



॥ मा विद्या या विमुक्तये ॥

स्वामी रामानंद 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

स्वामी रामानंद तीर्थ
मराठवाडा विद्यापीठ, नांदेड

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

Fax : (02462) 215572

Academic-1 (BOS) Section

website: srtmun.ac.in

Phone: (02462)215542

E-mail: bos@srtmun.ac.in

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

परिपत्रक

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, मा. विद्यापरिपदेच्या 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 सतंभ ८ मधील **CC-Co-curricular Courses** अंतर्गत **NCC/SPORT** या विषयाचे **Common Syllabus** शैक्षणिक वर्ष २०२५-२६ पासून विद्यापीठ/विद्यापीठ उपपरिसर व संलग्नीत महाविद्यालयांना लागू करण्यात येत आहेत.

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

'ज्ञानतीर्थ' परिसर,

विष्णुपुरी, नांदेड - ४३१ ६०६.

जा.क्र.:शै-१/एनइपी/पदवीNCC-SPORT/२०२५-२६/२०७

दिनांक २१.०८.२०२५

सहाय्यक कुलसचिव

शैक्षणिक (१-अभ्यासमंडळ) विभाग

प्रत : माहितीस्तव तथा कार्यवाहीस्तव.

१) मा. कुलगुरू महोदयांचे कार्यलय, प्रस्तुत विद्यापीठ.

२) मा. प्र. कुलगुरू महोदयांचे कार्यलय, प्रस्तुत विद्यापीठ.

३) मा. आधिष्ठाता, विज्ञान व तंत्रज्ञान विद्याशाखा, प्रस्तुत विद्यापीठ.

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

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

६) सिस्टीम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ. याना देवून कळविण्यात येते की, परिपत्रक अभ्यासक्रम संकेतस्थळावर प्रसिध्द करण्यात यावेत.

SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED-
431606



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

**UNDERGRADUATE PROGRAMME OF ALL
FACULTIES**

Second Year Structure and Syllabus
Co-curricular Courses (CCC)
NCC

Under the Faculty of Humanities

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

From the Desk of the Dean:

To meet the challenge of ensuring excellence in undergraduate programme Humanities education, the issue of quality needs to be addressed, debated and taken forward in a 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 this Faculty of Humanities of Swami Ramanand Teerth Marathwada University Nanded has taken a lead in incorporating philosophy of outcome-based education in the process of curriculum development.

Faculty of Humanities , Swami Ramanand Teerth Marathwada University Nanded, in one of its meetings 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 colleges 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. We are happy to state that, each Board of studies has adhered to the resolutions passed by Faculty of Humanities, 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. Swami Ramanand Teerth Marathwada University Nanded has taken a lead in implementing the system through its affiliated Institutes and Faculty of Technology has devised a transparent credit assignment policy and adopted ten points scale to grade learner's performance. Credit assignment for courses is based on 15 weeks teaching learning process, however content of courses is to be taught in 12-13 weeks and remaining 3-2 weeks to be utilized for revision, guest lectures, coverage of content beyond syllabus etc.

Credit and grading based system will be implemented for First Year of Humanities from the academic year 2023-2024. Subsequently this system will be carried forward for Second Year Humanities in the academic year 2024-2025, for Third Year and Final Year Humanities in the academic years 2025-2026 and 2026-2027 respectively.

Prof. Dr. Parag Khadke,
Dean,
Faculty of Humanities,
Swami Ramanand Teerth Marathwada
University, Nanded

From Desk of Chairman, Board of Studies of the Subject Military Science & NCC

Preamble:

The National Cadet Corps (NCC) is governed by NCC Act 1948 and attendant NCC Rules. It functions under the Ministry of Defence and is headed by DGNCC. It is organized into 17 State Directorates each headed by an Additional/Deputy Director General.

The aims of NCC are:- (a) To develop character, camaraderie, discipline, secular outlook, the spirit of adventure, sportsman spirit and ideals of selfless service amongst cadets by working in teams, honing qualities such as self-discipline, self-confidence, self-reliance and dignity of labor in the cadets. (b) To create a pool of organized, trained and motivated youth with leadership qualities in all walks of life, who will serve the Nation regard less of which career they choose. (c) To provide a conducive environment to motivate young Indians to choose the Armed Forces as a career.

Currently NCC training is imparted as extra-curricular activity to volunteer students from recognized schools and colleges who enroll as cadets. NCC as a Credit Course is designed with an intent to transform NCC training into a curricular activity from an extra-curricular thereby providing academic credits to students undergoing NCC training along with other attended advantages to the cadets in the college/ university.

Introduction to NCC Credit Course Design. Institutional Training is the mainstay of NCC training and it is conducted at colleges and universities by Associate NCC Officers and Armed Forces personnel. The application of knowledge gained through institutional training is further honed or developed to a higher degree in NCC Camps. The Institutional Training syllabus comprises Common Subjects and Specialised Subjects (military component).

Training schedules planned for cadets ensure that the optimum benefits of the NCC organization reach maximum number of cadets. The main emphasis is on practical training which in consonance with theory is made to facilitate active participation of learner, better assimilation of knowledge, and proper development of various skills, strengthening of mind and body which is the bedrock of NCC training.

This will benefit cadets, including those from the border areas where additional cadet strength has been authorised as part of the overall Border Areas Expansion Plan and help the youth to contribute towards Nation building. NCC is to be considered a General Elective Credit Course (GECC) in response to the proposal mooted by the Directorate General National Cadet Corps, New Delhi.

The move is in consonance with the National Education Policy 2020 where students can select their choices of subjects rather than being confined to only those being offered by the institutions. On successful completion of the course, students are awarded credit points which will enable them to qualify for their respective degrees..

In addition to Program Educational Objectives, for each course of undergraduate program, objectives and expected outcomes from learner's point of view are also included in the curriculum to support the philosophy of outcome based education. I believe strongly that small step taken in right direction will definitely help in providing quality education to the stake holders.

Prof. Dr. Anand Ghan

Chairman,
BoS in Military Science & NCC
Swami Ramanand Teerth Marathwada
University, Nanded



**SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY,
NANDED**

Members of the Board of Studies in the subject of

Military Science & NCC

Under the faculty of Humanities

Sr. No.	Name of the Member	Designation	Address with mail ID	Contact No.
1	Dr. Ghan Anand Laxmikanth	Chairman	Punyashlok Ahilyadevi Holkar college, Ranisawargaon anandghan63@gmail.com	9421176832, 8484991295
2	Dr. Bhange Chandrakant Bansidhar	Member	Shri Shivaji College, Parbhani bhangecb@gmail.com	9421082775
3	Mr. Balbuddhe Bharatbhushan Wamanrao	Member	Swami Vivekanand College, Mukramabad bharatbal20@gmail.com	7588549223
4	Dr. Sonwane G. N.	Member	Panditguru Pardikar Mahavidhyalaya, Sirsala gnsonwane7@gmail.com	9921480876
5	Dr. Patil S. R.	Member	G E ACS College Nagaon sakharampatil196@gmail.com	9421530659



Swami Ramanand Teerth Marathwada University, Nanded

Faculty of Humanities

Structure for Four Year Multidisciplinary Degree Program with Multiple Entry and Exit (For Award of Certificate)

(Second year Structure, Co-Curricular Courses (CC) w. e. f. 2023-24)

Ye ar & Leve l	Se me ste r	Subject-1 Major (DSC/DSE)	Subject-2 Minor (DSM) (Basket 1)	Generic Elective (GE) (Basket 2) (Select one each from Group A and B of Basket 2, not related to DSC / DSM in col. 3 and 4)	Vocational Skill Course (VSC) and Skill Enhancement Course (SEC) VSEC) (Related to DSC)	Ability Enhancement Course (AEC) (Basket 3 for L2) Value Education Courses (VEC) / Indian Knowledge System (IKS) (Common across faculty)	OJT, FP, CEP, CC, RP. (On Job Training / Field Project / Community Eng. Services / Co curricular courses / Research Project) (Basket 4 for CES) (Common across faculty)	Credit s	Tot al Cr edi ts
1	2	3	4	5	6	7	8	9	10
1I (5.0)	III						CCCNCC1201 – (2Cr) (NCC-I)	22	44
	IV						22		
Total 12. 02. 08. 4+4. 4+4+2. 4									
Exit option: Award of Certificate in Major & Minor on completion of 40-44 credits and additional 4 core NSQF Course / Internship during Summer Vacation OR Continue with Major and Minor.									

Abbreviations:

1. CC: Co-curricular Courses



Swami Ramanand Teerth Marathwada University, Nanded

Faculty of Humanities

Basket 5: Community Engagement Services (CES) (02 Credits)

Semester	Details of Elective Course (S)	
	CODE	Title of the Course
Semester III	CCCNCC1201	NCC-I

Guidelines:

- 1) **Students will have to choose a (One) Co-curricular courses from Colum No. 8 for First Year Structure.**
- 2) **This course will be run on this institution/ college already NCC Unit facilities are available.**
- 3) **The Duration of One Practical Period will be 02.00 clock Hours.**



Swami Ramanand Teerth Marathwada University, Nanded
Faculty of Humanities.

Community Engagement Services (CES) Co-curricular Courses (CCC)
Under Graduate Second Year Programme ,Semester III (Level 5.0)

Teaching Scheme

	Course Code	Course Name	Credits Assigned			Teaching Scheme (Hrs./ week 1 Hrs.=60 M.)	
			Theory	Practical	Total	Theory	Practical
Community Engagement Services (CES)	CCCNCC1201	NCC-I (Basket 5)	-	02	02	--	04
Total Credits				02	02		04



Swami Ramanand Teerth Marathwada University, Nanded
Faculty of Humanities Community Engagement Services (CES) Co-curricular Courses (CCC)
Under Graduate Second Year Programme, Semester III (Level 5.0)

Examination Scheme

[20% Continuous Assessment (CA) and 80% End Semester Examination (ESE)]

(For illustration we have considered a paper of 02 credits, 50 marks, need to be modified depending on credits of individual paper)

Subject (1)	Course Code (2)	Course Name (3)	Theory					Total Col. (7+8) / (09)
			Continuous Assessment (CA)				ESE	
			Test I (4)	Test II (5)	Assignment (6)	Avg of T1+T2+Assi./3 (7)	Total (8)	
Community Engagement Services (CES)	CCCNCC1201	NCC-I (Basket 5)	--	--	--	--	--	50



Swami Ramanand Teerth Marathwada University, Nanded

Faculty of Humanities.

Community Engagement Services (CES) Co-curricular Courses (CC)

Under Graduate Second Year Programme, Semester III

Course Structure: CES (CCC) 1 - Teaching Scheme (for 02 credits)

Course Code	Course Name (Paper Title)	Teaching Scheme (Hrs.)		Credits Assigned		
		Practical	CA	Practical	CA	Total
CCCNCC1201	NCC-I (Basket 5)	30	---	2	---	02

Note: The Duration of One Practical Period will be 02.00 clock Hours.

CES (CC) 1 - Assessment Scheme

Course Code (2)	Course Name (3)	Theory					ESE (8)	Total [Col (7+8)]
		CA						
		Test I (4)	Test II (5)	Assign ment (6)	Avg of T1+T2+Assi. /3(7)			
CCCNCC1201	NCC-I (Basket 5)	--	--	--	--	50	50	



Swami Ramanand Teerth Marathwada University, Nanded

Faculty of Humanities

**Community Engagement Services (CES) Co-curricular Courses
(CCC)**

Under Graduate Second Year Programme, Semester III

Paper Code: CCCNCC1201, Title: NCC-I (CCC)

Curriculum Details

Course pre-requisite:

- To study this course, a student must be medically fit.
- It is open for only NCC Cadets.

Course objectives:

- Practicing the students and informing them about the legendary drills
- Students motivate a good citizen of India.
- Students awareness of National Unity and Integration ,
- Students Introduce Map reading, difference of Maps, conventional signs of maps

Course outcomes:

- The students will develop a sense of responsibility and thereby display sense of patriotism. Secular, discipline, improve bearing and develop the quality of immediate and implicit obedience of good things.
- The students to build and develop leadership through communication. The significant relationship between personality traits and leadership will be achieved executed.



Swami Ramanand Teerth Marathwada University, Nanded

Faculty of Humanities

**Community Engagement Services (CES) Co-curricular Courses
(CCC)**

Under Graduate Second Year Programme, Semester III

Paper Code: CCCNCC1201 , Title: NCC-I (CCC)

Curriculum Details(for 02 Credits)

Module No.	Unit No.	Name of the Topic	Hrs. Required to cover the contents 1 Hrs.= 60 M.
1.0		History of National Cadet Corps	08
	1.1	National Cadet Corps of Independent India, National Cadet Corps Act, 1948,	
	1.2	Motto, Aims and Objectives, Emblem, NCC Flag, NCC song	
	1.3	Organization of NCC- Army, Navy, Air force	
2.0		Drill with Arms	08
	2.1	Aims and Objectives, Words of Command	
	2.2	Arms Drill and Foot Drill	
	2.3	Drill Movement's	
3.0		Map Reading	07
	3.1	Definition and Features, Types of Map	
	3.2	Classification and its utility for Military, Enlargement and Reduction of Maps	
	3.3	Conventional Signs – Military and Geographical, Topographical Forms, Types of Topographical forms	
4.0		Social Services and Community Development	07
	4.1	Basics of Social service and its need	
	4.2	Types of social service activities	
	4.3	Blood Donation, Organ Donation Pledges, Adult Education, Prevention of Child Marriage and Child Labor, Tree Plantation, Cancer and AIDS: its prevention and cure	
		Total	30

Suggested Readings-

English-

1. Maliwal, B. N., (2015) Practical Military Science , Bareilly , Prakash Book Depo.
2. Sharma, Dr. Vishnu Kant and Sharma, Dr, Meena,(1994) N.C.C. Cadet 's Military Training, Bareilly, Prakash Book Depo.,
3. Ranjan, Shashi and Kumar, Ashish,(2021) Handbook of NCC, Kanpur, Goodwin Publication.

4. Chauhan, Rajeev,kumar,(2021) NCC National Cadet Corps, Gwalior, Aakruti Publication.
5. NCC Directorate MP, CG,(2018) Cadet Hand book, Itawa, NCC Directorate MP, CG.
6. Goyal, Hariom, (2016) Personality Development, Kalpana Publication.
7. Mitra, Barun, K.,(2020) Personality Development and soft skills, Oxford University Press India.
8. Manivannan, C., and Latha, Manivannan, T., (2020) Text Book of First Aid and Emergency Nursing, EMMESS Medical Publishers.
9. Popil, Harvinder, and Sharma, Nirmal, (2018) Emergency First Aid Safety oriented, CRS Publishers.
10. Jain, N.C., and Sookshi, (2015) First Aid and Emergency case, AITBS Publishers.
11. NCC Directorate, (2012) Handbook of NCC, Itawa, Kranti Publication.
12. NCC Directorate, (2019) Handbook of NCC an Unique Book for NCC Cadets , Kanpur, Naveen Publication.

हिंदी-

1. चौधरी,. नरेंद्र सिंह, (2001) मानचित्र अध्ययन, बरेली, प्रकाश बुक डिपो.
2. शर्मा, वाई., के मानचित्र का अध्ययन, (2001) बरेली , प्रकाश बुक डिपो.
3. शर्मा, विष्णु कांत, (2001) एन.सी.सी. परिचय एवं प्रशिक्षण, बरेली ,प्रकाश बुक डिपो.
4. श्रीवास्तव, जे. एम., (1998) प्रायोगिक सैन्य विज्ञान, बरेली, प्रकाश बुक डिपो.
5. चौधरी, नरेंद्र सिंह, (2000)प्रायोगिक सैन्य विज्ञान, बरेली, प्रकाश बुक डिपो.

Distribution and Evaluation of Course Assessment

A. End Semester Evaluation and Assessment:

Semester III

Sr. No.	Activity	Marks
1.	Attendance Mark	40
2.	Special Achievements	10
	A) Participating in All India Level Camps (RDC, NIC, TSC, EBSB, AITC, etc.)	10
	B) NCC “B” OR “C” CERTIFICATE EXAM PASS , Annual Training Camp, Senior Under Officer, Junior Under Officer	08
	C) Sergeant, Corporal, Lance Corporal	06
	D) Participation in activities organized by NCC department Blood donation, traffic control, tree plantation as well as participation in activities organized by district administration at local level	05
	Toal	50

Note-

1. Out of the total 30 parades in the Third semester, a cadet should be awarded 40 marks if he attends 100% of the parades. Marks should be awarded on the basis of following formula for awarding attendance marks.

Parades Actually Attended \times Total Attendance Points

----- = Attendance Marks

(Total number of parades)

Example **(30 \times 40 / 30 = 40)**

(तृतीय सत्रातील एकूण 30 परेड पैकी कॅडेट 100% परेडला उपस्थित असल्यास त्याला 40 गुण देण्यात यावे. उपस्थितीचे गुण देण्यासाठी खालील सूत्राच्या आधारे गुण देण्यात यावे.

(प्रत्यक्षात उपस्थित परेड \times एकूण उपस्थितीचे गुण / एकूण परेडची संख्या. = उपस्थितीचे गुण)

2. **Special Achievements:**

Marks out of 10 should be given to the students who have obtained special achievements in the second semester. The marks in any single proficiency, whichever is higher, should be given in the manner in which the student has obtained the proficiency.

(तृतीय सत्रामध्ये विशेष प्राविण्य मिळवलेल्या कॅडेटला दहापैकी गुण देण्यात यावेत. कॅडेटने ज्या प्रकारात प्राविण्य मिळवले आहे त्याप्रमाणे कोणत्याही एकाच प्राविण्याचे गुण जे जास्त असतील ते देण्यात यावेत.)

3. Final Marking is to be done out of 50 Marks. (Attendance Marks (40) + Social Work Marks (10) = 50 Total Marks)

(अंतिम गुणदान हे 50 गुणा पैकी करायचे असून उपस्थितीचे मिळालेले गुण (40) + सामाजिक कार्याचे गुण (10) = मिळालेले एकूण गुण विद्यापीठाकडे गुण पाठवत असताना एकत्रित 50 गुणांपैकी पाठवण्यात यावे.)

4. The Duration of One Practical Period will be 02.00 clock Hours.

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 forwarding 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 asked 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)

[20% Continuous Assessment (**CA-10 marks**) and 80% End Semester Examination (**ESE-40 Marks**)]

Subject	Course Code	Course Name	Practical					Total
			Continuous Assessment (CA)				ESE	
			Test 1	Test 2	Attendance	Avg. Of T1+T2+Att. (Mean)	Total	
Co-Curricular	Cccxxx1151	Sports	10	10	10	Total out of 10 Marks	40	50

Practical Syllabus: Sports

Unit No.	Name of Topic/content	Hours Required to cover the Contents 1Hr.=60Min.
1	Physical Fitness	
	Definition and components of physical fitness	10
	Cardiovascular endurance	
	Muscular strength	
	Muscular endurance	
	Flexibility	
2	Components of Skill-Related	
	Definition and components Skill-Related Fitness	10
	Speed	
	Agility	
	Power	
	Reaction time	
3	Sports & Games Skill Proficiency	
	Introduction of Sports & Games Skill	10
	scope of sports and Game	
	Rules and etiquette, Techniques and basic skills, Game tactics and formations	
	Team Games -- Any one game as per the choice of student and available facilities in the college premises.	
	Individual Games / Activities - 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 Skill Assessment

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

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

Evaluation Criteria ESE

Sr.	Area	Marks
1	Health Related Fitness Tests	10 (5 marks Each Test)
2	Skill Related Fitness Tests	10 (5 marks Each Test)
3	Skill in Games (One Major and one Individual)	10 (5 marks Each Game)
4	Viva / Oral on Techniques, Rules	10 Marks
	Total	40 Marks

Evaluation Criteria CA

Sr. No	Area	Marks
1	Test 1	10 (5 marks Each Test)
2	Test 2	10 (5 marks Each Test)
3	Attendance(30Days Max.)	10 (Present days x 0.33 = Marks)
	(Average of T1+T2+Attendance)	Total 10 Marks(Average of Above Sr. No. 1+2+3) Mean

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 TEERTHMARATHWADA 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		Remark
			Out of 10	Out of 40	Out of 50		
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 (10Marks)		Skill Related Test (10Marks)		Sports Skill (10Marks)		Viva / Oral (10Marks)	Total out of 40 Marks)
			(05)	(05)	(05)	(05)	(05)	(05)	(10M)	MIN-16
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				Total 10 Marks (Mean)
			Test 1	Test 2	Attedence	Average of T1+T2+Atten dance)	
			10 Marks	10Marks	10Marks	30 Marks	
1							
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:

Grade	Distance covered in meters by Boys	Distance covered in meters by Girls	Score
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.

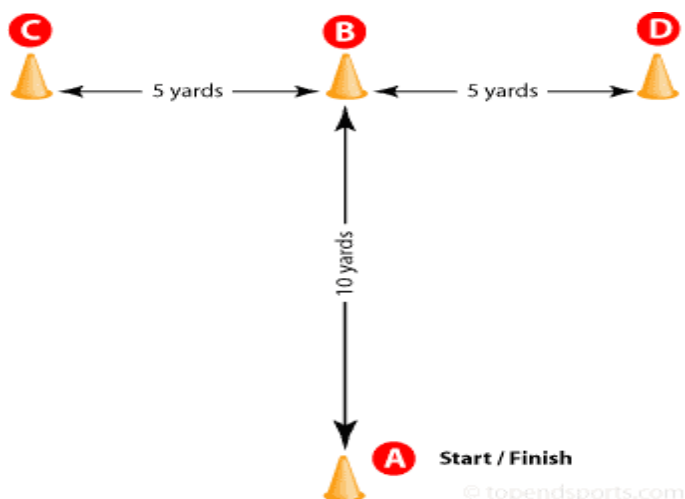
Scoring criteria:

Grade	Time taken for boys	Time taken for girls	Score
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.

Grade	Males (CM)	Females (CM)	Score
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 fall 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.