



॥ सा 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

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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एनईपी-२०२० सुधारित श्रेयांक
आराखड्यानुसार आंतर विद्याशाखीय
अभ्यास विद्याशाखेतील पदवी प्रथम
वर्षाचे अभ्यासक्रम शैक्षणिक वर्ष
२०२६-२७ पासून लागू करण्याबाबत.

प रि प त्र क

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक २२ एप्रिल २०२६ रोजी संपन्न झालेल्या मा.विद्यापरिषद बैठकीतील विषय क्र.०७/६४-२०२६ च्या ठरावानुसार आंतरविद्याशाखीय अभ्यास विद्याशाखेतील राष्ट्रीय शैक्षणिक धोरण-२०२० सुधारित श्रेयांक आराखड्यानुसार पदवी प्रथम वर्षाचे अभ्यासक्रम शैक्षणिक वर्ष २०२६-२७ पासून लागू करण्यास मा. विद्यापरिषदेने मान्यता प्रदान केली आहे. त्यानुसार आंतर विद्याशाखीय अभ्यास विद्याशाखेतील बी.ए., बी.एस्सी. प्रथम वर्षाचे खालील विषयाचे अभ्यासक्रम शैक्षणिक वर्ष २०२६-२७ पासून लागू करण्यात येत आहे.

01	B.A.I Year Mass Communication & Journalism
02	B.A.I Year Physical Education

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/परिपत्रक/पदवी/बीए/२०२६-२७/१०१
दिनांक : १६.०७.२०२६

उपकुलसचिव
शैक्षणिक (१-अभ्यासमंडळ) विभाग

प्रत माहिती व पुढील कार्यवाहीस्तव :-

- १) मा. कुलगुरू महोदयांचे कार्यालय, प्रस्तुत विद्यापीठ.
- २) मा. प्र.कुलगुरू महोदयांचे कार्यालय, प्रस्तुत विद्यापीठ
- ३) मा. अधिष्ठाता, आंतर विद्याशाखीय अभ्यास विद्याशाखा, प्रस्तुत विद्यापीठ.
- ४) मा. संचालक, परिक्षा व मुल्यमापन मंडळ, प्रस्तुत विद्यापीठ.
- ५) मा. प्राचार्य, सर्व संबंधित संलग्नित महाविद्यालये, प्रस्तुत विद्यापीठ.
- ६) सिस्टीम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ. यांना देवून कळविण्यात येते की, परिपत्रक अभ्यासक्रम संकेतस्थळावर प्रसिध्द करण्यात यावेत.

SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED - 431 606



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

FOUR YEAR BACHELOR OF ARTS

Major in **PEDC** Minor in **PEDM**

Under the Faculty of
Interdisciplinary Studies

Subject: PHYSICAL EDUCATION

B. A. First Year

Effective from Academic year 2024 – 2025
(As per NEP-2020)



Swami Ramnanand Teerth Marathwadda University, Nanded.

Member of the Board of Studies in the subject of Physical Education

Under the Faculty of Interdisciplinary.

Sr No	Name of the Member	Designation	Address	Contact No.
1.	Dr. Nagnath Gajmal	President	Bahirji College, Basmath.	9421381420 8830406875p
2.	Dr. Sinku Kumar Singh	Member P.G. Teacher	School of Educational Sciences	9096537809 9359299550
3.	Dr. Bhima Kengle	Member P.G. Teacher	School of Educational Sciences	9881127195
4.	Dr. Rajeshwar Deshmukh	Member (Non-Head) U. G. Teacher	Nagnath College, Aundha Nagnath.	9422551534
5.	Dr. Sanjay Ekambekar	Member HOD U. G. Teacher	Havagiswami College, Udgir.	9823195851
6.	Dr. Saheb More	Member HOD U. G. Teacher	Vasantrao Naik College, Nanded.	9860117717
7.	Dr. Ganesh Solunke	Member HOD U. G. Teacher	Sant Tukaram College, Parbhani.	8329716099

Aims of Physical Education

- To aware all the students who are studying in various faculties of humanity and interdisciplinary towards to develop Physical fitness and all-round health of the students.
- To aware the students about their duties of citizenship and make them healthy and loyal citizen of the country.
- To create interest and motivate them for participation in the sports and games.
- To prepare a discipline, healthy students throughout the university.
- To develop the national integrity in the students through sports policy.
- To all round development.

Objectives of the Physical Education

- Physical Development.
- Mental Development.
- Social Development.
- Emotional Development.
- Development of organic Fitness.
- Development of Desirable Habits.
- Development of Functional knowledge.
- Development of Neuromuscular Co-Ordination.
- To Develop Motor abilities like Strength, Speed, Endurance, Flexibility, Agility and Balance.
- Physical Education which brings improvement in human performance with the help if physical activities.
- Physical Education is the development and care of the body ranging from simple callisthenic exercises to a course of study providing training in hygiene, gymnastics, and the performance and management of athletic games.

Swami Ramanand Teerth Marathwada University, Nanded.

Faculty of Interdisciplinary Studies (Three optional in the First Year)

Credit Framework for Four Year Multidisciplinary Degree Program with Multiple Entry and Exit

Subject: DSC (PHYSICAL EDUCATION- PED.) Major/ DSM (Minor 1 and Minor 2)

(For illustration **PED**, **XXX** and **YYY** combinations are considered, which may change for different Combinations)

Year &Level	Semester	Optional-1 Major (From the same faculty)	Optional-2 Minor 1 (From the same faculty)	Optional-3 Minor 2 (From the same faculty)	Generic Elective (GE) <i>(Select from Basket 3 of Faculties other than Interdisciplinary Studies)</i>	Vocational & Skill Enhancement Course (SEC) <i>(Related to DSC)</i>	Ability Enhancement Course (AEC) (Basket 4) Value Education Courses (VEC) / Indian Knowledge System (IKS) Basket 5 <i>(Common across all faculties)</i>	Field Work / Project/Internship/OJT/ Apprenticeship/ Case Study Or Co-curricular Courses (CCC) (Basket 6 for CCC) <i>(Common across all faculties)</i>	Credits	Total Credits
1	2	3	4	5	6	7	8	9	10	11
1 (4.5)	I	IPEDCT 1101- Introduction of Physical Education. (T 2Cr) IPEDCP 1102- Physical Education (P 2Cr) 4 Credits	IXXXCT 1101 (T 2Cr) IXXXCP 1102 (P 2Cr) 4 Credits	IYYYCT 1101 (T 2Cr) IYYYCP 1102 (P 2Cr) 4 Credits	IPEDGE 1101- Basic of Yoga Education. 2 Credits	IPEDIC1101- Fitness and Wellness. (2Cr) 2 Credits	AECENG 1101 (2Cr.) IKS... 1101 (2Cr.) 4 Credits	CCC...1101 (2Cr.) (NCC/NSS/Sports/Culture/Health Wellness/Yoga Education/Fitness/ 2Credits	22	44
	II	IPEDCT 1151- Foundation of Physical Education. (T 2Cr) IPEDCT 1152- Physical Education (P 2Cr) 4Credits	IXXXCT 1151 (T 2Cr) IXXXCP 1151 (P 2Cr) 4 Credits	IYYYCT 1151 (T 2Cr) IYYYCP 1151 (P 2Cr) 4 Credits	IPEDGE 1151- Physical Education for Better Living. 2 Credits	IPEDIC 1151- Curative Therapies. (2Cr) 2 Credits	AECENG 1151 (2Cr.) VECCOI 1151 (2Cr.) Constitution of India 4 Credits	CCC...1151 (2 Cr.) 2 Credits	22	
Exitoption: UG Certificate in Major DSC on completion of 44credits and additional 4 credits from NSQF / Internship										



Basket 1: Minor Subject

*** Students will have to choose one subject from Basket 1 as a Minor subject, from same faculty or other but other than DSC (in col. 3)**

Semester	BOS proposing Minor	Details of Minor Subject	
		CODE	Title of the Course
Semester I	BOS in Physical Education	IPEDM 1101	Introduction of Physical Education.
		IPEDM 1102	Physical Education Practical.
Semester II	BOS in Physical Education	IPEDM 1151 IPEDM 1152	Foundation of Physical Education. Physical Education Practical.



Basket 2: Generic Elective course (GE)/ OE

Note: Each BOS shall suggest Generic Elective Courses (at least one each for Group A and Group B) for semesters I and II

*** Students will choose one GE course each from Group A and B of Basket 2 (other than subjects DSC and DSM in col. 3 and 4).**

(For e.g. As given in table below)

Semest er	BOS proposing GE	Group A		Group B	
		CODE	Title of the Corse	CODE	Title of the Corse
SemI	BOS in Physical Education	IPEDGE 1101	- Basic of Yoga Education.	--	--
SemII	BOS in Physical Education	IPEDGE 1151	Physical Education For Better Living.	--	--

B. A. First Year Semester I (Level 4.5)

Teaching Scheme

	Course Code	Course Name	Credits Assigned			Teaching Scheme (Hrs/ week)	
			Theory	Practical	Total	Theory	Practical
Major	IPEDC1101	Introduction of Physical Education	02	--	02	4	--
	IPEDC1102	Physical Education Practical (practical)	-	02	02	--	4
Generic Electives	IPEDGE 1101	Basic of Yoga Education	02	--	02	2	--
Vocational & Skill Enhancement Course	IPEDSC 1101	Fitness and Wellness	--	02	02	--	2
Ability Enhancement Course	AECENG 1101	L1 – Compulsory English Basket 4	02	--	02	2	--
Value Education Course (VEC)	VECCOI 1101	Constitution of India	02	-	02	2	--
Indian Knowledge System (IKS)	IKS...1101	Select from Basket 5	02	--	--	--	--
Community Engagement Services (CES)	CCCPED 1101	Any one of NCC/ NSS /Sports/ Culture /Health Wellness /Yoga Education / Fitness (Basket 6)	--	02	02	--	2
Total Credits			12	08	20	14	12



B. A. First Year Semester I (Level 4.5)

Examination Scheme

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

(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)	CourseName (3)	Theory				Practical		Total Col (6+7) / Col (8+9) (10)
			Continuous Assessment (CA)			ESA			
			Test I (4)	Assignment (5)	Attendance (6)	Total (7)	CA (8)	ESA (9)	
Major	IPEDC 1101	Introduction of Physical Education	10	08	04	30	--	--	50
	IPEDC 1102	Physical Education Practical	--	--	--	--	20	30	50
Generic Electives	IPEDGE 1101	Basic Yoga Education	10	08	04	30	--	--	50
Vocational & Skill Enhancement Course	IPEDSC 1101	Fitness and Wellness	--	--	--	--	20	30	50
Ability Enhancement Course	AECENG 1101	L1 – Compulsory English							
Value Education Course	VECCOI 1101	Constitution of India							
Indian Knowledge System	IKS... 1101	Title							
Community Engagement Services (CC)	CCCPED 1101	Any one of NCC/ NSS/Sports/ Culture /Health Wellness /Yoga Education / Fitness							

B. A. First Year Semester II (Level 4.5)

Teaching Scheme

	Course Code	Course Name	Credits Assigned			Teaching Scheme (Hrs/ week)	
			Theory	Practical	Total	Theory	Practical
Major	IPEDC1151	Foundation of Physical Education	02	--	02	4	--
	IPEDC1152	Physical Education Practical (practical)	-	02	02	-	4
Generic Electives	IPEDGE 1151	Physical Education for Better living	02	--	02	2	--
Vocational & Skill Enhancement Course	IPEDSC 1151	Curative Therapies	--	02	02	--	2
Ability Enhancement Course	AECENG 1151	L2 – Second Language	02	--	02	2	--
Value Education Course (VEC)	VECCOI 1151	Environmental Studies	02	-	02	2	--
Community Engagement Services (CES)	CCCPED151	Any one of NCC/ NSS /Sports/ Culture /Health Wellness /Yoga Education / Fitness (Basket 5)	-	02	02	--	2
Total Credits			10	08	18	14	12



B. A. First Year Semester II (Level 4.5)

Examination Scheme

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

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

Subject (1)	Course Code (2)	CourseName (3)	Theory				Practical		Total [Col (6+7) / Col (8+9)] (10)
			Continuous Assessment (CA)			ESA			
			Test I (4)	Assignment (5)	Attendance (6)	Total (7)	CA (8)	ESA (9)	
Major	IPEDC1151	Foundation of Physical Education	10	08	04	20	--	--	50
	IPEDC1152	Physical Education practical	--	--	--	--	20	30	50
Generic Electives	IPEDGE 1151	Physical Education for Better Living	10	08	04	30	--	--	50
Vocational & Skill Enhancement Course	IPEDSC 1151	Curative Therapies	--	--	--	--	20	30	50
Ability Enhancement Course	AECENG1151	L2 – Second Language							
Value Education Course	VECCOI1151	Constitution of India							
Community Engagement Services (CC)	CCCPED1151	Any one of NCC/ NSS/Sports/ Culture /Health Wellness /Yoga Education / Fitness							

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-I

IPEDCT1101: Introduction of Physical Education

Credit- 2

Hours- 30

E.S.A.-30 + C.A.- 20 = 50 Marks

Course objectives:

- To enhance the knowledge of students in Physical Education at basic level.
- To update the knowledge of students in Physical Education.
- To understand the benefits of students in Physical Education.

Course outcomes:

- To will know the meaning and benefits of Physical Education.
- To will know the History of Physical Education.
- To will know the how develop of Physical Education in India.
- Students will know the sports tournaments at national and international level.

Curriculum Details:

ModuleNo.	UnitNo.	Topic	Hours
1.0		Introduction	
	1.1	Meaning, Definition of Physical Education.	07
	1.2	Concept, Need & Importance of Physical Education.	
	1.3	Aims & Objective of Physical Education.	
	1.4	Scope of Physical Education.	
2.0		History	
		Ancient Physical Education in India.	08
	2.1	Ramayana & Mahabharata Period	
	2.2	Buddha Period	
	2.3	British Period	
	2.4	British Period	
3.0		Historical development in India	
	3.1	Deccan Gymkhana, Pune	08
	3.2	Hanuman VyayamPrasarak Mandal, Amravati.	
	3.3	Netaji Subhash National Institute of Sports, Patiyala.	
4.0		Olympic Movement	
	4.1	Ancient Olympic Games	07
	4.2	Modern Olympic Games	
	4.3	Asian Games	
		Total	30

Continuous Assessment (C. A.)

Test = 10 marks
 Assignment = 06 marks
 Attendance = 04marks

ReferenceBooks:

1. **A Bucher, Charles.** – “Foundation of Physical Education” 8th editions, Lousi C. V. mostly Company, 1979.
2. Barrow Harold M. – “Man and Movements, Principals of Physical Education” Philadel. 3rd edition Lia and Febiger 1983.
3. Khan Eraj Ahemad – “History of Physical Education” Scientific Book Company.
4. Tiru Narayana C & Harihar Sarmas – “ An Analytical history of Physical Education” South Indian Press Karaikudi, April 1995.
5. “Olympics: Athens to Atlanta 1986- 1998 Friend publication Delhi. 1998.
6. Indian Olympic Association. Jan. 1976.

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-I

IPEDCP1102: Physical Education Practical

Credit- 2

Hours- 30

E.S.A.-30 + C.A.- 20 = 50Marks

Courseoutcomes:

- The students would practically learn how to measure the Height.
- The students would acquire the skills and techniques of track and field events in sports.
- To will inspire the students for the participation in sports and games.
- To will acquire the benefits of team games such as Table Tennis and Gymnastics.

Curriculum Details:

ModuleNo.	UnitNo.	Topic	Marks
1.0		Practical Project	05
	1.1	Measurement of Height.	
2.0		Track and field event - Throwing	05
	2.1	Shot-put throw	
3.0		Track and field event-jumping	05
	3.1	Long Jump	
4.0		Major Game (any one)	15
	4.1	Table Tennis	
	4.2	Gymnastics (Mat exercise)	
		Total	30

Continuous Assessment (C. A.)

Record Book = 10 marks

Oral Test = 06 marks

Attendance = 04 marks

Total = 20marks

Reference Books:

1. K. K. Agrawal and R.J. Jain 'Officiating and Coaching' Suyog Prakashan, 3 Vivekanand market, Amravati 1983.
2. Y.M.C.A - 'Books of rules of games and sports'
Y.M.C.A. publication Hous. Jaising Road, New Delhi.
3. Lokesh Thuni- 'Play ground measurement manual' W.P. 474 first floor,, shiv Market, Ashok Vihar, Delhi- 110052
4. Ashok Kumar- 'International Encyclopedia of sports and games mittal
publication New Delhi- 110059 Vol – I to IV
- Barrow H.M. and McGee R. (1979). A Practical Approach to Measurement in Physical Education.
Lea&Febiger, Philadelphia. U.S.A.

Tritschler K. Barrow & McGee's (2000). Practical Measurement and Assessment. Lippincott Williams & Wilkins. Philadelphia. U.S.A.

Y.M.C.A - 'Books of rules of games and sports'

Y.M.C.A. publication Hous. Jaising Road, New Delhi.

6. 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134. 135. 136. 137. 138. 139. 140. 141. 142. 143. 144. 145. 146. 147. 148. 149. 150. 151. 152. 153. 154. 155. 156. 157. 158. 159. 160. 161. 162. 163. 164. 165. 166. 167. 168. 169. 170. 171. 172. 173. 174. 175. 176. 177. 178. 179. 180. 181. 182. 183. 184. 185. 186. 187. 188. 189. 190. 191. 192. 193. 194. 195. 196. 197. 198. 199. 200. 201. 202. 203. 204. 205. 206. 207. 208. 209. 210. 211. 212. 213. 214. 215. 216. 217. 218. 219. 220. 221. 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1018. 1019. 1020. 1021. 1022. 1023. 1024. 1025. 1026. 1027. 1028. 1029. 1030. 1031. 1032. 1033. 1034. 1035. 1036. 1037. 1038. 1039. 1040. 1041. 1042. 1043. 1044. 1045. 1046. 1047. 1048. 1049. 1050. 1051. 1052. 1053. 1054. 1055. 1056. 1057. 1058. 1059. 1060. 1061. 1062. 1063. 1064. 1065. 1066. 1067. 1068. 1069. 1070. 1071. 1072. 1073. 1074. 1075. 1076. 1077. 1078. 1079. 1080. 1081. 1082. 1083. 1084. 1085. 1086. 1087. 1088. 1089. 1090. 1091. 1092. 1093. 1094. 1095. 1096. 1097. 1098. 1099. 1100. 1101. 1102. 1103. 1104. 1105. 1106. 1107. 1108. 1109. 1110. 1111. 1112. 1113. 1114. 1115. 1116. 1117. 1118. 1119. 1120. 1121. 1122. 1123. 1124. 1125. 1126. 1127. 1128. 1129. 1130. 1131. 1132. 1133. 1134. 1135. 1136. 1137. 1138. 1139. 1140. 1141. 1142. 1143. 1144. 1145. 1146. 1147. 1148. 1149. 1150. 1151. 1152. 1153. 1154. 1155. 1156. 1157. 1158. 1159. 1160. 1161. 1162. 1163. 1164. 1165. 1166. 1167. 1168. 1169. 1170. 1171. 1172. 1173. 1174. 1175. 1176. 1177. 1178. 1179. 1180. 1181. 1182. 1183. 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2014. 2015. 2016. 2017. 2018. 2019. 2020. 2021. 2022. 2023. 2024. 2025. 2026. 2027. 2028. 2029. 2030. 2031. 2032. 2033. 2034. 2035. 2036. 2037. 2038. 2039. 2040. 2041. 2042. 2043. 2044. 2045. 2046. 2047. 2048. 2049. 2050. 2051. 2052. 2053. 2054. 2055. 2056. 2057. 2058. 2059. 2060. 2061. 2062. 2063. 2064. 2065. 2066. 2067. 2068. 2069. 2070. 2071. 2072. 2073. 2074. 2075. 2076. 2077. 2078. 2079. 2080. 2081. 2082. 2083. 2084. 2085. 2086. 2087. 2088. 2089. 2090. 2091. 2092. 2093. 2094. 2095. 2096. 2097. 2098. 2099. 2100. 2101. 2102. 2103. 2104. 2105. 2106. 2107. 2108. 2109. 2110. 2111. 2112. 2113. 2114. 2115. 2116. 2117. 2118. 2119. 2120. 2121. 2122. 2123. 2124. 2125. 2126. 2127. 2128. 2129. 2130. 2131. 2132. 2133. 2134. 2135. 2136. 2137. 2138. 2139. 2140. 2141. 2142. 2143. 2144. 2145. 2146. 2147. 2148. 2149. 2150. 2151. 2152. 2153. 2154. 2155. 2156. 2157. 2158. 2159. 2160. 2161. 2162. 2163. 2164

| | | | | | |
|--|--------------|----|----|-----------------|-----------|
| | Height
05 | 05 | 05 | Gymnastic
15 | 30 |
|--|--------------|----|----|-----------------|-----------|

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-I

IPEDGE1101: Basic of Yoga Education.

Credit- 2

Hours- 30 E.S.A.-30 + C.A.- 20 = 50 Marks.

Course outcomes:

- Students will know details of Yoga.
- To will know the Astangyog and its benefits.
- To will know Asana and Suryanamskar its benefits.
- To will know Pranayama process.
- To will know Kriya and its benefits.

Curriculum Details:

| oduleNo. | UnitNo. | Topic | Hours |
|------------|------------|---------------------------------|-----------|
| 1.0 | | History of yoga | 12 |
| | 1.1 | Meaning, definition of yoga | |
| | 1.2 | Need and Importance of Yoga | |
| | 1.3 | Concept of Yoga | |
| | 1.4 | Yoga for different body part | |
| 2.0 | | Asana & Suryanamskar | 12 |
| | 2.1 | Principles of Asana | |
| | 2.2 | Types of Asana | |
| | 2.3 | Suryanamskar& its Process | |
| | 2.4 | Pranayama & Its Process | |
| 3.0 | | Kriya | 08 |
| | 3.1 | Jaldhoti | |
| | 3.2 | Wasradhoti | |
| | 3.3 | Danddhoti | |
| | | | |
| | | Total | 30 |

Continuous Assessment (C. A.)

Test = 10 marks

Assignment = 06 marks

Attendance = 04marks

Total = 20 Marks

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-I

IPEDIC1101: Fitness and Wellness

Credit- 2

Hours- 30

E.S.A.-30 + C.A.- 20 = 50 Marks.

Course outcomes:

- Students will know the Importance of Fitness and Wellness.
- To will know the importance of exercise for the fitness and wellness.
- To will understand the various fitness training.
- Students will know the importance of life guard for giving life to other.

Curriculum Details:*(There shall be FOUR Modules in each course)*

| ModuleNo. | UnitNo. | Topic | Marks |
|------------|------------|---|-----------|
| 1.0 | | Fitness Trainer | 10 |
| | 1.1 | Conditioning Exercise | |
| | 1.2 | Aerobic & Anaerobic Exercise | |
| | 1.3 | Isometric, Isotonic, Isokinetic, Exercise | |
| | 1.4 | Therapeutics Exercise | |
| 2.0 | | Gym Trainer | 10 |
| | 2.1 | Warm-up & Cooling Down | |
| | 2.2 | Weight Training | |
| | 2.3 | Station Training | |
| | 2.4 | Set Training | |
| | 2.5 | Strength Training | |
| 3.0 | | Life Guard | 10 |
| | 3.1 | Nature and duties of life guard | |
| | 3.2 | Life jackets | |
| | 3.3 | Deep & Shallow Water Rescue | |
| | 3.4 | Two Persons Removal Water | |
| | | | |
| | | Total | 30 |

Continuous Assessment (C. A.)

Test = 10 marks
Assignment = 06 marks
Attendance = 04marks

Total = 20 Marks

ReferenceBooks:

1. Merley, William P. – “Health and Physical Fitness” – 1982 CBS College Publishing. An Interactive Approach, Jones and Bartlett Publisher, Sndbury, Massachusetts, USA.
2. Bishop, J.G. -(2004) Fitness through Aerobics, Benjamin Cummings, USA. Brown, K.M. (2002) Physical Activity and Health:
3. Department of Physical Education and Sports Sciences, University of Delhi (2007), Draft Resource Material – Fitness, Aerobics and Gym-Operations.
4. Fahey, T.D., M.P. Insel and W.T. Rath -- Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York. (2006),
 1. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, -- Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi.-(2008)
 2.
 1. Hoeger, W W K and S.A. Hoeger --Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA.(2004).
 2. Singh S.K-- Sports Training and Sports Bio Mechanics in physical Education , Khel Sahitya Kendra, New Delhi India. (2011)

Table use to End Semester Examination for marking

| Seat No. | Fitness Trainer | Gym Trainer | Life Guard | Total |
|----------|-----------------|-------------|------------|-------|
| | 10 | 10 | 10 | 30 |

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-II

IPEDCT1151: Foundation of Physical Education

Credit- 2

Hours- 30

E.S.A.-30 + C.A.- 20 = 50 Marks.

Course outcomes:

- Students will know the philosophy of Physical education.
- The student studies Biological, Psychological and Sociological basis of Physical Education.
- He also will come across games and sports as a cultural heritage of mankind and acquires knowledge about it.

Curriculum Details:*(There shall be FOUR Modules in each course)*

| Module No. | Unit No. | Topic | Hours |
|------------|------------|---|-----------|
| 1.0 | | Introduction | |
| | 1.1 | Philosophy of Physical Education | 07 |
| | 1.2 | Classification of activities | |
| | 1.3 | Activities for different age group | |
| | | | |
| 2.0 | | Biological Basis of Physical Education | |
| | 2.1 | Affecting factors of growth and development | 08 |
| | 2.2 | Difference between Male and Female | |
| | 2.3 | Benefits of Exercise (Under load, Normal load, Over load) | |
| | | | |
| 3.0 | | Psychological Basis of Physical Education | |
| | 3.1 | Meaning and Importance of Play | 08 |
| | 3.2 | Theories of Play | |
| | 3.3 | Principles of Growth and development | |
| 4.0 | | Sociological Basis of Physical Education | |
| | 4.1 | Game & Sports as a Cultural Heritage | 07 |
| | 4.2 | Role of Physical Education for National Integration. | |
| | 4.3 | Role of Society to Culture Development | |
| | | | |
| | | Total | 30 |

Continuous Assessment (C. A.)

Test = 10 marks

Assignment = 06 marks

Attendance = 04 marks

Total = 20 Marks

Reference Books:

1. Kamlesh and Sangral Prakash- "Principles and History of Physical Education", Brothers of Physical Education, Education publishers, Books Market, Mailtiran Gate, Jullunder City.
2. **A Bucher, Charles.** – "Foundation of Physical Education" 8th editions, Lousi C. V. mostly Company, 1979.
3. Kamlesh M.L. - Psychology of Physical Education and sports Mentropolitan Book com – pvt ltd. 1983

4. M. Suinn - Psychology in sports and application Richard
5. Cratty B.J. - Psychology and Physical activity , Edgewood cliffs, Prentice Hall, 1968.
6. Æü.ŸÖÖ. •ÖÖÖŸÖÖÖ - ðÖî•Ö×•Ö•ú ¼Ö -ÖŸÖµÖÖê×•Ö•ú 'ÖÖ-ÖÄÖ¿ÖÖÄjÖ, -ÖãŸÖÖ - ÖŸ•úÖ¿ÖÖ - Öã•Öê 1991
- 7 ¼ÖÖ.-ÖÖ µüÖÖÓêü•ú,ü - ðÖî•Ö×•Ö•ú ¼Ö -ÖŸÖµÖÖê×•Ö•ú 'ÖÖ-ÖÄÖ¿ÖÖÄjÖ, 'ÖÖê'Öê -ÖŸ•úÖ¿ÖÖ •úÖê»ÆüÖ-Öæ,ü
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Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education
(With Effect From 2024-25)
B. A. First Year
Semester-II

IPEDCP1152: Physical Education Practical

Credit- 2

Hours- 30

E.S.A.-30 + C.A.- 20 = 50 Marks.

Course outcomes:

- The students will learn practically how to measure the Weight.
- The students will acquires knowledge of skills of Sports such as track and field events.
- To will inspire the students for the participation in sports and games.
- To will acquire the benefits of team games such as kabaddi and Hand ball.
- To will Know the importance of Indian exercise for Fitness.

Curriculum Details:(There shall be FOUR Modules in each course)

| ModuleNo. | UnitNo. | Topic | Marks |
|-----------|---------|---|-------|
| 1.0 | | Practical Project | 05 |
| | 1.1 | Measurement of Wight | |
| 2.0 | | Track & Field event- Sprint Running (any one) | 05 |

| | | | |
|-----|-----|--|-----------|
| | 2.2 | 200 mt. Running | |
| | 2.3 | 400mt. Running | |
| 3.0 | | Major Game – Team Game (any one) | |
| | 3.1 | Kabaddi | 15 |
| | 3.2 | Hand Ball | |
| 4.0 | | Indian Exercise | 05 |
| | 4.1 | Surya Namaskar | |
| | | | |
| | | Total | 30 |

Continues Assessment (C. A.)

Record Book = 10 marks

Oral Test = 06 marks

Attendance = 04 marks

Total = 20marks

ReferenceBooks:

1. K. K. Agrawal and R.J. Jain 'Officiating and Coaching' Suyog Prakashan, 3 Vivekanand market, Amravati 1983.

2. Y.M.C.A - 'Books of rules of games and sports'

Y.M.C.A. publication Hous. Jaising Road, New Delhi.

3. Lokesh Thuni- ' Play ground measurement manual' W.P. 474 first floor,, shiv Market, Ashok Vihar, Delhi- 110052

4. Ashok Kumar- ' InternationalEncyclopedia of sports and games mittal publication New Delhi- 110059 Vol – I to IV

Barrow H.M. and McGee R. (1979).A Practical Approach to Measurement in Physical Education.

Lea&Febiger, Philadelphia. U.S.A.

TritschlerK.Barrow& McGee's (2000). Practical Measurement and Assessment.Lippincott Williams & Wilkins. Philadelphia. U.S.A.

Y.M.C.A - 'Books of rules of games and sports'

Y.M.C.A. publication Hous. Jaising Road, New Delhi.

Table use to End Semester Examination for marking

| | | | | | |
|----------|--|--------------------------------------|---|---|-------------------------------|
| Seat No. | Practical Project
Measurement of
Weight
05 | Track Event
Shot-put
05 | Indian
Exercise
Surynamskar
05 | Major Game
Kabaddi /
Hand Ball
15 | Total

30 |
|----------|--|--------------------------------------|---|---|-------------------------------|

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-II

IPEDGE1151: Physical Education for Better living

Credit- 2

Hours – 30

E.S.A.-30 + C.A.- 20 = 50 Marks.

Course outcomes:

- Students would know concept of the good life.
- To will know, which factors are important for better life.
- To will know the benefits of team games for better life and national integration.
- To will know the importance of Diet and Nutrition for our life.
- To will know the recreational activities most important for better life.

Curriculum Details:

| Module No. | Unit No. | Topic | Hrs. Required to cover the contents |
|------------|------------|--|-------------------------------------|
| 1.0 | | Hygiene | 07 |
| | 1.1 | Personal Hygiene | |
| | 1.2 | Social Hygiene | |
| | 1.3 | Habits | |
| | | | |
| 2.0 | | Promoting Activities as a Way of Life | 08 |
| | 2.1 | Walking, Jogging, Running, Swimming | |
| | 2.2 | Recreational Activities : Dancing Aerobics, Singing, Watching Movies | |
| | 2.3 | Benefits of Tour. | |
| 3.0 | | Nutrition | 08 |
| | 3.1 | Basic of Nutrition | |
| | 3.2 | Balance Diet | |
| | 3.3 | Need & Importance of Nutria for the Healthy life | |
| 4.0 | | Exercise and Recreation | 07 |
| | 4.1 | Exercise as per Age Group | |
| | 4.2 | . Recreational Activities : Dancing Aerobics, Singing, Watching Movies | |
| | 4.3 | Benefits of Tour. | |
| | | | |

| | | | |
|--|--|--------------|-----------|
| | | Total | 30 |
|--|--|--------------|-----------|

Continuous Assessment (C. A.)

| | |
|--------------|------------------|
| Test | = 10 marks |
| Assignment | = 06 marks |
| Attendance | = 04marks |
| Total | = 20marks |

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-II

IPEDSC1151: Curative Therapies

Credit- 2

Hours – 30

E.S.A.-30 + C.A.- 20 = 50 Marks.

Courseoutcomes:

- Students would know Massage and its benefits for the body relaxation.
- Students would understand how to give training for Pranayama and Asana.
- To will know yoga for patients and bad posture people.
- To will know about acupressure points and it for body extremities.
- To would understand over all benefits of acupressure.

Curriculum Details:(There shall be FOUR Modules in each course)

| ModuleNo. | UnitNo. | Topic | Marks |
|------------|------------|-----------------------------|-----------|
| 1.0 | | Massage | 10 |
| | 1.1 | Concept of Massage | |
| | 1.2 | Techniques of Massage | |
| | 1.3 | Massage for body relaxation | |

| | | | |
|------------|------------|--|-----------|
| | 1.4 | Benefits of massage | |
| | | | |
| 2.0 | | Yoga Trainer | |
| | 2.1 | Training for Pranayama, | |
| | 2.2 | Training for Asana | 10 |
| | 2.3 | Yoga for patient | |
| | 2.4 | Yoga for bad posture | |
| 3.0 | | Acupressure | |
| | 3.1 | Points of acupressure | |
| | 3.2 | Acupressure for upper & lower body extremities | 10 |
| | 3.3 | Precautions of acupressure | |
| | 3.4 | Benefits of acupressure | |
| | | | |
| | | Total | 30 |

Continuous Assessment (C. A.)

Test- I = 10 marks

Assignment = 06 marks

Attendance = 04marks

Total = 20 Marks

Reference Books:

1. Anand O P (2001). YogDawra Kaya Kalp. Sewasth SahityaPerkashan. Kanpur.
2. Chawade S, Benefits of Acupressure Points – Most Important Spots in Human Body.
3. Hecker H, K Liebchen (2007) Acupressure taping for chronic pain and injuries. The Journal of Chinese Medicine
4. Jolly R.S, Acupressure Therapy - Pressure Point Therapy.
5. Mary Beth Braun, Stephanie J. Simonson (2008) Introduction to Massage Therapy Lippincott Williams & Wilkins
6. Sarin N (2003) Yoga DawaraRogonKaUpchhar.KhelSahitya Kendra
7. Shri Swami Ramas (2001). Breathing.SadhanaMandirTrust.Rishikesh.
8. Swami Ram (2000) Yoga & Married Life SadhanaMandirTrust.Rishikesh
9. Singh S.K (2008) Encyclopaedia of Yoga & Health Education, Khel Sahitya Kendra, New Delhi India.

Table use to End Semester Examination for marking

| Seat
No. | Massage
10 | Yoga Trainer
10 | Acupressure
10 | Total
30 |
|-------------|---------------|--------------------|-------------------|---------------------------|
|-------------|---------------|--------------------|-------------------|---------------------------|