

Program: ALL PROGRAMS				Semester: II	
Course: SPORTS & PHYSICAL EDUCATION Level I Academic Year: 2024-2025 Batch: 2024-2028				Code:	
Teaching Scheme				Evaluation Scheme	
Lecture	Practical	Tutorial	Credit	Internal Continuous Assessment (ICA) (weightage)	Term End Examinations (TEE) (weightage)
15	30	Nil	02	100% (50 Marks)	-
<p>Sports & Physical Education: Sports & 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 & Physical Education.</p>					
<p>Learning Objectives: CLO 1. To make learner acquire good health, physical fitness and bodily coordination through participating regularly in physical activity. 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, CLO 3 To promote desirable moral behaviors, cooperation in communal life, ability to make decisions, and the appreciation of aesthetic movement. CLO 4 Through participating in various activities, students can acquire knowledge and skills; develop generic skills, as well as desirable values and attitudes.</p>					
<p>Course Outcomes:</p> <ul style="list-style-type: none"> • The learner will able to maintain good health, physical fitness and bodily coordination through participating in physical activity. • 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. • The learner will encourage to promote desirable moral behaviors, cooperation in communal life, ability to make decisions, and the appreciation of aesthetic movement. • 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. 					
<p>Pedagogy:</p> <ul style="list-style-type: none"> • Use of PPT and Question – Answer session • Group discussion 					
Each lecture session would be of one-hour duration (45 sessions) : 15 Lectures + 30 Practical					

Module	Module Content	Module Wise Duration (hrs.)
I	<p>Physical Education</p> <ul style="list-style-type: none"> • Scope, aim and objective of Physical education. • Importance of Physical education in Modern era. • Relationship of physical education with general education • History and development of Physical education in India: pre and post- independence. <p>Sociological Foundation:</p> <ul style="list-style-type: none"> • Meaning, Definition and importance of sport Sociology • Culture and sports • Socialization and sports • Gender and Sports. National Sports Awards <p>Sports schemes of India</p>	7
II	<p>Health Education:</p> <ul style="list-style-type: none"> • Meaning, Definition and Dimensions of Health. • Meaning, Definition objectives, Principals and importance of Health Education. • Health and drugs <p>Wellness and Life Style</p> <ul style="list-style-type: none"> • Importance of wellness and lifestyle. • Role of Physical Activity Maintaining Healthy Life Style. • Stress Management, Obesity and Weight Management. <p>Posture:</p> <ul style="list-style-type: none"> • Meaning, Definition and Importance of Posture. • Causes of Bad Posture. • Postural Deformities – Kyphosis, Lordosis, Scoliosis, Round Shoulder, Knock Knee, Bow Leg, Flatfoot, Claw Foot (causes and remedial exercise). • Fundamental Movements of Body Parts 	8
PRACTICAL		
Unit	Topic	No. of Hours
Unit I	<ul style="list-style-type: none"> • Learn and demonstrate the techniques of warm-up, general exercise and cooling down • Learn and demonstrate physical fitness through aerobic, circuit training and calisthenics. 	30

Evaluation Pattern

Practical 30 Marks Based on Module assigned for Practical:

Continuous Assessment	Details	Marks
Component 1 (ICA-1)	Knowledge of sports	3
Component 2 (ICA-2)	Rule & Regulation of the sports	7
Component 3 (ICA-3)	Techniques of the sports	8
Component 4 (ICA-4)	Playing ability	5
Component 5 (ICA-5)	Skill performance	5
Component 6 (ICA-6)	Playing ability	2

Theory based exam 20 Marks

	Particulars	Marks
Unit 1	Class test	10 marks
Unit 2	Class test	10 marks

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

Approved by,
Dr. Parag Ajagaonkar
Principal

Program: ALL PROGRAMS				Semester: III	
Course: SPORTS & PHYSICAL EDUCATION Level II Academic Year: 2024-2025 Batch: 2024-2028				Code:	
Teaching Scheme				Evaluation Scheme	
Lecture	Practical	Tutorial	Credit	Internal Continuous Assessment (ICA) (weightage)	Term End Examinations (TEE) (weightage)
15	30	Nil	02	100% (50 Marks)	-
Sports & Physical Education:					
<p>Sports & 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 & Physical Education.</p>					
Learning Objectives:					
<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>					
Course Outcomes:					
<ul style="list-style-type: none"> • The learner will able to maintain good health, physical fitness and bodily coordination through participating in physical activity. • 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. • The learner will encourage to promote desirable moral behaviors, cooperation in communal life, ability to make decisions, and the appreciation of aesthetic movement. • 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. 					
Pedagogy:					
<ul style="list-style-type: none"> • Use of PPT and Question – Answer session • Group discussion 					
Each lecture session would be of one-hour duration (45 sessions) : 15 Lectures + 30 Practical					

Module	Module Content	Module Wise Duration (hrs.)
I	<p>Sports Management</p> <ul style="list-style-type: none"> • Meaning, concept, definition, Nature and scope of sports management. • Aims, objectives & Principles of sports management. Event Management • Meaning, concept, planning and management of sports event. • Role of sports event manager. • Steps in event management: • Planning, Executing & Evaluating 	7
II	<p>Budget</p> <ul style="list-style-type: none"> • Meaning, Definition, Preparation, Principals of making Sports Budget. • Basics of Sports Event Accounting. • Format of Budget Preparation. • Preparing the Departmental Financial Plan and estimate. • Expenditure management. <p>Facilities Equipment</p> <ul style="list-style-type: none"> • Procedure to purchase sports goods and equipment. • Procedure of Stock entry & Write Off. • Storing and distribution. • List of Consumable and Non- Consumable sports goods and equipment. Care and maintenance of Equipment. 	8
PRACTICAL		
Unit	Topic	No. of Hours
Unit I	<p>Learn and demonstrate the techniques of Indoor Game (Table Tennis & Chess) - Student can choose any one game as specialization.</p> <p>Diet chart & measurement of BMI</p>	30

Evaluation Pattern

Practical 30 Marks Based on Module assigned for Practical:

Continuous Assessment	Details	Marks
Component 1 (ICA-1)	Knowledge of sports	3
Component 2 (ICA-2)	Rule & Regulation of the sports	7
Component 3 (ICA-3)	Techniques of the sports	8
Component 4 (ICA-4)	Playing ability	5
Component 5 (ICA-5)	Skill performance	5
Component 6 (ICA-6)	Playing ability	2

Theory based exam 20 Marks

	Particulars	Marks
Unit 1	Class test	10 marks
Unit 2	Class test	10 marks

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Principal

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Program: ALL PROGRAMS				Semester: IV	
Course:SPORTS & PHYSICAL EDUCATION Level III Academic Year: 2024-2025 Batch: 2024-2028				Code:	
Teaching Scheme				Evaluation Scheme	
Lecture	Practical	Tutorial	Credit	Internal Continuous Assessment (ICA) (weightage)	Term End Examinations (TEE) (weightage)
15	30	Nil	02	100% (50 Marks)	-
Sports & Physical Education:					
<p>Sports & 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 & Physical Education.</p>					
Learning Objectives:					
<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>					
Course Outcomes:					
<ul style="list-style-type: none"> • The learner will able to maintain good health, physical fitness and bodily coordination through participating regularly in physical activity. • 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. • The learner will encourage to promote desirable moral behaviors, cooperation in communal life, ability to make decisions, and the appreciation of aesthetic movement. • 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. 					
Pedagogy:					
<ul style="list-style-type: none"> • Use of PPT and Question – Answer session • Group discussion 					
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Module	Module Content	Module Wise Duration (hrs.)
I	<p>INTRODUCTION: Anatomy & Physiology</p> <ul style="list-style-type: none"> • Meaning, Definition and Importance of Anatomy and Physiology in the field of Physical Education & Sports <p>Various Systems of the Body</p> <ul style="list-style-type: none"> • Skeletal System, Muscular System, Circulatory System, Respirator System, Digestive System, Nervous System, Endocrine System. • Impact of exercise on the various systems of the body <p>Common Sports Injuries:</p> <p>Sprain, Strain, Contusion, Abrasion, Blister, Concussion, Abrasion, Laceration, Hematoma</p> <ul style="list-style-type: none"> • First Aid of Soft Tissue Injuries • Bandages for Soft Tissue Injuries • Taping and supports • Rehabilitation of Sports Injuries 	7
II	<p>INTRODUCTION: Sports Psychology</p> <ul style="list-style-type: none"> • Meaning, Importance and scope of sports psychology • General characteristics of various stages of growth and development. <p>Psychological Traits in Sports:</p> <p>Personality:</p> <ul style="list-style-type: none"> • Meaning and definition and characteristics of personality. • Dimensions of personality, personality and sports performance <p>Learning:</p> <ul style="list-style-type: none"> • Nature of learning, theories of learning. • Law of learning, plateau in learning, transfer of learning <p>Motivation:</p> <ul style="list-style-type: none"> • Nature of motivation, factors influencing motivation. • Motivational techniques and its impact on sports performance. 	8
PRACTICAL		
Unit	Topic	No. of Hours
Unit I	<p>Learn and demonstrate the techniques of Outdoor Game (Basketball & Football) - Student can choose any one game as specialization.</p> <p>Diet chart & measurement of BMI</p>	30

Evaluation Pattern

Practical 30 Marks Based on Module assigned for Practical:

Continuous Assessment	Details	Marks
Component 1 (ICA-1)	Knowledge of sports	3
Component 2 (ICA-2)	Rule & Regulation of the sports	7
Component 3 (ICA-3)	Techniques of the sports	8
Component 4 (ICA-4)	Playing ability	5
Component 5 (ICA-5)	Skill performance	5
Component 6 (ICA-6)	Playing ability	2

Theory based exam 20 Marks

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