



स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ

नांदेड— ४३१६०६ (महाराष्ट्र)

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY

NANDED-431606, MAHARASHTRA STATE, INDIA.

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



ACADEMIC (1-BOARD OF STUDIES) SECTION

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मानवविज्ञान विद्याशाखेतील बी.ए.—तृतीय वर्ष—शारीरिक शिक्षण या विषयाचा सी.बी. सी.एस. पॅटर्नचा अभ्यासक्रम शैक्षणिक वर्ष २०१८—१९ पासून लागू करण्याबाबत.

परिपत्रक

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक १४ जून २०१८ रोजी संपन्न झालेल्या ४१व्या मा. विद्या परिषद बैठकीतील ऐनवेळचा विषय क्र.१३/४१—२०१८ च्या ठरावानुसार प्रस्तुत विद्यापीठाच्या संलग्नित महाविद्यालयांतील मानवविज्ञान विद्याशाखेतील पदवी स्तरावरील खालील विषयाचा C.B.C.S. (Choice Based Credit System) Pattern चा अभ्यासक्रम शैक्षणिक वर्ष २०१८—१९ पासून लागू करण्यात येत आहे.

१) बी.ए. — तृतीय वर्ष — शारीरिक शिक्षण

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

‘ज्ञानतीर्थ’ परिसर,
विष्णुपुरी, नांदेड — ४३१ ६०६.
जा.क्र.: शैक्षणिक—०१/परिपत्रक/पदवी—सीबीसीएस अभ्यासक्रम/
२०१८—१९/५२०
दिनांक : १२.०७.२०१८.



स्वाक्षरित /—
उपकुलसचिव
शैक्षणिक (१—अभ्यासमंडळ विभाग)

प्रत माहिती व पुढील कार्यवाहीस्तव :

- १) मा. कुलसचिव यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- २) मा. संचालक, परीक्षा व मूल्यमापन मंडळ, प्रस्तुत विद्यापीठ.
- ३) प्राचार्य, सर्व संबंधित संलग्नित महाविद्यालये, प्रस्तुत विद्यापीठ.
- ४) उपकुलसचिव, पदव्युत्तर विभाग, प्रस्तुत विद्यापीठ.
- ५) साहाय्यक कुलसचिव, पात्रता विभाग, प्रस्तुत विद्यापीठ.
- ६) सिस्टम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ.

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



PHYSICAL EDUCATION

(U.G. Level)

FACULTY OF PHYSICAL EDUCATION

(Three year Degree Course)

B.A. III year

Semester Pattern

Choice Based Credit System

(CBCS Pattern)

PHYSICAL EDUCATION SYLLABUS

B.A. Third Year CBCS Pattern 2018

Semester Pattern

Physical Education

With effects from the academic year 2018-19

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED
Choice Based Credit System (CBCS)

B.A. Third Year

Salient features of the course:

- Effectives and Skill Enhancement Course is offer in each semester
- The course is enhance the Competency, attitude and skills related knowledge to Physical Education.
- Course offers reliable and feasible and choice to select electives from the group of courses of DSE
- The course is design to implemented as per CBCS pattern .
- The course is design to enhance the abilities to work in the Practical and theoretical field of physical educational.

Utility of the course:

- The course may provide opportunity to higher education specially in the field of physical education
- The course is significant to enhance the abilities of the student to work in the different fields of Physical education in the area of coaching, teaching, guidance & Curriculum development etc.
- The course is helpful to get knowledge and skills with respect to coaching, teaching, guidance & Curriculum development etc. in physical education
- The professional abilities and personality of the students may be enhanced
- **Course outline:**

- The courses designed for optional subject Education in V & VI semester of B.A. Third year. These courses cover organization and Management in physical education and practical of physical education including yogic therapy and Physiotherapy in V semester , moreover, Test measurement , psychology in physical education and practical including officiating and coaching in VI semester .

- **Pre-requisites of the course:**

- The basic knowledge of organization and Management in physical education and Test measurement , psychology in physical education are requires for successful completion of optional subject in Physical Education in V & VI semester of B.A. Third year.

The following shall be the scheme for examination and teaching for Physical Education optional subject for B.A. Third year.

Semester – V

Paper No.	Name of the Paper	Type of the paper	Number of Periods per Week	Internal Marks CA	External Marks ESE	Mark Each Paper	Credits
DSE IX	Organization and Management in Physical Education	Theory	04	35	40	75	03
GE II X	Practical (Physical Education)	Practical	04	25	50	75	03
SEC III	Yogic Therapies and Physiotherapy	SEC	03	25	25	50	02

Semester – VI

Paper No.	Name of the Paper	Type of the paper	Number of Periods per Week	Internal Marks CA	External Marks ESE	Mark Each Paper	Credits
DSE XI	Test Measurement and Psychology in Physical Education	Theory	04	35	40	75	03
GE XII	Practical (Physical Education)	Practical	04	25	50	75	03
SEC IV	Officiating and Coaching	SEC	03	25	25	50	02

Note:

- 1) One Practical batch should not be consisted more than 15 students for B. A. Third Year.
- 2) One Practical period should be 0.50 Hours

B.A. Third Year Syllabus & Work Load Distribution

CBCS Semester Pattern effective from June 2018

Subject : Physical Education(Optional)

Semester	Types	Paper No.	Name of the Paper	Lectures Per Week	Total No. of Lectures	CA	ESE	Total Marks	Credits
V	DSE-PE	IX	Organization and Management in Physical Education	04	55	35	40	75	03
	GE-PEP	X	Practical (Area Studies)	04	55	25	50	75	03
	SEC-PE	III	Yogic Therapies and Physiotherapy	03	45	25	25	50	02
	Total-V SEM				11	155	85	115	200
VI	DSE-PE	XI	Test, Measurement and Psychology in Physical Education	04	55	35	40	75	03
	GE-PEP	XII	Practical (Area Studies)	04	55	25	50	75	03
	SEC-PE	IV	Officiating and Coaching	03	45	25	25	50	02
	Total-VI SEM				11	155	85	115	200
Total (V & VI)				22	310	170	230	400	16
<ul style="list-style-type: none"> ❖ DSE-PE : Discipline Specific Elective Physical Education ❖ GE-PEP : Generic Elective Physical Education Practical ❖ SEC-PE : Skill Enhancement Course Physical Education ❖ CA : Continuous Assessment ❖ ESE : End of Semester Examination 					<ul style="list-style-type: none"> ❖ DSE-CA: 35 Marks (Two Unit Test : 20 Marks (each Test 10 Marks) & Home Assignment : 10 Marks, Discipline : 05 ❖ GE-CA : 25 Marks (Group discussion 10 Marks & Seminar 15 Marks (Seminar Record Written form) ❖ SEC- CA: 25 Marks(Two Unit Test 10 Marks & Seminar 15 Marks)(Seminar Record should be Written form) 				

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED.

CBCS- Paper pattern for the subject of Physical Education

B. A. Third Year

(With effects from the Academic year 2018-19)

Semester – V

Paper-IX

DISCIPLINES SPECIFIC ELECTIVE

ORGANIZATION AND MANAGEMENT IN PHYSICAL EDUCATION

Credits:3

Marks: 35 + 40 =75

Per week - 04 periods

Periods : 60

Unit-I

1. Definition, Scope, Need and importance of organization
2. Principle of organization
3. Skills organization

Unit-II

1. Needs and importance of tournament
2. Types of tournament (Knock-out System, League System, Combination System, Challenge System)
3. Care and maintenance of play field and equipments

Unit- III

1. Definition, Scope ,Needs and importance of management in Physical Education
2. Principles of management
3. Qualification and Qualities of the good manager
4. Gym management (Needs, Facilities and Maintenance)
5. Management of different level tournament (School to National level)

Unit-IV

1. Function and Importance of financial management
2. Budget, Criteria of budget, Types of budget
3. Public relation, Principles, Needs and importance, methods of public relation (Print media, Electronic media, Social media, etc)
4. Sponsorship

(Note -35 Marks internal Evaluation examination i.e. Test I:-10, Test II: -10, Assignment/ Tutorial:-10 and Attendance ;-05 Marks.)

Reference Books

1. P.M. Joseph . - 'Organization of Physical education' O.S. A.T.I.P.E. Kandivali Bombay.
2. J.P. Thomas - 'Organization of Physical education'
3. D.S. Dheer and Radhika Kamal - 'Organization and Administration of Physical education' Friends Publication, New Delhi – 1997
4. Valmer Edward F Arthur A. - 'The Organization and Administration of Physical edu.' Prince Hall, Ine, New Jersy- 1979
5. Sharma - 'The Organization and Administration of Games and Sports'
6. Charlrls A Bucher- 'Management of Physical Education and Athletics Programme'
7. U.K. Singh, J.M. Dewan - 'Sports Management, ' Ajay Nangia For APH Publishing corporation 5, Ansari Road, Daryaganj, New Delhi-110 002
8. S.K. Pachuri - 'Sports Management' – Ajay Varma,l Commonwealth Publishing 483/24, Pralhad Street, Ansari Road, Daryaganj, New Delhi-
9. S.K. Pachuri - ' Sports Management' , Sports Publication, New Delhi- 1999
10. वाखारकर / आलेगांवकर - शारीरिक शिक्षणाचे आयोजन नियोजन कॉन्टीनेन्टल प्रकाशन
विजया नगर, पुणे .
11. प्रा. के.एन गंदगे - शारिरीक शिक्षण आणि क्रीडा व्यवस्थापन, समर्थ पब्लिकेशन, नांदेड.

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED
CBCS- Paper pattern for the subject of Physical Education
B. A. Third Year
(With effects from the Academic year 2018-19)
Semester – V
Paper- X
GENERIC ELECTIVE
Physical Education Practical

Credits:3

Marks:25+50 = 75

Per week - 04 periods

Periods: 60

Course Contents

- | | | |
|----|--|----|
| 1. | Practical Project (Any One) :- A) - Fat percentage | 05 |
| | B) - BMI, WHR | |
| 2. | Track & Field event :- Javeline throw | 10 |
| 3. | Cardio Vascular Endurance :- 12/9M. Run & Walk | 10 |
| | Men / Women | |
| 4. | Optional games (One Indian Game.) | 20 |
| | 1. Wrestling 2.Badminton | |
| | (Fundamental Skills, techniques, knowledge of rules and regulation) | |
| 5. | Oral - Related to all practical events. | 05 |
| | (Knowledge about Historical development, ground measurements,
rules and regulation, Awards, records) | |

- NOTE:-**
1. Uniform is compulsory to the practical periods
 2. Without uniform and record book is not allowed to the examination

Internal Marks :	-	25 Marks
Attendance of practical periods	-	10 Marks
Oral (General Sports Knowledge	-	10 Marks
Discipline/Behavior	-	05 Marks

B. A. Third Year
(With effects from the Academic year 2018-19)
Semester – V
SKILL ENHANCEMENT COURSE -III
Yogic Therapies and Sports Physiotherapy

Credits: 2

Marks: 50

Per week : 3 P
Periods: 45

Unit- I

Yoga for Diabetic patients
Yoga for Hyper and Hypotension
Yoga for Obesity

Unit –II

Yoga for Pain Management
Yoga for Postural Deformities
Yoga for Cardiac patients
Yoga for Kids and Children's

Unit- III

Basics of Sports Physiotherapy
Needs of Sports Physiotherapy
Types of Physiotherapy
Physiotherapy for disable person

Unit –IV

Rehabilitation and Physiotherapy
Physiotherapy for injured Athletes (Men and women)
Physiotherapy for Muscle Release

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED.

CBCS- Paper pattern for the subject of Physical Education

B. A. Third Year

(With effects from the Academic year 2018-19)

Semester – VI

DISCIPLINES SPECIFIC ELECTIVE

Paper-XI

Test measurement and Psychology in Physical Education and Sports

Credits:3

Marks: 35 + 40 =75

Per week - 04 periods

Periods : 60

Unit-I

1. Definition of Test and Measurement
2. Needs and Importance of Test and Measurement
3. Principles of Test and measurement

Unit-II

1. Construction and classification of Test
2. Criteria of good test
3. Test of physical fitness (JCR, Hardward step test, Sargent Test, AAHPERD Youth Physical Fitness Test)

Unit-III

1. Definition, Nature and Scope of Sports Psychology
2. Learning Process – Theories Laws of Learning
Personality – Meaning, Dimensions & Personality of sports-man

Unit-IV

1. Affecting factors in Growth and Development – Heredity and Environment
2. Relationship between Sports Psychology and Performance of players

(Note -35 Marks internal Evaluation examination i.e. Test I:-10, Test II: -10, Assignment/
Tutorial:-10 and Attendance ;-05 Marks.)

Reference Books

1. Dr. Devender Kansal - Test and Measurement in sports and phy.
Education
2. जंजवार - शारीरिक शिक्षण एवं खेलकूद परिक्षण, मापन, एवं
मुल्यमापन
3. प्रा.श्रीपाद जर्दे - 'शारीरिज शिज्ज मापन व मुल्यमापन'
4. डॉ. व्यंकटेश वांगवाड - 'शारीरिज शिज्ज मापन व मुल्यमापन'
प्राचार्य शंकर तिवाडी
5. डॉ शिवकुमार चौहान 'शारीरिक शिक्षा का मापन तथा मुल्यमापन'
6. Kamlesh M.L. - Psychology of Physical Education and sports
Mentropolitan Book com – pvt ltd. 1983
7. John d.Lawther - Sports Psychology.
8. Robber N. Singer - Coaching Athletics & psychology
9. M. Suinn - Psychology in sports and application Richard
10. Cratty B.J. - Psychology and Physical activity , Edgewood cliffs,
Prentice Hall, 1968.
11. ह.ता. जगताप - शैक्षणिक व प्रायोगिक मानसशास्त्र, नुतन प्रकाशन पुणे १९९१
12. वा.ना दांडेकर - शैक्षणिक व प्रायोगिक मानसशास्त्र, मोघे प्रकाशन जेल्हापूर
13. आ.पा खरत - प्रगत शैक्षणिक मानसशास्त्र, श्रीविद्या प्रकाशन पुणे
14. प.म. आलेगांवकर - प्रगत क्रीडा मानसशास्त्र, कॉन्टीनेंटल प्रकाशन, विजया नगर पुणे
15. डॉ. रमेशचंद्र कंवर - शिजा एवं क्रीडा मनोविज्ञान - अमित ब्रदर्स पब्लिकेशन, नागपूर

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED
CBCS- Paper pattern for the subject of Physical Education
B. A. Third Year
(With effects from the Academic year 2018-19)
Semester – VI
Paper- XII
GENERIC ELECTIVE
Physical Education Practical

Credits:3

Marks:25+50 = 75

Per week - 04 periods
Periods: 60

COURSE CONTENTS

- | | | |
|----|---|----|
| 1. | Practical Project (Any One) | 05 |
| | A) Flexibility measures. | |
| | (Sit & Reach or Bend and Reach) | |
| | B) Arm Strength (Grip dynamometer) | |
| 2. | Track & Field event: High Jump | 10 |
| 3. | Aerobics Activities (Minimum 10 min) – men / women | 10 |
| 4. | Optional Games : One Foreign game | 20 |
| | 1. Volley Ball 2. Hand Ball | |
| | (Fundamental Skills, Techniques, knowledge of rules and regulation) | |
| 5. | Oral:- Related to all practical events | 05 |
| | (Historical development, ground measurements. Rules and regulation, records and awards) | |

- NOTE:-**
1. Uniform is compulsory to the practical periods
 2. Without uniform and record book is not allowed to the examination

Internal Marks :	-	25 Marks
Attendance of practical periods	-	10 Marks
Oral (General Sports Knowledge	-	10 Marks
Discipline/Behavior	-	05 Marks

Reference Books for Practical Paper II and IV

1. D.K. Kancel, Friend Publication, Delhi.
2. K. K. Agrawal and R.J. Jain
- 'Officiating and Coaching' Suyog Prakashan, 3
Vivekanand market, Amravati 1983.
3. Y.M.C.A - 'Books of rules of games and sports'
Y.M.C.A. publication Hous. Jaising Road, New Delhi.
4. Lokesh Thuni- ' Play ground measurement manual' W.P. 474 first
floor,, shiv Market, Ashok Vihar, Delhi- 110052
5. Ashok Kumar- ' International Encylopedia of sports and games mittal
publication New Delhi- 110059 Vol – I to IV
6. डॉ. व्यकटेश वांगवाड - कोचिंग अॅन्ड ऑफीशिअरींग गेम्स अॅन्ड स्पोर्ट्स पार्वती
प्रकाशन पुणे.
7. पी.के. अरोडा - खेळ संचालन एवं प्रशिक्षण,
प्रकाश ब्रदर्स ५४६ पुस्तक बाजार, लुधियाना १४४००८
8. प्रा. सिलेदार डॉ. विठठलसिंग परिहार- खेळ संचालन व क्रीडा मार्गदर्शन अभय
प्रकाशन, नांदेड ४३१ ६०५
9. डॉ. सुरेशचंद्र नाडकर्णी- क्रीडा ज्ञान-जोश
मेहता पब्लिकेशन हाऊस १२१६ सदाशिव पेठ पुणे.
१०. प्रा.के. एन. गंदगे } क्रीडांगण , समर्थ पब्लिकेशन, नांदेड.
प्रा.उत्तम धुमाळ }
११. शारीरिक शिक्षण हस्त पुस्तिका, १ ली ते ९ वी, बालभारती पुणे
१२. शारीरिक शिक्षण हस्त पुस्तिका, ९ वी ते १२ वी एन.सी.आर.टी., ५,

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED
CBCS- Paper pattern for the subject of Physical Education

B. A. Third Year

(With effects from the Academic year 2018-19)

Semester – VI

SEC-IV

SKILL ENHANCEMENT COURSE

Officiating and Coaching

Credits: 2

Marks: 50

Per week : 3 Periods

Periods: 45

-
- Unit- I** Officiating in Kabaddi
Officiating in Kho-Kho
Officiating in Volley Ball
Officiating in Cricket
Officiating in Track and Field
- Unit –II** Ground Management in Kabaddi
Ground Management in Kho-Kho
Ground Management in Volley Ball
Ground Management in Cricket
- Unit- III** 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
- Unit –IV** Coaching for Conditioning Exercise
Coaching for General Physical Fitness
Coaching for Motor Fitness
Coaching for Kids and Children's

Reference Books

1. K.K.Agrawal & R. J. Jain
- Officiating and Coaching , Suyog Prakashan, 3 Vivekanand Market,
Amravati 1983
2. Joh, W. Bunn – The Art of officiating, Sports , pretice Hall
3. A.A.F.I. Officiating in Athletic, 1988
4. Brar, T.S. Officiating techniques in Track & field, Bhargava Press
Gwalior, 2002
5. Dr. Kamal Jadhav - Principles of coaching
6. NIS. Publication - Sports training methods , NIS publication patyala
Punjab.
7. Kote . S.M. Scientific coaching manual for martial Arts, Rama
graphics and publication, Hyderabad 1997
8. प्रा. सिलेदार डॉ परीहार
- खेल संचालन व क्रीडा मार्गदर्शन, अभय प्रकाशन, नांदेड
9. अ.के करमरजर - क्रीडा अधिषिक्षा पध्दती, शक्ती प्रकाशन, अमरावती.
10. डॉ. सुरेशचंद्र वाडकर्णी - क्रीडा ज्ञानजोश
मेहता पब्लीकेशन हाऊस, १२१६ सदाशिव पेठ, पुणे.
11. प्रल्हाद सावंत, राम भागवत - खेळांचा राजा अॅथलॅटिक्स मॅराथॉन प्रकाशन, पुणे

Swami Ramanand Teerth Marathwada University, Nanded.

B.A. IIIrd Year examination

PHYSICAL EDUCATION

Question Paper Pattern

For Paper No. I and III

Time: 2 Hours

Day / Date

Marks: 40

N.B.	1.	Attempt all questions	
	2.	All Question Carry equal marks	
Q.	1.	Write in brief. Or Write in brief.	10
Q.	2.	Answer the following questions (any two) i. ii. iii. iv.	10
Q.	3.	Write Short answers of any two of the following i. ii. iii. iv.	10
Q.	4.	Write Short notes (any two) i. ii. iii. iv.	10

N.B. 1. Separate heads of Passing

- a) Theory Paper Minimum Passing 16 Marks per semester
(Out of 40 Marks)
 - b) Practical Papers Minimum Passing 20 Marks per semester
(Out of 50 Marks)
2. Practical examination conduct.
- a) First batch 20 student, Second batch will be treated as 1/3 of first batch
 - b) Examiner appointed by University
(Internal one subject teacher and one external)
 - c) One peon for ground marking, equipment and water supply and collecting it etc.
3. Physically handicapped student is not allowed
4. Uniform and practical book is compulsory for practical period and Examination
5. Practical examination of paper X and XII will taken jointly at the time of summer examination.
6. While conducting the practical period and examination the concern College will make all necessary arrangement including grounds equipments as well as supportive staff for the purpose.
7. Arranging a visit to the sports Institutes, stadium and other sports activity is compulsory.