



स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ

नांदेड— ४३१६०६ (महाराष्ट्र)

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY

NANDED-431606, MAHARASHTRA STATE, INDIA.

स्वामी रामानंद तीर्थ
मराठवाडा विद्यापीठ, नांदेड.

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



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मानवविज्ञान विद्याशाखेतील पदवी
स्तरावरील द्वितीय वर्षाचे CBCS Pattern
नुसारचे अभ्यासक्रम शैक्षणिक वर्ष
२०१७-१८ पासून लागू करण्याबाबत.

परिपत्रक

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक ३ मे २०१७ रोजी संपन्न झालेल्या ३८व्या मा. विद्या परिषद बैठकीतील विषय क्र.१२४/३८-२०१७ च्या ठरावानुसार प्रस्तुत विद्यापीठाच्या संलग्नित महाविद्यालयांतील मानवविज्ञान विद्याशाखेतील पदवी स्तरावरील द्वितीय वर्षाचा खालील विषयाचा C.B.C.S. (Choice Based Credit System) Pattern नुसारचा अभ्यासक्रम शैक्षणिक वर्ष २०१७-१८ पासून लागू करण्यात येत आहे.

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

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/

२०१७-१८/६०८

दिनांक : २४.०७.२०१७.

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.

स्वाक्षरित/—

उपकुलसचिव

शैक्षणिक (१-अभ्यासमंडळ) विभाग

**SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED**

SYLLABUS

B.A. SECOND YEAR

(PHYSICAL EDUCATION)

Semester Pattern

(CHOICE BASE CREDIT SYSTEM - CBCS)

(With effects from the academic year 2017-18)

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED.
Choice Based Credit System (CBCS) Course Structure (New Pattern)
Faculty of Physical Education

B. A. Second Year
(With effects from the Academic year 2017-18)

Subject: PHYSICAL EDUCATION

Total Credits: 52

	Core Course	Paper No.	Name of Paper	Lectures /week	Total No. of lectures	CA	ESE	Total Marks	Credits
S E M E	CCPHY- EDU.-I	V	Basic Anatomy, Physiology and First Aid	4	60	35	40	75	3
S T E	CCPHY- EDU.-II	VI	External Practical	4	60	25	50	75	3
R - III	SEC-I		Fitness and wellness	3	45	50	00	50	2
		Total-I		11	165	110	90	200	8
S E M E	CCPHY- EDU.-I	VII	Fitness and Diet	4	60	35	40	75	3
S T E	CCPHY- EDU.-II	VIII	External Practical	4	60	25	50	75	3
R - IV	SEC-II		Curative Therapies	3	45	50	00	50	2
		Total-II		11	165	110	90	200	8
		Total- I+II		22	330	220	180	400	16

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED.
Choice Based Credit System (CBCS) Course Structure (New Pattern)
Faculty of Physical Education

B. A. Second Year
(With effects from the Academic year 2017-18)

Subject: PHYSICAL EDUCATION

SEMESTER-III

Paper No.	Title of the paper	Internal Marks	Theory/Practical pap. Marks	Total Marks
V	Basic Anatomy, Physiology and First Aid	35	40	75
VI	External Practical	25	50	75
SEC-I	Fitness and wellness	50	00	50

SEMESTER-IV

Paper No.	Title of the paper	Internal Marks	Theory/Practical pap. Marks	Total Marks
VII	Fitness and Diet	35	40	75
VI	External Practical	25	50	75
SEC-II	Curative Therapies	50	00	50

Distribution of internal 35 marks for theory papers.

Test-I	10 Marks
MCQ Test-II	10 Marks
Assignment/Tutorial	10 Marks
Attendance	05 Marks

Distribution of internal 25 marks for Practical papers.

Attendance of practical periods	- 10 Marks
Oral (General Sports Knowledge)	- 10 Marks
Discipline/Behaviour	- 05 Marks

Structure of B. A. Programme under CBCS Pattern
(Physical Education & Arts & Humanities Faculty)
B. A. Second Year

Semester	Core Course (12)	Ability Enhancement Compulsory Courses(AEC) (8)	Skill Enhancement Courses (SEC) (4)	Discipline Specific Elective DSE (6)	Generic Elective (6)
III	CC-A III-6	2. English- 3	SEC-I- 2		
	CC-B III-6	Communication			
Credits : 26	CC-C III-6	3. SL- 3			
IV	CC-A IV-6	2. English- 3	SEC-II- 2		
Credits : 24	CC-B IV-6	Communication			
	CC-C IV-6	3. SL- 3			
Total Credit: 52	No. Credits: 36	No. Credits : 12	No. Credits : 4	--	--

Structure of B. A. Programme under CBCS Pattern
(Physical Education & Arts & Humanities Faculty)
B. A. Second year

Semester	Course Opted	Course Name	Credits
	Ability enhancement compulsory	1.English communication	03
	Course-III	2.SL	03
III	Core Course A-III	Paper A & B	06
	Core Course B-III	Paper A & B	06
	Core Course C-III	Paper A & B	06
	Skill enhancement course -I	SEC-I	02
		Sem –III Total Credits	26
	Ability enhancement compulsory	1.English communication	03
	Course-IV	2.SL	03
IV	Core Course A-IV	Paper A & B	06
	Core Course B-IV	Paper A & B	06
	Core Course C-IV	Paper A & B	06
	Skill enhancement course -II	SEC-II	02
		Sem - III Total Credits	26
		Sem –III& IV Total Credits	52

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED.

CBCS- Paper pattern for the subject of Physical Education

B. A. Second Year

(With effects from the Academic year 2017-18)

Semester – III

Paper-V

Basic Anatomy, Physiology and First Aid

Credits: 3

Marks: 35 + 40 =75

**Per week - 04 periods
Periods : 60**

Unit –I: Anatomy.

Cell -- structure of cell, Types and its functions.

Tissue – Types and functions of various Tissues.

Unit-II : Structure and Functions of following systems

Skeletal system, Muscular System, Digestive systems , Nervous system,
Respiratory system, Circulatory system, Endocrine Systems and Reproductive System.

Unit-III : Effects of exercise on :

Muscular System

Endocrine Systems

Circulatory system

Respiratory systems

Unit-IV : First Aid

Definition and importance of first Aid

Basic Principal of First Aid

Injury –It's Types and Their prevention

Common Injuries and their first aid.

(Note -35 Marks internal Evaluation examination i.e. Test theory :10,
Test MQC: 10, Assignment/ Tutorial:10 and Attendance 5 Marks.)

References

- Sampath K,& Uma Maheshwar B. “ Human Anatomy & Physiology” – 1999-2000, Birla Publication Delhi.
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- Winter Griffith H. “Complete Guide to Sports Injuries”- Crescent Publishing Corporation New Delhi.
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- Singh S.K (2010) Sports Injuries and Rehabilitation, Khel Sahitya Kendra, New Delhi India
- Singh S.K (2009) Exercise Physiology (Hindi) , Khel Sahitya Kendra, New Delhi India
- Singh S.K (2008) Sports Medicine (Hindi) , Khel Sahitya Kendra, New Delhi India
- Robbins, G., D. Powers and S. Burgess (2002), A Wellness Way of Life, McGraw Hill, New York, USA.
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SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED
CBCS- Paper pattern for the subject of Physical Education
B. A. Second Year
(With effects from the Academic year 2017-18)
Semester – III
Paper-VI

External Practical

Credits: 3

Marks: 25+50 = 75

Per week - 04 periods

Periods: 60

Course contents

1. Practical Project :

Pulse rate Measurement (Before and After Playing): 05 Marks

2. Track and Field Event:

Relay (4*100 /4*400) Men and Women : 10 Marks

3. Optional Games:

Any one Indian game in following

i). Kho-Kho ii). Yoga/ weight lifting : 20 Marks

4. Indian Exercise

i). Dand Baithak (Men)

ii) Bent Knee Sit-ups (Women) : 10 Marks

5. Record Book

: 05 Marks

Internal Marks :

25 Marks

Attendance of practical periods - 10 Marks

Oral (General Sports Knowledge - 10 Marks

Discipline/Behaviour - 05 Marks

References

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

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

B. A. Second Year

(With effects from the Academic year 2017-18)

Semester – III

SEC-I

Fitness and wellness

Credits: 3

Marks: 50

Per week - 3 periods

Periods : 45

Unit –I: Fitness Trainer

Conditioning Exercise
Aerobic Exercise
Anaerobic Exercise
Isometric-Isotonic and Isokinetic Exercise
Therapeutics Exercise

Unit-II : Gym Trainer

Warm up and Cooling Down
Weight Training
Station Training
Set training
Strength Training
Isokinetic Training
Stretching and its type

Unit-III: Life Guard

Nature and Duties of Life Guard
Life Jackets
Deep Water Rescue
Shallow water rescue
Two persons Removal Water
General Procedures for Water Emergency

References

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An Interactive Approach, Jones and Bartlett Publisher, Sndbury, Massachusetts, USA.
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CBCS- Paper pattern for the subject of Physical Education

B. A. Second Year

(With effects from the Academic year 2017-18)

Semester – IV

Paper- VII

Fitness and Diet

Credits: 3

Marks: 35+ 40=75

**Per week - 4 periods
Periods : 60**

Unit – I : Fitness

Definition and concept of fitness
Need and Important of Fitness
Physical, Mental, Social Fitness

Unit –II : Body Posture

Posture – Definition, Meaning, Concept, Need and Important,
It's Significant and Benefits.
Types of Posture.
Postural deformities (Kyphosis, Lordosis, Scoliosis, Knock-knee,
Bow legs, Flat Foot)
Causes and remedies of Postural Deformities.

Unit –III : Diet

Definition, need and Important of diet for health
Components of Balance diet (carbohydrates, fats, proteins, minerals,
Vitamins, Water)

Unit –IV : Nutrition

Concept of nutrition
Dietary aids
Calorie intake and Expenditure
Energy balance
Eating disorder

(Note- 35 Marks internal Evaluation examination i.e. Test theory :10,
Test MQC:10, Assesment:10 and Attendance: 5 Marks.)

References

- ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
- Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)
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- Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA.

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CBCS- Paper pattern for the subject of Physical Education

B. A. Second Year

(With effects from the Academic year 2017-18)

Semester – IV

Paper- VIII

External Practical

Credits: 3

Marks: 25+50=75

Per week -4 periods
Periods: 60

Course Content

1. Practical Project

Blood Pressure (Measure Low and high B.P.) 05 Marks

2. Track and Field's event.

10 Marks

A) Throwing event – Discus throw

(Holding, Styles, delivery and Recovery)

B) Jumping event – Triple jump (Hop-step-jump)

10 Marks

(Approach run Take-off, Air position, Landing)

3. Optional Game

1) Cricket 2) Judo

20 Marks

(Fundamental skills, Knowledge of rules and regulation)

4. Record Book

05 Marks

All Practical events related – Introduction, Historical development, grounds measurement, rules and regulation and records.

Internal Marks :

25 Marks

Attendance of practical periods -

10 Marks

Oral (General Sports Knowledge -

10 Marks

Discipline/Behaviour -

05 Marks

N.B. - 1) Record book and Uniform is compulsory

2) Without record book and is not allowed to Examination.

3) Practical examination paper VI & VIII will taken jointly at the time of Summer Examinations.

Reference

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CBCS- Paper pattern for the subject of Physical Education
B. A. Second Year
(With effects from the Academic year 2017-18)
Semester – IV
SEC-II

Curative Therapies

Credits: 2

Marks: 50

Per week : 3 Periods
Periods: 45

Unit I : Massage

Concept & types of massage
Techniques of massage
Massage for body relaxation
Massage for disabled people
Benefits of massage

Unit II : Yoga Trainer

Training for Pranayama
Training for Asana
Training for Different yogic practices
Yoga for patient
Yoga for bad posture

Unit III : Acupressure

Types of acupressure
Points of acupressure
Acupressure for upper body extremities
Acupressure for lower body extremities
Precautions of acupressure
Benefit of acupressure

Reference

- Anand O P (2001). Yog Dawra Kaya Kalp. SewasthSahityaPerkashan. Kanpur.
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- Mary Beth Braun, Stephanie J. Simonson (2008) Introduction to Massage Therapy Lippincott Williams & Wilkins
- Sarin N (2003) Yoga DawaraRogonKaUpchhar.KhelSahitya Kendra
- Sri Swami Ramas (2001). Breathing.SadhanaMandirTrust.Rishikesh.
- Swami Ram (2000) Yoga & Married Life SadhanaMandir Trust.Rishikesh
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