



॥ सा विद्या या विमुक्तये ॥

स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

'ज्ञानतीर्थ', विष्णुपुरी, नांदेड - ४३१ ६०६ (महाराष्ट्र राज्य) भारत

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED

'Dnyanteerth', Vishnupuri, Nanded - 431 606 (Maharashtra State) INDIA

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

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आंतर विद्याशाखीय अभ्यास विद्याशाखे
अंतर्गत राष्ट्रीय शैक्षणिक धोरण २०२०
नुसार पदवी प्रथम वर्षाचे अभ्यासक्रम
(Syllabus) शैक्षणिक वर्ष २०२४-२५
पासून लागू करण्याबाबत.

परिपत्रक

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक १५ मे २०२४ रोजीच्या मा. विद्यापरिषद बैठकीतील विषय क्रमांक १८/५९-२०२४ च्या ठरावानुसार आंतर विद्याशाखीय अभ्यास विद्याशाखेतील पदवी प्रथम वर्षाचे अभ्यासक्रम (Syllabus) शैक्षणिक वर्ष २०२४-२५ पासून लागू करण्यास मा. विद्यापरिषदेने मान्यता प्रदान केली आहे. त्यानुसार आंतर विद्याशाखीय अभ्यास विद्याशाखेतील खालील पदवी प्रथम वर्षाचे अभ्यासक्रम (Syllabus) लागू करण्यात येत आहेत.

- 1) B. A. I year Education.
- 2) B. A. I year Fashion Design.
- 3) B. A. I year Mass Commutation & Journalism.
- 4) B. A. I year Home Science.
- 5) B. A. I year Physical Education.
- 6) B. A. I year Lib. & Information Science.

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.:शौ-१/एनइपी २०२०/पदवी/आविशा/२०२४-२५/१४४
दिनांक : १०/०७/२०२४



डॉ. सरिता लोसरवार
सहा.कुलसचिव
शैक्षणिक (१-अभ्यासमंडळ)
विभाग

- प्रत : १) मा. आधिष्ठाता, आंतर विद्याशाखीय अभ्यास विद्याशाखा, प्रस्तुत विद्यापीठ.
२) मा. संचालक, परीक्षा व मुल्यमापन मंडळ, प्रस्तुत विद्यापीठ.
३) मा. प्राचार्य, सर्व संबंधित संलग्नित महाविद्यालये, प्रस्तुत विद्यापीठ.
४) मा. संचालक, सर्व संकुले परिसर व उपपरिसर, प्रस्तुत विद्यापीठ
५) मा. प्राचार्य, न्यू मॉडल डिग्री कॉलेज हिंगोली.
६) सिस्टीम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ. याना देवून कळविण्यात येते की, सदर परिपत्रक संकेतस्थळावर प्रसिध्द करण्यात यावे.

SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED - 431 606



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

FOUR YEAR BACHELOR OF ARTS

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

**Under the Faculty of
Interdisciplinary Studies**

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



Swami Ramnanand Teerth Marathwadda University, Nanded.

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

Under the Faculty of Interdisciplinary.

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

Aims of Physical Education

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

Objectives of the Physical Education

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



Swami Ramanand Teerth Marathwada University, Nanded.

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

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

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

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

| Year & Level | Semester | Optional-1 Major (From the same faculty) | Optional-2 Minor 1 (From the same faculty) | Optional-3 Minor 2 (From the same faculty) | Generic Elective (GE) <i>(Select from Basket 3 of Faculties other than Interdisciplinary Studies)</i> | Vocational & Skill Enhancement Course (SEC) <i>(Related to DSC)</i> | Ability Enhancement Course (AEC) (Basket 4) Value Education Courses (VEC) / Indian Knowledge System (IKS) <i>Basket 5 (Common across all faculties)</i> | Field Work / Project/ Internship/ OJT/ Apprenticeship/ Case Study Or Co-curricular Courses (CCC) (Basket 6 for CCC) <i>(Common across all faculties)</i> | Credits | Total Credits |
|--|-----------|---|--|--|--|--|---|--|-----------|---------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 1 (4.5) | I | IPEDCT101- Introduction of Physical Education. (T 2Cr) IPEDCP102- Physical Education (P 2Cr) 4 Credits | IXXXCT101 (T 2Cr) IXXXCP101 (P 2Cr) 4 Credits | IYYYCT101 (T 2Cr) IYYC101 (P 2Cr) 4 Credits | IPEDGE101- Basic of Yoga Education. 2 Credits | IPEDIC101- Fitness and Wellness. (2Cr) 2 Credits | AECENG 101 (2Cr.) IKS... 101 (2Cr.) 4 Credits | CCC...101 (2Cr.) (NCC/NSS/Sports/Culture/Health Wellness/Yoga Education/Fitness/ 2Credits | 22 | |
| | II | IPEDCT151- Foundation of Physical Education. (T 2Cr) IPEDCT152- Physical Education (P 2Cr) 4Credits | IXXXCT151 (T 2Cr) IXXXCP152 (P 2Cr) 4 Credits | IYYYCT151 (T 2Cr) IYYC152 (P 2Cr) 4 Credits | IPEDGE151- Physical Education for Better Living. 2 Credits | IPEDIC 151- Curative Therapies. (2Cr) 2 Credits | AECENG151 (2Cr.) VECCOI 151 (2Cr.) Constitution of India 4 Credits | CCC...151 (2 Cr.) 2 Credits | 22 | |
| Exitoption: UG Certificate in Major DSC on completion of 44 credits and additional 4 credits from NSQF / Internship | | | | | | | | | | |

Abbreviations:

- 1. DSC: Department/Discipline specific Course (major)**
- 2. DSE: Department/ Discipline Specific Elective**
- 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**



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

| | Course Code | Course Name | Credits Assigned | | | Teaching Scheme (Hrs/ week) | |
|--|-------------|--|------------------|-----------|-----------|-----------------------------|-----------|
| | | | Theory | Practical | Total | Theory | Practical |
| Optional 1 | IPEDC101 | Introduction of Physical Education | 02 | -- | 2 | 2 | -- |
| | IPEDC102 | Physical Education Practical (practical) | - | 02 | 2 | -- | 4 |
| Optional 2 | IPEDMT 101 | XXXX CT101 (T 2Cr) | 02 | -- | 2 | 2 | -- |
| | IPEDMP 102 | XXXX CP102 (P 2Cr) | -- | 2 | 2 | -- | 4 |
| Optional 3 | IPEDMT 101 | IYYYCT101 (T 2Cr) | 2 | -- | 2 | 2 | -- |
| | IPEDMP 102 | IYYYCP101 (P 2Cr) | -- | 2 | 2 | | 4 |
| Generic Electives (From other Faculty) | IPEDGE 101 | Basic of Yoga Education (Basket 3) | 02 | -- | 2 | 2 | -- |
| Vocational & Skill Enhancement Course | IPEDSC 101 | Fitness and Wellness | -- | 02 | 2 | -- | 4 |
| Ability Enhancement Course | IAECENG101 | L1 – Compulsory English Basket 4 | 02 | -- | 2 | 2 | -- |
| Indian Knowledge System (IKS) | IKS...101 | Select from Basket 5 | 02 | -- | 2 | 2 | -- |
| Community Engagement Services (CES) | ICCCPED101 | Any one of NCC/ NSS /Sports/ Culture /Health Wellness /Yoga Education / Fitness (Basket 6) | -- | 02 | 2 | -- | 4 |
| Total Credits | | | 12 | 10 | 22 | 12 | 20 |



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

Examination Scheme

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

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

| Subject (1) | Course Code (2) | CourseName (3) | Theory | | | | Practical | | Total Col (6+7) / Col (8+9) (10) |
|---------------------------------------|--------------------|---|----------------------------|----------------|----------------------------|--------------|-----------|------------|---|
| | | | Continuous Assessment (CA) | | | ESA | CA (8) | ESA (9) | |
| | | | Test I (4) | Test II (5) | Avg of (T1+T2)/2 (6) | Total (7) | | | |
| Optional 1 | IPEDC101 | Introduction of Physical Education | 10 | 10 | 10 | 40 | -- | -- | 50 |
| | IPEDC102 | Physical Education Practical | -- | -- | -- | -- | 10 | 40 | 50 |
| Optional 2 | IPEDMT 101 | XXXXCT101 (T 2Cr) | 10 | 10 | 10 | 40 | -- | -- | 50 |
| | IPEDMP102 | XXXXCP102 (P 2Cr) | -- | -- | -- | -- | 10 | 40 | 50 |
| Optional 3 | IPEDMT 101 | IYYYCT101 (T 2Cr) | 10 | 10 | 10 | 40 | -- | -- | 50 |
| | IPEDMP102 | IYYYCP102 (P 2Cr) | -- | -- | -- | -- | 10 | 40 | 50 |
| Generic Electives | IPEDGE 101 | Basic Yoga Education ((Basket 3) | 10 | 10 | 10 | 40 | -- | -- | 50 |
| Vocational & Skill Enhancement Course | IPEDSC 101 | Fitness and Wellness | -- | -- | -- | -- | 10 | 40 | 50 |
| Ability Enhancement Course | AECENG101 | L1 – Compulsory English | 10 | 10 | 10 | 40 | -- | -- | 50 |
| Indian Knowledge System | IKS...101 | Title (Basket 5) | 10 | 10 | 10 | 40 | -- | -- | 50 |
| Community Engagement Services (CCC) | ICCCPED101 | Any one of NCC/ NSS/Sports/ Culture /Health Wellness /Yoga Education / Fitness (Basket 6) | -- | -- | -- | -- | 10 | 40 | 50 |



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

Teaching Scheme

| | Course Code | CourseName | CreditsAssigned | | | TeachingScheme (Hrs/ week) | |
|---------------------------------------|-------------|---|-----------------|-----------|-----------|-------------------------------|-----------|
| | | | Theory | Practical | Total | Theory | Practical |
| Optional 1 | IPEDC151 | Foundation of Physical Education | 02 | -- | 02 | 2 | -- |
| | IPEDC152 | Physical Education Practical (practical) | - | 02 | 02 | - | 4 |
| Optional 2 | IPEDMT151 | IYYYCT151 (T 2Cr) | 02 | -- | 02 | 2 | -- |
| | IPEDMP152 | IYYYCP152 (P 2Cr) | - | 02 | 02 | -- | 4 |
| Optional 3 | IPEDMT 151 | IYYYCT151 (T 2Cr) | 2 | -- | 02 | 2 | -- |
| | IPEDMT 152 | IYYYCP152 (P 2Cr) | | 2 | 02 | - | 4 |
| Generic Electives | IPEDGE 151 | Physical Education for Better living | 02 | -- | 02 | 2 | -- |
| Vocational & Skill Enhancement Course | IPEDSC 151 | Curative Therapies | -- | 02 | 02 | -- | 4 |
| Ability Enhancement Course | AECENG151 | L2 – Second Language | 02 | -- | 02 | 2 | -- |
| Indian Knowledge System (IKS) | IKS...101 | Select from Basket 5 | 02 | -- | 2 | 2 | -- |
| Community Engagement Services (CES) | ICCCPED151 | Any one of NCC/ NSS /Sports/ Culture /Health Wellness /Yoga Education / Fitness (Basket 5) | - | 02 | 02 | -- | 4 |
| Total Credits | | | 12 | 10 | 22 | 12 | 20 |



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

Examination Scheme

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

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

| Subject (1) | Course Code (2) | CourseName (3) | Theory | | | | Practical | | Total [Col (6+7) / Col (8+9)] (10) |
|---|--------------------|--|----------------------------|----------------|----------------------------|--------------|-----------|------------|---|
| | | | Continuous Assessment (CA) | | | ESA | CA (8) | ESA (9) | |
| | | | Test I (4) | Test II (5) | Avg of (T1+T2)/2 (6) | Total (7) | | | |
| Optional 1 | IPEDC151 | Foundation of Physical Education | 10 | 10 | 10 | 40 | -- | -- | 50 |
| | IPEDC152 | Physical Education practical | -- | -- | -- | -- | 10 | 40 | 50 |
| Optional 2 | IPEDM151 | YYYCT151 (T 2Cr) | 10 | 10 | 10 | 40 | -- | -- | 50 |
| | IPEDM152 | YYYCP152 (T 2Cr) | -- | -- | -- | -- | 10 | 40 | 50 |
| Optional 3 | IPEDMT151 | YYYCT151 (T 2Cr) | 10 | 10 | 10 | 40 | -- | -- | 50 |
| | IPEDMP152 | YYYCP152 (P 2Cr) | -- | -- | -- | -- | 10 | 40 | 50 |
| Generic Electives | IPEDGE 151 | Physical Education for Better Living | 10 | 10 | 10 | 40 | -- | -- | 50 |
| Vocational & Skill Enhancement Course | IPEDSC 151 | Curative Therapies | -- | -- | -- | -- | 10 | 40 | 50 |
| Ability Enhancement Course | AECENG151 | L2 – Second Language | 10 | 10 | 10 | 40 | -- | -- | 50 |
| Value Education Course | VECCOI151 | Constitution of India | 10 | 10 | 10 | 40 | -- | -- | 50 |
| Indian Knowledge System | IKS...101 | Title (Basket 5) | 10 | 10 | 10 | 40 | -- | -- | 50 |
| Community Engagement Services (CES) | CCCPED151 | Any one of NCC/ NSS/Sports/ Culture /Health Wellness /Yoga Education / Fitness | -- | -- | -- | -- | 10 | 40 | 50 |

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-I

IPEDCT101: Introduction of Physical Education

Credit- 2

Hours- 30

E.S.A.-40 + C.A.- 10 = 50 Marks

Courseobjectives:

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

Courseoutcomes:

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

Curriculum Details:

| ModuleNo. | UnitNo. | Topic | Marks |
|------------|------------|--|-----------|
| 1.0 | | Introduction | |
| | 1.1 | Meaning, Definition of Physical Education. | 10 |
| | 1.2 | Concept, Need & Importance of Physical Education. | |
| | 1.3 | Aims & Objective of Physical Education. | |
| | 1.4 | Scope of Physical Education. | |
| 2.0 | | History | |
| | | Ancient Physical Education in India. | 10 |
| | 2.1 | Vedic Period | |
| | 2.2 | Ramayana & Mahabharata Period | |
| | 2.3 | Buddha Period | |
| | | Modern Period | |
| | 2.4 | Maratha Period | |
| | 2.5 | British Period | |
| 3.0 | | Historical development in India | |
| | 3.1 | Y. M. C. A. Madras (Chennai) | 10 |
| | 3.2 | Deccan Gymkhana, Pune | |
| | 3.3 | Hanuman VyayamPrasarak Mandal, Amravati. | |
| | 3.4 | Netaji Subhash National Institute of Sports, Patiyala. | |
| 4.0 | | Olympic Movement | |
| | 4.1 | Ancient Olympic Games | 10 |
| | 4.2 | Modern Olympic Games | |
| | 4.3 | Asian Games | |
| | 4.4 | Commonwealth Games | |
| | | Total | 40 |
| | | | |

Continuous Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

ReferenceBooks:

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

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-I

IPEDCP102: Physical Education Practical

Credit- 2

Hours- 458

E.S.A.-40 + C.A.- 10 = 50Marks

Courseoutcomes:

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

Curriculum Details:

| ModuleNo. | UnitNo. | Topic | Marks |
|------------|------------|--|-----------|
| 1.0 | | Practical Project | 05 |
| | 1.1 | Measurement of Hight. | |
| 2.0 | | Track and field event - Thowing | 10 |
| | 2.1 | Shot-put throw | |
| 3.0 | | Track and field event-jumping | 10 |
| | 3.1 | Long Jump | |
| 4.0 | | Major Game (any one) | 15 |
| | 4.1 | Table Tennis | |
| | 4.2 | Gymnastics (Mat exercise) | |
| 5.0 | 5.1 | Record book is compulsory | |
| | | Total | 40 |

Continuous Assessment (C. A.)

Oral - -05 marks

Attendance - 05 marks

Total = 10marks

Reference Books:

1. K. K. Agrawal and R.J. Jain 'Officiating and Coaching' Suyog Prakashan, 3 Vivekanand market, Amravati 1983.
2. Y.M.C.A - 'Books of rules of games and sports'
Y.M.C.A. publication Hous. Jaising Road, New Delhi.
3. Lokesh Thuni- 'Play ground measurement manual' W.P. 474 first floor,, shiv Market, Ashok Vihar, Delhi- 110052
4. Ashok Kumar- ' International Encyclopedia of sports and games mittal publication New Delhi- 110059 Vol – I to IV
Barrow H.M. and McGee R. (1979).A Practical Approach to Measurement in Physical Education. Lea&Febiger, Philadelphia. U.S.A.
5. Tritschler K. Barrow & McGee's (2000). Practical Measurement and Assessment. Lippincott Williams & Wilkins. Philadelphia. U.S.A. Y.M.C.A - 'Books of rules of games and sports'
Y.M.C.A. publication Hous. Jaising Road, New Delhi.
6. डॉ. व्यकटेशवांगवाड - कोचिंग अॅन्ड ऑफीशिएटी ंगोम्स अॅन्ड स्पोर्ट्स पार्वती प्रकाशन पुणे.
7. पी.के. अरोडा- खेळसंचालन एवं प्रशिक्षण, प्रकाश ब्रद
8. प्रा. सिलेदार डॉ. विठ्ठलसिंग परिहार- खेळसंचालन व क्रीडामार्गदर्शन अभय प्रकाशन, नांदेड 431 605
9. डॉ. सुरेशचंद्र नाडकर्णी- क्रीडाज्ञानकोश
मेहतापब्लीकेशन हाऊस 1216 सदाशिवपेठ पुणे.
10. प्रा.के. एन. गंदगे क्रीडांगण, समर्थपब्लीकेशन, नांदेड. प्रा. उत्तमधुमाळ

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-I

IPEDGE101: Basic of Yoga Education.

Credit- 2

Hours- 30 E.S.A.-40 + C.A.- 10 = 50 Marks.

Courseoutcomes:

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

Curriculum Details:

| oduleNo. | UnitNo. | Topic | Marks |
|------------|------------|--------------------------------|-----------|
| 1.0 | | History of yoga | |
| | 1.1 | Meaning, definition of yoga | 15 |
| | 1.2 | Need and Importance of Yoga | |
| | 1.3 | Concept of Yoga | |
| | 1.4 | Yoga for different body part | |
| 2.0 | | Asana &Suryanamskar | |
| | 2.1 | Principles of Asana | 15 |
| | 2.2 | Types of Asana | |
| | 2.3 | Suryanamskar& its Process | |
| | 2.4 | Pranayama & Its Process | |
| 3.0 | | Kriya | |
| | 3.1 | Jaldhoti | 10 |
| | 3.2 | Wasradhoti | |
| | 3.3 | Danddhoti | |
| | | Total | 40 |

Continuous Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-I

IPEDIC101: Fitness and Wellness

Credit- 2

Hours- 45

E.S.A.-40 + C.A.- 10 = 50 Marks.

Courseoutcomes:

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

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

| ModuleNo. | UnitNo. | Topic | Marks |
|------------|------------|---|-----------|
| 1.0 | | Fitness Trainer | |
| | 1.1 | Conditioning Exercise | 15 |
| | 1.2 | Aerobic & Anaerobic Exercise | |
| | 1.3 | Isometric, Isotonic, Isokinetic, Exercise | |
| | 1.4 | Therapeutics Exercise | |
| 2.0 | | Gym Trainer | |
| | 2.1 | Warm-up & Cooling Down | 15 |
| | 2.2 | Weight Training | |
| | 2.3 | Station Training | |
| | 2.4 | Set Training | |
| | 2.5 | Strength Training | |
| 3.0 | | Life Guard | |
| | 3.1 | Nature and duties of life guard | 10 |
| | 3.2 | Life jackets | |
| | 3.3 | Deep & Shallow Water Rescue | |
| | 3.4 | Two Persons Removal Water | |
| | | | |
| | | Total | 40 |

Continues Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

ReferenceBooks:

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

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-II

IPEDCT151: Foundation of Physical Education

Credit- 2

Hours- 30

E.S.A.-40 + C.A.- 10 = 50 Marks.

Course outcomes:

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

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

| Module No. | Unit No. | Topic | Marks |
|------------|------------|---|-----------|
| 1.0 | | Introduction | |
| | 1.1 | Philosophy of Physical Education | 10 |
| | 1.2 | Classification of activities | |
| | 1.3 | Activities for different age group | |
| 2.0 | | Biological Basis of Physical Education | |
| | 2.1 | Affecting factors of growth and development | 10 |
| | 2.2 | Difference between Male and Female | |
| | 2.3 | Benefits of Exercise (Under load, Normal load, Over load) | |
| | 2.4 | Training Principles. | |
| 3.0 | | Psychological Basis of Physical Education | |
| | 3.1 | Meaning and Importance of Play | 10 |
| | 3.2 | Theories of Play | |
| | 3.3 | Principles of Growth and development | |
| 4.0 | | Sociological Basis of Physical Education | |
| | 4.1 | Game & Sports as a Cultural Heritage | 10 |
| | 4.2 | Role of Physical Education for National Integration. | |
| | 4.3 | Role of Society to Culture Development | |
| | | Total | 40 |

Continues Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

Reference Books:

1. Kamlesh and Sangral Prakash- “Principles and History of Physical Education”, Brothers of Physical Education, Education publishers, Books Market, Mailtiran Gate, Jullunder City.
2. **A Bucher, Charles.** – “Foundation of Physical Education” 8th editions, Lousi C. V. mostly Company, 1979.
3. Kamlesh M.L. - Psychology of Physical Education and sports Metropolitan Book com – pvt ltd. 1983
4. M. Suinn - Psychology in sports and application Richard
5. Cratty B.J. - Psychology and Physical activity , Edgewood cliffs, Prentice Hall, 1968.
6. ह.ता. जगताप - शैक्षणिकवप्रायोगिकमानसशास्त्र, नुतनप्रकाशनपुणे 1991
- 7वा.नादां डेकर - शैक्षणिकवप्रायोगिकमानसशास्त्र, मोघेप्रकाशनकोल्हापूर
- 8 आ.पाखरत -प्रगतशैक्षणिकमानसशास्त्र, श्रीविद्याप्रकाशनपुणे
- 9 प.म. आलेगांवकर - प्रगतक्रीडामानसशास्त्र, कॉन्टीनेंटलप्रकाशन, विजयानगरपुणे
- 10 डॉ. रमेशचंद्रकंवर - शिक्षाएवंक्रीडामनोविज्ञान - अमितब्रदर्सपब्लिकेशन, नागपूर

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-II

IPEDCP152: Physical Education Practical

Credit- 2

Hours- 45

E.S.A.-40 + C.A.- 10 = 50 Marks.

Courseoutcomes:

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

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

| ModuleNo. | UnitNo. | Topic | Marks |
|-----------|---------|--|-----------|
| 1.0 | | Practical Project | 05 |
| | 1.1 | Measurement of Wight | |
| 2.0 | | Track & Field event- Sprint Running (any one) | 10 |
| | 2.2 | 200 mt. Running | |
| | 2.3 | 400mt. Running | |
| 3.0 | | Major Game – Team Game (any one) | 15 |
| | 3.1 | Kabaddi | |
| | 3.2 | Hand Ball | |
| 4.0 | | Indian Exercise | 10 |
| | 4.1 | Surya Namaskar | |
| 5.0 | | Record Book is compulsory | |
| | | Total | 40 |

Continues Assessment (C. A.)

Oral - -05 marks

Attendance - 05 marks

Total = 10marks

ReferenceBooks:

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

2. Y.M.C.A - 'Books of rules of games and sports'
Y.M.C.A. publication Hous. Jaising Road, New Delhi.

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

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

Barrow H.M. and McGee R. (1979).A Practical Approach to Measurement in Physical Education.
Lea&Febiger, Philadelphia. U.S.A.

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

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

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

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-II

IPEDGE151: Physical Education for Better living

Credit- 2

Hours – 30

E.S.A.-40 + C.A.- 10 = 50 Marks.

Courseoutcomes:

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

Curriculum Details:

| Module No. | Unit No. | Topic | Hrs. Required to cover the contents |
|------------|------------|---|-------------------------------------|
| 1.0 | | Hygiene | 10 |
| | 1.1 | Personal Hygiene | |
| | 1.2 | Social Hygiene | |
| | 1.3 | Habits | |
| | 1.4 | | |
| 2.0 | | Promoting Activities as a Way of Life | 10 |
| | 2.1 | Walking, Jogging, Running, Swimming | |
| | 2.2 | Benefits of Team Games | |
| | 2.3 | National Integration | |
| 3.0 | | Nutrition | 10 |
| | 3.1 | Basic of Nutrition | |
| | 3.2 | Balance Diet | |
| | 3.3 | Need & Importance of Nutria for the Healthy life | |
| 4.0 | | Exercise and Recreation | 10 |
| | 4.1 | Exercise as per Age Group | |
| | 4.2 | Recreational Activities : Dancing Aerobics, Singing, Watching Movies. | |
| | 4.3 | Benefits of Tour. | |
| | 4.4 | | |
| | | Total | 40 |

Continues Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

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Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-II

IPEDSC151: Curative Therapies

Credit- 2

Hours – 45

E.S.A.-40 + C.A.- 10 = 50 Marks.

Courseoutcomes:

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

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

| Module No. | Unit No. | Topic | Marks |
|------------|------------|--|-----------|
| 1.0 | | Massage | 15 |
| | 1.1 | Concept of Massage | |
| | 1.2 | Techniques of Massage | |
| | 1.3 | Massage for body relaxation | |
| | 1.4 | Massage for disabled people | |
| | 1.5 | Benefits of massage | |
| 2.0 | | Yoga Trainer | 15 |
| | 2.1 | Training for Pranayama, | |
| | 2.2 | Training for Asana | |
| | 2.3 | Yoga for patient | |
| | 2.4 | Yoga for bad posture | |
| 3.0 | | Acupressure | 10 |
| | 3.1 | Points of acupressure | |
| | 3.2 | Acupressure for upper & lower body extremities | |
| | 3.3 | Precautions of acupressure | |
| | 3.4 | Benefits of acupressure | |
| | | | |
| | | Total | 40 |

Continues Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

Reference Books:

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

9. Singh S.K (2008) Encyclopaedia of Yoga & Health Education, Khel Sahitya Kendra, New Delhi India.