as the zero mark, while others have the zero mark 9 inches before the feet. There is also the modified sit and reach test which adjusts the zero mark depending on the arm and leg length of the subject. There are some norms for the sit and reach test and also examples of some actual athlete results.

Grade	Boys(Cm)	Girls(Cm)	Score
Excellent	Above than 12	Above than 10	5
Very Good	11.09 to 10	9.09 to 07	4
Good	10.09 to 8	7.09 to 05	3
Average	8.09 to 5	5.09 to 3	2
Satisfactory	Less than 5	Less than 3	1

## **Skill Related Fitness tests for assessment**

### **1. 50 Meter Dash Test :**

**Purpose:** The aim of this test is to determine acceleration and speed.

**Equipment required:** measuring tape or marked track, stopwatch, cone markers, flat and clear surface of at least 70 meters.

**Procedure:** The test involves running a single maximum sprint over 50 meters, with the time recorded. A thorough warm up should be given, including some practice starts and accelerations. Start from a stationary standing position (hands cannot touch the ground), with one foot in front of the other. The front foot must be behind the starting line. Once the subject is ready and motionless, the starter gives the instructions "set" then "go.". The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs) and the participant should be encouraged to not slow down before crossing the finish line.

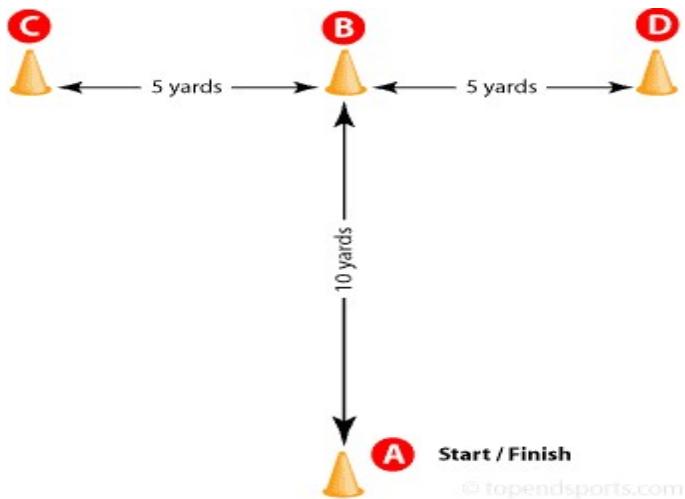
#### **Scoring criteria:**

<b>Grade</b>	<b>Time taken for boys</b>	<b>Time taken for girls</b>	<b>Score</b>
Excellent	Less than 7 second	Less than 9 second	5
Very Good	7.01 to 8 second	9.01 to 10 second	4
Good	8.01 to 9 second	10.01 to 11 second	3
Average	9.01 to 10 second	11.01 to 12 second	2
Satisfactory	Above than 10 second	Above than 12 second	1

### **2. T-Test for Agility**

**Equipment required:** tape measure, marking cones, stopwatch, timing gates (optional)

**Pre-test:** Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender, test conditions. Measure and mark out test area. Perform an appropriate warm-up. See more details of pre-test procedures.



**Test setup:** Set out four cones as illustrated in the diagram above (5 yards = 4.57 m, 10 yards = 9.14 m).

**Procedure:** The subject starts at cone A. On the command of the timer, the subject sprints to cone B and touches the base of the cone with their right hand. They then turn left and shuffle sideways to cone C, and also touches its base, this time with their left hand. Then shuffling sideways to the right to cone D and touching the base with the right hand. They then shuffle back to cone B touching with the left hand, and run backwards to cone A. The stopwatch is stopped as they pass cone A.

**Scoring:** The trial will not be counted if the subject crosses one foot in front of the other while shuffling, fails to touch the base of the cones, or fails to face forward throughout the test. Take the best time of three successful trials to the nearest 0.1 seconds. The table below shows some scores for adult team sport athletes.

Grade	Males (seconds)	Females (seconds)	Score
Excellent	Less Than 10	Less Than 12	5
Very Good	10.01 to 11	12.01 to 13	4
Good	11.01 to 12	13.01 to 14	3
Average	12.01 to 13	14.01 to 15	2
Satisfactory	Above than 13	Above than 15	1

### **3. Standing Long Jump Test (Broad Jump)**

The Standing long jump, also called the Broad Jump, is a common and easy to administer test of explosive leg power. It is one of the fitness tests .

**Test purpose:** to measure the explosive power of the legs

**equipment required:** tape measure to measure distance jumped, non-slip floor for takeoff, and soft landing area preferred. Commercial Long Jump Landing Mats are also available.

**pre-test:** Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender and test conditions. Check and calibrate the equipment if required. Perform a standard warm-up. The take off line should be clearly marked. See more details of pre-test procedures.

**procedure:** The athlete stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts are allowed. See some long jump video examples.

**scoring:** The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts. The table below gives a rating scale for the standing long jump test for adults, based on personal experiences. See some athlete results for the long jump test. You can also use this calculator to convert cm to feet and inches.

<b>Grade</b>	<b>Males (CM)</b>	<b>Females (CM)</b>	<b>Score</b>
Excellent	Above than 250	Above than 200	5
Very Good	241 to250	191 to 200	4
Good	231 to 240	181 to190	3
Average	221 to 230	171 to 180	2
Satisfactory	Less than 220	Less than 170	1

#### 4. Reaction Time Ruler Drop Test

Here is a simple **reaction time test** using only a ruler, and a little bit of calculating. This is a good science class project. This test uses the known properties of gravity to determine how long it takes a person to respond to the dropping of an object by measuring how far the object can falls before being caught.

**Test purpose:** to measure reaction time, hand-eye quickness and attentiveness.

**Equipment required:** 1 meter long ruler or Yardstick, calculator.

**pre-test:** Explain the test procedures to the subject. Prepare forms and record basic information such as age, gender and test conditions. Write down which is the preferred hand. See more details of pre-test procedures.

**procedure:** The person to be tested stands or sits near the edge of a table, resting their elbow on the table so that their wrist extends over the side. The assessor holds the ruler vertically in the air between the participant's thumb and index finger, but not touching. Align the zero mark on the ruler with the participant's fingers. The participant should indicate when they are ready. Then, without prior warning, the assessor releases the ruler and lets it drop - the subject must catch it as quickly as possible as soon as they see it fall. Record in centimeters the distance the ruler fell (the level the participant grabs the ruler). Repeat this procedure several times (e.g. 10 times) and take the average score.

**Calculator:** Calculate the average distance the ruler fell and enter it in this form  
Enter Distance (cm): Calculate Reaction Time.

Grade	Males (seconds)	Females (seconds)	Score
Excellent	Less than 45	Less than 45	5
Very Good	45.01-50	45.01-50	4
Good	50.01 – 60	50.01 – 60	3
Average	60.01 – 65	60.01 – 65	2
Satisfactory	Above than 65	Above than 65	1

**Note : All these tests are authentic and modified accordingly.**