

SHIVAJI UNIVERSITY, KOLHAPUR



Revised Syllabus

B.A. Part-III

PHYSICAL EDUCATION

(Introduced from June 2012 and onwards)

Shivaji University, Kolhapur
PHYSICAL EDUCATION (Special)

B. A. Part III

Semester - V

Paper-VII

Health Education

Marks 25

(Two periods for theory and two periods for practicals per week. A batch of 20 students for practical periods.)

Unit I) Introduction :

- a) Meaning, definitions of Health Education.
- b) Nature and scope of Health Education.

Unit II) Personal Health

- a) I) Factor's of Personal Health – I) Physical II) Mental III) Social
II)Factor's influencing on Health
 - a) Heredity 2) Atmospear 3) Habits 4) Exercise

b) Social Health

- a) Problems of social Health
- b) Role of Government in social Health
- c) Communicable diseases Causes & Prevention (Malaria, Dengu, Chikan Gunia, Sawine Flue)

Unit III) Health of the Community

- a) Health problems in family, Community, School and Colleges.
- b) Communicable diseases
- c) Role of Government in community health.

Reference

1. Health Education and Hygiene – J. S. Manjal, Universal Publishers, Agra.
2. Health in India – Grant.
3. Preventive and Social Medicine – J. E. Park.
4. Adapted and Corrective Physical Education – Kielly.
5. Applied anatomy and Kinesiology – Rash and Burke.
6. Exercise Physiology – Fox.

Semester - V

Paper-VIII

Recreation in Physical Education

25 Marks

(Two periods for theory and two periods for practicals per week. A batch of 20 students for practical periods.)

Unit-I : a) Concept, Definitions, Nature and function of Rhythm Recreation

b) Need & Importance of Recreation in Sports & Phy. Education

Unit-II : Objectives of recreation.

Books Recommended

1. An Introduction to Recreation Education – W. B. Saunders Company Philadelphia -1955.
2. Community Recreation – Meyer and Brightbill, Prentice Hall, INC 1966.
3. Leisure and Recreation – Neumeyer and Esther. A. S. Barnes and Company, 1956.
4. क्रीडा आणि रंजन – डी. व्ही. खासनीस.
5. Introduction to Community – Recreation – Bultter.
6. Organisation of Physical Education – J. P. Thomas.

Semester - V

Paper-IX

“Yoga”

25 Marks

Topics –

Unit -I) Aim & Objectives and Scope of Yoga in Human Life.

Unit-II) Yoga and Physical Health : Promotive, Preventive and Curative aspects of Physical Health tackled through Yogic practices.

Unit- III) Yoga and Mental Health : Nature of problems in Mental health. Promotive, Preventive and Curative aspects of Mental health through Yogic practices.

Reference Books

1. Applied Yoga – Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
2. Yoga and your heart – Datey K. K., Gharote, M. L. and Soli Parri, Jaico Publications, Bombay.
3. Yogic Therapy – Swami Kunal Yananda and S. L., Vinekar, Central Bureau of Health Services – New Delhi-1963.
4. Yogasana – A. Teachers guide, N.C.E.R.T. – New Delhi.
5. Teaching methods for yogic practices Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
6. Light on Yoga – B. S. Iyengar.
7. आरोग्याची गुरुकिल्ली – डॉ. गुंडे, कोल्हापूर.

Semester - V
Paper-X

Anatomy and Physiology

25 Marks

Unit-I) Introduction :

- a) Anatomy, Physiology and Physiology of exercises –Meaning, definition and importance.
- b) The cell and its parts –

Unit-II) A) Skeletal System :

1. Structure and classification of bones.
2. Difference of bones.
3. Functions of skeletal system.

B) Muscular System :

1. Structure of skeletal muscle, Smooth muscle and Cardiac muscle.

Unit-III) A) Respiratory System :

1. The nose, pharynx, larynx, trachea, bronchioles, lungs structure and functions.
2. Vital capacity – Second wind.

Reference Book

1. Anatomy and Physiology for nurses – E. Pearce.
2. Human Anatomy and Physiology – King & Shaver.
3. Physiology & Anatomy – Smart & Macdowel.
4. शरीरशास्त्र – रचना व कार्य – डॉ. व्ही. एल. लेकावळे
5. शरीरशास्त्र – रचना व कार्य – डॉ. साठे
6. शरीरशास्त्र व शरीर शिक्षण – ले. आर.डब्ल्यू. गॅलोचे अनुवाद – के. रा. पालकर, ग्रीन आणि कं. 1947.
7. शरीर व व्यायाम – एच. व्ही. पटवर्धन

Semester - V

Paper-XI

Dietics and Hygiene

25 Marks

(Two periods for theory + two periods for practicals per week. A batch of 20 students for practical periods.)

Unit-I : आहार घटक

प्रोटीन, कार्बोहाइड्रेट, चरबीयुक्त पदार्थ, जीवनसत्वे, क्षारयुक्त पदार्थ व पाणी

Unit-II : समतोल आहार

व्याख्या घटक

Books Recommended

1. Handbook of Hygiene and Public Health – U. Bedi, Anand Publishing Company, Amritsar, 1962.
2. Nutrition and Physical Fitness – Bogert, Briggs and Calloway, W.B. – Saunders Co. 1966.
3. Human Nutrition and Dietics – Davidson and Passmore, The Williams and Wilkins Co., 1966.
4. सुलभ शरीर विज्ञान – आरोग्य शास्त्र, डॉ. नातू, प्रा. सोवनी
5. आरोग्याची गुरुकिल्ली – डॉ. गुंडे, कोल्हापूर.
6. Preventive and Social Medicine J. E. Park.
7. Nutrition – Dr. Swaminathan

Shivaji University, Kolhapur

B. A. Part III

Semester - VI

Paper-XII

Health Education

Marks 25

Unit I) Health Programme :

- a) Importance of exercises in health and fitness.
- b) Drugs, Alcohol and Tobacco-Adverse effect on performance.

Unit II) Meaning & Scope of Population Education

Aims & objectives of population education in adult education programme,
Historical development of Population – Education Programme in India, Role of
Health Education in Population Education Programme.

Unit III) World Health Organization –

- a) Constitution, Aims & Objectives, Plans of Operations, Assistance, functions and importance.
- b) Importance and need of family planning and Sex Education in India (In Brief)
- c) What is meant by Aids, causes, symptoms & prevention of Aids.

Reference

1. Health Education and Hygiene – J. S. Manjal, Universal Publishers, Agra.
2. Health in India – Grant.
3. Preventive and Social Medicine – J. E. Park.
4. Adapted and Corrective Physical Education – Kielly.
5. Applied anatomy and Kinesiology – Rash and Burke.
6. Exercise Physiology – Fox.

Semester - VI

Paper-XIII

Recreation in Physical Education

25 Marks

Unit-I: Main trends in patterns of recreation.

- a) Haiking.
- b) Treaking.
- c) Trips/Picnic
- d) Sports Camps and Competations.

Unit-II: a) Recreational Scheduling Programmers provides for primary
And secondary Schools, Colleges, Universities & Industrial
Workers.

- b) Recreational Games and Facilities
- I) Importance of recreational Game in Sports.
- II) Recreational Facilities in Sports.

Books Recommended

1. An Introduction to Recreation Education – W. B. Saunders Company
Philadelphia -1955.
2. Community Recreation – Meyer and Brightbill, Prentice Hall, INC 1966.
3. Leisure and Recreation – Neumeyer and Esther. A. S. Barnes and
Company, 1956.
4. क्रीडा आणि रंजन – डी. व्ही. खासनीस.
5. Introduction to Community – Recreation – Bultter.
6. Organisation of Physical Education – J. P. Thomas.

Semester - VI

Paper-IVX

“Yoga”

25 Marks

- Unit- I) Relationship of Yoga with Emotional Health.
- Unit-II) Yoga and Personal Efficiency – General Introduction, characteristics according to-individual needs-Different methods of improving efficiency-importance of yogic practices for improving efficiency.
- Unit-III) Yoga and Sports : Psychophysical basis of promoting sports career.
Contribution of yogic practices for the development of Sports performances.

Reference Books

1. Applied Yoga – Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
2. Yoga and your heart – Datey K. K., Gharote, M. L. and Soli Parri, Jaico Publications, Bombay.
3. Yogic Therapy – Swami Kuval Yananda and S. L., Vinekar, Central Bureau of Health Services – New Delhi-1963.
4. Yogasana – A. Teachers guide, N.C.E.R.T. – New Delhi.
5. Teaching methods for yogic practices Dr. M. L. Gharote, Kaivalyadhama, Lonavala.
6. Light on Yoga – B. S. Iyengar.
7. आरोग्याची गुरुकिल्ली – डॉ. गुंडे, कोल्हापूर.

Semester - VI
Paper-XV
Anatomy and Physiology

25 Marks

Unit-I) Circulatory System :

- A) Blood – Its constituents and functions, working of heart.
- B) Blood pressure, Pulse, Blood groups, Oxygen debt.

Unit-II) Digestive System :

A) Mouth, teeth, salivary glands, pharynx, oesophages, stomach, small and large intestine pancreas, liver, structure and function – in brief.

B) Excretory System :

Kidney and skin Structure and function

Unit-III) Nervous System :

Structure of brain and spinal cord, Reflex action.

Reference Book

1. Anatomy and Physiology for nurses – E. Pearce.
2. Human Anatomy and Physiology – King & Shaver.
3. Physiology & Anatomy – Smart & Macdowel.
4. शरीरशास्त्र – रचना व कार्य – डॉ. व्ही. एल. लेकावळे
5. शरीरशास्त्र – रचना व कार्य – डॉ. साठे
6. शरीरशास्त्र व शरीर शिक्षण – ले. आर.डब्ल्यू. गॅलोचे अनुवाद – के. रा. पालकर, ग्रीन आणि कं. 1947.
7. शरीर व व्यायाम – एच. व्ही. पटवर्धन

Semester - VI
Paper-XVI
Dietics and Hygiene

25 Marks

Unit-I: आहाराचा परिणाम

- A) नैसर्गिक आहार B) भेसळयुक्त आहार c) प्रक्रियायुक्त आहार
D) उत्तेजक पदार्थ

Unit-II: अथलेटिक आहार घटक

Books Recommended

1. Handbook of Hygiene and Public Health – U. Bedi, Anand Publishing Company, Amritsar, 1962.
2. Nutrition and Physical Fitness – Bogert, Briggs and Calloway, W.B. – Saunders Co. 1966.
3. Human Nutrition and Dietics – Davidson and Passmore, The Williams and Wilkins Co., 1966.
4. सुलभ शरीर विज्ञान – आरोग्य शास्त्र, डॉ. नातू, प्रा. सोवनी
5. आरोग्याची गुरुकिल्ली – डॉ. गुंडे, कोल्हापूर.
6. Preventive and Social Medicine J. E. Park.
7. Nutrition – Dr. Swaminathan

SHIVAJI UNIVERSITY, KOLHAPUR

B. A. III (Practical)

SEMESTER V

Practical (New Course) Applicable from June 2012 and onwards

Paper VII to XI

Practical Syllabus for Semester 7

- 1) **Athletics - Tripple Jump, Jave line Throw, Different Style Long Distance run
5000 Meters (Men)**
-Javeline Throw, Tripple Jump, (Different Style) 3000 meter run
(Women)
Different Styles, Modern Techniques & performance
- 2) **Weight Lifting - Different Styles, Modern Technique and Performance**
- 3) **Badminton OR Table Tennice**
- 4) **Asanas -**
 - A) Ten Minutes sitting in any meditative Asanas
 - B) Matsyasana, Akarna Dhanurasana, Suptavajrasana, Ardhamachhindrasana, Buddha Padmasana
 - C) Pranayama - Anulom Vilom, Bhastrika, Bhramari, Shitkari, Shitali
- 5) **First Aid - Practical**
 - A) First Aid - Meaning, Objectives, Important rules
 - B) Material in the First Aid Box
 - C) Fracture - Types, Signs and Symptoms - Use of Sling and Splint
 - D) Bleeding - Types, Signs and Symptoms - Use of Sling and Splint
 - E) Artificial Respiration - Meaning and Method of Artificial respiration
(Any Two)
 - F) Bandage, Meaning, Types, Way of appling sling, simple dressing
- 5) **Wrestling - Performance and Rules**
- 6) **Judo OR Fencing - Various Technique**
- 7) **Recreational Game -**

Marking System

	<u>MEN</u>	<u>WOMEN</u>
A - Athletics	45	45
B - Weight lifting/ Badminton OR T.T.	15	15
C - Asana and Pranayam	15	15
D - First Aid	10	10
E - Wrestling	15	15
F - Fencing OR Judo	10	10
G - Recreational Game	05	05

Total - 125 Marks

NORMS FOR PRACTICAL EXAMINATION

- 1) **Athletics -** **45 Marks each**
(7 Marks for Technique and style, 8 Marks for performance)

1) **A) Tripple Jump**

MEN

Marks		Minimum Performance
8	-	9 Meters and Above
6	-	8 to 9.9 Meters
4	-	7 to 8.9 Meters
2	-	6 to 7.9 Meters

-----> **7 Marks Style and Technique**

WOMEN

Marks		Minimum Performance
8	-	8 Meters and Above
6	-	7 Meters
4	-	6 Meters
2	-	5 Meters

-----> **7 Marks Style and Technique**

B) Jeveline Throw

MEN

Marks		Minimum Performance
8	-	25 Meters and Above
6	-	22 Meter to 29.99 Meters
4	-	19 to 26.99 Meters
2	-	16 to 23.99 Meters

WOMEN

Marks		Minimum Performance
8	-	20 Meters
6	-	18 Meters
4	-	16 Meters
2	-	14 Meters

C) Running

MEN 5000 Meter Running

Marks		Minimum Performance
8	-	30 Minutes
6	-	34 Minutes
4	-	36 Minutes
2	-	38 Minutes

WOMEN 3000 Meter Running

Marks		Minimum Performance
8	-	15 Minutes
6	-	16 Minutes
4	-	17 Minutes
2	-	18 Minutes

2) A) Weight Lifting (15 Marks)

(10 Marks for both styles and 05 Marks for performance)

10 Marks for Badminton OR T. T.

Performance - 6 Marks

Rules and Regulations - 4 Marks

MEN

Marks		Minimum Performance
5	-	115 Kg
4	-	110 Kg
3	-	105 Kg
2	-	95 Kg
1	-	85 Kg

WOMEN

Marks		Minimum Performance
5	-	90 Kg
4	-	80 Kg
3	-	70 Kg
2	-	65 Kg
1	-	60 Kg

10 Marks for Style and Technique

3) **Asanas** (15 Marks)

- A) 10 Minutes sitting in any modified asanas - 5 Marks
- B) From section (b) the practical syllabus
- Two asanas of student choice
 - Two asanas of examiners choice
- } - 5 Marks
- C) From section (C) Practical Syllabus
- One pranayama from student choice
 - One pranayama from examiners choice
- } - 5 Marks
- (From the following pranayamas)
- Anulom Vilom, Bhastrika, Bhramari, Shitkari, Shitali
- D) First Aid - Total Marks - 10
- Oral Knowledge test - 5 Marks
 - Practical Knowledge test - 5 Marks
- (Use of Bandage - Use of Splint - Use of tourniquet)

4) **Wrestling** (10 Marks)

- Performance - 6 Marks
- Rules - 4 Marks

5) **Judo OR Fencing** (10 Marks)

- Various Technique - 6 Marks
- Rules - 4 Marks

6) **Recreational Game** (05 Marks)

Presentation of any one recreational Game

SHIVAJI UNIVERSITY, KOLHAPUR

B. A. III (Practical)

SEMESTER VI

Practical (New Course) Applicable from June 2012 and onwards

Paper XII to XVI

Norms for Practical Examinations

- 1) **Athletics – 110 Meters Hurdles (MEN),
100 Meters Hurdles (WOMEN), Relay (4 X 100 Meters)**
- 2) **Gymnastics - Ground Exercises - Front Role, Back Role, Cartwheel Dive and Role,
Hand Stand**
- 3) **Marking & Track**
- 4) **Ball Game-
FootBall OR Cricket**
 - 1- **Fundamental Skills**
 - 2- **Rules and Regulation (Tested Orally)**
- 5) **Record Book/Project**
- 6) **Educational Tour and Report**

Norms for Practical

1) **Athletics -**

Boyes

110 Meters Hurdles

Marks	Minimum Performance
8 -	20 second and below
6 -	20.01 to 24 second
4 -	24.01 to 26 second
2 -	26 second and Above

Girls

100 Meters Hurdles

Marks	Minimum Performance
8 -	25 second and below
6 -	25.01 to 29 second
4 -	29.01 to 33 second
2 -	33.01 to 37 second

3) **Relay Marks (4*100 m.) (15 Marks)**

- Battan Exchange Technique	- 10 Marks
- Viva voce	- 05 Marks

- 2) **Gymnastics - 10 Marks**
- | | | |
|------------------|------------------|----------------------|
| 1) Forward Roll | 2) Backward Role | |
| 3) Dive and Roll | 4) Cartwheel | |
| 5) Hand Stand | | (Each Event 2 Marks) |

3) **Marking of Truck - 20 Marks**

(Student should marks the sectors of the following Events, on the ground only)

(Shot-put-Jave line - Discuss Throw)

- | | |
|---|---------|
| A) Sector Marking for above three events | 4 Marks |
| B) Marking of 400 Met. - Truck | |
| - Marking of 400 met. Truck | 4 Marks |
| - Marking of starting and finishing line
(100 met. Running, 100 met. Hurdles, 110 Hurdles) | 4 Marks |
| - Marking of stragglers Distance
(200 met. Running, 400 met. Running, 800 met. Running) | 4 Marks |

4) **Ball Game -**

Foot Ball OR Cricket 20 Marks

- | | |
|---|----------|
| A) Fundamental Skills - | 12 Marks |
| B) Rules and Regulation (Tested Orally) | 08 Marks |

5) **Record Book / Project 20 Marks**

6) **Educational Tour and Report 20 Marks**

	Boyes		Girls
- Athletics	30	-	30
- Gymnastics	10	-	10
- Marking of Truck	20	-	20
- Ball Game	20	-	20
- Record Book	20	-	20
- Study Tour & Report	25	-	25
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Total		125	

- 1) Separate heads of passing.
 - a) Theory papers – Minimum passing 9 Marks
 - b) Practical's – Minimum Passing 9 Marks
 - c) Total passing (Theory and Practical)
Minimum 9 Marks – Out of 25 marks. For each semester
- 2) Practical examination conducted –
 - a) Each batch of 20 students
 - b) One organizer (Internal subject teacher)
 - c) Two examiners appointed by University.
 - d) Peons – Two peons for ground marking, water supply and equipment supply and collecting of materials.
 - e) Result sheet (Practical)
- N.B. 3) Theory papers shall be of one hours duration carrying 25 marks. There will be three questions, first of which will be having internal carrying 10 marks. The II nd question will be of short answer type question and will carry 10 marks & Objective types will carry 5 Marks.
- N.B. 4) Two periods for theory + two periods for Practical for each paper – per week.
- N.B. 5) The record book/ Project Report will be assessed by Internally and marks should be submitted to the external examiner.

B.A.- III (Opt.)
(Phy. Education)

**The equivalence of the pre-revised course (2010-2011) with the revised course
(2012-2013)**

Pre – Revised (2004-2005)	Revised Course (2012-2013)
Paper-IV Health Education	Sem-V Paper-VII Health Education
	Sem-VI Paper-XII Health Education
Paper-V Recreation in Physical Education	Sem-V Paper-VIII Recreation in Physical Education
	Sem-VI Paper-XIII Recreation in Physical Education
Paper-VI Rules of games & Sports	Sem-V Paper-IX Yoga
	Sem-VI Paper-IVX Yoga
Paper-VII Anatomy and Physiology	Sem-V Paper-X Anatomy and Physiology
	Sem-VI Paper-XV Anatomy and Physiology
Paper-VIII Dietics and Hygiene	Sem-V Paper-XI Dietics and Hygiene
	Sem-VI Paper-XVI Dietics and Hygiene

प्रश्नपत्रिकेचे स्वरूप खालील प्रमाणे राहिल

लेखी प्रश्नपत्रिकेचे स्वरूप

गुण:- 25

वेळ:- 1 तास

प्रश्न 1	दीर्घ उत्तराचा प्रश्न किंवा दीर्घ उत्तराचा प्रश्न	10 गुण
प्रश्न 2	टीपा द्या (एकूण 3 पैकी 2)	10 गुण
प्रश्न 3	पर्यायी	5 गुण

