

॥ सा विद्या या विमुक्तये ॥



स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

“ज्ञानतीर्थ” परिसर, विष्णुपुरी, नांदेड - ४३१६०६ (महाराष्ट्र)

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY NANDED

“Dnyanteerth”, Vishnupuri, 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

Phone: (02462) 229542

Website: www.srtmun.ac.in

E-mail: bos.srtmun@gmail.com

Fax : (02462) 229574

आंतर-विद्याशाखीय अभ्यास विद्याशाखेतील
विविध पदवी विषयांचे सी.बी.सी.एस.
पॅटर्नचे अभ्यासक्रम शैक्षणिक वर्ष २०-२१
पासून लागू करण्याबाबत.

परिपत्रक

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक २० जून २०२० रोजी संपन्न झालेल्या ४७ व्या मा. विद्या परिषद बैठकीतील विषय क्र. १३/४७-२०२० च्या ठरावानुसार प्रस्तुत विद्यापीठाच्या संलग्नित महाविद्यालयांतील आंतर-विद्याशाखीय अभ्यास विद्याशाखेतील पदवी स्तरावरील खालील विषयांचे **C.B.C.S. (Choice Based Credit System) Pattern** नुसारचे अभ्यासक्रम शैक्षणिक वर्ष २०-२१ पासून लागू करण्यात येत आहेत.

- 1) B.A.-II Year Physical Education
- 2) B.A-I Year Education
- 3) B.A- II Year Library and Information
- 4) B.A.-II Year-Music)
- 5) B. Lib. and Information
- 6) B.A- II Year- Fashion Design
- 7) B.A.-I Year-Journalism & Mass Communication) (Optional I, II, III)
- 8) B.A.-II Year-Home Science
- 9) B.A.- II Year-Computer Animation and Web Designing
- 10) Bachelor of Journalism (B.J. Yearly Pattern.
- 11) B.S.W.-III Year

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/२०२०-२१/६६६.

दिनांक : ०१.०९.२०२०.

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 2020-21)

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 2021-21)

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 2020-21)

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	10Marks
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

CBCS- Paper pattern for the subject of Physical Education
B.A. Second Year
(With effects from the Academic year 2020-21)
Semester – III
Paper-V
Basic Anatomy, Physiology and First Aid

Credits:3Marks:35 + 40=75Per 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 Systemsand 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

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Shaver, Lerry G. :Essential of Exercise Physiology” – Surjee Publication Delhi.

Winter Griffith H. “Complete Guide to Sports Injuries”- Crescent Publishing Corporation New Delhi.

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Anspaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)

Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.

Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.

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Jain, J. (2004) Khel DawaonKa(New Delhi : Delhi University Press).

Singh S.K (2011) Anatomy ,physiology, kinesiology and health education, Khel Sahitya Kendra, New Delhi India

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.

Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA

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 2020-21)
Semester – III
Paper-VI

External Practical

Credits:3Marks:25+50=75Per 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). DandBaithak (Men)

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

5. Record Book : 05 Marks

Internal Marks : 25 Marks

Attendance of practical periods -10Marks

Oral (General Sports Knowledge -10Marks

Discipline/Behaviour -05Marks

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 2020-21)
Semester – III
SEC-I

Fitness and wellness

Credits:3Marks: 50

Perweek - 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

- Warmup 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

Merley, William P. –“Health and Physical Fitness” – 1982 CBS College Publishing.
An Interactive Approach, Jones and Bartlett Publisher, Sndbury, Massachusetts, USA.
Bishop, J.G. (2004) Fitness through Aerobics, Benjamin Cummings, USA.Brown, K.M.
(2002) Physical Activity and Health:
Department of Physical Education and Sports Sciences, University of Delhi (2007), Draft
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Hoeger, W W K and S.A. Hoeger (2004).*Principles and Labs for Fitness and Wellness*, Thomson Wadsworth, California, USA.

Singh S.K (2011) *Sports Training and Sports Bio Mechanics in physical Education* , Khel Sahitya Kendra, New Delhi India

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 2020-21)
Semester – IV
Paper-VII
Fitness and Diet

Credits:3Marks: 35+ 40=75Perweek -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)

Brown, J.E. (2005) Nutrition Now Thomson-Wadsworth.

Beotra, Alka (2001-02) Drug Education Handbook on Drug Abuse in Sports, Applied Nutrition Sciences, Mumbai.

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Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.

Pande, P. K. (1987) Outline of Sports Medicine (New Delhi :Jaypee Brothers).

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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 2020-21)
Semester – IV
Paper-VIII
External Practical

Credits:3Marks: 25+50=75Per 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) Judo20 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 -10Marks

Oral (General Sports Knowledge -10Marks

Discipline/Behaviour -05Marks

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

Acsm's (2001) Guidelines for Exercise Testing and Prescription by American College of Sports Medicine Human kinetics USA.

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

Hoeger, W W K and S.A. Hoeger (2004).Principles and Labs for Fitness and Wellness,Thomson Wadsworth, California, USA.

Kansal DK (2008).Textbook of Applied Measurement Evaluation & Sports selection.SSS Publication. New Delhi.

Miller David K (2006). Measurement by the Physical Educator: Why and How. Mcgraw-Hill. Boston, U.S.A.

Mishra Sharad Chandra (2005).Tests And Measurement in physical education.Sports. Delhi.

Sharma JP (2006). Test and measurements in physical education.khelsahitya. Delhi

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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 2020-21)
Semester – IV
SEC-II

Curative Therapies

Credits:2Marks: 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
Precautionsof acupressure
Benefit of acupressure

Reference

Anand O P (2001). YogDawra Kaya Kalp. SewasthSahityaPerkashan. Kanpur.
Chawade S, Benefits of Acupressure Points – Most Important Spots in Human Body.
Hecker H, K Liebchen (2007) Acupressure taping for chronic pain and injuries. The
Journal of Chinese Medicine

Jolly R.S, Acupressure Therapy - Pressure Point Therapy.

Mary Beth Braun, Stephanie J. Simonson (2008) Introduction to Massage Therapy
Lippincott Williams & Wilkins

Sarin N (2003) Yoga Dawara Rogon Ka Upchhar. Khel Sahitya Kendra

Sri Swami Ramas (2001). Breathing. Sadhana Mandir Trust. Rishikesh.

Swami Ram (2000) Yoga & Married Life Sadhana Mandir Trust. Rishikesh

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

Swami Ramanand Teerth Marathwada University, Nanded.

B.A. IInd Year examination

PHYSICAL EDUCATION

Question Paper Pattern

For Paper No. V and VII

Time: 2 Hours

Day / Date

Marks: 40

N.B. 1. First question is compulsory.
2. Attempt all questions.
3. All Question Carry equal marks. 4. Negative mark system is applicable for MCQ.

Q. 1. 10 MCQ questions with four options. 10

Q. 2. Answer the following questions (any two) 10

i.

ii.

iii.

iv.

Q. 3. Write Short answers of any two of the following 10

i.

ii.

iii.

iv.

Q. 4. Write Short notes (any two) 10

i.

ii.

iii.

iv.

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 75 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 VI and VIII 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.