

<b>Program: ALL PROGRAMS</b>				<b>Semester: II</b>	
<b>Course: SPORTS &amp; PHYSICAL EDUCATION</b> <b>Academic Year: 2024-2025</b> <b>Batch: 2024-2028</b>				<b>Code:</b>	
<b>Teaching Scheme</b>				<b>Evaluation Scheme</b>	
<b>Lecture</b>	<b>Practical</b>	<b>Tutorial</b>	<b>Credit</b>	<b>Internal Continuous Assessment (ICA) (weightage)</b>	<b>Term End Examinations (TEE) (weightage)</b>
<b>15</b>	<b>30</b>	<b>Nil</b>	<b>02</b>	<b>30</b>	<b>20</b>
<b>Sports &amp; Physical Education:</b>					
<p>Sports &amp; Physical Education is a very wide subject in which Biological, Psychological, Physical Health and Functional aspects of Sports and body are studied. It is noteworthy that it is a subject with the help of which human body both internally and externally can be kept healthy. Students will be able to discharge duties towards themselves and society through this subject. Under this subject, the students can demonstrate their skills and perfection in Sports ability, Management, Leadership, Health Plans, Event Management, Sports Budgeting, Physiology, Teaching methods, Sports Psychology and Research along with getting information regarding to the importance of Sports &amp; Physical Education.</p>					
<b>Learning Objectives:</b>					
<p>CLO 1. To make learner acquire good health, physical fitness and bodily coordination through participating regularly in physical activity.</p> <p>CLO 2 To develop motor skills, acquire necessary knowledge through physical activities and cultivate positive values and attitudes for the development of an active and healthy lifestyle,</p> <p>CLO 3 To promote desirable moral behaviors, cooperation in communal life, ability to make decisions, and the appreciation of aesthetic movement.</p> <p>CLO 4 Through participating in various activities, students can acquire knowledge and skills; develop generic skills, as well as desirable values and attitudes.</p>					
<b>Course Outcomes:</b>					
<ul style="list-style-type: none"> <li>• The learner will be able to maintain good health, physical fitness and bodily coordination through participating in physical activity.</li> <li>• The learner will develop motor skills, acquire necessary knowledge through physical activities and cultivate positive values and attitudes for the development of an active and healthy lifestyle.</li> <li>• The learner will encourage to promote desirable moral behaviors, cooperation in communal life, ability to make decisions, and the appreciation of aesthetic movement.</li> <li>• The learner will be encouraged to participate in various activities, students can acquire knowledge and skills; develop generic skills, as well as desirable values and attitudes.</li> </ul>					
<b>Pedagogy:</b>					
<ul style="list-style-type: none"> <li>• Use of PPT and Question – Answer session</li> <li>• Group discussion</li> </ul>					
<b>Each lecture session would be of one-hour duration (45 sessions) : 15 Lectures + 30 Practical</b>					

<b>Module</b>	<b>Module Content</b>	<b>Module Wise Duration (hrs.)</b>
I	<p><b>Physical Education</b></p> <ul style="list-style-type: none"> <li>• Scope, aim and objective of Physical education.</li> <li>• Importance of Physical education in Modern era.</li> <li>• Relationship of physical education with general education</li> <li>• History and development of Physical education in India: pre and post- independence.</li> </ul> <p><b>Sociological Foundation:</b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition and importance of sport Sociology</li> <li>• Culture and sports</li> <li>• Socialization and sports</li> <li>• Gender and Sports.</li> </ul> <p><b>National Sports Awards</b> <b>Sports schemes of India</b></p>	7
II	<p><b>Health Education:</b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition and Dimensions of Health.</li> <li>• Meaning, Definition objectives, Principals and importance of Health Education.</li> <li>• Health and drugs</li> </ul> <p><b>Wellness and Life Style</b></p> <ul style="list-style-type: none"> <li>• Importance of wellness and lifestyle.</li> <li>• Role of Physical Activity Maintaining Healthy Life Style.</li> <li>• Stress Management, Obesity and Weight Management.</li> </ul> <p><b>Posture:</b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition and Importance of Posture.</li> <li>• Causes of Bad Posture.</li> <li>• Postural Deformities – Kyphosis, Lordosis, Scoliosis, Round Shoulder, Knock Knee, Bow Leg, Flatfoot, Claw Foot (causes and remedial exercise).</li> <li>• Fundamental Movements of Body Parts</li> </ul>	8

### **PRACTICAL**

<b>Unit</b>	<b>Topic</b>	<b>No. of Hours</b>
<b>Unit I</b>	<ul style="list-style-type: none"> <li>• Learn and demonstrate the techniques of warm- up, general exercise and cooling down</li> <li>• Learn and demonstrate physical fitness through aerobic, circuit training and calisthenics.</li> </ul>	<b>30</b>

### **Evaluation Pattern**

Weightage to Semester End Examination and Internal Continuous Assessment will be 60:40 respectively.

For courses carrying 2 credits Courses carrying 2 credits shall be evaluated for total of 50 marks, which means 20 marks Semester End Examination and 30 marks for Internal Continuous Assessment.

1. For Semester End Examination, the question paper pattern shall be as follows:

Maximum Marks: 20

Duration: 40 m

**End Semester Examination: Paper pattern (Bloom's Taxonomy will be followed)**

Q1. Answer any Two out of the following Three questions. (20)

Prepared by,  
Dr. Shivesh Shukla  
Director of Physical Education & Sports

Approved by,  
Dr. Parag Ajagaonkar  
Principal

<b>Program: ALL PROGRAMS</b>				<b>Semester: III</b>	
<b>Course: SPORTS &amp; PHYSICAL EDUCATION</b> <b>Academic Year: 2024-2025</b> <b>Batch: 2024-2028</b>				<b>Code:</b>	
<b>Teaching Scheme</b>				<b>Evaluation Scheme</b>	
<b>Lecture</b>	<b>Practical</b>	<b>Tutorial</b>	<b>Credit</b>	<b>Internal Continuous Assessment (ICA) (weightage)</b>	<b>Term End Examinations (TEE) (weightage)</b>
<b>15</b>	<b>30</b>	<b>Nil</b>	<b>02</b>	<b>30</b>	<b>20</b>
<b>Sports &amp; Physical Education:</b>					
<p>Sports &amp; Physical Education is a very wide subject in which Biological, Psychological, Physical Health and Functional aspects of Sports and body are studied. It is noteworthy that it is a subject with the help of which human body both internally and externally can be kept healthy. Students will be able to discharge duties towards themselves and society through this subject. Under this subject, the students can demonstrate their skills and perfection in Sports ability, Management, Leadership, Health Plans, Event Management, Sports Budgeting, Physiology, Teaching methods, Sports Psychology and Research along with getting information regarding to the importance of Sports &amp; Physical Education.</p>					
<b>Learning Objectives:</b>					
<p>CLO 1. To make learner acquire good health, physical fitness and bodily coordination through participating regularly in physical activity.</p> <p>CLO 2 To develop motor skills, acquire necessary knowledge through physical activities and cultivate positive values and attitudes for the development of an active and healthy lifestyle,</p> <p>CLO 3 To promote desirable moral behaviors, cooperation in communal life, ability to make decisions, and the appreciation of aesthetic movement.</p> <p>CLO 4 Through participating in various activities, students can acquire knowledge and skills; develop generic skills, as well as desirable values and attitudes.</p>					
<b>Course Outcomes:</b>					
<ul style="list-style-type: none"> <li>• The learner will be able to maintain good health, physical fitness and bodily coordination through participating in physical activity.</li> <li>• The learner will develop motor skills, acquire necessary knowledge through physical activities and cultivate positive values and attitudes for the development of an active and healthy lifestyle.</li> <li>• The learner will encourage to promote desirable moral behaviors, cooperation in communal life, ability to make decisions, and the appreciation of aesthetic movement.</li> <li>• The learner will be encouraged to participate in various activities, students can acquire knowledge and skills; develop generic skills, as well as desirable values and attitudes.</li> </ul>					
<b>Pedagogy:</b>					
<ul style="list-style-type: none"> <li>• Use of PPT and Question – Answer session</li> <li>• Group discussion</li> </ul>					
<b>Each lecture session would be of one-hour duration (45 sessions) : 15 Lectures + 30 Practical</b>					

<b>Module</b>	<b>Module Content</b>	<b>Module Wise Duration (hrs.)</b>
I	<b>Sports Management</b> <ul style="list-style-type: none"> <li>• Meaning, concept, definition, Nature and scope of sports management.</li> <li>• Aims, objectives &amp; Principles of sports management.</li> </ul> <b>Event Management</b> <ul style="list-style-type: none"> <li>• Meaning, concept, planning and management of sports event.</li> <li>• Role of sports event manager.</li> <li>• Steps in event management:</li> <li>• Planning, Executing &amp; Evaluating</li> </ul>	7
II	<b>Budget</b> <ul style="list-style-type: none"> <li>• Meaning, Definition, Preparation, Principals of making SportsBudget.</li> <li>• Basics of Sports Event Accounting.</li> <li>• Format of Budget Preparation.</li> <li>• Preparing the Departmental Financial Plan and estimate.</li> <li>• Expenditure management.</li> </ul> <b>Facilities Equipment</b> <ul style="list-style-type: none"> <li>• Procedure to purchase sports goods and equipment.</li> <li>• Procedure of Stock entry &amp; Write Off.</li> <li>• Storing and distribution.</li> <li>• List of Consumable and Non- Consumable sports goods andequipment. Care and maintenance of Equipment.</li> </ul>	8

#### **PRACTICAL**

<b>Unit</b>	<b>Topic</b>	<b>No. ofHours</b>
<b>Unit I</b>	Learn and demonstrate the techniques of Indoor Game (Table Tennis & Chess) - Student can choose any one game as specialization.	<b>30</b>
	Diet chart & measurement of BMI	

#### **Suggested Readings**

#### **Evaluation Pattern**

Weightage to Semester End Examination and Internal Continuous Assessment will be 60:40 respectively.

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2. For Semester End Examination, the question paper pattern shall be as follows:

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Duration: 40 m

**End Semester Examination: Paper pattern (Bloom's Taxonomy will be followed)**

Q1. Answer any Two out of the following Three questions. (20)

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Dr. Shivesh Shukla  
Director of Physical Education & Sports

Approved by,  
Dr. Parag Ajagaonkar  
Principal

<b>Program: ALL PROGRAMS</b>				<b>Semester: IV</b>	
<b>Course: SPORTS &amp; PHYSICAL EDUCATION</b> <b>Academic Year: 2024-2025</b> <b>Batch: 2024-2028</b>				<b>Code:</b>	
<b>Teaching Scheme</b>				<b>Evaluation Scheme</b>	
<b>Lecture</b>	<b>Practical</b>	<b>Tutorial</b>	<b>Credit</b>	<b>Internal Continuous Assessment (ICA) (weightage)</b>	<b>Term End Examinations (TEE) (weightage)</b>
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<b>Course Outcomes:</b>					
<ul style="list-style-type: none"> <li>• The learner will be able to maintain good health, physical fitness and bodily coordination through participating regularly in physical activity.</li> <li>• The learner will develop motor skills, acquire necessary knowledge through physical activities and cultivate positive values and attitudes for the development of an active and healthy lifestyle.</li> <li>• The learner will encourage to promote desirable moral behaviors, cooperation in communal life, ability to make decisions, and the appreciation of aesthetic movement.</li> <li>• The learner will be encouraged to participate in various activities, students can acquire knowledge and skills; develop generic skills, as well as desirable values and attitudes.</li> </ul>					
<b>Pedagogy:</b>					
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Module	Module Content	Module Wise Duration (hrs.)
I	<p><b>INTRODUCTION: Anatomy &amp; Physiology</b></p> <ul style="list-style-type: none"> <li>• Meaning, Definition and Importance of Anatomy and Physiology in the field of Physical Education &amp; Sports</li> </ul> <p><b>Various Systems of the Body</b></p> <ul style="list-style-type: none"> <li>• Skeletal System, Muscular System, Circulatory System, Respirator System, Digestive System, Nervous System, Endocrine System.</li> <li>• Impact of exercise on the various systems of the body</li> </ul> <p><b>Common Sports Injuries:</b></p> <p>Sprain, Strain, Contusion, Abrasion, Blister, Concussion, Abrasion, Laceration, Hematoma</p> <ul style="list-style-type: none"> <li>• First Aid of Soft Tissue Injuries</li> <li>• Bandages for Soft Tissue Injuries</li> <li>• Taping and supports</li> <li>• Rehabilitation of Sports Injuries</li> </ul>	7
II	<p><b>INTRODUCTION: Sports Psychology</b></p> <ul style="list-style-type: none"> <li>• Meaning, Importance and scope of sports psychology</li> <li>• General characteristics of various stages of growth and development.</li> </ul> <p><b>Psychological Traits in Sports:</b></p> <p><b>Personality:</b></p> <ul style="list-style-type: none"> <li>• Meaning and definition and characteristics of personality.</li> <li>• Dimensions of personality, personality and sports performance</li> </ul> <p><b>Learning:</b></p> <ul style="list-style-type: none"> <li>• Nature of learning, theories of learning.</li> <li>• Law of learning, plateau in learning, transfer of learning</li> </ul> <p><b>Motivation:</b></p> <ul style="list-style-type: none"> <li>• Nature of motivation, factors influencing motivation.</li> <li>• Motivational techniques and its impact on sports performance.</li> </ul>	8

**PRACTICAL**

Unit	Topic	No. of Hours
Unit I	Learn and demonstrate the techniques of Outdoor Game (Basketball & Football) - Student can choose any one game as specialization.	30
	Diet chart & measurement of BMI	

**Evaluation Pattern**

Weightage to Semester End Examination and Internal Continuous Assessment will be 60:40 respectively.



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