



॥ 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)

ACADEMIC (1-BOARD OF STUDIES) SECTION

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BATY

आंतर विद्याशाखेतील सर्व संलग्नित
महाविद्यालयातील पदवी स्तरावरील खालील
विषयांच्या (सी.बी.सी.एस) पॅटर्न नुसारच्या
अभ्यासक्रमास शैक्षणिक वर्ष 2021-22 पासून
लागू करण्याबाबत.

परिपत्रक

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, आंतर विद्याशाखेच्या दिनांक ०१ जून २०२१ रोजीच्या बैठकीतील शिफारशीनुसार व मा. विद्यापरिषदेच्या दिनांक १२ जून २०२१ रोजी संपन्न झालेल्या बैठकीतील विषय क्र.२९/५१-२०२१, च्या ठरावानुसार आंतर विद्याशाखेतील पदवी स्तरावरील बी.ए. तृतीय वर्षाचे (C.B.C.S.) पॅटर्न नुसार खालील अभ्यासक्रम शैक्षणिक वर्ष २०२१-२२ पासून लागू करण्यात येत आहेत.

1. B.A. (III, year) Home Science (v & vi Sem.)
2. B.A. (III, year) Physical Education (v & vi Sem.)
3. B.A. (III, year) Fashion Design (v & vi Sem.)
4. B.A. (III, year) Music (v & vi Sem.)
5. B.A. (III, year) Education (v & vi Sem.)
6. B.A. (III, year) Computer Animation & Web Designing (v & vi Sem.)
7. B.A. III, (Lib& Information Science) (v & vi Sem.)

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

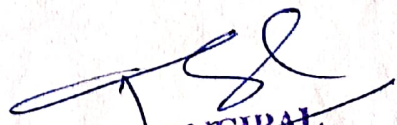
‘ज्ञानतीर्थ’ परिसर,
विष्णुपुरी, नांदेड - ४३१ ६०६.
जा.क्र.: शैक्षणिक-०१/परिपत्रक/पदवी/अभ्यासक्रम/
२०२१-२२/७०
दिनांक : ०६.०७.२०२१.



स्वाक्षरित/-
सहाकुलसचिव
शैक्षणिक (१-अभ्यासमंडळ) विभाग

प्रत माहिती व पुढील कार्यवाहीस्तव :

- १) मा. अधिष्ठाता, आंतर-विद्याशाखा, प्रस्तुत विद्यापीठ.
- २) मा. सहयोगी अधिष्ठाता, आंतर-विद्याशाखा, प्रस्तुत विद्यापीठ.
- ३) मा. कुलसचिव यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- ४) मा. संचालक, परीक्षा व मूल्यमापन मंडळ, यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- ५) मा. प्राचार्य, संबंधित महाविद्यालये, प्रस्तुत विद्यापीठ.
- ६) सिस्टम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ यांना देवून कळविण्यात येते की, सदरील परिपत्रक विद्यापीठाच्या संकेत स्थळावर प्रकाशित करावे.


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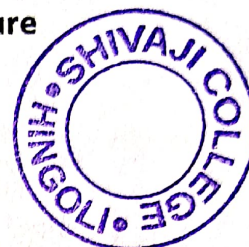
SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY' NANDED

Choice Based Credit (CBCS) Course Structure

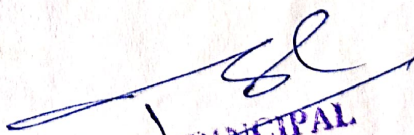
Subject- Physical Education

B.A. Third Year (New Pattern)

With effect from: June, 2021



Semester	Core Course	Paper No.	Name of the Paper	Lectures/Week	Total No. of Lect.	CA	ESE	Total Marks	Credits
V	CCPHY-EDU-I	IX	Test Measurement & Psychology in physical Education & Sports	04	60	25	50	75	03
V	CCPHY-EDU-II	X	Physical Education practical	04 (Per Batch)	60	25	50	75	03
V	SEC-III	III	Yogic Therapies and Physiology	03	45	25	25	50	02
Semester - V Total				11	165	75	125	200	08
VI	CCPHY-EDU-III	XI	Organization & Management in Phy. Edu	04	60	25	50	75	03
VI	CCPHY-EDU-IV	XII	Physical Education practical	04 (Per Batch)	60	25	50	75	03
VI	SEC-IV	IV	Officiating and Coaching	03	45	25	25	50	02
Semester - VI Total				11	165	75	125	200	08
TOTAL- V+VI sem:				22	330	150	250	400	16


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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 2021-22)

Semester – V

Paper-IX

ORGANIZATION AND MANAGEMENT IN PHYSICAL EDUCATION



Credits:3

Marks: 25 + 50 =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 Tournaments
2. Types of Tournament (Knock-out System, League System, Combination System, Challenge System)
3. Care and Maintenance of Play field and equipments
- NEW 4. Intramural and Extramural Tournaments.

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 -25 Marks internal Evaluation examination i.e. Test I:-05, Test II: -05, Assignment/ Tutorial:-15 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, Inc, New Jersey- 1979
5. Sharma - 'The Organization and Administration of Games and Sports'
6. Charlles 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, I Commonwealth Publishing 483/24, Pralhad Street, Ansari Road, Daryaganj, New Delhi-
9. S.K. Pachuri - ' Sports Management' , Sports Publication, New Delhi- 1999
10. $\frac{3}{4} \ddot{O} \ddot{O} \ddot{O}, \ddot{u} / \ddot{u}, \ddot{u} / \ddot{t} \ddot{O} \gg \ddot{O} \ddot{e} \ddot{O} \ddot{O} \ddot{O} \frac{3}{4} \ddot{O} \ddot{u}, \ddot{u} - \ddot{i} \ddot{O} \ddot{O}, \ddot{u} \beta \times, \ddot{u} \ddot{u} \times \ddot{i} \ddot{O} \ddot{O} \ddot{O} \ddot{O} \ddot{e} \ddot{t} \ddot{O} \mu \ddot{O} \ddot{O} \ddot{e} \ddot{O} - \ddot{O} \times - \ddot{O} \mu \ddot{O} \ddot{O} \ddot{e} \ddot{O} - \ddot{O} \ddot{u} \ddot{O} \ddot{d} - \ddot{u} \beta - \ddot{O} \ddot{e} - \ddot{u} \gg \ddot{O} \ddot{O} \ddot{i} \ddot{u} \ddot{O} \ddot{i} \ddot{O} - \ddot{O} \times \frac{3}{4} \ddot{O} \ddot{O} \mu \ddot{O} \ddot{O} - \ddot{O} \ddot{O}, \ddot{u} \ddot{O} \ddot{a} \ddot{O} \ddot{e}.$
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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 2021-22)

Semester – V

Paper- X

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

- 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

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 2021-22)
Semester – V
SEC-III



Yogic Therapies and Sports Physiotherapy

Credits: 2

Marks: 50

Per week : 3 P
Periods: 45

Unit- I

- NEW 1. Basics of Yoga .
2. Yoga for Diabetic patients.
3. Yoga for Hyper and Hypotension.
4. Yoga for Obesity

Unit –II

1. Yoga for Pain Management.
2. Yoga for Postural Deformities.
3. Yoga for Cardiac patients
4. Yoga for Kids and Children

Unit- III

1. Basics of Sports Physiotherapy.
2. Needs of Sports Physiotherapy.
3. Types of Physiotherapy.
4. Physiotherapy for disable person

Unit –IV

- NEW 3. **Rehabilitation and Physiotherapy.**
2. Physiotherapy for injured Athletes (Men and women).
3. Physiotherapy for disable person

Internal

10-Test

15 - Seminars


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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 2021-22)

Semester - VI

Paper-XI

Test, measurement and Psychology in Physical Education and Sports



Credits:3

Marks: 25 + 50 =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, Evaluation

Unit-II

1. Construction and classification of Test
2. Criteria of good test (Technical & Administrative Selection).
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 *primarily & secondary Laws.*
3. Personality - Meaning, Dimensions & Personality of sports-man

Unit-IV

- 1.4.2 1. Affecting factors in Growth and Development - Heredity and Environment *4-25*
- 4.3 2. Relationship between Sports Psychology and Performance of players

(Note -25 Marks internal Evaluation examination i.e. Test I:-05, Test II: -05, Assignment/ Tutorial:-15 Marks.)

T. S. L.
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Hingoli, Dist. Hingoli.

Reference Books



1. Dr. Devender Kansal - Test and Measurement in sports and phy.
Education
2. ÖÖ Ö³/₄ÖÖ, ü - İÖÖ, üßx, ü á x İÖ Ö Ö <³/₄ÖÖ
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üÖ ÖÖÖ-Ö ÖÖÖÖ Öã»μÖ ÖÖÖ-Ö
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. AEü. ÖÖÖ. *Ö ÖÖÖÖ - İÖİ Öx Ö á ³/₄Ö ÖïÖμÖÖêx Ö á
ÖÖ-ÖÄÖİÖÖÄİÖ, ÖãÖÖ-Ö Öİ üÖİÖ-Ö Öã Öê 1991
12. ³/₄ÖÖ.-ÖÖ üÖÖ>êü á, ü - İÖİ Öx Ö á ³/₄Ö
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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 2021-22)

Semester – VI

Paper- XII

Physical Education Practical



Credits:3

Marks:25+50 = 75

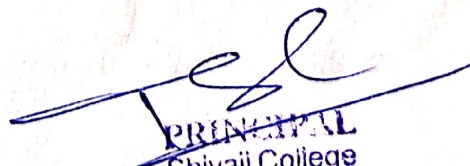
Per week - 04 periods
Periods: 60

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


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Reference Books for Practical Paper X and XII

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. >üÖð. ¾µÖ üêüiÖ ¾/4ÖÖÖ Ö¾/4ÖÖ>ü - üÖêØ"Ö Ö †ð->ü
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Swami Ramanand Teerth Marathwada University, Nanded.

B.A. (Third Year) (Fifth/Sixth semester) Examination

Winter/Summer 2021-22

PHYSICAL EDUCATION (Optional)

Paper No. IX / XI

(Name of the Paper)



Time: 2 Hours

Day / Date

Marks: 50

- | | | | |
|-------|------|--|----|
| N.B. | 1. | Attempt all questions | |
| | 2. | All Question Carry equal marks | |
| Q. 1. | | Question | 10 |
| | | Or | |
| | | Question | |
| Q. 2. | | Question | 10 |
| | | Or | |
| | | Question | |
| Q.3. | | Question | 10 |
| | | Or | |
| | | Question | |
| Q.4. | | Question | 10 |
| | | Or | |
| | | Question | |
| Q.5. | | Write Short note on any two of the following | 10 |
| | i. | | |
| | ii. | | |
| | iii. | | |
| | iv. | | |

N.B. 1. Separate heads of Passing

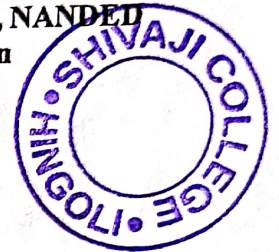
40%.

- a) Theory Paper Minimum Passing 20 Marks per semester (Out of 50 Marks)
- b) Practical Papers Minimum Passing 20 Marks per semester (Out of 50 Marks)

2. Practical examination conduct.

- a) First batch 20 students, Second batch will be treated as 1/3 of first batch.
 - b) Examiner appointed by the 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.

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 2021-22)
Semester – VI
SEC-IV



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

Internal marks

15 - Seminar.
10 - Test.



- 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

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Reference Books

1. K.K.Agrawal & R. J. Jain
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4. Brar, T.S. Officiating techniques in Track & field, Bhargava Press Gwalior, 2002
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8. $\bar{O}i\bar{O} . \times \bar{A}\bar{O} \gg \bar{O}e\bar{u}\bar{O} , \bar{u} > \bar{u}\bar{O}\bar{O} \bar{O} , \bar{u}\beta A\bar{E}\bar{u}\bar{O} , \bar{u}$
- $\bar{O}e\bar{u}\bar{u} \bar{A}\bar{O}\bar{O} \bar{O}\bar{O} \gg \bar{O}-\bar{O} \frac{3}{4}\bar{O} \bar{I}\bar{u}\beta > \bar{u}\bar{O} \bar{O}\bar{O} \bar{u}\bar{I}\bar{O}\bar{O}-\bar{O} ,$
 $\dagger \bar{O}\mu\bar{O} \bar{O}i \bar{u}\bar{O}i\bar{O}-\bar{O} , -\bar{O}\bar{O}\bar{O}\bar{u}\bar{u}$
9. $\dagger . \bar{e}\bar{u} \bar{u} , \bar{u} \bar{O} , \bar{u} \bar{u} , \bar{u} - \bar{I}\bar{u}\beta > \bar{u}\bar{O} \dagger \times -\bar{O} \times i\bar{O} \bar{O}\bar{O} \bar{O}-\bar{u}\bar{Y}\bar{O}\beta ,$
 $i\bar{O}C\bar{E}\bar{Y}\bar{O}\beta \bar{O}i \bar{u}\bar{O}i\bar{O}-\bar{O} , \dagger \bar{O} , \bar{u}\bar{O}\frac{3}{4}\bar{O}\bar{Y}\bar{O}\beta .$
10. $> \bar{u}\bar{O}\bar{O} . \bar{A}\bar{O}\bar{a} , \bar{e}\bar{u}i\bar{O} \bar{O}\bar{O}\bar{u}\bar{I} \frac{3}{4}\bar{O}\bar{O} > \bar{u} \bar{u} \bar{O}\beta\bar{O} - \bar{I}\bar{u}\beta > \bar{u}\bar{O} -\bar{O}\bar{O}-\bar{O} \bar{u}\bar{O}e\bar{I}\bar{O}$
 $\bar{O}e\bar{A}\bar{E}\bar{u}\bar{Y}\bar{O}\bar{O} \bar{O}^2 \gg \bar{O}\beta \bar{e}\bar{u}i\bar{O}-\bar{O} A\bar{E}\bar{u}\bar{O}\% \bar{u}\bar{A}\bar{O} , 1216 \bar{A}\bar{O}\bar{u}\bar{O} \times i\bar{O}\frac{3}{4}\bar{O} \bar{O}e\bar{s}\bar{u} ,$
 $\bar{O}\bar{a} \bar{O}e .$
11. $\bar{O}i \gg A\bar{E}\bar{u}\bar{O}\bar{u} \bar{A}\bar{O}\bar{O}\frac{3}{4}\bar{O}\bar{O}\bar{Y}\bar{O} , \bar{u}\bar{O}-\bar{O} \frac{3}{4}\bar{O}\bar{O} \bar{O}\frac{3}{4}\bar{O}\bar{Y}\bar{O} - \bar{O}e\bar{u}\bar{O}\bar{O} \bar{O}\bar{O}$
 $, \bar{u}\bar{O} \bar{O}\bar{O} \dagger \bar{O}E\bar{O} \gg \bar{O}\bar{O} \times \bar{u}\bar{C}\bar{E}\bar{A}\bar{O} \bar{O}\bar{O} , \bar{u}\bar{O}E\bar{O}\bar{O}\bar{O}-\bar{O} \bar{O}i \bar{u}\bar{O}i\bar{O}-\bar{O} , \bar{O}\bar{a} \bar{O}e$