।। सा विद्या या विमुक्तये ।।

स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

"ज्ञानतीर्थ" परिसर, विष्णुपूरी, नांदेड - ४३१६०६ (महाराष्ट्र)

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY NANDED

"Dnyanteerth", Vishnupuri, Nanded - 431606 Maharashtra State (INDIA)

ACADEMIC (1-BOARD OF STUDIES) SECTION

Phone: (02462) 229542 Fax : (02462) 229574 Website: www.srtmun.ac.in

> आंतर विद्याशाखेतील सर्व संलग्नित महाविद्यालयातील पदवी स्तरावरील खालील विषयांच्या (**सी.बी.सी.एस)** पॅटर्न नुसारच्या अभ्यासक्रमास शैक्षणिक वर्ष 2021-22 पासून लागु करण्याबाबत.

E-mail: bos.srtmun@gmail.co

य रियत्रक

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, आंतर विद्याशाखेच्या दिनांक ०१ जून २०२१ रोजीच्या बैठकीतील शिफारशीनुसार व मा. विद्यापरिषदेच्या दिनांक १२ जून २०२१ रोजी संपन्न झालेल्या बैठकीतील विषय क्र.२९/५१—२०२१, च्या ठरावानुसार आंतर विद्याशाखेतील पदवी स्तरावरील बी.ए. तृतिय वर्षाचे (C.B.C.S.) पॅटर्न नुसार खालील अभ्यासक्रम शैक्षणिक वर्ष २०२१—२२ पासून लागु करण्यात येत आहेत.

- 1. B.A. (III, year) Home Science (v & vi Sem.)
- 2. B.A. (III, year) Physical Education (v & vi Sem.)
- 3. B.A. (III, year) Fashion Design (v & vi Sem.)
- 4. B.A. (III, year) Music (v & vi Sem.)
- 5. B.A. (III, year) Education (v & vi Sem.)
- 6. B.A. (III, year) Computer Animation & Web Designing (v & vi Sem.)
- 7. B.A. III, (Lib& Information Science) (v & vi Sem.)

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

'ज्ञानतीर्थ' परिसर,

विष्णुप्री, नांदेड - ४३१ ६०६.

जा.क्र.: शैक्षणिक—०१/परिपत्रक/पदवी/अभ्यासक्रम/

२०२१-२२/७०

दिनांक : ०६.०७.२०२१.

स्वाक्षरित/— **सह्य कुलसचिव**

प्रत माहिती व पुढील कार्यवाहीस्तव :

- १) मा. अधिष्ठाता, आंतर-विद्याशाखा, प्रस्तुत विद्यापीठ.
- २) मा. सहयोगी अधिष्ठाता, आंतर—विद्याशाखा, प्रस्तृत विद्यापीठ.
- ३) मा. कुलसचिव यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- ४) मा. संचालक, परीक्षा व मुल्यमापन मंडळ, यांचे कार्यालय, प्रस्तृत विद्यापीठ.
- ५) मा. प्राचार्य, संबंधित महाविद्यालये, प्रस्तृत विद्यापीठ.
- ६) सिस्टम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ यांना देवून कळविण्यात येते की, सदरील परिपत्रक विद्यापीठाच्या संकेत स्थळावर प्रकाशित करावे.

Swami Ramanand Teerth Marathwada University, Nanded.



PHYSICAL EDUCATION

(U.G. Level)

FACULTY OF PHYSICAL EDUCATION

(Three year Degree Course)

B.A. III year

(CBCS Pattern)

PHYSICAL EDUCATION SYLLABUS

Effective from June 2021

SWAMI RAMANAND TEERTH MARATHWADA UNIVERCITY' NANDED

Choice Based Credit (CBCS) Course Structure

Subject- Physical Education

B.A. Third Year (New Pattern)

With effect from: June, 2021

Semes ter	Core Course	Paper No.	Name of the Paper	Lectur es/ Week	Total No. of Lect.	CA	ESE	Total Marks	Credi ts
V	CCPHY- EDU-I	IX	Test Measurement & Psychology in physical Education & Sports	04	60	25	50	75	03
V	CCPHY- EDU-II	X	Physical Education practical	04 (Per Batch)	60	25	50	75	03
V	SEC-III	III	Yogic Therapies and Physiology	03	45	25	25	50	02
			Semester – V Total	11	165	75	125	200	08
VI	CCPHY- EDU-III	XI	Organization & Management in Phy. Edu	04	60	25	50	75	03
VI	CCPHY- EDU-IV	XII	Physical Education practical	04 (Per Batch)	60	25	50	75	03
VI	SEC-IV	IV	Officiating and Coaching	03	45	25	25	50	02
Semester - VI Total				11	165	75	125	200	08
TOTAL- V+VI sem:			22	330	150	250	400	16	

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED.

CBCS- Paper pattern for the subject of Physical Education B. A. Third Year

(With effects from the Academic year 2021-22)

Semester – V Paper-IX

ORGANIZATION AND MANAGEMENT IN PHYSICAL EDUCATION

Credits:3 Marks: 25 + 50 = 75 Per week - 04 periods Periods: 60

Unit-I

- 1. Definition, Scope, Need and importance of organization
- 2. Principle of organization
- 3. Skills organization

Unit-II

- 1. Needs and importance of Tournaments
- 2. Types of Tournament (Knock-out System, League System, Combination System, Challenge System)
- 3. Care and Maintenance of Play field and equipments
- 4. Intramural and Extramural Tournaments.

Unit- III

- 1. Definition, Scope ,Needs and importance of Management in Physical Education
- 2. Principles of Management
- 3. Qualification and Qualities of the good manager
- 4. Gym management (Needs, Facilities and Maintenance)
- 5. Management of different level tournament (School to National level)

Unit-IV

- 1. Function and Importance of Financial Management
- 2. Budget, Criteria of budget, Types of budget
- 3. Public relation, Principles, Needs and importance, methods of public relation (Print media, Electronic media, Social media, etc)
- 4. Sponsorship

(Note -25 Marks internal Evaluation examination i.e. Test I:-05, Test II: -05, Assignment/ Tutorial:-15 Marks.)

Reference Books

- P.M. Joseph . 'Organization of Physical education' O.S. A.T.I.P.E.
 Kandivali Bombay.
- 2. J.P. Thomas 'Organization of Physical education'
- D.S. Dheer and 'Organization and Administration of Physical education'
 Radhika Kamal Friends Publication, New Delhi 1997
- Valmer Edward F 'The Organization and Administration of Physical edu.'
 Arthur A. Prince Hall, Ine, New Jersy- 1979
- 5. Sharma 'The Organization and Administration of Games and Sports'
- 6. Charlrles A Bucher- 'Management of Physical Education and Athletics Programme'
- 7. U.K. Singh, 'Sports Management, 'Ajay Nangia For APH PublishingJ.M. Dewan corporation 5, Ansari Road, Daryaganj, New Delhi-110 002
- 8. S.K. Pachuri 'Sports Management' Ajay Varma,l Commonwealth
 Publishing 483/24, Pralhad Street, Ansari Road, Daryaganj,
 New Delhi-
- 11. ÖÏÖ. êú.<-Ö ÖÓ¤ü Öê ¿ÖÖ× ü üß ú ׿Ö Ö Ö †Ö× Ö Ïúß>üÖ ³/4 μ Ö³/4ÖãÖÖ Ö-Ö, ÃÖʻÖ£ÖÔ Ö $\hat{\mathbb{C}}^2$ »Ö êú¿Ö-Ö, -ÖÖÓ¤êü>ü.

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED CBCS- Paper pattern for the subject of Physical Education

B. A. Third Year

(With effects from the Academic year 2021-22)

Semester – V Paper- X

Physical Education Practical

Credits:3 Marks:25+50 = 75 Per week - 04 periods

Periods: 60 **Course Contents** 1. Practical Project (Any One) :- A) - Fat percentage 05 B) - BMI, WHR 2. Track & Field event : - Javelin throw 10 3. Cardio Vascular Endurance :- 12/9M. Run & Walk 10 Men / Women Optional games (One Indian Game.) 20 4. 1. Wrestling 2.Badminton (Fundamental Skills, techniques, knowledge of rules and regulation) 5. - Related to all practical events. 05 (Knowledge about Historical development, ground measurements, rules and regulation, Awards, records) **NOTE:-**1. Uniform is compulsory to the practical periods 2. Without uniform and record book is not allowed to the examination

Internal Marks: - 25 Marks
Attendance of practical periods - 10 Marks
Oral (General Sports Knowledge - 10 Marks
Discipline/Behavior - 05 Marks

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED CBCS- Paper pattern for the subject of Physical Education

B. A. Third Year

(With effects from the Academic year 2021-22)

Semester – V SEC-III

Yogic Therapies and Sports Physiotherapy

Credits: 2 Marks: 50 Per week: 3 P
Periods: 45

Unit- I

- 1. Basics of Yoga.
- 2. Yoga for Diabetic patients.
- 3. Yoga for Hyper and Hypotension.
- 4. Yoga for Obesity

Unit -II

- 1. Yoga for Pain Management.
- 2. Yoga for Postural Deformities.
- 3. Yoga for Cardiac patients
- 4. Yoga for Kids and Children

Unit- III

- 1. Basics of Sports Physiotherapy.
- 2. Needs of Sports Physiotherapy.
- 3. Types of Physiotherapy.
- 4. Physiotherapy for disable person

Unit-IV

- 1. Rehabilitation and Physiotherapy.
- 2. Physiotherapy for injured Athletes (Men and women).
- 3. Physiotherapy for disable person

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED. CBCS- Paper pattern for the subject of Physical Education B. A. Third Year

(With effects from the Academic year 2021-22)

Semester – VI Paper-XI

Test measurement and Psychology in Physical Education and Sports

Credits:3 Marks: 25 + 50 = 75 Per week - 04 periods

Periods: 60

Unit-l

- 1. Definition of Test and Measurement
- 2. Needs and Importance of Test and Measurement
- 3. Principles of Test and measurement

Unit-ll

- 1. Construction and classification of Test
- 2. Criteria of good test
- 3. Test of physical fitness (JCR, Hardward step test, Sargent Test, AAHPERD Youth Physical Fitness Test)

Unit-III

- 1. Definition, Nature and Scope of Sports Psychology
- 2. Learning Process Theories Laws of Learning
- 3. Personality Meaning, Dimensions & Personality of sports-man

Unit-IV

- 1. Affecting factors in Growth and Development Heredity and Environment
- 2. Relationship between Sports Psychology and Performance of players

(Note -25 Marks internal Evaluation examination i.e. Test I:-05, Test II: -05, Assignment/ Tutorial:-15 Marks.)

Reference Books

1. Dr. Devender Kansal - Test and Measurement in sports and phy.

Education

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- Kamlesh M.L. Psychology of Physical Education and sports
 Mentropolitan Book com pvt ltd. 1983
- 7. John d.Lawther Sports Psychology.
- 8. Robber N. Singer Coaching Athletics & psychology
- 9. M. Suinn Psychology in sports and application Richard
- 10. Cratty B.J. Psychology and Physical activity, Edgewood cliffs,

Prentice Hall, 1968.

- 11. Æü.ŸÖÖ. ⋄Ö ÖŸÖÖÖÖ ≀Öî Ö× Ö ú ⁵/₄Ö ÖÏÖµÖÖê× Ö ú ¹ÖÖ-ÖÃÖ≀ÖÖÃiÖ, -ÖãŸÖ-Ö ÖÏ úÖ≀Ö-Ö Öã Öê 1991
- 12. ¾/4ÖÖ.-ÖÖ ¤üÖÓ›êü ú,ü ¿Öî Ö× Ö ú¾/6
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- 14. Ö. Ö. †Ö»Öê ÖÖÓ¾Ö ú , ü ÖÏ ÖŸÖ Ïúβ›üÖ ÖÖ–ÖÃÖ≀ÖÖÃiÖ, úÖò–"üβ–ÖëÓ"ü»Ö ÖÏ úÖ≀Ö–Ö, ×¾√Ö ÖµÖÖ –Ö Ö , ü Öğ Öê

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SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED **CBCS- Paper pattern for the subject of Physical Education**

B. A. Third Year

(With effects from the Academic year 2021-22)

Semester – VI Paper- XII

Physical Education Practical

Cr	edits:3 Ma	arks:25+50 = 75	Per week - 04 periods Periods: 60				
COURSE CONTENTS							
1.	Practical Project (Any One)		05				
	A) Flexibility measure	S.					
	(Sit & Reach or	Bend and Reach)					
	B) Arm Strength (Grip	dynamometer)					
2.	Track & Field event: High Jum	np	10				
3.	Aerobics Activities (Minimum	10 min) – men / wome	en 10				
4.	Optional Games : One Fo	oreign game	20				
	1. Volley Ball	2. Hand Ball					
	(Fundamental Skills, Techniqu	es, knowledge of rules	and regulation)				
5.	Oral:- Related to all practical e	vents	05				
	(Historical developmen	t, ground measurement	s, Rules and regulation,				
	records and awa	ards)					
NOT	E:- 1. Uniform is compulse	ory to the practical perio	ods				
	2. Without uniform and	l record book is not allo	wed to the examination				
	Internal Marks :	-	25 Marks				
	Attendance of practical periods		10 Marks				
	Oral (General Sports Knowled)	ge -	10 Marks				
	Discipline/Behavior	-	05 Marks				

Reference Books for Practical Paper X and XII

- 1. D.K. Kancel, Friend Publication, Delhi.
- 2. K. K. Agrawal and R.J. Jain
 - 'Officiating and Coaching' Suyog Prakashan, 3 Vivekanand market, Amravati 1983.
- 3. Y.M.C.A 'Books of rules of games and sports'
 Y.M.C.A. publication Hous. Jaising Road, New Delhi.
- 4. Lokesh Thuni- 'Play ground measurement manual' W.P. 474 first floor,, shiv Market, Ashok Vihar, Delhi- 110052
- 5. Ashok Kumar- 'International Encylopedia of sports and games mittal publication New Delhi- 110059 Vol I to IV
- 6. >üÖò. ¾μÖ ű "êüἰÖ ¾ÖÖÓ Ö¾ΔÖÖ>ü űÖêØ″Ö Ö †ò->ü †Öò±űβ×ἰÖ‹ "üàÓ Ö Öê ÃÖ †ò->ü à ÖÖê "üÔÃÖ ÖÖ¾ΔÖÔŸÖβ Öï űÖἰÖ-Ö Öä Öê.
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- 11. ¿ÖÖ üß× ü ú׿Ö Ö Ö ÆüßÖ ÖãÛßÖ úÖ, 1 »Öß ŸÖê 9 ¾¸Öß, ²ÖÖ»Ö³ÖÖ üŸÖß Öã Öê
 - 12. ¿ÖÖˌüß×ˌü ú׿Ö Ö ÖÆüßÖ¯ÖãÛßÖ úÖ, 9 ¾\Öß ŸÖê 12 ¾\Öß <-Ö.ÃÖß.†Öˌü."üß., ¯,

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED CBCS- Paper pattern for the subject of Physical Education

B. A. Third Year

(With effects from the Academic year 2021-22)

Semester – VI SEC-IV

Officiating and Coaching

Credits: 2 Marks: 50 Per week: 3 Periods

Periods: 45

Unit- I Officiating in Kabaddi

Officiating in Kho-Kho

Officiating in Volley Ball

Officiating in Cricket

Officiating in Track and Field

Unit –II Ground Management in Kabaddi

Ground Management in Kho-Kho

Ground Management in Volley Ball

Ground Management in Cricket

Unit- III Coaching of Basic Skills in Kabaddi

Coaching of Basic Skills in Kho-Kho

Coaching of Basic Skills in Volley Ball

Coaching of Basic Skills in Cricket

Unit –IV Coaching for Conditioning Exercise

Coaching for General Physical Fitness

Coaching for Motor Fitness

Coaching for Kids and Children's

Reference Books

- 1. K.K.Agrawal & R. J. Jain
 - Officiating and Coaching , Suyog Prakashan, 3 Vivekanand Market,
 Amravati 1983
- 2. Joh, W. Bunn The Art of officiating, Sports, pretice Hall
- 3. A.A.F.I. Officiating in Athletic, 1988
- 4. Brar, T.S. Officiating techniques in Track & field, Bhargava Press Gwalior, 2002
- 5. Dr. Kamal Jadhav Principles of coaching
- 6. NIS. Publication Sports training methods, NIS publication patyala Punjab.
- 7. Kote . S.M. Scientific coaching manual for martial Arts, Rama graphics and publication, Hyderabad 1997
- 8. ÖÏÖ. ×ÃÖ»Öê¤üÖ ˌ ü ›üÖð Ö ˌ ü߯üÖ ˌ ü
- Öêôû ÃÖÓ″ÖÖ»Ö-Ö ¾Ö ΪúβνüÖ ÖÖ ÖÖ¤üἰÖÔ-Ö, †³ÖμÖ ÖÏ úÖἰÖ-Ö, -ÖÖÓ¤êü›ü
- 9. †. êú ú¸ü´Ö¸ü ú¸ü Ïúß>üֆ׬Ö×≀Ö ÖÖ¯Ö¬¤üŸÖß, ≀ÖŒŸÖ߯ÖÏ úÖ≀Ö-Ö,†´Ö¸üÖ³/₄ÖŸÖß.
- 10. ݟÖò. ÃÖã ¸êüċÖ″ÖÓ¤üÏ ¾√4ÖÖ›ü ú ÖßÔ Ïúß›üÖ -ÖÖ-Ö úÖêċÖ
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 Öã Öê.
- 11. ÖÏ»ÆüÖ¤üÃÖÖ³¼ÖÓŸÖ, ÜÖ´Ö³ÖÖ Ö¾ÄÖŸÖ ÖêôûÖÓ″ÖÖ ÜÖ♦ÖÖ†ò£Ö»Öò×ïüŒÃÖ Öò,üÖ£ÖÖò-Ö ÖÏ úÖ≀Ö-Ö,Öã Öê

Swami Ramanand Teerth Marathwada University, Nanded.

B.A. (Third Year) (Fifth/Sixth semester) Examination

Winter/Summer 2021

PHYSICAL EDUCATION (Optional)

Paper No. IX / XI

(Name of the Paper)

Day / Date

Marks: 50

Time: 2 Hours

				-
N.B.	1.	Attempt all questions		
	2.	All Question Carry equal marks		
Q. 1.		Question	10	
		Or		
		Question		
Q. 2.		Question	10	
		Or		
		Question		
Q.3.		Question	10	
		Or		
		Question		
Q.4.		Question	10	
		Or		
		Question		
Q.5.	Write	e Short note son any two of the following	10	
	i.			
	ii.			
	iii.			
	iv.			

N.B. 1. Separate heads of Passing

- a) Theory Paper Minimum Passing 20 Marks per semester (Out of 50 Marks)
- b) Practical Papers Minimum Passing 20 Marks per semester (Out of 50 Marks)
- 2. Practical examination conduct.
 - a) First batch 20 students, Second batch will be treated as 1/3 of first batch.
 - b) Examiner appointed by the University.(Internal one subject teacher and one external)
 - c) One peon for ground marking, equipment and water supply and collecting it etc.
- 3. Physically handicapped student is not allowed.
- 4. Uniform and practical book is compulsory for practical period and Examination.
- 5. Practical examination of paper X and XII will taken jointly at the time of summer examination.
- 6. While conducting the practical period and examination the concern College will make all necessary arrangement including grounds equipments as well as supportive staff for the purpose.
- 7. Arranging a visit to the sports Institutes, stadium and other sports activity is compulsory.