



॥ 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

website: srtmun.ac.in

Academic-1 (BOS) Section

E-mail: bos@srtmun.ac.in

ax : (02462) 215572

hone: (02462)215542

आंतर विद्याशाखीय अभ्यास विद्याशाखे
अंतर्गत राष्ट्रीय शैक्षणिक धोरण-२०२०
नुसार पदवी तृतीय वर्षाचे अभ्यासक्रम
शैक्षणिक वर्ष २०२६-२७ पासून लागू
करण्याबाबत.

परिपत्रक


या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक २२ एप्रिल २०२६ रोजी संपन्न झालेल्या मा.विद्यापरिषद बैठकीतील विषय क्र.११/६४-२०२६ च्या ठरावानुसार आंतरविद्याशाखीय अभ्यास विद्याशाखेतील राष्ट्रीय शैक्षणिक धोरण-२०२० नुसार पदवी तृतीय वर्षाचे अभ्यासक्रम शैक्षणिक वर्ष २०२६-२७ पासून लागू करण्यास मा.विद्यापरिषदेने मान्यता प्रदान केली आहे. त्यानुसार आंतर विद्याशाखीय अभ्यास विद्याशाखेतील बी.ए. तृतीय वर्षाचे खालील विषयाचे अभ्यासक्रम शैक्षणिक वर्ष २०२६-२७ पासून लागू करण्यात येत आहे.

01	B.A.III Year Education
02	B.A.III 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.:शं-१/परिपत्रक/पदवी/वीए/२०२६-२७/६१
दिनांक : २२.०६.२०२६




सहाय्यक कुलसचिव
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, आंतरविद्याशाखीय 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)**

**UNDERGRADUATE PROGRAMME OF INTER DISCIPLINARY
STUDIES**

Major in Physical Education

Under the Faculty of Inter Disciplinary

Syllabus

**B.A.T.Y. PHYSICAL EDUCATION
SEM. V & VI**

**Effective from Academic year 2026-27
(As per NEP-2020)**

From Desk of Chairman, Board of Studies of the Subject
Physical Education

राष्ट्रीय शिक्षण धोरणाला अनुसरून 'आंतरविद्याशाखीय अभ्यासक्रम' (Faculty of Inter-Disciplinary) अंतर्गत पदवी तृतीय वर्षाचा 'शारीरिक शिक्षण' हा मुख्य विषय म्हणून अभ्यासक्रम तयार करताना तो केवळ पारंपरिक मैदानी खेळांपुरता मर्यादित असून ये, असा व्यापक आणि आधुनिक दृष्टिकोन ठेवला आहे. त्यामुळे हा अभ्यासक्रम बहुआयामी, कौशल्य-आधारित, रोजगाराभिमुख आणि त्याचबरोबर सुदृढ जीवनमूल्ये रुजवणारा कसा होईल, यावर भर दिला आहे. या अभ्यासक्रमात खेळातील प्राविण्यासोबतच वैज्ञानिक दृष्टिकोन, क्रीडा व्यवस्थापन आणि आरोग्याविषयीची जागरूकता या बाबी पदवी वर्गाच्या विद्यार्थ्यांनी अभ्यासणे अत्यंत आवश्यक आहे, त्या सर्वांचा यात अंतर्भाव केला आहे. एकूणच या अभ्यासक्रमाच्या रचनेत शारीरिक तंदुरुस्ती, क्रीडाशास्त्राचे ज्ञान, व्यावहारिक कौशल्य आणि त्याचे प्रत्यक्ष उपयोजन यांचा समतोल राखत एक उत्तम क्रीडा संस्कृती घडवण्याचा प्रयत्न केला आहे.

या अभ्यासक्रम रचनेत 'भारतीय ज्ञानपरंपरेशी' (Indian Knowledge System) नाते सांगणारे घटक जाणीवपूर्वक जोडले आहेत. विद्यार्थ्यांचा सर्वांगीण विकास व्हावा आणि त्यांना आजच्या वाढत्या क्रीडा व स्वास्थ्य (Sports and Wellness) उद्योगात रोजगारक्षम बनवणे, याला अनुलक्षून सत्र क्रमांक पाच व सत्र क्रमांक सहा या दोन सत्रांत मुख्य विषय, वैकल्पिक, मूल्य शिक्षण, त्याचबरोबर व्यावसायिक प्रशिक्षणावर (Skill Enhancement) भर देणारा असा हा अभ्यासक्रम तयार केला आहे.

सत्र क्रमांक पाच मध्ये 'शारीरिक शिक्षणातील संघटन व व्यवस्थापन' आणि 'क्रीडा मानसशास्त्र' या दोन अभ्यासपत्रिकांमधून विद्यार्थ्यांना अनुक्रमे क्रीडा क्षेत्रातील प्रशासकीय कौशल्ये आणि खेळाडूंच्या मानसिकतेचे, ताणतणाव व्यवस्थापनाचे सखोल ज्ञान देण्याचा प्रयत्न केला आहे. समकाळात लोकांमध्ये आरोग्याविषयी वाढलेली जागरूकता लक्षात घेता 'पोषण आणि वजन व्यवस्थापन' (Nutrition and Weight Management) यांसारख्या अत्यंत व्यावहारिक विषयाचा अंतर्भाव यात केला आहे. त्याचबरोबर विविध सांघिक खेळांचा (उदा. क्रिकेट) सखोल अभ्यास आणि प्रात्यक्षिकांमधून विद्यार्थ्यांची शारीरिक क्षमता आणि नेतृत्वगुण विकसित करण्यावर भर दिला आहे.

सहाव्या सत्रात विद्यार्थ्यांच्या अंगी क्रीडाशास्त्राविषयी अधिक वैज्ञानिक आणि विश्लेषणात्मक दृष्टिकोन यावा म्हणून 'क्रीडा जीवयांत्रिकी आणि किनेसियोलॉजी' (Sports Biomechanics) तसेच 'चाचणी, मोजमाप आणि मूल्यमापन' यांसारखे प्रगत घटक दिले आहेत. आपली पाळेमुळे जपत भविष्याकडे वाटचाल करता यावी म्हणून 'भारतीय ज्ञानपरंपरा: शारीरिक शिक्षण आणि क्रीडा' या अभ्यासपत्रिकेद्वारे योग, आयुर्वेद आणि आपल्या पारंपारिक खेळांचे महत्त्व अधोरेखित केले आहे. प्रशासकीय आणि रोजगाराच्या दृष्टीने 'क्रीडा सुविधा आणि व्यवस्थापन' व प्रत्यक्ष मैदानावरील कामाचा अनुभव यावा म्हणून 'क्रीडा पंचगिरी आणि प्रशिक्षण' (Officiating and Coaching) या अभ्यासपत्रिकांचा समावेश केला आहे. एकूणच बहुविध दृष्टिकोन, अनुभव आधारित शिक्षण आणि आरोग्याबद्दलची एक प्रगल्भ समज निर्माण करण्याचा हा प्रयत्न आहे.

विद्यार्थ्यांना केवळ पदवी मिळावी एवढ्यापुरता हा अभ्यासक्रम मर्यादित न राहता, ते एक सुदृढ, शिस्तबद्ध आणि निरोगी समाज घडवणारे नागरिक बनावेत असा यामागील उद्देश आहे. आजच्या आधुनिक व व्यावसायिक क्रीडा युगात त्यांना उत्तम क्रीडा मार्गदर्शक (Coach), कुशल पंच (Referee), किंवा क्रीडा व्यवस्थापक (Sports Manager) म्हणून स्वतःची ओळख निर्माण करता यावी, हा दृष्टिकोनही या अभ्यासक्रम निर्मितीच्या पाठीमागे आहे. हा अभ्यासक्रम परंपरेचा गाभा जपत आधुनिक विज्ञानाकडे वाटचाल करणारा ठरावा आणि कौशल्याबरोबरच खिलाडूवृत्तीचे भान यावे म्हणून परिवर्तनशील घटकांचा समावेश यात केला आहे. शारीरिक शिक्षण अभ्यास मंडळाने हा अभ्यासक्रम देत असताना 'ज्ञान, कौशल्य आणि आरोग्य' यांची सांगड घालण्याचा प्रयत्न जाणीवपूर्वक केला आहे. जे उद्दिष्ट समोर ठेवून या अभ्यास घटकांची निवड केली आहे, ती या अभ्यासक्रमातून निश्चितच पूर्ण होतील अशी अभ्यास मंडळाला सार्थ अपेक्षा आहे.

- अध्यक्ष, डॉ नागनाथ गजमल

(बहिर्जी स्मारक महाविद्यालय, वसमत)



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 8830406875
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
8.	Dr. Chhaya Kothe	Member P.G. Teacher	College of Physical Education, Kautha	9421839487
9.	Dr. Uttam Devkate	Invitee Member	P. A. Holkar College Rani Sawargaon	9637731979
10.	Dr. Madan Singh Thakur	Invitee Member	B Raghunath College, Parbhani	9503600112



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 (Common across all faculties)	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	IPEDCT1101- Introduction of Physical Education. (T 2Cr) IPEDCP1102- Physical Education (P 2Cr) 4 Credits	IXXXCT1101 (T 2Cr) IXXXCP101 (P 2Cr) 4 Credits	IYYYCT1101 (T 2Cr) IYYYCP101 (P 2Cr) 4 Credits	IPEDGE1101- Basic of Yoga Education. 2 Credits	IPEDIC1101- Fitness and Wellness. (2Cr) 2 Credits	AECENG 1101 (2Cr.) IKS... 101 (2Cr.) 4 Credits	CCC 1101 ISPTCC1101 (Yoga Education/Fitness/ Pratical Course 2Credits	22	44
	II	IPEDCT1151- Foundation of Physical Education. (T 2Cr) IPEDCT1152- Physical Education (P 2Cr) 4Credits	IXXXCT1151 (T 2Cr) IXXXCP1152 (P 2Cr) 4 Credits	IYYYCT1151 (T 2Cr) IYYYCP1152 (P 2Cr) 4 Credits	IPEDGE1151- 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 IYCCC1151 Health And Wellness 2 Credits	22	
Exitoption: UG Certificate in Major <u>DSC</u> on completion of 44 credits and additional 4 credits from NSQF / Internship										



Swami Ramanand Teerth Marathwada University, Nanded.

Faculty of Interdisciplinary Studies (Example- 1) Three optional

Structure for Four Year Multidisciplinary Degree Program with Multiple Entry and Exit

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

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 (Common across all faculties)	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
2 (5.0)	III	IPEDCT1201 - Introduction of Human Anatomy and Physiology. (T 4Cr) IPEDCP1202 - Physical Education (P 4Cr) 8Credits	IPEDMT1201 - Diet, Nutrition and Fitness. (T 4Cr) 4 Credits	--	IPEDGE1201 - Gym Management (T 2 Cr) 2 Credits	IPEDVC1201 - Study of Team Game. (Kho-Kho/ Football (P 2Cr) 2 Credits	AECENG 1201 (2Cr.) ACEXXX1201 (2Cr.) (Hin, Mar, Kan, Pal, Urd, San etc) 4 Credits	CCCXX1201 (2Cr.) IYECC 1201 Yoga 2Credits	22	88
	IV	IPEDCT1251 - Health Education and Yoga (T 4Cr) IPEDCT1252 -Physical Education (P 4Cr) 8Credits	IPEDMT1251 - Sports Injuries and First Aid (T 4Cr) 4 Credits	--	IPEDGE1251 - Sports Journalism. (T 2Cr) 2 Credits	IPEDVC 1251 - Study of Team Game. Kabaddi/ Badminton (P 2Cr) 2 Credits	AECENG151 (2Cr.) VECCOI 151 (2Cr.) Constitution of India 4 Credits	CCC...151 (2 Cr.) 2 Credits	22	

Exiption: UG Diploma in Major DSC and Minor DSM on completion of 88 credits and additional 4 credits from NSQF / Internship in DSC



Swami Ramanand Teerth Marathwada University, Nanded

Faculty of Inter Disciplinary (Example- 1 Three Optional)

Structure for Four Year Multidisciplinary Degree Program with Multiple Entry and Exit

Subject: DSC (Major) /DSM (Minor)

Year & Level	Semester	Major	Elective <i>(Select from Basket 3 of Faculties other than Interdisciplinary Studies)</i>	Vocational & Skill Enhancement Course (SEC)	(AEC) (Basket 4) (VEC) / Indian Knowledge System (IKS) Basket 5 (Common across all faculties)	Field Work / Project/Internship/OJT/ Apprenticeship/ Case Study (Basket 6 for CCC) (Common across all faculties)	Credits	Total Credits
1	2	3	4	5	6	7	8	9
3 (5.5)	V	IPEDCT-1301 Org. & Mgmt. in Phy. Education (T 4Cr) IPEDCT-1302 Sports Psychology (4Cr) IPEDCP-1303 Physical Education Practical (P 4Cr) 12 Credits	IPED-ET 1301 Nutrition and Weight Management(4Cr) OR IPED- ET- 1302 : Health and Diet 4 Credits	IPEDVC 1301 Study of Team Game (Cricket/Table tines) (P 2Cr) 2 Credits		IPED-FP-1301 Field Project 4 Credits (Field Visit Report)	22	44
	VI	IPEDCT-1351 Test, Measurement & Evaluation (T 4Cr) IPEDCT-1352 Sports Biomechanics & Kinesiology (T 4Cr) IPEDCP-1353 Physical Education Practical (P 2Cr) 10 Credits	IPED-ET-1351 - Sports for Life OR IPED-ET-1352 - Sports Facilities & Mgmt. (T 4Cr) 4 Credits	IPEDVC- 1351 Officiating and Coaching in Sports (P 2Cr) 2 Credits	IKS 1351 Indian Knowledge System in Phy. Ed. & Sports (2Cr) 2 Credits	IPED -OJ-1351 On Job Training 4 Credits (Internships In Sports)	22	

Exit option: Bachelor of Inter disciplinary with Major in DSC and Minor in DSM

Abbreviations:

1. **DSC:** Department/Discipline Specific Core (Major)
 2. **DSE:** Department/Discipline Specific Elective (Major)
 3. **DSM:** Discipline Specific Minor
 4. **GE/OE:** Generic/Open Elective
 5. **VSEC:** Vocational Skill and Skill Enhancement Course
 6. **VSC:** Vocational Skill Courses
 7. **SEC:** Skill Enhancement Courses
 8. **AEC:** Ability Enhancement courses
 9. **MIL:** Modern Indian languages
 10. **IKS:** Indian Knowledge System
 11. **VEC:** Value Education Courses
 12. **OJT:** On Job Training: (Internship/Apprenticeship)
 13. **FP:** Field Projects
 14. **CEP:** Community Engagement and Service
 15. **CC:** Co-Curricular Courses
 16. **RM:** Research Methodology
 17. **RP:** Research Project/Dissertation
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Swami Ramanand Teerth Marathwada University, Nanded

Faculty of Inter Disciplinary

General Guidelines for course structure:

- 1) The Major subject is the discipline or subject of the main focus and the degree will be awarded in that discipline/subject.
 - 2) Credits and curriculum of Major and Minor subject is same in the first year
 - 3) In the first year Students should choose two different subject as a Major and Minor in same faculty).
 - 4) From the Second year curriculum of Major and Minor subject is the different.
 - 5) Generic/Open Elective is to be chosen compulsorily from faculty other than that of the Major. (Select from Basket)
 - 6) Vocational and Skill Enhancement Courses (VSEC or VSC and SEC) are related to Major Course(DSC)
 - Ability Enhancement Courses (AEC): 7)
 - a) English language may be offered Sem. I for 2 Credits and sem. IV for 2 Cr. in AEC
 - b) Second languages may be offered Sem. II for 2 Credits and sem. IV for 2 Cr. in MIL
 - 8) Column No. 7 and 8 is common for all faculties.
 - 9) Curriculum of VEC, CI, IKS and CC will provide by university.
-

Swami Ramanand Teerth Marathwada University, Nanded
Assigning Codes to the Courses Alphanumeric, Nine Character Coding AAAAA XXXX

- 1) **First (A) Letter indicate Faculty:** H – Humanities S- Science; C – Commerce, & Management, I - Interdisciplinary Studies and D –Distance / External mode
- 2) **Next Three Letters(XXX)** indicates Subject (e.g. ECO – Economics, PHY – Physics, COM – Commerce, CMP – Computer Sci) etc.
- 3) **Forth Letter indicate nature of the course :** (e.g. C – Core, M – Minor, , E – Elective, P– Field Project, F – Field Work, O – On Job training, G- Generic /open Elective (Internship/Apprenticeship), I – Internship, CS – Case Study, V: Vocational Skill Courses, S: Skill Enhancement Courses, A: ,Ability Enhancement courses, M: Modern Indian languages, IKS: Indian Knowledge System, VEC: Value Education Courses, CC: Co-Curricular Courses/ Community Engagement and Service, R: Research Methodology. etc.)
- 4) **Sixth Character or First Number** indicate the Centre (1- for Affiliated colleges, 2 -Main Campus, 3- Latur sub- centre, 4- Parbhani sub-centre, 5 -Model Degree College)
- 5) **Seventh Character or second number indicate** -Year of Study.E.g.1 - First year,2- second year.etc.
- 6) **Last Two Numbers** indicate Course Number

e.g. **IPED1101** – First Core Course in the First Semester of undergraduate programme in under the Faculty of Inter Disciplinary.

Sr. No	UG/PG	Semester	Affiliated Colleges	Main Campus	Model Degree College	Sub-center Latur	Sub-center Parbhani	Kinwat Sub-Centre
1	First Year	Semester I	1101 to 1150	2101 to 2150	3101 to 3150	4101 to 4150	5101 to 5150	6101 to 6150
2		Semester II	1151 to 1199	2151 to 2199	3151 to 3199	4151 to 4199	5151 to 5199	6151 to 6199
3	Second Year	Semester III	1201 to 1250	2201 to 2250	3201 to 3250	4201 to 4250	5201 to 5250	6201 to 6250
4		Semester IV	1251 to 1299	2251 to 2299	3251 to 3299	4251 to 4299	5251 to 5299	6251 to 6299
5	Third Year	Semester V	1301 to 1350	2301 to 2350	3301 to 3350	4301 to 4350	5301 to 5350	6301 to 6350
6		Semester VI	1351 to 1399	2351 to 2399	3351 to 3399	4351 to 4399	5351 to 5399	6351 to 6399
7	Fourth Year	Semester VII	1401 to 1450	2401 to 2450	3401 to 3450	4401 to 4450	5401 to 5450	6401 to 6450
8		Semester VIII	1451 to 1499	2451 to 2499	3451 to 3499	4451 to 4499	5451 to 5499	6451 to 6499
9	Fifth Year	Semester IX	1501 to 1550	2501 to 2550	3501 to 3550	4501 to 4550	5501 to 5550	6501 to 6550
10		Semester X	1551 to 1599	2551 to 2599	3551 to 3599	4551 to 4599	5551 to 5599	6551 to 6599



Swami Ramanand Teerth Marathwada University, Nanded
 Faculty of Inter Disciplinary. Major in Physical Education
Basket 1: Major course for Semester V and VI

Semester	BOS proposing Minor (e g.)	Details of Major Course (M)	
		CODE	Title of the Course
Semester V	1. BOS in Physical Education	IPEDCT-1301 (4 Cr.)	Organization and Management in Physical Education
		IPEDCT-1302 (4 Cr.)	Sports Psychology
		IPEDCP-1303 (4 Cr.)	Physical Education Practical
Semester VI	2. BOS in Physical Education	IPEDCT-1351 (4 Cr.)	Test, Measurement and Evaluation in Physical Education
		IPEDCT-1352 (4 Cr.)	Sports Biomechanics and Kinesiology in Sports
		IPEDCP-1353 (2 Cr.)	Physical Education (Practical)
		IKS 1351 (2 Cr.)	Indian Knowledge System in Physical Education and Sports



Swami Ramanand Teerth Marathwada University, Nanded
Faculty of Inter Disciplinary
Basket 2 : Elective Course (GE) (04 Credits)

Semester	Details of Elective Course (s)	Title of the Course
	CODE	Title of the Course
Semester V	IPEDE-ET- 1301 (4 Cr.)	Nutrition and Weight Management
	OR	<i>OR</i>
	IPED- ET- 1302 (4 Cr.)	Health and Diet
Semester VI	IPED- ET- 1351 (4 Cr.)	Sports for Life
	OR	<i>OR</i>
	IPED- ET- 1352 (4 Cr.)	Sports Facilities & Mgmt.



Swami Ramanand Teerth Marathwada University, Nanded
Faculty of Inter Disciplinary – Major in Physical Education

(Common across faculty, Curriculum will provide by University)

Basket 3 : Vocational Skill Course (SEC / IC) (02 Credits)

Semester	Details of Elective Course	
	CODE	Title of the Course
Semester V	IPEDVC 1301 (2 Cr.)	Study of Team Game (Cricket/Table Tennis)
Semester VI	IPEDVC-1351 (2 Cr.)	Officiating and Coaching in Sports (SEC)



Swami Ramanand Teerth Marathwada University, Nanded
Faculty of Inter Disciplinary. Major in Physical Education
Under Graduate Third Year Programme , Semester V (Level 5.5)
Teaching Scheme

	Course Code	Course Name	Credits Assigned (Theory)	Credits Assigned (Practical)	Total Credits	Teaching Scheme Hrs/week (Theory)	Teaching Scheme Hrs/week (Practical)
Major	IPEDCT 1301	Organization and Management in Physical Education	4		4	4	
	IPEDCT 1302	Sports Psychology	4		4	4	
	IPEDCP 1303	Physical Education Practical		4	4		4
Elective	IPED-ET-1301	Nutrition and Weight Management	4		4	4	
	IPED-ET 1302	Health and Diet	-		-	-	
Vocational Skill Course	IPEDVC 1301	Study of Team Game (Cricket)		2	2		2
Field Project	IPED-FP 1301	Field Project		4	4		4
Total Credits			12	10	22	12	10



Swami Ramanand Teerth Marathwada University, Nanded
Faculty of Inter Disciplinary. Major in Physical Education
Under Graduate Third Year Programme , Semester VI (Level 5.5)
Teaching Scheme

	Course Code	Course Name	Credits Assigned (Theory)	Credits Assigned (Practical)	Total Credits	Teaching Scheme Hrs/week (Theory)	Teaching Scheme Hrs/week (Practical)
Major	IPEDCT 1351	Test, Measurement & Evaluation	4		4	4	
	IPEDCT 1352	Sports Biomechanics & Kinesiology	4		4	4	
	IPEDCP 1353	Physical Education Practical		2	2		2
	IKS 1351	Indian Knowledge System in Phy. Ed. & Sports	2		2	2	
Major Elective	IPED-ET 1351	Sports for Life	4		4	4	
	IPED-ET 1352	Sports Facilities & Mgmt.	-		-	-	
	IPEDVC 1351	Officiating and Coaching in Sports		2	2		2
Field Project	IPED-OJ 1351	On Job Training		4	4		4
Total Credits			14	8	22	14	8



Swami Ramanand Teerth Marathwada University, Nanded
Faculty of Inter Disciplinary. Major in Physical Education
Under Graduate Third Year Programme,
Semester V & VI Course Structure : Major / Elective Teaching Scheme
(4 Cr.) VC (for 2 credits)

	Course Name (Paper Title)	Teaching Scheme (Hrs.) Theory	Teaching Scheme (Hrs.) CA	Credits Assigned Theory	Credits Assigned CA	Credits Assigned Total
IPEDCT 1301	Organization and Management in Physical Education (Major)	60	-	04	-	04
		Elective (for 4 credits)				
ET-IPED 1301	Nutrition and Weight Management (Elective)	60	-	04	-	04
		VC (for 2 credits)				
IPEDVC 1351	Officiating and Coaching in Sports (SEC / VC)	30	-	02	-	02



Swami Ramanand Teerth Marathwada University, Nanded
Faculty of Inter Disciplinary. Major in Physical Education
Under Graduate Third Year Programme,
Semester V & VI Course Structure : Major / Elective Teaching Scheme
(4 Cr.) VC (for 2 credits)

Major, Elective and VC - –sessment Scheme

Course Code (2)	Course Name (3)	Theory CA: Test I & II (4)	Theory CA: Assignment (5)	Theory CA: Attendance (6)	Theory CA: Total (7)	Theory ESE (8)	Total [Col (7+8)]
IPEDCT 1301 (4 Cr.)	Organization and Management in Physical Education	20	12	08	40	60	100
ET-IPED 1301 (4 Cr.)	Nutrition and Weight Management	20	12	08	40	60	100
IPEDVC 1351 (2 Cr.)	Officiating and Coaching in Sports (SEC / VC)	10	06	04	20	30	50

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education
(With Effect From 2025-26)

B.A. Third Year
Semester-V

IPEDCT-1301 : Organization and Management in Physical Education (Major)

Credits: 04

Periods Per Week: 04 Periods

Total Marks: 100 (60 + 40 C.A.)

Total Periods: 60

Course Objectives:

1. To develop an understanding of the principles of organization and management in physical education and sports.
2. To familiarize students with administrative structures and functioning of physical education programs.
3. To develop skills in planning, organizing, and conducting sports events and tournaments.
4. To understand the importance of leadership and decision-making in sports management.
5. To provide knowledge about facilities, equipment management, and Financial Management.
6. To understand legal responsibilities, safety measures, and risk management in sports activities.

Course Outcomes

1. Explain the concepts and principles of organization and management in physical education.
2. Plan and organize physical education programs and sports events effectively.
3. Manage sports facilities, equipment, and financial resources properly.
4. Apply administrative skills such as scheduling, record maintenance, and supervision.
5. Ensure safety measures and handle emergencies during sports activities.

Evaluate and improve the effectiveness of sports programs and events.

Section A: Course Syllabus (60 Marks)

Unit No.	Unit Title	Topics Covered	Hrs. Req. to cover the Contents 1 hrs =60m
I	Organization	1.1 Definition, scope, Need and importance of organization. 1.2 Principle of organization. 1.3 Skills of organization. 1.4 Role of Physical Teacher in organization.	15

II	Organization of sports	<p>2.1 Needs and importance of Tournaments.</p> <p>2.2 Types of Tournament (Knock-out system, League system, combination system, challenge system).</p> <p>2.3 Care and maintenance of Play Field and equipment's.</p> <p>2.4 Intramural and extramural Tournaments.</p>	15
III	Management	<p>3.1 Definition, scope, Need and Importance of management in physical education.</p> <p>3.2 Principles of management.</p> <p>3.3 Qualification and qualities of the good manager.</p> <p>3.4 Management of different level tournament (school to national level).</p>	15
IV	Financial management	<p>4.1 Function and importance of financial management.</p> <p>4.2 Budget, criteria of budget, Types of budget.</p> <p>4.3 Need and importance, methods of public Relation (print media, electronic media, social media, etc).</p> <p>4.4 Sponsorship.</p>	15

Section B: Continuous Assessment / C.A. (40 Marks)

Sr. No.	Assessment Criteria	Marks
1.	Test-I	10
2.	Test-II	10
3.	Assignment / Presentation / Oral	12
4.	Attendance	08
	Total C.A. Marks	40

Section C: Reference Books

- Bucher, C. A., & Krotee, M. L. (2002). Management of Physical Education and Sport. McGraw-Hill.
- Kamlesh, M. L. (2000). Management Concepts in Physical Education and Sport. Metropolitan Book Co.
- Voltmer, E. F., & Esslinger, A. A. (1979). The Organization and Administration of Physical Education. Prentice-Hall.
- Parks, J. B., Quarterman, J., & Thibault, L. (2007). Contemporary Sport Management. Human Kinetics.
- Sharma, O. P. (2015). Organization and Administration of Physical Education. Khel Sahitya Kendra.

- f. Gupta, R. (2010). Sports Management and Organization. Friends Publications.
 g. Chakraborty, S. (1998). Sports Management. Sports Publications.

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education
 (With Effect From 2025-26)

B.A. Third Year

Semester-V

IPECT – 1302 : Sports Psychology (Major)

Credits: 04

Periods Per Week: 04

Total Marks: 100 (60 + 40 C.A.)

Periods Total Periods: 60

Course Objectives:

1. To introduce the basic concepts and principles of **sports psychology**.
2. To understand the psychological factors affecting sports performance.
3. To develop awareness about motivation, personality, and emotions in sports.
4. To understand stress, anxiety, and their management techniques.
5. To apply psychological techniques for improving athletic performance.
6. To understand team dynamics and leadership in sports.

After completing this course, students will be able to:

1. Explain the meaning and importance of **sports psychology**.
2. Analyze psychological factors like motivation, anxiety, and confidence in athletes.
3. Apply mental training techniques such as relaxation, imagery, and goal setting. .
4. Manage stress and anxiety in competitive situations.
5. Evaluate personality traits and their impact on sports performance.
6. Use psychological principles to enhance performance and well-being of athletes.

Section A: Course Syllabus (60 Marks)

Unit No.	Unit Title	Topics Covered	Hrs. Req. to cover the Contents 1 hrs =60m
I	Introduction	1.1 History & development of sports Psychology. 1.2 Meaning, definition of sports Psychology. 1.3 Nature & scope of sports Psychology. 1.4 Relationship between sports psychology and Physical Education	15

II	Personality and Motivation in sports	2.1 Meaning, definition and Importance of personality. 2.2 Types and theories of Personality. 2.4 Meaning and Types of Motivation. 2.5 Intrinsic and Extrinsic motivation in sports.	15
III	Psychological Preparation & Leadership for competition	3.1 Mental Preparation for sports performance. 3.2 Self confidence in Athletes. 3.3 Leadership in sports. 3.4 Role of coach and captain in team building.	15
IV	Stress, Anxiety and Emotion in sports	4.1 Meaning and Types of stress & anxiety. 4.2 Emotional control in sports. 4.3 Causes and effects of competitive stress & anxiety. 4.4 Techniques for managing stress and anxiety.	15

Section B: Continuous Assessment / C.A. (40 Marks)

Sr. No.	Assessment Criteria	Marks
1.	Test-I	10
2.	Test-II	10
3.	Assignment / Presentation / Oral	12
4.	Attendance	08
	Total C.A. Marks	40

Section C: Reference Books

1. Weinberg, R. S., & Gould, D. (2015). Foundations of Sport and Exercise Psychology. Human Kinetics.
2. Cox, R. H. (2012). Sport Psychology: Concepts and Applications. McGraw-Hill.
3. Singh, Rajaram. (2014). Sports Psychology. Friends Publications.
4. Kamlesh, M. L. (1998). Psychology in Physical Education and Sport. Metropolitan Book Co.
5. Woods, R. B. (2001). Social Issues in Sport. Human Kinetics.
6. Cratty, B. J. (1989). Psychology in Contemporary Sport. Prentice Hall.
7. Shaw, D., Gorely, T., & Corban, R. (2005). Sport and Exercise Psychology. BIOS Scientific Publishers.

8. Thelwell, R., Harwood, C., & Greenlees, I. (2007). The Psychology of Sports Coaching. Routledge.

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2025-26)

B.A. Third Year (Semester-V)

IPEDCP-1303 : Physical Education Practical

Credits: 4 credit

Total Marks: 100 (60 Practical + 40 Internal)

Per Week: 04 Periods

Total Periods: 6

Course Objectives (Physical Education Practical)

1. To develop fundamental motor skills and physical fitness through regular practical activities.
2. To provide knowledge and practice of various sports and games techniques.
3. To enhance coordination, balance, strength, speed, and flexibility.
4. To develop interest and active participation in physical activities and sports.
5. To train students in basic rules, skills, and strategies of different games.
6. To promote team spirit, leadership qualities, and sportsmanship.
7. To create awareness about health, hygiene, and injury prevention.
8. To develop officiating and organizational skills in sports events.

Course Learning Outcomes

1. Demonstrate basic skills and techniques of various sports and games effectively.
2. Perform physical exercises that improve overall fitness and health.
3. Apply rules and regulations of different sports during play.
4. Exhibit teamwork, leadership, and fair play in sports activities.
5. Organize and participate in sports events and competitions.
6. Maintain personal fitness and follow a healthy lifestyle.
7. Identify common sports injuries and apply basic preventive measures.
8. Show improved physical efficiency, coordination, and endurance.

Section A: Course Contents (Practical Examination - –0 Marks)

Sr. No.	Practical Event / Activity	Description / Details	Marks
1.	Practical Project (<i>Any one</i>)	A)t Percentage B) OR B) BMI, WHR	10
2.	Track & Field Event	Javelin Throw	10

3.	Cardio Vascular Endurance	12 min Run & Walk (Men/Women)	10
4.	Optional Games (<i>Select one Indian Game</i>)	1) Wrestling 2) Badminton (<i>Includes fundamental skills, techniques, knowledge of rules and regulation</i>)	20
5.	Record Book	Related to all practical events	10
		Total Practical Marks	60

Section B: Internal Assessment (40 Marks)

Sr. No.	Assessment Criteria	Marks
1.	Attendance of practical periods	10
2.	Oral (General sports knowledge)	10
3.	Discipline / Behavior	10
4.	Ground marking	10
	Total Internal Marks	40

Important Instructions:

- **Uniform:** Uniform is strictly compulsory during the practical periods.
- **Examination Rule:** Students appearing without a uniform and a completed record book will **not** be allowed to attend the examination.

Section C: Reference Books

1. ACSM (2017). ACSM's Health-Related Physical Fitness Assessment Manual. Lippincott Williams & Wilkins.
2. Muller, J. P. (2000). Health, Exercise and Fitness. Sports Publication.
3. Kamlesh, M. L., & Sangral, M. S. (1982). Methods in Physical Education. Prakash Brothers.
4. Aneja, O. P. (2014). Officiating and Coaching. Khel Sahitya Kendra.
5. Sharma, N. P. (2010). Track and Field Techniques. Friends Publications.
6. Balsekar, A. (2005). Fundamentals of Badminton. Khel Sahitya Kendra.
7. Yadav, R. S. (2012). Wrestling: Skills and Rules. Sports Publication.
8. Heyward, V. H. (2010). Advanced Fitness Assessment and Exercise Prescription. Human Kinetics.

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education
(With Effect From 2025-26)

B.A. Third Year

Semester-V

GE-IPEDE GE 1301 : Nutrition and Weight Management

Credits: 04

Periods Per Week: 04

Total Marks: 100 (60 + 40 C.A.)

Periods Total Periods: 60

Course Objectives:

1. To develop understanding of basic concepts of nutrition and its role in maintaining health.
2. To explain the importance of balanced diet and essential nutrients for different age groups.
3. To provide knowledge about energy balance, and body composition.
4. To create awareness about causes and prevention of overweight and obesity.
5. To understand principles of healthy weight management and diet planning. .
6. To analyze the relationship between nutrition, physical activity, and overall fitness.

Course Outcomes

1. Explain the fundamentals of nutrition and functions of various nutrients.
2. Design a balanced diet plan according to individual needs.
3. Assess body weight and composition using standard methods (BMI, etc.).
4. Identify causes and health risks of obesity and under nutrition.
5. Apply principles of weight management through diet and exercise.
6. Evaluate dietary practices and suggest improvements for better health.

Section A: Course Syllabus (60 Marks)

Unit No.	Unit Title	Topics Covered	Hrs. Req. to cover the Contents 1 hrs =60m
I	Introduction to Nutrition	<ul style="list-style-type: none">• Meaning and Definition of Nutrition• Balance Diet• Need & Importance of Nutrition in human life	15

		<ul style="list-style-type: none"> • Recommended Dietary Allowance 	
II	Diet Planning for Age group	<ul style="list-style-type: none"> • Diet for Weight Loss • Diet for weight gain • Diet & Exercise • Dietary Habits 	15
III	Weight Management	<ul style="list-style-type: none"> • BMI concept • Causes and problems of unhealthy weight • Exercise Management • Lifestyle Management 	15
IV	Obesity and weight management	<ul style="list-style-type: none"> • Concept of obesity • Over weight & under weight • Cause of obesity • Health risk of obesity • Dietary management 	15

Section B: Continuous Assessment / C.A. (40 Marks)

Sr. No.	Assessment Criteria	Marks
1.	Test - –	10
2.	Test - -I	10
3.	Assignment	12
4.	Attendance	08
	Total C.A. Marks	40

Section C: Reference Books

1. McArdle, W. D., Katch, F. I., & Katch, V. L. (2015). *Sports and Exercise Nutrition*. Lippincott Williams & Wilkins.
2. Srilakshmi, B. (2018). *Nutrition Science*. New Age International Publishers.
3. Manore, M., Meyer, N. L., & Thompson, J. (2009). *Sport Nutrition for Health and Performance*. Human Kinetics.
4. Swaminathan, M. (1995). *Essentials of Food and Nutrition*. BAPPCO.
5. Hoeger, W. W. K., & Hoeger, S. A. (2015). *Principles and Labs for Fitness and Wellness*. Cengage Learning.
6. Williams, M. H. (2005). *Nutrition for Health, Fitness and Sport*. McGraw-Hill.

7. Fink, H. H., & Mikesky, A. E. (2015). *Practical Applications in Sports Nutrition*. Jones & Bartlett Publishers.
8. Sharma, A. (2012). *Weight Management and Health*. Friends Publications.

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2025-26)

B.A. Third Year

Semester-V

IPED- GE- 1302 : Health and Diet

Credits: 04

Periods Per Week: 04 Periods

Total Marks: 100 (60 + 40 C.A.)

Total Periods: 60

Course Objectives

- To understand the concept of health and its components.
- To study the principles of balanced diet and nutrition.
- To develop awareness about dietary requirements for different age groups and athletes.
- To promote healthy lifestyle habits and disease prevention.

Course Outcomes

- Understand the importance of health and nutrition.
 - Plan a balanced diet for different individuals.
 - Analyze dietary needs of athletes and general population.
 - Promote healthy lifestyle and prevent diseases.
-

Course Content

Unit 1: Concept of Health

15

- Meaning and definition of health
 - Dimensions of health (Physical, Mental, Social)
 - Factors affecting health
 - Personal hygiene and lifestyle habits
-

Unit 2: Fundamentals of Nutrition

15

- Meaning of nutrition and diet

- Nutrients: Carbohydrates, Proteins, Fats, Vitamins, Minerals, Water
 - Functions and sources of nutrients
 - Balanced diet and dietary guidelines
-

Unit 3: Diet and Health

15

Diet for different age groups (children, adults, elderly)

- Diet for sports persons and athletes
 - Malnutrition and its types
 - Lifestyle diseases (obesity, diabetes, hypertension)
-

Unit 4: Health Promotion and Disease Prevention

15

- Importance of physical activity and exercise
 - Role of diet in disease prevention
 - Immunity and nutrition
 - Health education and awareness
-

Section B: Reference Books

1. Park, K. (2017). Park's Textbook of Preventive and Social Medicine. Banarsidas Bhanot Publishers.
2. Insel, P., Roth, W. T., & Insel, C. (2013). Core Concepts in Health. McGraw-Hill.
3. Mudambi, S. R., & Rajagopal, M. V. (2012). Fundamentals of Foods, Nutrition and Diet Therapy. New Age International.
4. Gibney, M. J., Margetts, B. M., Kearney, J. M., & Arab, L. (2004). Public Health Nutrition. Blackwell Science.
5. Nieman, D. C. (2011). Exercise Testing and Prescription: A Health-Related Approach. McGraw-Hill.
6. Gopalan, C., Rama Sastri, B. V., & Balasubramanian, S. C. (1989). Nutritive Value of Indian Foods. National Institute of Nutrition.
7. Corbin, C. B., Welk, G. J., Corbin, W. R., & Welk, K. A. (2015). Concepts of Fitness and Wellness. McGraw-Hill.
8. Sharma, R. K. (2010). Health and Physical Education. Sports Publication.

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education
(With Effect From 2025-26)

B. A. Third Year

1301Sem – V

IPEDIC 1301 : Study of Team Game (Cricket)

Credit-2

ESA + CA 30+20=50 Marks

Course Objectives:

1. To understand the basic rules, techniques, and principles of cricket as a team game.
2. To develop fundamental skills in batting, bowling, and fielding.
3. To promote teamwork, cooperation, and leadership qualities among students.
4. To enhance decision-making ability and understanding of game strategies.
5. To improve physical fitness components such as coordination, agility, and endurance.
6. To develop discipline, sportsmanship, and respect for rules in the game.

Course Outcomes:

1. Students will be able to explain the rules, layout, and format of cricket clearly.
2. Students will demonstrate basic skills in batting, bowling, and fielding effectively.
3. Students will show teamwork, leadership, and responsibility while playing.
4. Students will apply appropriate strategies and make decisions during the game.
5. Students will show improvement in physical fitness and motor abilities.
6. Students will follow sports ethics, discipline, and fair play in cricket.

Curriculum Details: (There shall be Four modules in each course.)

Module No.	Unit	Topic	Hrs Required to the Contents (1 Hr.=60 Min)
1.0	Introduction of Game	1.1 History of Game. 1.2 Rules and Regulations of Game. 1.3 Play Ground Marking. 1.4 Care and maintenance of play ground.	10
2.0	Skills in the Game	2.1 Equipment's in the Game.	10

		<p>2.2 Fundamental skills in the Game.</p> <p>2.3 Warming up and Cooling Down.</p> <p>2.4 Conditioning Exercise for the skill Development.</p>	
3.0	Officiating and Coaching	<p>3.1 signals of officiating.</p> <p>3.2 Coaching.</p> <p>3.3 Qualification and quality of Good Coach and umpire.</p> <p>3.4 Duties of Good umpire</p>	10

Continuous Assessment (C. A.)

Oral-10 marks.

Section C: Reference Books

1. Bradman, D. (1990). The Art of Cricket. Robson Books.
2. Woolmer, B., Noakes, T., & Moffett, H. (2008). Bob Woolmer's Art and Science of Cricket. Struik Publishers.
3. MCC (Marylebone Cricket Club). (2017). The Laws of Cricket. MCC.
4. Tyson, F. (1987). The Cricket Coaching Manual. Thomas Nelson.
5. Sharma, P. (2012). Modern Coaching in Cricket. Friends Publications.
6. Chappell, G. (1992). The Making of Champions. Penguin.
7. Pyke, F., & Davis, K. (2010). Cutting Edge Cricket. Human Kinetics.
8. Singh, Y. (2015). Cricket: Rules and Techniques. Khel Sahitya Kendra.

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education
(With Effect From 2025-26)

B.A. Third Year

Semester-VI

IPEDCT- 1351 : Test, Measurement and Evaluation in Physical Education

Credits: 04

Total Marks: 100 (60 + 40 C.A.)

Periods Per Week: 04 Periods

Total Periods: 60

Objectives:

1. To understand the concepts and importance of testing, measurement, and evaluation in physical education and sports.
2. To develop knowledge about various physical fitness tests and their administration procedures.
3. To learn techniques of measuring physical, physiological, and motor fitness components.
4. To understand principles of evaluation and interpretation of test results.
5. To develop skills in organizing and conducting fitness and skill tests.
6. To gain knowledge about statistical tools used in physical education research.

Course Learning Outcomes

1. Explain the concepts of test, measurement, and evaluation in physical education.
2. Administer standard fitness and skill tests effectively.
3. Measure physical fitness components like strength, endurance, flexibility, and speed.
4. Interpret test scores and evaluate performance scientifically.
5. Apply appropriate evaluation techniques in sports and physical education settings.
6. Design and conduct testing programs for different age groups and sports.
7. Improve decision-making skills based on evaluation results.

Section A: Course Syllabus (60 Marks)

Unit No.	Unit Title	Topics Covered	Hrs. Req. to cover the Contents 1 hrs =60m
I	Introduction of Test & Measurement	1.1 Meaning, concept of Test and Measurement.	15

		<p>1.2 Needs and Importance of Test and Measurement.</p> <p>1.3 Principles of Test and measurement.</p> <p>1.4 Objectives and scope of Test and measurement.</p>	
II	Skill Test	<p>2.1 Construction and classification of Test.</p> <p>2.2 Criteria of good Test.</p> <p>2.3 Test of physical Fitness (JCR, Harward step test, Sargent Test, AAHPERD youth physical fitness Test.)</p> <p>2.4 Psychological Test (Anxiety, self-concept scale, Aggression Test)</p>	15
III	Introduction of Evaluation	<p>3.1 Meaning, concept of Evaluation.</p> <p>3.2 Need & Importance of Evaluation.</p> <p>3.3 Types of Evaluation.</p> <p>3.4 Objectives and scope of Evaluation.</p>	15
IV	Tools of Evaluation	<p>4.1 Criteria of evaluation.</p> <p>4.2 Tools of Evaluation.</p> <p>4.3 Techniques and Tools of evaluation.</p> <p>4.4 Use of evaluation in physical education and sports.</p>	15

Section B: Continuous Assessment / C.A. (40 Marks)

Sr. No.	Assessment Criteria	Marks
1.	Test - I	10
2.	Test - II	10
3.	Assignment	12
4.	Attendance	08
	Total C.A. Marks	40

Section C: Reference Books

1. Kansal, D. K. (1996). Test and Measurement in Sports and Physical Education. D.V.S. Publications.
2. Baumgartner, T. A., & Jackson, A. S. (1999). Measurement for Evaluation in Physical Education and Exercise Science. WCB/McGraw-Hill.
3. Morrow, J. R., Jackson, A. W., Disch, J. G., & Mood, D. P. (2015). Measurement and Evaluation in Human Performance. Human Kinetics.
4. Sharma, J. P. (2014). Test and Measurement in Physical Education. Sports Publication.

5. Johnson, B. L., & Nelson, J. K. (1986). Practical Measurements for Evaluation in Physical Education. Burgess Publishing.
6. Safrit, M. J. (1990). Introduction to Measurement in Physical Education and Exercise Science. Times Mirror/Mosby.
7. Clarke, H. H. (1976). Application of Measurement to Health and Physical Education. Prentice-Hall.
8. Singh, H. (2009). Test and Measurement in Sports. Friends Publications.

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education
(With Effect From 2025-26)

B.A. Third Year

Semester-VI

IPEDCT – 1352 : Sports Biomechanics and Kinesiology in Sports

Credits: 04

Total Marks: 100 (60 + 40 C.A.)

Periods Per Week: 04 Periods

Total Periods: 60

Course Objectives

1. To understand the fundamental concepts of Biomechanics and Kinesiology in sports.
2. To analyze human movement using mechanical principles such as force, motion, and leverage.
3. To study the structure and function of muscles, joints, and bones involved in sports performance.
4. To apply biomechanical principles for improving sports techniques and efficiency.
5. To identify and prevent sports injuries through proper movement analysis.
6. To develop scientific understanding of body mechanics in various sports skills.
7. To enhance performance by applying kinesiology principles in training and coaching.

Course Learning Outcomes

After completing this course, students will be able to:

1. Explain the basic principles of **Biomechanics** and **Kinesiology** in sports.
2. Analyze different sports movements using biomechanical concepts like force, velocity, and balance.
3. Identify the role of muscles, joints, and body systems in executing sports skills.
4. Apply mechanical principles to improve performance in various sports activities.
5. Evaluate movement techniques to reduce the risk of sports injuries.
6. Demonstrate proper posture and movement efficiency in sports skills.
7. Use scientific methods to assess and correct performance errors.

Section A: Course Syllabus (60 Marks)

Unit No.	Unit Title	Topics Covered	Hrs. Req. to cover

			the Contents 1 hrs =60m
I	Introduction to Kinesiology	1.1 Meaning, concept of Kinesiology. 1.2 Need & Importance of Kinesiology in sports. 1.3 History & Development of Kinesiology. 1.4 Scope and objectives of Kinesiology.	15
II	Kinesiological study	2.1 Type of movements and Joints. 2.2 Types of muscle contraction. 2.3 Fundamental concept of Kinesiology. 2.4 Basic movement analysis.	15
III	Introduction to Biomechanics	3.1 Meaning & concept of biomechanics. 3.2 Need & Importance of biomechanics. 3.3 Aims & objectives of biomechanics. 3.4 Functional Anatomy & Joint biomechanics.	15
IV	Fundamental Principles of biomechanics	4.1 Motion 4.2 Newton's Law 4.3 Lever and Projectile 4.4 Equilibrium & stability	15

Section B: Continuous Assessment / C.A. (40 Marks)

Sr. No.	Assessment Criteria	Marks
1.	Test - I	10
2.	Test - II	10
3.	Assignment	12
4.	Attendance	08
	Total C.A. Marks	40

Section C: Reference Books

1. Hay, J. G. (1993). The Biomechanics of Sports Techniques. Prentice-Hall.

2. Hoffman, S. J. (2005). Introduction to Kinesiology. Human Kinetics.
3. Hall, S. J. (2011). Basic Biomechanics. McGraw-Hill.
4. McGinnis, P. M. (2013). Biomechanics of Sport and Exercise. Human Kinetics.
5. Uppal, A. K. (2004). Kinesiology and Biomechanics in Physical Education. Friends Publications.
6. Thompson, C. W., & Floyd, R. T. (2007). Manual of Structural Kinesiology. McGraw-Hill.
7. Shaw, D. (2010). Biomechanics and Kinesiology of Sports. Sports Publication.
8. Bartlett, R. (2007). Introduction to Sports Biomechanics. Routledge.

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Physical Education
(With Effect From 2025-26)

B.A. Third Year

Semester-VI

IPEDCP-1353 : Physical Education (Practical)

Credits: 02

Total Marks: 50 (30 + 20 Internal)

Periods Per Week: 02 Periods

Total Periods: 30

Course Objectives (Physical Education Practical)

1. To develop fundamental motor skills and physical fitness through regular practical activities.
2. To provide knowledge and practice of various sports and games techniques.
3. To enhance coordination, balance, strength, speed, and flexibility.
4. To develop interest and active participation in physical activities and sports.
5. To train students in basic rules, skills, and strategies of different games.
6. To promote team spirit, leadership qualities, and sportsmanship.
7. To create awareness about health, hygiene, and injury prevention.
8. To develop officiating and organizational skills in sports events.

Course Learning Outcomes

1. Demonstrate basic skills and techniques of various sports and games effectively.
2. Perform physical exercises that improve overall fitness and health.
3. Apply rules and regulations of different sports during play.
4. Exhibit teamwork, leadership, and fair play in sports activities.
5. Organize and participate in sports events and competitions.
6. Maintain personal fitness and follow a healthy lifestyle.
7. Identify common sports injuries and apply basic preventive measures.
8. Show improved physical efficiency, coordination, and endurance.

Section A: Course Contents (Practical Examination - 60 Marks)

Sr. No.	Practical Event / Activity	Description / Details	Marks

1.	Practical Project (<i>Any one</i>)	A) Flexibility measures (Sit & Reach OR Bend and Reach) OR B) Arm strength (Grip dynamometer)	05
2.	Track & field event	High Jump	05
3.	Optional Games (<i>One Foreign game</i>)	1) Volleyball 2) Hand ball <i>(Includes fundamental skills, techniques, knowledge of rules and regulation)</i>	15
4.	Record Book	Related to all practical events. <i>(Historical development, ground measurements, rules and regulation, records and awards)</i>	05
		Total Practical Marks	30

Section B: Internal Marks (40 Marks)

Sr. No.	Assessment Criteria	Marks
1.	Attendance of Practical Periods	05
2.	Oral (General sports knowledge)	05
3.	Discipline / Behavior	05
4.	Ground Marking	05
	Total Internal Marks	20

Important Instructions:

- **Uniform:** Uniform is strictly compulsory during the practical periods.
 - **Examination Rule:** Students appearing without a uniform and a completed record book will **not** be allowed to attend the examination.
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Section C: Reference Books

1. Baechle, T. R., & Earle, R. W. (2008). Essentials of Strength Training and Conditioning. Human Kinetics.
2. Viera, B. L., & Ferguson, B. J. (1996). Volleyball: Steps to Success. Human Kinetics.
3. Reita, C., & Schmottlach, N. (1993). The Physical Education Handbook. Prentice Hall.
4. Bompa, T. O. (1999). Periodization: Theory and Methodology of Training. Human Kinetics.
5. Kamlesh, M. L. (2010). Athletics (Track and Field) for Students. Khel Sahitya Kendra.

6. Aneja, O. P. (2005). Volleyball & Handball: Rules and Skills. Sports Publication.
7. Jain, D. (2012). Aerobics and Fitness. Friends Publications.
8. Dick, F. W. (2007). Sports Training Principles. A & C Black.

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Physical Education
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B.A. Third Year
Semester-VI

1351 : Indian Knowledge System in Physical Education and Sports

Credit-2

ESA + CA 30+20=50 Marks

Course Objectives:

1. To introduce students to the concept and philosophy of the Indian Knowledge System (IKS) in relation to physical education and sports.
2. To understand the historical development of physical education in ancient India.
3. To explore traditional Indian practices like Yoga, Ayurveda, and indigenous games.
4. To develop awareness about holistic health approaches rooted in Indian traditions.
5. To analyse the relevance of Indian knowledge systems in modern sports and physical education.
6. To encourage integration of indigenous knowledge into contemporary physical education curriculum.

Course Outcomes:

1. Explain the concept and importance of the Indian Knowledge System in physical education and sports.
2. Describe the historical evolution of physical education in ancient India.
3. Demonstrate basic understanding of Yoga, Ayurveda, and traditional Indian exercises.
4. Identify and explain indigenous sports and games of India.
5. Apply principles of holistic health and wellness in daily life.
6. Integrate traditional knowledge with modern physical education practices.
7. Develop values such as discipline, respect, and self-control through Indian traditions.

Section A: Course Syllabus

Unit No.	Unit Title	Topics Covered	Hrs. Req. to cover the Contents 1 hrs =60m
I	Introduction to IKS	1.1 Concept and importance of IKS 1.2 Physical education in ancient India 1.3 Gurukul system	7
II	Yoga & meditation	2.1 Types and principles of yoga 2.2 Pranayama and meditation techniques 2.3 Yoga for mental health	8
III	Ayurveda & Health	3.1 Principles of Ayurveda 3.2 Diet and daily routine 3.3 Natural healing methods	7
IV	Traditional sports	4.1 History of Kabaddi, Kho-kho, Mallakhamb 4.2 Rules and importance 4.3 Role in physical development	8

Section B: Reference Books

1. B., Mohamapriya. (2020). Indian Knowledge Systems: Principles and Practices. Khel Publications.
2. Kulkarni, S. (2018). Rediscovering Indian Knowledge System. Bharatiya Vidya Bhavan.
3. Jha, A. (2009). Traditional Knowledge System in India. Atlantic Publishers.
4. Radhakrishnan, S., & Chatterjee, S. C. (2007). An Introduction to Indian Philosophy. Rupa Publications.
5. Ramdev, Swami. (2005). Yoga Science and Practices (Yogashastra Parichay). Divya Prakashan.
6. Vivekananda, Swami. (2010). Patanjali Yoga Sutras. Advaita Ashrama.
7. Patil, S. (2015). Indian Sports Tradition (Bharatiya Krida Parampara). Sports Publication.
8. Desai, S. (2018). Traditional Games and Sports Culture (Paramparik Khel Ani Krida Sanskruti). Diamond Publications.
9. Gharote, M. L. (1982). Guidelines for Yogic Practices. Medha Publications.
10. Saraswati, Swami Satyananda. (2013). Asana Pranayama Mudra Bandha. Yoga Publications Trust.

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Physical Education
(With Effect From 2025-26)

B.A. Third Year

Semester-VI

IPED- GE- 1351 : Sports for Life

Credits: 04

Periods Per Week: 04 Periods

Total Marks: 100 (60 + 40 C.A.)

Total Periods: 60

Course Objectives:

1. Develop an understanding of the importance of lifelong participation in sports and physical activities.
2. Promote physical fitness, mental well-being, and a healthy lifestyle through regular sports participation.
3. Create awareness about the role of sports in preventing lifestyle.
4. Foster interest in adopting sports as a part of daily routine for overall development.
5. Educate students about safety measures and injury prevention in sports activities.

Course Outcomes

1. Understand the concept of lifelong fitness and its significance in maintaining health.
2. Demonstrate basic skills and techniques in various sports and physical activities.
3. Apply knowledge of fitness principles to design personal exercise programs.
4. Exhibit improved physical fitness components such as strength, endurance, flexibility, and coordination.
5. Apply safety precautions and first-aid measures during sports participation.

Section A: Course Syllabus (60 Marks)

Unit No.	Unit Title	Topics Covered	Hrs. Req. to cover the Contents 1 hrs =60m
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I	Introduction for sports	<ul style="list-style-type: none"> • History of sports • Role & Importance of sports in human life • Types of sports • Sports movement (State, National, International level) 	15
II	Lifetime physical Activities	<ul style="list-style-type: none"> • Walking, Jogging, cycling, swimming • Yoga and stretching • Recreation sports 	15
III	Fitness Component	<ul style="list-style-type: none"> • Cardiovascular Endurance • Muscular Strength and Endurance • Flexibility • Body composition 	15
IV	Safety and Injury prevention	<ul style="list-style-type: none"> • Warm up and cooling down tech • Proper Exercise Form • Avoiding over training • Create a personal fitness plan 	15

Section B: Continuous Assessment / C.A. (40 Marks)

Sr. No.	Assessment Criteria	Marks
1.	Test - I	10
2.	Test - II	10
3.	Assignment	12
4.	Attendance	08
	Total C.A. Marks	40

Section C: Reference Books

1. Corbin, C. B., & Lindsey, R. (2007). Fitness for Life. Human Kinetics.
2. Siedentop, D. (2009). Introduction to Physical Education, Fitness, and Sport. McGraw-Hill.
3. Pangrazi, R. P., & Beighle, A. (2010). Dynamic Physical Education for Elementary School Children. Pearson.
4. Hoeger, W. W. K., & Hoeger, S. A. (2016). Lifetime Physical Fitness and Wellness. Cengage Learning.
5. Wuest, D. A., & Fisette, J. L. (2011). Foundations of Physical Education, Exercise Science, and Sport. McGraw-Hill.
6. Sharkey, B. J., & Gaskill, S. E. (2006). Fitness and Health. Human Kinetics.
7. Bouchard, C., Blair, S. N., & Haskell, W. L. (2012). Physical Activity and Health. Human Kinetics.
8. Hardman, K., & Green, K. (2011). Contemporary Issues in Physical Education. Meyer & Meyer Sport.

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Physical Education
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B.A. Third Year

Semester-VI

IPED- GE- 1352 : Sports Facilities and Management

Credits: 04

Total Marks: 100 (60 + 40 C.A.)

Periods Per Week: 04 Periods

Total Periods: 60

Course Objectives

1. To understand the concept and importance of sports infrastructure in modern sports.
2. To develop knowledge of planning, designing, and maintaining sports facilities.
3. To study principles of sports management and administration.
4. To gain skills in organizing sports events and facility management.
5. To understand budgeting, safety, and legal aspects in sports infrastructure.

Course Outcomes

After completing the course, students will be able to:

1. Explain the role of sports infrastructure in sports development.
 2. Plan and design basic sports facilities and layouts.
 3. Apply management principles in sports organizations.
 4. Organize and manage sports events effectively.
 5. Handle budgeting, maintenance, and safety of sports facilities.
-

Course Content

Unit 1: Introduction to Sports Infrastructure

- Meaning and importance of sports infrastructure
 - Types of sports facilities (Indoor & Outdoor)
 - Role of infrastructure in sports performance
 - Government initiatives in sports infrastructure
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Unit 2: Sports Facility Management

- Concept of facility management
 - Maintenance of playgrounds and equipment
 - Scheduling and utilization of facilities
 - Safety, security, and risk management
-

Unit 3: Event Management in Sports

- Planning and organizing sports events
 - Budgeting and financial management
 - Marketing and sponsorship in sports
 - Public relations and media management
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Unit 4: Legal and Financial Aspects

- Legal issues in sports infrastructure
- Insurance and liability
- Budget preparation and financial control
- Government policies and schemes

Section B: Reference Books

1. Ammon, R., Southall, R. M., & Nagel, M. S. (2010). Sport Facility Management. Fitness Information Technology.
2. Fried, G. (2015). Managing Sport Facilities. Human Kinetics.
3. Farmer, P. J., Mulrooney, A. L., & Ammon, R. (1996). Sport Facility Planning and Management. Fitness Information Technology.
4. Sawyer, T. H. (2005). Facility Design and Management for Health, Fitness, Physical Activity, Recreation, and Sports Facility Development. Sagamore Publishing.
5. Mull, R. F., Bayless, K. G., & Jamieson, L. M. (2005). Recreational Sport Management. Human Kinetics.
6. Sharma, N. K. (2012). Sports Facilities and Management. Sports Publication.
7. Masteralexis, L. P., Barr, C. A., & Hums, M. A. (2011). Principles and Practice of Sport Management. Jones & Bartlett.

- Schwarz, E. C., Hall, S. A., & Shibli, S. (2010). Sport Facility Operations Management: A Global Perspective. Routledge.

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Physical Education
(With Effect From 2025-26)

B.A. Third Year

Semester-VI

IPEDIC-1301 : Officiating and Coaching in Sports (SEC)

Credits: 02

Total Marks: 50 (30 ESA + 20 C.A.)

Course Objectives

- To Understand the **fundamental principles of officiating and coaching** in various sports.
- To Develop knowledge about **rules, regulations, and interpretation** of different games.
- To Acquire skills required for **effective officiating (refereeing, umpiring, judging)**.
- To Understand the **roles and responsibilities of coaches and officials**.
- To Learn **planning and organization of training sessions** for players.
- To Gain knowledge about **ethics, professionalism, and sportsmanship** in sports.
- To Understand modern trends and techniques in **coaching and officiating**.

Course Learning Outcomes

After completing this course, students will be able to:

- Explain rules and regulations** of major games and sports accurately.
- Officiate matches effectively** by applying correct rules and signals.
- Plan and conduct coaching sessions** for skill development and performance improvement.
- Apply **scientific principles of coaching**, including training methods and strategies.
- Manage **sports events and competitions** efficiently.

6. Handle **conflicts, protests, and disciplinary issues** during competitions. .
7. Adapt to **modern coaching technologies and analysis methods**.

Section A: Course Syllabus

Unit No.	Unit Title	Topics Covered	Marks
I	Officiating in sports	<ul style="list-style-type: none"> • Officiating in Kabaddi • Officiating in Kho-Kho • Officiating in Volley Ball • Officiating in Cricket • Officiating in Track and Field 	7
II	Ground Management	<ul style="list-style-type: none"> • Ground management in Kabaddi • Ground management in Kho-Kho • Ground management in Volley Ball • Ground management in Cricket 	8
III	Coaching of Basic skills	<ul style="list-style-type: none"> • Coaching of Basic skills in Kabaddi • Coaching of Basic skills in Kho-Kho • Coaching of Basic skills in Volley Ball • Coaching of Basic skills in Cricket 	7
IV	Coaching for fitness	<ul style="list-style-type: none"> • Coaching for conditioning exercise • Coaching for General physical fitness • Coaching for motor fitness • Coaching for kids and children 	8

Section B: Continuous Assessment / C.A. Details

- **Total C.A. Marks: 20**

Section C: Reference Books

1. Bunn, J. W. (1968). *The Art of Officiating Sports*. Prentice-Hall.
2. Martens, R. (2012). *Successful Coaching*. Human Kinetics.
3. Dyson, G. H. G. (1986). *The Mechanics of Athletics*. Holmes & Meier Publishers.
4. Sabock, R. J. (2005). *Coaching: A Realistic Perspective*. Collegiate Press.
5. Aneja, O. P. (2014). *Officiating and Coaching in Sports*. Khel Sahitya Kendra.
6. Sharma, J. P. (2010). *Science of Sports Coaching*. Sports Publication.
7. Cross, N., & Lyle, J. (1999). *The Coaching Process: Principles and Practice for Sport*. Butterworth-Heinemann.
8. Cassidy, T., Jones, R., & Potrac, P. (2008). *Understanding Sports Coaching*. Routledge.