



॥ सा विद्या या विमुक्तये ॥

स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

'ज्ञानतीर्थ', विष्णुपुरी, नांदेड - ४३१ ६०६ (महाराष्ट्र राज्य) भारत

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED

'Dnyanteerth', Vishnupuri, Nanded - 431 606 (Maharashtra State) INDIA

Established on 17th September, 1994, Recognized By the UGC U/s 2(f) and 12(B), NAAC Re-accredited with 'B++' grade

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आंतर विद्याशाखीय अभ्यास विद्याशाखे
अंतर्गत राष्ट्रीय शैक्षणिक धोरण २०२०
नुसार पदवी प्रथम वर्षाचे अभ्यासक्रम
(Syllabus) शैक्षणिक वर्ष २०२४-२५
पासून लागू करण्याबाबत.

प रि प त्र क

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक १५ मे २०२४ रोजीच्या मा. विद्यापरिषद बैठकीतील विषय क्रमांक १८/५९-२०२४ च्या ठरावानुसार आंतर विद्याशाखीय अभ्यास विद्याशाखेतील पदवी प्रथम वर्षाचे अभ्यासक्रम (Syllabus) शैक्षणिक वर्ष २०२४-२५ पासून लागू करण्यास मा. विद्यापरिषदेने मान्यता प्रदान केली आहे. त्यानुसार आंतर विद्याशाखीय अभ्यास विद्याशाखेतील खालील पदवी प्रथम वर्षाचे अभ्यासक्रम (Syllabus) लागू करण्यात येत आहेत.

- 1) B. A. I year Education.
- 2) B. A. I year Fashion Design.
- 3) B. A. I year Mass Commutation & Journalism.
- 4) B. A. I year Home Science.
- 5) B. A. I year Physical Education.
- 6) B. A. I year Lib. & Information Science.

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

'ज्ञानतीर्थ' परिसर,
विष्णुपुरी, नांदेड - ४३१ ६०६.

जा.क्र.:शौ-१/एनइपी २०२०/पदवी/आविशा/२०२४-२५/१४४
दिनांक : १०/०७/२०२४



C. P. M.

डॉ. सरिता लोसरवार
सहा.कुलसचिव

शैक्षणिक (१-अभ्यासमंडळ)
विभाग

प्रत : १) मा. आधिष्ठाता, आंतर विद्याशाखीय अभ्यास विद्याशाखा, प्रस्तुत विद्यापीठ.

२) मा. संचालक, परीक्षा व मुल्यमापन मंडळ, प्रस्तुत विद्यापीठ.

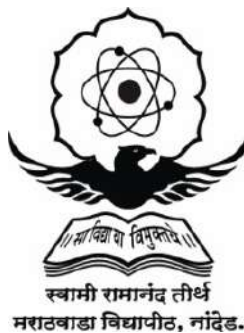
३) मा. प्राचार्य, सर्व संबंधित संलग्नित महाविद्यालये, प्रस्तुत विद्यापीठ.

४) मा. संचालक, सर्व संकुले परिसर व उपपरिसर, प्रस्तुत विद्यापीठ

५) मा. प्राचार्य, न्यू मॉडल डिग्री कॉलेज हिंगोली.

६) सिस्टीम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ. याना देवून कळविण्यात येते की, सदर परिपत्रक संकेतस्थळावर प्रसिध्द करण्यात यावे.

SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED - 431 606



**(Structure and Syllabus of Four Years Multidisciplinary Degree Program with
Multiple Entry and Exit Option)**

FOUR YEAR BACHELOR OF ARTS

Major in **PEDC** Minor in **PEDM**

Under the Faculty of
Interdisciplinary Studies

Effective from Academic year 2024 – 2025
(As per NEP-2020)

Forward by the Dean, Faculty of Interdisciplinary Studies

National Education Policy 2020 has been announced on 29.07.2020 course Government of India. NEP 2020 proposes a new and forward-looking vision for India's Higher Education System through quality universities and colleges. Its key is in the curriculum and its practical implementation. NEP 2020 foresees more vibrant, socially engaged, cooperative communities and a happier, cohesive, cultured, productive, innovative, progressive, and prosperous nation. The introduction of Research Methodology and ethics will widen the vision and broaden the perspectives of the learners.

The curriculum must be exciting, relevant, and regularly updated to align with the latest knowledge requirements and meet specified learning outcomes. High-quality pedagogy is necessary to impart the curricular material to students successfully; pedagogical practices determine the learning experiences provided to students, thus directly influencing learning outcomes. The assessment methods must be scientific, designed to improve learning and continuously test the knowledge application.

When syllabi are developed and framed appropriately at University, it will result in the upbringing and nourishment of multidisciplinary and holistic citizens. Emphasis is on outcome-based learning. Every course has well-defined objectives and outcomes. The assessment guidelines also provide clarity and precision to the vision behind prescribing the particular course content.

The syllabus of four year undergraduate bachelor course is a reformative and constructive step in the effective implementation of National Policy on Education 2020 by the Swami Ramanand Teerth Marathwada University. It is a product of rigorous exercise undertaken by the respective Board of Studies of the University which was prepared the guidelines provided by the steering committee set up by the Government of Maharashtra. This syllabus reflects the philosophical foundation through documents on National Education Policy 2020 which was provided by the Ministry of Education of Government of India and University Grants Commission, New Delhi.

This syllabus consists of content and activities that will empower the students for inculcating 21st century skills. The highlights of syllabus offers; holistic, inter- multi-trans disciplinary approach, research component, flexibility, technology embedded teaching-learning, value based and skill enhancement, which defines educational experience and opens up a whole new world of opportunities.

This syllabus structured on various predefined verticals that includes major subject and minor subject, generic or open electives, vocational and skill enhancement courses, ability enhancement courses, value education courses, Indian knowledge system, co-curricular courses which will be leading towards

graduation and perusing their career thereafter. There are total eight semesters for four year undergraduate course where, each semester is of 22 credits and students will have to choose semester wise specific vertical carefully.

Introducing Case Studies and Field Projects has created a unique opportunity for the higher education institute to bridge the gap between the academia, industry and the community, NEP believes effective learning requires a comprehensive approach that involves an appropriate curriculum, engaging pedagogy, continuous formative assessment, and adequate student support.

We are sure that the Graduate centers of this university and its affiliated colleges will implement the course effectively and successfully, resulting in a healthy and more creative academic ambience.

The design and development of syllabus is a continuous process, therefore all these syllabi are constantly under review. It is a request to teachers and students to suggest addition and changes in the present syllabus for supporting bright future of the learners.

Professor Dr. Chandrakant Ragho Baviskar
Dean (IC), Faculty of Interdisciplinary Studies
Swami Ramanand Teerth Marathwada University
Nanded- 431 606 (Maharashtra state)

चेअरमन

शारीरिक शिक्षण अभ्यास मंडळ

स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ नांदेड पदवी प्रथम वर्षाच्या अभ्यासक्रमाचे नियोजन करत असताना बदलत्या काळाचे आव्हाने स्वीकारणारा नागरिक तयार होणे आवश्यक आहे एकीकडे विज्ञान तंत्रज्ञान आणि दुसरीकडे पारंपारिक ज्ञानाशी घट्ट नाळ असलेला भारतीय समाज यांचा मेळ घालत असताना शिक्षण आरोग्य रोजगार यावरचा ताण कमी करायचा असेल तर माणसातील खिलाडू वृत्ती टिकवून ठेवावी लागेल त्याच्यातील अंगभूत कलागुणांचा विकास राष्ट्रहितासाठी व्हावा यासाठी अभ्यासक्रमात त्याचा समावेश करण्याच्या दृष्टीने नवीन शैक्षणिक धोरणानुसार अभ्यासक्रमाचे नियोजन करणे महत्त्वाचे आहे

म्हणूनच विद्यार्थ्यांच्या विकासाबरोबरच या मधून सामाजिक विकासाची प्रक्रिया गतिमान होईल रोज नव्या आव्हानांना भिडण्यासाठी व्यक्तीचा आत्मविश्वास वाढवण्यासाठी आणि खिलाडू वृत्ती वाढीस लावण्यासाठी प्रस्तुत अभ्यासक्रमाच्या माध्यमातून प्रयत्न केला आहे तंत्रज्ञानाच्या आणि विविध समाज माध्यमांच्या विळख्यात सापडलेला तरुण शारीरिक शिक्षणाच्या माध्यमातून अधिकाधिक रोजगाराभिमुख करणे हे करत असताना त्यांचा शारीरिक मानसिक बौद्धिक आणि भावनिक विकास करण्यावर भर दिला आहे नवीन शैक्षणिक धोरणाची प्रभावीपणे अंमलबजावणी करण्यासाठी दिलेल्या मार्गदर्शक तत्त्वानुसार अभ्यासक्रमाचे गठन करत असताना मला अनेकांचे सहकार्य लाभले त्यात माजी कुलगुरू डॉ. उद्धव भोसले सर माझी कुलसचिव डॉ. सर्जेराव शिंदे सर विद्यमान कुलगुरू डॉक्टर मनोहर चासकर सर विद्यमान कुलसचिव डॉ. शशिकांत ढवळे आंतरविद्या शाखेचे अधिष्ठाता डॉ. चंद्रकांत बाविस्कर सर डॉ. राजेश्वर देशमुख आणि अभ्यास मंडळाचे सर्व सदस्य

सर्व सहकारी मित्रांचे आभार मानतो

हा अभ्यासक्रम विद्यार्थ्यांच्या दर्जेदार जगण्यासाठी निश्चितच उपयोगी

पडेल हा विश्वास बाळगतो

आपला.

प्रा. डॉ. नागनाथ भास्करराव गजमल

अध्यक्ष

शारीरिक शिक्षण अभ्यास मंडळ

स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ नांदेड.



Swami Ramnanand Teerth Marathwadda University, Nanded.

Member of the Board of Studies in the subject of Physical Education

Under the Faculty of Interdisciplinary.

Sr No	Name of the Member	Designation	Address	Contact No.
1.	Dr. Nagnath Gajmal	President	Bahirji College, Basmath.	9421381420 8830406875p
2.	Dr. Sinku Kumar Singh	Member P.G. Teacher	School of Educational Sciences	9096537809 9359299550
3.	Dr. Bhima Kengle	Member P.G. Teacher	School of Educational Sciences	9881127195
4.	Dr. Rajeshwar Deshmukh	Member (Non-Head) U. G. Teacher	Nagnath College, Aundha Nagnath.	9422551534

5.	Dr. Sanjay Ekambekar	Member HOD U. G. Teacher	Havagiswami College, Udgir.	9823195851
6.	Dr. Saheb More	Member HOD U. G. Teacher	Vasantrao Naik College, Nanded.	9860117717
7.	Dr. Ganesh Solunke	Member HOD U. G. Teacher	Sant Tukaram College, Parbhani.	8329716099

Aims of Physical Education

- To aware all the students who are studying in various faculties of humanity and interdisciplinary towards to develop Physical fitness and all-round health of the students.
- To aware the students about their duties of citizenship and make them healthy and loyal citizen of the country.
- To create interest and motivate them for participation in the sports and games.
- To prepare a discipline, healthy students throughout the university.
- To develop the national integrity in the students through sports policy.
- To all round development.

Objectives of the Physical Education

- Physical Development.
- Mental Development.
- Social Development.
- Emotional Development.
- Development of organic Fitness.
- Development of Desirable Habits.

- Development of Functional knowledge.
- Development of Neuromuscular Co-Ordination.
- To Develop Motor abilities like Strength, Speed, Endurance, Flexibility, Agility and Balance.
- Physical Education which brings improvement in human performance with the help of physical activities.
- Physical Education is the development and care of the body ranging from simple callisthenic exercises to a course of study providing training in hygiene, gymnastics, and the performance and management of athletic games.



Swami Ramanand Teerth Marathwada University, Nanded.

Faculty of Interdisciplinary Studies (Three optional in the First Year)

Credit Framework for Four Year Multidisciplinary Degree Program with Multiple Entry and Exit

Subject: DSC (PHYSICAL EDUCATION- PED.) Major/ DSM (Minor 1 and Minor 2)

(For illustration PED, XXX and YYY combinations are considered, which may change for different Combinations)

Year & Level	Semester	Optional-1 Major (From the same faculty)	Optional-2 Minor 1 (From the same faculty)	Optional-3 Minor 2 (From the same faculty)	Generic Elective (GE) <i>(Select from Basket 3 of Faculties other than Interdisciplinary Studies)</i>	Vocational & Skill Enhancement Course (SEC) <i>(Related to DSC)</i>	Ability Enhancement Course (AEC) (Basket 4) Value Education Courses (VEC) / Indian Knowledge System (IKS) Basket 5 (Common across all faculties)	Field Work / Project/Internship/OJT/ Apprenticeship/ Case Study Or Co-curricular Courses (CCC) (Basket 6 for CCC) <i>(Common across all faculties)</i>	Credits	Total Credits
1	2	3	4	5	6	7	8	9	10	11
1 (4.5)	I	IPEDCT101 - Introduction of Physical Education. (T 2Cr) IPEDCP102 - Physical Education (P 2Cr) 4 Credits	IXXXCT101 (T 2Cr) IXXXCP101 (P 2Cr) 4 Credits	IYYYCT101 (T 2Cr) IYYCP101 (P 2Cr) 4 Credits	IPEDGE101 -Basic of Yoga Education. 2 Credits	IPEDIC101 - Fitness and Wellness. (2Cr) 2 Credits	AECENG 101 (2Cr.) IKS... 101 (2Cr.) 4 Credits	CCC...101 (2Cr.) (NCC/NSS/Sports/ Culture/Health Wellness/Yoga Education/Fitness/ 2Credits	22	44
	II	IPEDCT151 -Foundation of Physical Education. (T 2Cr) IPEDCT152 -Physical Education (P 2Cr) 4Credits	IXXXCT151 (T 2Cr) IXXXCP152 (P 2Cr) 4 Credits	IYYYCT151 (T 2Cr) IYYCP152 (P 2Cr) 4 Credits	IPEDGE151 - Physical Education for Better Living. 2 Credits	IPEDIC 151 - Curative Therapies. (2Cr) 2 Credits	AECENG 151 (2Cr.) VECCOI 151 (2Cr.) Constitution of India 4 Credits	CCC...151 (2 Cr.) 2 Credits	22	
Exitoption: UG Certificate in Major DSC on completion of 44 credits and additional 4 credits from NSQF / Internship										

Abbreviations:

- 1. DSC: Department/Discipline specific Course (major)**
- 2. DSE: Department/ Discipline Specific Elective**
- 3. DSM: Discipline Specific Minor**
- 4. GE/OE : Generic/ Open Elective**
- 5. VSEC: Vocational Skill and Skill Enhancement Course**
- 6. VSC: Vocational skill Courses**
- 7. SEC: Skill Enhancement Courses**
- 8. AEC: Ability enhancement courses**
- 9. MIL: Modern Indian Languages**
- 10.IKS: Indian Knowledge System**
- 11.VEC: Value Education Courses**



B. A. First Year Semester I (Level 4.5)
Teaching Scheme

	Course Code	Course Name	Credits Assigned			Teaching Scheme (Hrs/ week)	
			Theory	Practical	Total	Theory	Practical
Optional 1	IPEDC101	Introduction of Physical Education	02	--	2	2	--
	IPEDC102	Physical Education Practical (practical)	-	02	2	--	4
Optional 2	IPEDMT 101	IXXXCT101 (T 2Cr)	02	--	2	2	--
	IPEDMP 102	IXXXCP102 (P 2Cr)	--	2	2	--	4
Optional 3	IPEDMT 101	IYYYCT101 (T 2Cr)	2	--	2	2	--
	IPEDMP 102	IYYYCP101 (P 2Cr)	--	2	2		4
Generic Electives (From other Faculty)	IPEDGE 101	Basic of Yoga Education (Basket 3)	02	--	2	2	--
Vocational & Skill Enhancement Course	IPEDSC 101	Fitness and Wellness	--	02	2	--	4
Ability Enhancement Course	IAECENG101	L1 – Compulsory English Basket 4	02	--	2	2	--
Indian Knowledge System (IKS)	IKS...101	Select from Basket 5	02	--	2	2	--
Community Engagement Services (CES)	ICCCPED101	Any one of NCC/ NSS /Sports/ Culture /Health Wellness /Yoga Education / Fitness (Basket 6)	--	02	2	--	4
Total Credits			12	10	22	12	20



B. A. First Year Semester I (Level 4.5)

Examination Scheme

[20% Continuous Assessment (CA) and 80% End Semester Assessment (ESA)]

(For illustration we have considered a paper of 02 credits, 50 marks, need to be modified depending on credits of individual paper)

Subject (1)	Course Code (2)	CourseName (3)	Theory				Practical		Total Col (6+7) / Col (8+9) (10)
			Continuous Assessment (CA)			ESA			
			Test I (4)	Test II (5)	Avg of (T1+T2)/2 (6)	Total (7)	CA (8)	ESA (9)	
Optional 1	IPEDC101	Introduction of Physical Education	10	10	10	40	--	--	50
	IPEDC102	Physical Education Practical	--	--	--	--	10	40	50
Optional 2	IPEDMT 101	XXXXCT101 (T 2Cr)	10	10	10	40	--	--	50
	IPEDMP102	XXXXCP102 (P 2Cr)	--	--	--	--	10	40	50
Optional 3	IPEDMT 101	IYYYCT101 (T 2Cr)	10	10	10	40	--	--	50
	IPEDMP102	IYYYCP102 (P 2Cr)	--	--	--	--	10	40	50
Generic Electives	IPEDGE 101	Basic Yoga Education ((Basket 3)	10	10	10	40	--	--	50
Vocational & Skill Enhancement Course	IPEDSC 101	Fitness and Wellness	--	--	--	--	10	40	50
Ability Enhancement Course	AECENG101	L1 – Compulsory English	10	10	10	40	--	--	50
Indian Knowledge System	IKS...101	Title (Basket 5)	10	10	10	40	--	--	50
Community Engagement Services (CCC)	ICCCPED101	Any one of NCC/ NSS/Sports/ Culture /Health Wellness /Yoga Education / Fitness (Basket 6)	--	--	--	--	10	40	50



B. A. First Year Semester II (Level 4.5)

Teaching Scheme

	Course Code	CourseName	CreditsAssigned			TeachingScheme (Hrs/ week)	
			Theory	Practical	Total	Theory	Practical
Optional 1	IPEDC151	Foundation of Physical Education	02	--	02	2	--
	IPEDC152	Physical Education Practical (practical)	-	02	02	-	4
Optional 2	IPEDMT151	IYYYCT151 (T 2Cr)	02	--	02	2	--
	IPEDMP152	IYYYCP152 (P 2Cr)	-	02	02	--	4
Optional 3	IPEDMT 151	IYYYCT151 (T 2Cr)	2	--	02	2	--
	IPEDMT 152	IYYYCP152 (P 2Cr)		2	02	-	4
Generic Electives	IPEDGE 151	Physical Education for Better living	02	--	02	2	--
Vocational & Skill Enhancement Course	IPEDSC 151	Curative Therapies	--	02	02	--	4
Ability Enhancement Course	AECENG151	L2 – Second Language	02	--	02	2	--
Indian Knowledge System (IKS)	IKS...101	Select from Basket 5	02	--	2	2	--
Community Engagement Services (CES)	ICCCPED151	Any one of NCC/ NSS /Sports/ Culture /Health Wellness /Yoga Education / Fitness (Basket 5)	-	02	02	--	4
Total Credits			12	10	22	12	20



B. A. First Year Semester II (Level 4.5)

Examination Scheme

[20% Continuous Assessment (CA) and 80% End Semester Assessment (ESA)]

(For illustration we have considered a paper of 02 credits, 50 marks, and need to be modified depending on credits of individual paper)

Subject (1)	Course Code (2)	CourseName (3)	Theory				Practical		Total [Col (6+7) / Col (8+9)] (10)
			Continuous Assessment (CA)			ESA			
			Test I (4)	Test II (5)	Avg of (T1+T2)/2 (6)	Total (7)	CA (8)	ESA (9)	
Optional 1	IPEDC151	Foundation of Physical Education	10	10	10	40	--	--	50
	IPEDC152	Physical Education practical	--	--	--	--	10	40	50
Optional 2	IPEDM151	IYYYCT151 (T 2Cr)	10	10	10	40	--	--	50
	IPEDM152	IYYYCP152 (T 2Cr)	--	--	--	--	10	40	50
Optional 3	IPEDMT151	IYYYCT151 (T 2Cr)	10	10	10	40	--	--	50
	IPEDMP152	IYYYCP152 (P 2Cr)	--	--	--	--	10	40	50
Generic Electives	IPEDGE 151	Physical Education for Better Living	10	10	10	40	--	--	50
Vocational & Skill Enhancement Course	IPEDSC 151	Curative Therapies	--	--	--	--	10	40	50
Ability Enhancement Course	AECENG151	L2 – Second Language	10	10	10	40	--	--	50
Value Education Course	VECCOI151	Constitution of India	10	10	10	40	--	--	50
Indian Knowledge System	IKS...101	Title (Basket 5)	10	10	10	40	--	--	50
Community Engagement Services (CES)	CCCPED151	Any one of NCC/ NSS/Sports/ Culture /Health Wellness /Yoga Education / Fitness	--	--	--	--	10	40	50

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-I

IPEDCT101: Introduction of Physical Education

Credit- 2

Hours- 30

E.S.A.-40 + C.A.- 10 = 50 Marks

Courseobjectives:

- To enhance the knowledge of students in Physical Education at basic level.
- To update the knowledge of students in Physical Education.
- To understand the benefits of students in Physical Education.

Courseoutcomes:

- To will know the meaning and benefits of Physical Education.
- To will know the History of Physical Education.
- To will know the how develop of Physical Education in India.
- Students will know the sports tournaments at national and international level.

Curriculum Details:

ModuleNo.	UnitNo.	Topic	Marks
1.0		Introduction	10
	1.1	Meaning, Definition of Physical Education.	
	1.2	Concept, Need & Importance of Physical Education.	
	1.3	Aims & Objective of Physical Education.	
	1.4	Scope of Physical Education.	
2.0		History	10
		Ancient Physical Education in India.	
	2.1	Vedic Period	
	2.2	Ramayana & Mahabharata Period	
	2.3	Buddha Period	
		Modern Period	
	2.4	Maratha Period	
	2.5	British Period	
3.0		Historical development in India	10
	3.1	Y. M. C. A. Madras (Chennai)	
	3.2	Deccan Gymkhana, Pune	
	3.3	Hanuman VyayamPrasarak Mandal, Amravati.	
	3.4	Netaji Subhash National Institute of Sports, Patiyala.	
4.0		Olympic Movement	10
	4.1	Ancient Olympic Games	
	4.2	Modern Olympic Games	
	4.3	Asian Games	
	4.4	Commonwealth Games	
		Total	40

Continuous Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

ReferenceBooks:

1. **A Bucher, Charles.** – “Foundation of Physical Education” 8th editions, Lousi C. V. mostly Company, 1979.
2. Barrow Harold M. – “Man and Movements, Principals of Physical Education” Philadel. 3rd edition Lia and Febiger 1983.
3. Khan Eraj Ahemad – “History of Physical Education” Scientific Book Company.
4. Tiru Narayana C & Harihar Sarmas – “ An Analytical history of Physical Education” South Indian Press Karaikudi, April 1995.
5. “Olympics: Athens to Atlanta 1986- 1998 Friend publication Delhi. 1998.
6. Indian Olympic Association. Jan. 1976.

Swami Ramanand Teerth Marathwada University, Nanded.
Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-I

IPEDCP102: Physical Education Practical

Credit- 2

Hours- 458

E.S.A.-40 + C.A.- 10 = 50Marks

Courseoutcomes:

- The students would practically learn how to measure the Hight.
- The students would acquire the skills and techniques of track and field events in sports.
- To will inspire the students for the participation in sports and games.
- To will acquire the benefits of team games such as Table Tennis and Gymnastics.

Curriculum Details:

ModuleNo.	UnitNo.	Topic	Marks
1.0		Practical Project	05
	1.1	Measurement of Hight.	
2.0		Track and field event - Thowing	10
	2.1	Shot-put throw	
3.0		Track and field event-jumping	10
	3.1	Long Jump	
4.0		Major Game (any one)	15
	4.1	Table Tennis	
	4.2	Gymnastics (Mat exercise)	
5.0	5.1	Record book is compulsory	
		Total	40

Continuous Assessment (C. A.)

Oral - -05 marks

Attendance - 05 marks

Total = 10marks

ReferenceBooks:

1. K. K. Agrawal and R.J. Jain 'Officiating and Coaching' Suyog Prakashan, 3 Vivekanand market, Amravati 1983.
2. Y.M.C.A - 'Books of rules of games and sports'
Y.M.C.A. publication Hous. Jaising Road, New Delhi.
3. Lokesh Thuni- ' Play ground measurement manual' W.P. 474 first floor,, shiv Market, Ashok Vihar, Delhi- 110052
4. Ashok Kumar- ' International Encyclopedia of sports and games mittal
publication New Delhi- 110059 Vol – I to IV
Barrow H.M. and McGee R. (1979).A Practical Approach to Measurement in Physical Education.
Lea&Febiger, Philadelphia. U.S.A.
5. Tritschler K. Barrow & McGee's (2000). Practical Measurement and Assessment. Lippincott Williams & Wilkins. Philadelphia. U.S.A. Y.M.C.A - 'Books of rules of games and sports'
Y.M.C.A. publication Hous. Jaising Road, New Delhi.
6. डॉ. व्यक्तेश वांगवाड - कोचिंग न्ड ऑफीशिअरींग गेम्स न्ड स्पोर्ट्स पार्वती
प्रकाशन पुणे.
7. पी.के. अरोडा- खेळ संचालन एवं प्रशिक्षण, प्रकाश ब्रद
8. प्रा. सिलेदार डॉ. विठ्ठलसिंग परिहार- खेळ संचालन व क्रीडा मार्गदर्शन अभय
प्रकाशन, नांदेड 431 605
9. डॉ. सुरेशचंद्र नाडकर्णी- क्रीडा ज्ञानकोश
मेहता पब्लीकेशन हाऊस 1216 सदाशिव पेठ पुणे.
10. प्रा.के. एन. गंदगेक्रीडांगण , समर्थ पब्लीकेशन, नांदेड. प्रा.उत्तम धुमाळ

Physical Education
(With Effect From 2024-25)
B. A. First Year
Semester-I

IPEDGE101: Basic of Yoga Education.

Credit- 2

Hours- 30 E.S.A.-40 + C.A.- 10 = 50 Marks.

Courseoutcomes:

- Students will know details of Yoga.
- To will know the Astangyog and its benefits.
- To will know Asana and Suryanamskar its benefits.
- To will know Pranayama process.
- To will know Kriya and its benefits.

Curriculum Details:

ModuleNo.	UnitNo.	Topic	Marks
1.0		History of yoga	
	1.1	Meaning, definition of yoga	
	1.2	Need and Importance of Yoga	
	1.3	Concept of Yoga	
	1.4	Yoga for different body part	15
2.0		Asana &Suryanamskar	
	2.1	Principles of Asana	
	2.2	Types of Asana	
	2.3	Suryanamskar& its Process	
	2.4	Pranayama & Its Process	15
3.0		Kriya	
	3.1	Jaldhoti	
	3.2	Wasradhoti	
	3.3	Danddhoti	10
		Total	40

Continuous Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

Swami Ramanand Teerth Marathwada University, Nanded.
Physical Education

(With Effect From 2024-25)
B. A. First Year
Semester-I
IPEDIC101: Fitness and Wellness

Credit- 2

Hours- 45 E.S.A.-40 + C.A.- 10 = 50 Marks.

Courseoutcomes:

- Students will know the Importance of Fitness and Wellness.
- To will know the importance of exercise for the fitness and wellness.
- To will understand the various fitness training.
- Students will know the importance of life guard for giving life to other.

Curriculum Details:*(There shall be FOUR Modules in each course)*

ModuleNo.	UnitNo.	Topic	Marks
1.0		Fitness Trainer	
	1.1	Conditioning Exercise	
	1.2	Aerobic & Anaerobic Exercise	
	1.3	Isometric, Isotonic, Isokinetic, Exercise	
	1.4	Therapeutics Exercise	
2.0		Gym Trainer	
	2.1	Warm-up & Cooling Down	
	2.2	Weight Training	
	2.3	Station Training	
	2.4	Set Training	
	2.5	Strength Training	
3.0		Life Guard	
	3.1	Nature and duties of life guard	
	3.2	Life jackets	
	3.3	Deep & Shallow Water Rescue	
	3.4	Two Persons Removal Water	
		Total	40

Continues Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

ReferenceBooks:

1.Merley, William P. –“Health and Physical Fitness” – 1982 CBS College Publishing.
An Interactive Approach, Jones and Bartlett Publisher, Sndbury, Massachusetts, USA.

2. Bishop, J.G. -(2004) Fitness through Aerobics, Benjamin Cummings, USA. Brown, K.M. (2002) Physical Activity and Health:
3. Department of Physical Education and Sports Sciences, University of Delhi (2007), Draft Resource Material – Fitness, Aerobics and Gym-Operations.
4. Fahey, T.D., M.P. Insel and W.T. Rath -- Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York. (2006),
 1. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, -- Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi.-(2008)
 2.
 1. Hoeger, W W K and S.A. Hoeger --Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA.(2004).
 2. Singh S.K-- Sports Training and Sports Bio Mechanics in physical Education , Khel Sahitya Kendra, New Delhi India. (2011)

Swami Ramanand Teerth Marathwada University, Nanded.
Physical Education
 (With Effect From 2024-25)
 B. A. First Year

Semester-II
IPEDCT151: Foundation of Physical Education

Credit- 2

Hours- 30

E.S.A.-40 + C.A.- 10 = 50 Marks.

Course outcomes:

- Students will know the philosophy of Physical education.
- The student studies Biological, Psychological and Sociological basis of Physical Education.
- He also will come across games and sports as a cultural heritage of mankind and acquires knowledge about it.

Curriculum Details:*(There shall be FOUR Modules in each course)*

ModuleNo.	UnitNo.	Topic	Marks
1.0		Introduction	10
	1.1	Philosophy of Physical Education	
		Classification of activities	

	1.2		
	1.3	Activities for different age group	
2.0		Biological Basis of Physical Education	
	2.1	Affecting factors of growth and development	
	2.2	Deference between Male and Female	
	2.3	Benefits of Exercise (Under load, Normal load, Over load)	
	2.4	Training Principles.	
3.0		Psychological Basis of Physical Education	
	3.1	Meaning and Importance of Play	
	3.2	Theories of Play	
	3.3	Principles of Growth and development	
4.0		Sociological Basis of Physical Education	
	4.1	Game & Sports as a Cultural Heritage	
	4.2	Role of Physical Education for National Integration.	
	4.3	Role of Society to Culture Development	
		Total	40

Continues Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

Reference Books:

1. Kamlesh and Sangral Prakash- "Principles and History of Physical Education", Brothers of Physical Education, Education publishers, Books Market, Mailtiran Gate, Jullunder City.
2. **A Bucher, Charles.** – "Foundation of Physical Education" 8th editions, Lousi C. V. mostly Company, 1979.
3. Kamlesh M.L. - Psychology of Physical Education and sports
Metropolitan Book com – pvt ltd. 1983
4. M. Suinn - Psychology in sports and application Richard
5. Cratty B.J. - Psychology and Physical activity , Edgewood cliffs,

Prentice Hall, 1968.

6. ह.ता. जगताप - शैक्षणिक व प्रायोगिक मानसशास्त्र, नुतन प्रकाशन पुणे 1991
- 7 वा.ना दांडेकर - शैक्षणिक व प्रायोगिक मानसशास्त्र, मोघे प्रकाशन कोल्हापूर
- 8 आ.पा खरत - प्रगत शैक्षणिक मानसशास्त्र, श्रीविद्या प्रकाशन पुणे
- 9 प.म. आलेगांवकर - प्रगत क्रीडा मानसशास्त्र, कॉन्टीनेंटल प्रकाशन, विजया नगर पुणे
- 10 डॉ. रमेशचंद्र कंवर - शिक्षा एवं क्रीडा मनोविज्ञान - अमित ब्रदर्स पब्लीकेशन, नागपूर

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-II

IPEDCP152: Physical Education Practical

Courseoutcomes:

- The students will learn practically how to measure the Weight.
- The students will acquires knowledge of skills of Sports such as track and field events.
- To will inspire the students for the participation in sports and games.
- To will acquire the benefits of team games such as kabaddi and hand ball.

Curriculum Details:(There shall be FOUR Modules in each course)

ModuleNo.	UnitNo.	Topic	Marks
1.0		Practical Project	05
	1.1	Measurement of Wight	
2.0		Track & Field event- Sprint Running (any one)	10
	2.2	200 mt. Running	
	2.3	400mt. Running	
3.0		Major Game – Team Game (any one)	15
	3.1	Kabaddi	
	3.2	Hand Ball	
4.0		Indian Exercise	10
	4.1	Surya Namaskar	
5.0		Record Book is compulsory	
		Total	40

Continues Assessment (C. A.)

Oral - -05 marks

Attendance - 05 marks

Total = 10marks***ReferenceBooks:***

1. K. K. Agrawal and R.J. Jain 'Officiating and Coaching' Suyog Prakashan, 3 Vivekanand market, Amravati 1983.
2. Y.M.C.A - 'Books of rules of games and sports'
Y.M.C.A. publication Hous. Jaising Road, New Delhi.
3. Lokesh Thuni- ' Play ground measurement manual' W.P. 474 first floor,, shiv Market, Ashok Vihar, Delhi- 110052
4. Ashok Kumar- ' InternationalEncyclopedia of sports and games mittal publication New Delhi- 110059 Vol – I to IV

Barrow H.M. and McGee R. (1979). A Practical Approach to Measurement in Physical Education.
Lea & Febiger, Philadelphia. U.S.A.

Tritschler K. Barrow & McGee's (2000). Practical Measurement and Assessment. Lippincott
Williams & Wilkins. Philadelphia. U.S.A.

Y.M.C.A - 'Books of rules of games and sports'

Y.M.C.A. publication Hous. Jaising Road, New Delhi.

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-II

IPEDGE151: Physical Education for Better living

Courseoutcomes:

- Students would know concept of the good life.
- To will know, which factors are important for better life.
- To will know the benefits of team games for better life and national integration.
- To will know the importance of Diet and Nutrition for our life.
- To will know the recreational activities most important for better life.

Curriculum Details:

ModuleNo.	UnitNo.	Topic	Hrs. Required to cover the contents
1.0		Hygiene	10

	1.1	Personal Hygiene	
	1.2	Social Hygiene	
	1.3	Habits	
	1.4		
2.0		Promoting Activities as a Way of Life	
	2.1	Walking, Jogging, Running, Swimming	
	2.2	Benefits of Team Games	10
	2.3	National Integration	
3.0		Nutrition	
	3.1	Basic of Nutrition	
	3.2	Balance Diet	10
	3.3	Need & Importance of Nutria for the Healthy life	
4.0		Exercise and Recreation	
	4.1	Exercise as per Age Group	
	4.2	Recreational Activities : Dancing Aerobics, Singing, Watching Movies.	10
	4.3	Benefits of Tour.	
	4.4		
		Total	40

Continues Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2024-25)

B. A. First Year

Semester-II

IPEDSC151: Curative Therapies

Courseoutcomes:

- Students would know Massage and its benefits for the patients or disabled people.
- Students would understand how to give training for Pranayama and Asana.
- To will know yoga for patients and bad posture people.
- To will know about acupressure points and it for body extremities.
- To would understand over all benefits of acupressure.

Credit- 2**Hours – 45****E.S.A.-40 + C.A.- 10 = 50 Marks.**

Curriculum Details:*(There shall be FOUR Modules in each course)*

ModuleNo.	UnitNo.	Topic	Marks
1.0		Massage	15
	1.1	Concept of Massage	
	1.2	Techniques of Massage	
	1.3	Massage for body relaxation	
	1.4	Massage for disabled people	
	1.5	Benefits of massage	15
2.0		Yoga Trainer	
	2.1	Training for Pranayama,	
	2.2	Training for Asana	
	2.3	Yoga for patient	
	2.4	Yoga for bad posture	
3.0		Acupressure	10
	3.1	Points of acupressure	
	3.2	Acupressure for upper & lower body extremities	
	3.3	Precautions of acupressure	
	3.4	Benefits of acupressure	
		Total	40

Continues Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

ReferenceBooks:

1. Anand O P (2001). YogDawra Kaya Kalp. Sewasth SahityaPerkashan. Kanpur.
2. Chawade S, Benefits of Acupressure Points – Most Important Spots in Human Body.
3. Hecker H, K Liebchen (2007) Acupressure taping for chronic pain and injuries. The Journal of Chinese Medicine
4. Jolly R.S, Acupressure Therapy - Pressure Point Therapy.
5. Mary Beth Braun, Stephanie J. Simonson (2008) Introduction to Massage Therapy
Lippincott Williams & Wilkins
6. Sarin N (2003) Yoga DawaraRogonKaUpchhar.KhelSahitya Kendra
7. Shri Swami Ramas (2001). Breathing.SadhanaMandirTrust.Rishikesh.
8. Swami Ram (2000) Yoga & Married Life SadhanaMandirTrust.Rishikesh
9. Singh S.K (2008) Encyclopaedia of Yoga & Health Education, Khel Sahitya Kendra,
New Delhi India.