



Rayat Shikshan Sanstha's

Sadguru Gadge Maharaj College, Karad

(An Autonomous)

Department of Physical Education and Sports

National Education Policy NEP 2020

To be implemented from Academic Year 2023-24

Name of the Programme : B.A, B.Com, B.Sc.

Name of the COURSE (Subject) : Physical Education & Sports

SCHEME OF EXAMINATION:

- The examination shall be at the end of each semester.
- Each paper shall carry 25 marks for Theory and 25 marks for practical work.
- The evaluation of the performance of the students in theory shall be on the basis of semester examination as mentioned above.
- Question paper will be set in the view of the entire syllabus preferably covering each unit of the syllabus.

All questions are compulsory

Q. 1 10-mark descriptive type (1/2)

Q. 2 10-mark short notes types (2/3)

Q. 3 05 mark choose correct alternative

The evaluation of the performance of the students in practical shall be on the basis of external evaluation at the end of Third semester and Fourth semester.

Paper No. I

Credit: 02
Max.Marks:50

Title : Yoga Vidya

Module1

Concepts, Definitions of Yoga

Module2

Aim and objective of yoga

Module3

Astang Yoga of Patanjali

Yam, Niyam, Asana, Pranyam, Pratyahar, Dharana, Dhyan, Samadhi

Yoga Studies (IDS) Practical Semester-I

A.Vajrasan, Padmasan, Vakrasan, Bhujangasan, Ardhashalbhasan, Viparilkarni, Mastysan, Padtlastasan etc.

B. Shitali pranayan, kapalBhati pranayan, UdlyanBandha, Singhmudra

C. Omkar sadhana

D. Any prayer

Marking system and performance

From Section (a) the practical

Two Assans of Student Choice - 04 Marks

Two Assans of Examiners Choice - 04 Marks

From section (B) of the Practical 08 Marks

From Section (C) of the Practical

Omkar sadhana 04 Marks

From section(D) of Practical

Any prayer 05 Marks

Total- 25 Marks

Semester II

Paper-



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Name of the COURSE (Subject) : Physical Education & Sports

Title: Physical Education and Sports

Credit: 02
Max.Marks:50

Learning outcomes:

1. The pass out would be able to compare the relationship between general education and physical education.
2. He would be able to identify and relate with the History of Physical Education.
3. He would be able to comprehend the relationship between Philosophy, Education and Physical Education.
4. He would able to identify the works of Philosophers of Education and Physical Education.
5. He would know recent developments and academic foundation of Physical Education.

UNIT I

- 1.1 Meaning & Definition of Significance Physical Education.
- 1.2 Scope of Physical Education.
- 1.3 Aims and Objective of Physical Education.
- 1.4 Indian History of Physical Education.

UNIT - II

- 2.1 Relationship of Physical Education with General Education.
- 2.2 Physical Education is an Art and Science.
- 2.3 Misconceptions about Physical Education.
- 2.4 Foundation of Physical Education?

Practical

1. Athletics (Track & Field Events)

Credit: 02

1. Basic skills of the game.
2. Dimensions and preparation of playing area.
3. Drills for skill development.
4. Skill tests, their administration and scoring.
5. Rules of the game and their interpretations.
6. Care & Maintenance of equipment Sports.

Sports simulation laboratory - Sports simulation laboratory is to be established to provide the students with a feasible environment where they will learn and practice sports skills using animated videos with continuous rectification of errors till exact simulation of skill is attained. Help may be taken from You tube Streaming, Swayam Platform (www.swayam.gov.in), Swayam Prabha (www.swayamprabha.gov.in) (available on Doordarshan (free dish TV), E-Yantra (www.e-yantra.org)).