

FY- BA/BCOM/BSC/BBA/BBA(CA)
Subject: PHYSICAL EDUCATION AND SPORTS
(2 CREDITS)

Physical Education, Sports and Games are an integral part of the educational system.

Course Learning Outcomes:

At the end of the Course the learners will be able to:

- Recognize correct and healthy lifestyle habits among learners.
- Recognize the need for physical and mental efficiency in order to overcome fatigue that may occur in daily life.
- Demonstrate the need to improve flexibility and concentration
- Demonstrate alternative ways to boost the immune system through practice of yoga, pranayama and meditation.
- Identify opportunities for leisure time activities and life time sports among learners.
- Relate and develop a positive attitude towards physical fitness and sports that would improve physical, mental, social, emotional and spiritual health.
- Recognize the need for an optimum and wholesome development among learners

The Courses consist of following points

Semester – I & II

Sr. No	Course Content	Credits	Hours
1	Credit 1- Physical Fitness and Games	1	30
2	Credit 2-Yoga or Self Defence	1	30

Credit 1 (30 hours)



Elita Tachhan
Elita Tachhan
Director of Physical Education
(Course Instructor)

Course Coordinator

PHYSICAL FITNESS AND GAMES

A. Physical Fitness Exercise (Without Equipment)

Leg Exercise	Hand Exercise	Core Exercise	Endurance / Jumping Exercise
Squats	Modified / Wall Push-ups	Bend Knee- Sits ups	Brisk Walk (10mins/ 15mins/20 mins)
Lunges	Triceps Dips	Leg Raises	Running Exercise
Wide Squat (Sumo Squats)	Maintain push-up position, Plank with Spinal Rotation	Alternate leg up and Down, Back Sit ups	Both leg, Alternate jump, one leg jump, Duck walk
Reverse Lunge	Side Plank	Bicycle Crunch	Skipping/ Sprints 50mt
Leg raises- Forward, Sideward, Backward, Diagonal	Maintain Decline push-up position,	Side to side twisting of bend leg	Step Exercises (Both leg, alternate leg, up-up-down-down jump)
Cone Drills- Zig-zag Run/ jumps	Inchworm- walk on hand	Forearm Plank	Continues Running (10min/15mins/ 20 min)

B. Physical Fitness Exercise with Equipment – (Medicine ball exercise, Dumble Exercise (use of water bottle of 1litrE or more) other home equipment's)

C. Games

Athletics, Basketball, Kho-Kho, Kabaddi, Volleyball, Handball, Table Tennis, Badminton.

D. Recreational Games

Ten passes, Gol kho-kho /Standing kho-kho, Chain Tag, Cone games, Ball games like overhead pass, underhand pass, side pass, Leg cricket, Box Cricket, ice-water, Dodgeball, Throw ball

E. Theory

1. Concept, definition and Goal (physical, mental & social) of Physical Education.
2. The importance of physical education in day to day life.
3. Aims and Objectives of physical education
4. Health and Health Education (Dimension, Benefits of H.E)
5. Concept of Physical Activity and its importance.
6. Concept of Physical fitness and its components- HRPF and SRPF components
7. Lifestyle Habits
8. Diet and Nutrition
9. Concept of Yoga, Pranayama and Meditation: Benefits in life. (Stress Management)

F. Exam- Physical Fitness Evaluation Exam is Compulsory for all.

Ekta Jadhav
Ekta Jadhav
Director of Phy. Educator
Course Co-ordinator



YOGA & SELF-DEFENCE

A. YOGA

1. Suryanamaskar
2. Yogasanas

Standing Asanas	Sitting Asanas	Lying Asanas (Supine Position)	Lying Asanas (Prone Position)
Tadasana, Vrikshasana	Sukhasana, Padamasana, (Parvatasana)	Ardha Halasana (Both leg / one leg)	Half Bhujangasana
Ardha Chakrasana	Paschimottanasana, Janu Sirsasana	Halasana (Plough pose)	Full Bhujangasana
Uttanpadasana, Utkatasana	Gomukasana Baddha Konasana	Setubandhasana (Bridge pose)	Dhanurasana
Trikonasana (All Types)	Vajrasana, Shashankasana	Pawanmuktasana (One leg/ both leg)	Adho Mukha Svanasana
Virabhadrasana, Utthita Parsvakonasana	Ardha Ustrasana, Purna Ushrasana	Viparit karni, Sarvangasana	Shalbhasana (One leg/ both leg)
Ardhs Chandrasana	Ardha Matsyendrasana	Shavasana	Makrasana

- Pranayama, Kriya and Meditation

Pranayama	Kriya	Meditation
Anuloma Viloma Pranayama	Kapalbhati	Tratak technique
Bhramari Pranayama		Yoga Nidra

B. SELF DEFENCE

BASIC: To develop reflexes and reaction time:

- 1) Punch 2) Block 3) Kicking 4) Chong Jong

PUNCH	BLOCK	KICKING	CHONG JONG
Munlong Jireugi (mid section punch)	Arae Marki (down block)	Yop Chagi (side kick)	Self Defence
Olgul Jireugi (high section punch)	Han sobbalmumtong Marki (one hand blade inner)	Ap Chagi (front kick)	
Arae Jireugi (low section punch)	Olyol Marki (upward block)	Dolyo Chagi (round kick)	
	Mumtong Marki (one hand inside)		


 Ekta Jadhav
 Director of Phy. Edu.
 Course Coordinator



Reference Books:

- Bucher, C. A., & Wuest, D. A. (2010). Foundation of Physical Education, Exercise Science and Sports. Tata McGraw Hill Education Private Limited. New Delhi.
- Fahey, T., Insel, P., & Roth, W. (1997). Fit & Well. Mayfield, U.S.A,
- Hayward, V. (2006). Advanced Fitness Assessment and exercise prescription. Human Kinetics, USA.
- Kansal, D. K. (2008). Textbook of Applied Measurement Evaluation & Sports Selection.
- Sports and Spiritual Science Publication, New Delhi.
- Rahl, R. V. (2010). Physical Activity and Health Guidelines. Human Kinetics. USA
- Hoeger, W.W. K., & Hoeger, S.A. (2007). Fitness and Wellness. Thomas learning. Wadsworth.

Yoga

- Iyengar, B.K. (2008). Light on Yoga. Orient Longman Pvt. Ltd. Mumbai.
- Iyengar, B.K. (2008).Light on Astanga Yoga. Alchemy Publishers. New Delhi
- Gharote, M. L. (2013). Guidelines for Yogic Practices. The Lonavla Yoga Institute

Self-Defence

- Taekwondo- Author: Kim Un-Yong World Taekwondo Federation
- Swayyamsidha Self Defence- Taekwondo-Do By-Taekwondo Association of Maharashtra

Spelcher
Ekta Jadhav
Director of Phy. Edu.



Course Coordinator

Evaluation Methodology

Evaluation (Health Related Physical Fitness)

Sr. No	Components	Test	Marks
1	Cardio Vascular Endurance	12 min run/ Step up test	5
2	Muscular Strength	Sit ups/ Push-ups	5
3	Body Mass Index (BMI)	Height, Weight	-
4	Theory paper	Assignment / Written test / MCQ on Google form/ Any other suitable method	10
5	Attendance		5
	Total		25

Evaluation (Yoga Practical or Taekwondo Practical)

TAEKWONDO EXAMS		YOGA EXAM	
Punch-	5 marks		
Block-	5 marks		
Kicking-	5 marks		
Chong Jong-	5 marks		
Attendance -	5 marks		
Total - 25 marks		Total - 25 marks	

Rules and Regulations:

- The learners from all streams have to appear for an above examination at the FY Level.
- In order to gain two credits, a learner has to attain minimum 40% in each credit and aggregate 40% in each course.
- Learners who have fail to attain the same or those who remain absent during the entire course or those who have not completed any task will complete the same during the IV Semester.
- Learners will not be considered eligible for promotion to the V Semester without completing the Course (i.e. PHYSICAL EDUCATION AND SPORTS).
- In case of a learner is medically unfit, she would be exempted, however, she has to remain present for the Class and will have to appear for a theory paper and viva/oral examination.
- Differently-abled learners will be exempted from the course PHYSICAL EDUCATION AND SPORTS on the production of a Certificate issued by Civil Surgeon of respective District Civil Hospital. The student shall have to submit her medical certificate at the time of admission.

Important Note: Learners will not be provided exemption from the course for any temporary illness. If she misses any assessment / task, she will be given opportunity in the ensuing semester.


Eka Jadhav
 Director of Physical Education
 Course Coordinator

CRITERIA OF PASSING

	Topic	Credit	Max Marks	Minimum Passing %	Max. Marks	Minimum Passing %
1	Physical Fitness and Games	1	25	40%	50	40%
2	Yoga or Self Defence	1	25	40%		

The students would be awarded a grade for having successfully appeared and passed the Course in physical Education.

GRADES: (Marks out of 50)

GRADING: Grading for course will be done separately as follows:

O	A	B	C	F	AB	Ex
43-50	35-42	27-34	20 -26	Less than 20	Absent	Exempted

If the student does not complete the necessary required of 20 marks, the student will marked as Yet to Clear.

Ekta Jadhav
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Director of Physical Edu.



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