



स्वामी रामानंद तीर्थ
मराठवाडा विद्यापीठ, नांदेड

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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राष्ट्रीय शैक्षणिक धोरण-२०२० नुसार
पदवी प्रथम वर्ष Sports (CC-Co-
curricular) या विषयाचे सर्व
विद्याशाखेसाठी Common Syllabus
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 ऐनवेळेचा विषय क्र.१४/६४-२०२६ च्या मान्यतेनुसार विज्ञान व तंत्रज्ञान विद्याशाखा, मानवविज्ञान विद्याशाखा, आंतर विद्याशाखीय अभ्यास विद्याशाखा आणि वाणिज्य व व्यवस्थापन विद्याशाखेसाठी राष्ट्रीय शैक्षणिक धोरण-२०२० नुसार सुधारित श्रेयांक आराखड्यानुसार पदवी प्रथम वर्षातील CC-Co-curricular अंतर्गत Sports या विषयाचे Common Syllabus शैक्षणिक वर्ष २०२६-२७ पासून विद्यापीठ/विद्यापीठ उपपरिसर व संलग्नीत महाविद्यालयांना लागू करण्यात येत आहेत.

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

'ज्ञानतीर्थ' परिसर,
विष्णुपुरी, नांदेड - ४३१ ६०६.
जा.क्र.:शै-१/परिपत्रक/पदवी/सीसी/२०२६-२७/१११
दिनांक : २०.०७.२०२६



उपकुलसचिव
शैक्षणिक (१-अभ्यासमंडळे) विभाग

प्रत माहिती व पुढील कार्यवाहीस्तव :-

- १) मा. कुलगुरू महोदयांचे कार्यालय, प्रस्तुत विद्यापीठ.
- २) मा. प्र.कुलगुरू महोदयांचे कार्यालय, प्रस्तुत विद्यापीठ
- ३) मा. अधिष्ठाता, सर्व विद्याशाखा, प्रस्तुत विद्यापीठ.
- ४) मा. संचालक, परिक्षा व मुल्यमापन मंडळ, प्रस्तुत विद्यापीठ.
- ५) मा. प्राचार्य, सर्व संबंधित संलग्नीत 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)**

Under Co-Curricular

Credit -06 (I, II & III Sem.)

Sub- Sports

(As per NEP-2020)

**Effective from Academic year- 2026– 2027(Ist& IInd semester)
& 2027-28 from IIIrd semester**

Faculty of
Interdisciplinary Studies
Board of Sports

Forwarded by the Dean, Faculty of Interdisciplinary Studies

From the Desk of the Dean:

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

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

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

Prof. Dr. Chandrakant Baviskar

Dean, Faculty of Interdisciplinary Studies,

Swami Ramanand Teerth Marathwada University, Nanded

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

Preamble:

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

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

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

Objectives: -

- To focus on physical activity for all students to keep them physically fit and mentally healthy.
- To develop a clear understanding of physical education, sports, and physical fitness.
- To explain the importance of fitness in daily life.
- To create the awareness of physical fitness in students.
- To create overcome against academic pressure, peer pressure behavioural issues, stress, career concerns depression and other issues on the mental health of the students.
- To develop awareness about the role of sports in health, youth development, national integration, and social harmony.

Dr. Kailas Shivharrao Palne

Chairman, Board of Studies in Sports.
Swami Ramanand TeerthMarathwada
University, Nanded

Swami Ramanand Teerth Marathwada University, Nanded

Member of Board of studies in the subject of Sports

Under the faculty of Interdisciplinary

NEP Syllabus (CC)

Sr. No.	Name of the Member	Designation	Address	Contact No
1	Dr. Palne Kailas Shivhar	Chairman	Shivjagaruti college Nalegaon	9657228444
2	Dr. Ganacharya Vinod Nagnath	Member	B. Ragunath com. & sci. coll. Parbhani	8208220390
3	Dr. Nalla Bhaskar Reddy	Member	M. Baswashwar College, Latur	9075748308
4	Dr. Mane Bhaskar Wamnrao	In. Member	S.R.T. M. Uni. Nanded	878 8218638
5	Dr. Bembade Mahesh Madhvrao	In. Member	Dayanand College of Science, Latur	9422471474
6	Dr. Kunturwar Vikram Shankarrao	In. Member	Shankarrao Chavan College, Ardhapur	9689463790
7	Dr. Gomchale Minanath Shivaji	In. Member	N. Waghmare coll. A. Balapur	94221 13944
8	Dr. Kokil Santosh Baburao	In. Member	Shivaji College, Parbhani	9860986071
9	Dr. Chavan Prashant Balasaheb	In. Member	Shahid Bhagatsingh Maha. Killari	9921141371
10	Dr. Chatse Ashok Jayaji	In. Member	Rajrshi Shahu Maha. Parbhani	9881295816

Swami Ramanand Teerth Marathwada University, Nanded

Syllabus for Sports under NEP 2020

Under Graduate First Year Programme Semester- I & II

Examination Scheme

4 credits- 100 Marks

(I Sem- 2 credits & II Sem-2 credits- Per sem.50 Marks)

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

Total Marks Out of 50 Each Semester]

Subject	Course Code	Course Name	Practical				Each Semester
			Continuous Assessment (CA)				Total Out of (CA &ESE) 50 Marks
			Test	Assignment	Attendance	Total	
Co-Curricular	Cccxxx1151	Sports Course	10 Marks	06 Marks	04 Marks	20 Marks	
			Practical				
			ESE (End Semester Exam.)				
			Practical	Record Book	Viva/Oral	Total	
			20 Marks	06 Marks	04 Marks	30 Marks	

Note- This semester is worth a total of 50 marks. A minimum of 40% marks are required to pass the semester. (Minimum Marks CA- -08 and ESE-12)

Paper Name-Physical Fitness

SEMISTER-I

Unit No.	Name of Topic/content	Hours Required to cover the Contents 1Hr.=60 Min.
1	Sports and Physical Fitness	
	Introduction&Definition Physical Education	Total 30 Hr.
	Importanceof physical fitness in daily life	
	Types, objectives & Scope ofPhysical Fitness	
	Fitness & WellnessExercise- Warm-Up, Cardiovascular, Strength, Flexibility, Coordination & Agility Exercises	
	Nutrition and diet for athletes	
2	Mental Fitness in Sports	
	Definition &Importance of mental health,	
	Components of Mental Fitness-Focus & Concentration. Emotional Control, Confidence, Motivation. Stress, Anxiety, and Pressure	
	Mental Fitness Exercises- Breathing Exercises, Meditation & Mindfulness, Positive Self-Talk, Goal Setting and Physical activity	
	Recreational Games for Mental Fitness- Physical -Carrom, Lagori, Hopscotch, sur-sapata ect. Mind-Based Games - Memory games,Brain teasers, Quiz games,Strategy games	
3	Components of Health- Related Fitness	
	Definition of Health-Related Fitness	
	Cardiovascular endurance- 12 m. Run/Walk/Harvard Step Test	
	Muscular Strength- Bench Press / Squat/ Medicine Ball Throw	
	Muscular Endurance -Push-Up Test, Sit-Up, Bodyweight Squat Test	
	Flexibility-Sit and Reach and Bend and Reach Test	
	Body composition -(BMI)	
4	Components of Skill-Related Fitness	
	Definition and Importance Skill-Related Fitness components	
	Speed: 50m Dash.	
	Agility- Shuttle Run or Illinois Agility Test or T-test.	
	Power: Standing Long Jump or Medicine Ball Throw	
	Reaction time: Stick drop test or online response games	
	Coordination Tests: Hand-wall toss test or juggling	
	Balance Tests: Stork balance stand or balance board activities.	

Assessment (Evaluation Criteria)- I SEM (2 Credit-50 Marks)

Evaluation Criteria CA (20 Marks)

Sr.	Particulars	Area	Method	Marks
1	Test	AS Per Syllabus	Practical	10 Marks (Minimum 2 Test)
2	Assignment	AS Per Syllabus	Written/Practical	6 Marks
3	Attendance	Present %	Less Than-60%-0 Marks , 61-75%- 2Marks , 75-85%- 3Marks , & above 85%- 4 Marks	4 Marks
		Total		20 Marks

Evaluation Criteria ESE (30 Marks)

Sr.	Particulars	Area	Method	Marks
1	Practical	AS Per Syllabus	Practical	20 Marks (Minimum 4 Test)
2	Record Book and Viva / Oral	AS Per Syllabus	Written and Oral	10 Marks (6 Marks Record Book and 4 Marks Oral)
		Total		30 Marks

Paper Name - Sports & Games Skill Proficiency

SEMESTER-II

Unit No.	Name of Topic/content	Hours Required to cover the Contents 1Hr.=60Min.
1	Sports and Games	
	Introduction and History of Sports, Meaning, nature, Scope, and objectives of sports and Games.	
	Role of Sports- Health and Well-Being, Youth Development, National Integration and Social Harmony, Women Empowerment, Economic Growth & Social Transformation	
	Benefits, Importance and Duration of Warm-Up and Cool down Exercise	
2	Team Sports Skill Proficiency (Minimum 3 Games)	
	Meaning, objectives & Scope of Team Sports	
	Kabaddi -Hand touch, Toe touch, Thigh hold, Ankle hold, Bonus point etc.	
	Kho-Kho - Giving Kho, Single chain, Pole dive, Pole turning, 3-6 Up etc.	
	Volleyball -Service, Passing, Smash/Spiking, Blocking etc.	
	Cricket -Batting, Bowling, Fielding, etc.	
	Basketball -Dribbling, Passing, Lay-up Shots, Free-throws,Rebounding etc.	
	Football -Dribbling, Passing, Kicking, Goal-keepingControl/Trapping etc.	
	Handball -Shooting Accuracy, Passing Precision, Dribbling etc.	
	In addition to the above Team Sports, Sports Director Can choose the sports Facilities available in their Institute as well.	
3	Advancement of Individual Sporting Skills (Minimum 3 Games)	
	Chess: Tactics, Calculation, Openings, Endgames, Evaluation Skill.	
	Yoga: Asanas, and Pranayama: Technique, Correct posture, breathing Exercise	
	Badminton - Fundamental Skills: Grip, Stance, Service, Strokes and Footwork.	
	Table Tennis: Fundamental Strokes, Service Skills, Coordination & Footwork	
	Wrestling: Demonstration of offensive skills and defensive counters etc.	
	Weightlifting - Skill tests focus on the two Olympic Lifts-Snatch and Clean & Jerk-emphasizing technical form and explosive power.	
	Powerlifting -Powerlifting tests absolute strength in three core lifts- Squat, Bench Press, Dead lift.	
	In addition to the above Team Sports, Sports Director Can choose the sports Facilities available in their Institute as well.	
4	Athletics (Track & Field) -	
	History and Rules and Regulation for Athletics	
	Running Events: Starting technique, finish technique,	
	Jumping Events: Approach run, take-off, flight phase, and landing for Long Jump, High Jump, or Triple Jump.	
	Throwing Events: Grip, delivery stance, movement, release, and reverse for Shot Put, Discus, and Javelin.	
		Total 30 Hr.

Assessment (Evaluation Criteria)- Sem-II (2 Credit-50 Marks)

Evaluation Criteria CA (20 Marks)

Sr.	Particulars	Area	Method	Marks
1	Test	As Per Syllabus	Practical	10 Marks (Minimum 2 Test)
2	Assignment	As Per Syllabus	Written/Practical	6 Marks
3	Attendance	Present %	Less Than-60%-0Marks, 61-75%- 2Marks, 75-85%- 3Marks, & above 85%- 4 Marks	4 Marks
		Total		20 Marks

Evaluation Criteria ESE (30 Marks)

Sr.	Particulars	Area	Method	Marks
1	Practical Test	AS Per Syllabus	Practical	20 Marks (Minimum 4 Test)
2	Record Book and Viva / Oral	AS Per Syllabus	Written and Oral	10 Marks (6 Marks Record Book and 4 Marks Oral)
		Total		30 Marks

Swami Ramanand Teerth Marathwada University, Nanded

Syllabus for Sports under NEP 2020 Under Graduate Second Year Programme Semester-III

Examination Scheme

(2 credits- 50 Marks)

[40% Continuous Assessment (**CA-20 marks**) and 60% End Semester Examination (**ESE-30 Marks**)
Total Marks Out of 50 Each Semester]

Subject	Course Code	Course Name	Practical				Semester
			Continuous Assessment (CA)				Total Out of (CA &ESE) 50 Marks
			Test	Assignment	Attendance	Total	
Co- Curricular	Cccxxx1151	Sports Course	10 Marks	06 Marks	04 Marks	20 Marks	
			Practical				
			End Semester Exam. (ESE)				
			Practical	Record Book	Viva/Oral	Total	
			20 Marks	06 Marks	04 Marks	30 Marks	

Note- This semester is worth a total of 50 marks. A minimum of 40% marks is required to pass the semester. (Minimum Marks CA- -08 and ESE-12)

Paper Name - Skills on Ground Information, Coaching and Officiating

SEMESTER-III

Unit No.	Name of Topic/content	Hours Required to cover the Contents 1Hr.=60Min.
1	Ground Information &Measurements Skills	Total 30 Hr.
	Introduction, Scope and Importance of Sports Administration	
	Information for Ground Measurements, Marking & Equipment.	
	Rules and Regulation, Techniques and basic skills, Game tactics, field dimensions and formations.	
	Information and perfection for Any Three Team or Individual Games Measurements & Marking Skill as per the available facilities in the college premises.	
2	Coaching Skills	
	Importance and Scope of Coach in filed Sports & Game.	
	Foundations of Coaching: Coaching Philosophy, Roles of a Coach, Coaching Styles, Knowledge of Games.	
	Pedagogy and Teaching Methods: Skill Acquisition, Instructional Techniques, Practice Design.	
	Psychological & Social Skills: Motivation & Goal Setting, Communication, Team Dynamics.	
	Technical & Tactical Strategy: Game Analysis, Tactical Preparation, Talent Identification	
	Information for Any One Team Games Coaching Skill as per the choice of student and available facilities in the college premises.	
3	Training Skills	
	Introduction to Training: Meaning, nature, aims, and objectives of sports training.	
	Training Load: Types of loads, components (intensity, volume, density), and the relationship between load and adaptation., recovery periods,	
	Training Methods: Circuit training, Weight/Resistance Training, Fartlek training, interval training, Plyometric Training and altitude training.	
	Periodization: Concepts of planning (Micro, Meso, and Macro cycles) and preparing for competition.	
4	Officiating Skills	
	Concept, Importance and role of officiall in maintaining game integrity and fair	
	Officials -Qualities,Ethics & Code of Conduct, Duties and Responsibilities.	
	Types of officiating skill- Communication & Sign Skills, Judgment & Decision-Making Skills, Game Management & Conflict Skills, Technical Tool Proficiency.	
	Information for Any Three Games officiating Skill as per the choice of student and available facilities in the college premises.	

Assessment(Evaluation Criteria)- Sem-III (2 Credit-50 Marks)

Evaluation Criteria CA (20 Marks)

Sr.	Particulars	Area	Method	Marks
1	Test	AS Per Syllabus	Practical	10 Marks (Minimum 2 Test)
2	Assignment	AS Per Syllabus	Written/Practical	6 Marks
3	Attendance	Present %	Less Than-60%-0 Marks , 61-75%- 2Marks , 75-85%- 3Marks , & above 85%- 4 Marks	4 Marks
		Total		20 Marks

Evaluation Criteria ESE (30 Marks)

Sr.	Particulars	Area	Method	Marks
1	Practical Test	AS Per Syllabus	Practical	20 Marks (Minimum 4 Test)
2	Record Book and Viva / Oral	AS Per Syllabus	Written and Oral	10 Marks (6 Marks Record Book and 4 Marks Oral)
		Total		30 Marks

Reference Books-

1. Physical Fitness and Wellness - Eldhose Mathachan, Sports Publication-2020
2. Test, Measurement and Evaluation in Sports and Physical Education- Dr. Devinder Kansal, Publication-KSK
3. Health and Physical Education Class - XI (Latest Syllabus CBSE Board Examinations), Dr. Sunil Dabas, Publication-KSK
4. A.K. Uppal – Physical Education and Health
5. K. K. Sharma – Physical Fitness and Wellness
6. Charles B. Corbin – Concepts of Physical Fitness: Active Lifestyle for Wellness
7. NCERT – Health and Physical Education Textbooks
8. Rules books of respective federations:
9. IAAF (World Athletics) – Track and Field Rules Manual
10. Ministry of Youth Affairs & Sports, India (**Online Resources**)
11. World Health Organization (WHO) – Physical Activity Guidelines (**Online Resources**)
12. R. Martens – Successful Coaching
13. Tudor O. Bompá – Theory and Methodology of Training
14. M.L. Kamlesh – Sports Training
15. David Joyce & Daniel Lewindon – High-Performance Training for Sports
16. सांघिकखेळ-नियमवकारककौशल्य, लेखकदीपकमानेव डॉ. सुरेखादसरे, डायमंडपब्लिकेशन
17. वैयक्तिकखेळ-नियमवकारककौशल्य, लेखकदीपकमानेव डॉ. सुरेखादसरे, डायमंडपब्लिकेशन
18. शारीरिकशिक्षायोग्यनियम, लेखकसचिनकुमारआर्य, पब्लिकेशनखेळ साहित्य केंद्र.



SWAMI RAMANAND TEERTH MARATHWADA, UNIVERSITY, NANDED

Sample Practical Question Paper

Subject: CC- Sports

Paper Name: Physical Fitness

Semester : I

Time: 2 Hours Maximum Marks: 30

Section A: Physical Fitness & Sports (Unit 1) 5 Marks

1. Define *Physical Fitness* and explain its importance in daily life. OR
2. Prepare a **weekly fitness exercise plan** for a student. OR
3. Demonstrate any **basic exercise routine** (warm-up + main activity). OR
4. Prepare a **balanced diet chart for an athlete**.

Section B: Mental Fitness in Sports (Unit 2) 5 Marks

1. Demonstrate any **one mental fitness technique**:
1. Breathing Exercise 2. Meditation / Mindfulness, Positive Self-Talk, Goal Setting OR
2. Answer any one:
 1. Any one Recreational Games for Mental Fitness
 2. Any one Motivation Active as per Choice.
 3. Any one Active for Stress, Anxiety Management
3. Components of mental fitness.

Section C: Health-Related Fitness (Unit 3) 5 Marks

1. Perform any **two fitness tests**:
 - Cardiovascular Endurance: 12-Min Run / Harvard Step Test
 - Muscular Strength: Bench Press / Squat / Medicine Ball Throw
 - Muscular Endurance: Push-Ups / Sit-Ups Flexibility: Sit & Reach Test
 - Body Composition: BMI Calculation OR
2. Record and interpret the results.

Section D: Skill-Related Fitness (Unit 4) 5 Marks

- 1) Perform any two **skill-related tests**:
 - Speed: 50m Dash , Agility: Shuttle Run / Illinois Test
 - Power: Standing Long Jump, Reaction Time: Stick Drop Test
 - Coordination: Hand-Wall Toss Balance: Stork Stand OR
- 2) Conduct any one test, create a chart, and analyze the findings.

Q. 5 Viva / Record (10 Marks) 1. Viva- voice and submission of record file.



SWAMI RAMANAND TEERTH MARATHWADA, UNIVERSITY, NANDED

Sample Practical Question Paper

Subject:CC- Sports

Paper Name: Sports & Games Skill Proficiency

Semester: II

Time: 2 Hours **Maximum Marks:** 30

Q.1 Warm-Up & Fitness (Unit 1) (05 Marks)

- a) Demonstrate any 5 warm-up exercises.
- b) Demonstrate any 5 Cool Down exercises. OR
- c) Explain the importance of warm-up and cool-down.

Q.2 Team Game Skill Test (Unit 2) (05 Marks)

- 1) Perform **basic skills** of the selected game: (Attempt any **one game**)
 - Kabadd i/Kho-Kho/Volleyball/ Cricket/ Basketball/Football/Hand Ball OR
- 2) Explain rules and objectives of the game. OR
- 3) Measuring technical capabilities in any sport using standardized skill tests.

Q.3 Individual Skill Proficiency (Unit 3) (05 Marks)

- 1) Perform fundamental skills: (Attempt any **one activity**)
 - ◆ Yoga: Any 3 Asanas with proper posture & breathing etc.
 - ◆ Badminton/Table Tennis/ Chess
 - ◆ Wrestling/Weightlifting/Powerlifting: Basic techniques Skills etc. OR
- 2) Explain rules and benefits of the selected activity. OR
- 3) Measuring technical capabilities in any sport using standardized skill tests.

Q.4 Athletics Practical (Unit 4) (05 Marks)

- a) Perform any **basic skills** one event:
 - Running (Start & Finish technique)
 - Long Jump / High Jump/ Triple Jump
 - Shot Put/ Discus and Javelin. OR
- b) Explain **basic techniques** of the event.

Q.5 Record Book & Viva-Voce (10 Marks)

- Questions related to As per Syllabus



SWAMI RAMANAND TEERTH MARATHWADA, UNIVERSITY, NANDED

Sample Practical Question Paper

Subject: CC- Sports

Paper Name: Skills on Ground Information, Coaching & Officiating

Semester: III

Time: 2 Hours **Maximum Marks:** 30

Q.1 Ground Measurement & Marking (Unit-1) 05 Marks

a) Demonstrate ground measurement and marking of any one game.

(e.g., Kabaddi / Kho-Kho / Volleyball / Football / Cricket)

b) Explain **dimensions, equipment, and layout** of the selected game.

Q.2 Coaching Skill (Unit-2) 05 Marks

a) Conduct a coaching session for any one game.

- Warm-up
- Skill teaching (basic technique)
- Practice drill

OR

b) Explain roles and qualities of a good coach.

Q.3 Training Methods Any One (Unit-3) 05 Marks

a) Demonstrate any **two training methods**:

- Circuit Training
- Interval Training
- Fartlek Training
- Plyometric Training

b) Explain training load and recovery.

OR

c) Prepare a Chart for weekly Training plan.

OR

d) Prepare a Any one **Training plan** Micro/Meso/Macro for Competition.

Q.4 Officiating Skill (Unit-4) 05 Marks

a) Perform officiating signals and decisions of any one game.

OR

b) Explain duties and responsibilities of officials.

Q.5 Record Book & Viva Voce (10 Marks)

- Questions related to rules, coaching, training, and officiating



SWAMI RAMANAND TEERTHMARATHWADA UNIVERSITY, NANDED

Subject -CC-Sports

Final Proforma for marks allotment

Name of the College: ----- **College Code:**

Paper Name : ----- **Semester: I/II/III**

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

Note-This semester is worth a total of 50 marks. A minimum of 40% marks is required to pass the semester.



SWAMI RAMANAND TEERTHMARATHWADA UNIVERSITY, NANDED

Subject -CC-Sports

ESE Proforma for marks allotment

Name of the College: ----- **College Code:**

Paper Name : ----- **Semester: I/II/III**

Sr. No.	Name of the student	Seat No.	Practical (20 Marks)	Record Book (06 Marks)	Viva / Oral (04 Marks)	Total out of (30 Marks)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

SWAMI RAMANAND TEERTHMARATHWADA UNIVERSITY, NANDED

Subject -CC-Sports

CA- Proforma for marks allotment (20 Marks)

Name of the College : ----- **College Code:** -----

Paper Name : ----- **Semester:** I/II/III

Sr. No .	Name of the student	Seat No.	CA			
			Test 1	Assessment	Attendance	Total Out of
			(10 Marks)	(06 Marks)	(04 Marks)	(20 Marks)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
18						
19						
20						

**Names, Signatures, and Designations of the Members of the Board of Studies
Present at the Meeting**

Date :

Sr. No.	Name of theMember	Designation	Address	Signatures
1	Dr.PalneKailas Shivhar	Chairman	Shivjagaruti college Nalegaon	
2	Dr.Ganacharya Vinod Nagnath	Member	B. Ragunath com. & sci. coll. Parbhani	
3	Dr, Nalla Bhaskar Reddy	Member	Mahatma Baswashwar College, Latur	
4	Dr. ManeBhaskar Wamnrao	In.Member	S.R.T. M. Uni. Nanded	
5	Dr.BembadeMahesh Madhvrao	In.Member	Dayanand College of Science, Latur	
6	Dr. KunturwarVikram Shankarrao	In.Member	Shankarrao Chavan College, Ardhapur	
7	Dr. GomchaleMinanathShivaj	In.Member	N. Waghmare coll. A. Balapur	
8	Dr.Kokil Santosh Baburao	In.Member	Shivaji College, Parbhani	
9	Dr. ChavanPrashant Balasaheb	In.Member	Shahid Bhagatsingh Maha. Killari	
10	Dr. Chatse Ashok Jayaji	In.Member	Rajrshi Shahu Maha. Parbhani	