

**FY- BA/BCOM/BSC/BBA/BBA(CA)**  
**Subject: PHYSICAL EDUCATION AND SPORTS**  
**(2 CREDITS)**

Physical Education, Sports and Games are an integral part of the educational system.

**Course Learning Outcomes:**

At the end of the Course the learners will be able to:

- Recognize correct and healthy lifestyle habits among learners.
- Recognize the need for physical and mental efficiency in order to overcome fatigue that may occur in daily life.
- Demonstrate the need to improve flexibility and concentration
- Demonstrate alternative ways to boost the immune system through practice of yoga, pranayama and meditation.
- Identify opportunities for leisure time activities and life time sports among learners.
- Relate and develop a positive attitude towards physical fitness and sports that would improve physical, mental, social, emotional and spiritual health.
- Recognize the need for an optimum and wholesome development among learners

The Courses consist of following points

**Semester – I & II**

Sr. No	Course Content	Credits	Hours
1	Credit 1- Physical Fitness and Games	1	30
2	Credit 2-Yoga or Self Defence	1	30

**Credit 1 (30 hours)**

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Elka Jadhav  
Director of Physical Education  
(Course Instructor)



**Course Coordinator**

## PHYSICAL FITNESS AND GAMES

### A. Physical Fitness Exercise (Without Equipment)

Leg Exercise	Hand Exercise	Core Exercise	Endurance / Jumping Exercise
Squats	Modified / Wall Push-ups	Bend Knee- Sits ups	Brisk Walk (10mins/ 15mins/20 mins)
Lunges	Triceps Dips	Leg Raises	Running Exercise
Wide Squat (Sumo Squats)	Maintain push-up position, Plank with Spinal Rotation	Alternate leg up and Down, Back Sit ups	Both leg, Alternate jump, one leg jump, Duck walk
Reverse Lunge	Side Plank	Bicycle Crunch	Skipping/ Sprints 50mt
Leg raises- Forward, Sideward, Backward, Diagonal	Maintain Decline push-up position,	Side to side twisting of bend leg	Step Exercises (Both leg, alternate leg, up-up-down-down jump)
Cone Drills- Zig-zag Run/ jumps	Inchworm- walk on hand	Forearm Plank	Continues Running (10min/15mins/ 20 min)

**B. Physical Fitness Exercise with Equipment** – (Medicine ball exercise, Dumble Exercise (use of water bottle of 1litre or more) other home equipment's)

### C. Games

Athletics, Basketball, Kho-Kho, Kabaddi, Volleyball, Handball, Table Tennis, Badminton.

### D. Recreational Games

Ten passes, Gol kho-kho /Standing kho-kho, Chain Tag, Cone games, Ball games like overhead pass, underhand pass, side pass, Leg cricket, Box Cricket, ice-water, Dodgeball, Throw ball

### E. Theory

1. Concept, definition and Goal (physical, mental & social) of Physical Education.
2. The importance of physical education in day to day life.
3. Aims and Objectives of physical education
4. Health and Health Education (Dimension, Benefits of H.E)
5. Concept of Physical Activity and its importance.
6. Concept of Physical fitness and its components- HRPF and SRPF components
7. Lifestyle Habits
8. Diet and Nutrition
9. Concept of Yoga, Pranayama and Meditation: Benefits in life. (Stress Management)

**F. Exam-** Physical Fitness Evaluation Exam is Compulsory for all.

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Director of Phy Educator  
Course Coordinator





## YOGA & SELF-DEFENCE

### A. YOGA

#### 1. Suryanamaskar

#### 2. Yogasanas

Standing Asanas	Sitting Asanas	Lying Asanas (Supine Position)	Lying Asanas (Prone Position)
Tadasana, Vrikshasana	Sukhasana, Padamasana, (Parvatasana)	Ardha Halasana (Both leg / one leg)	Half Bhujangasana
Ardha Chakrasana	Paschimottanasana, Janu Sirsasana	Halasana (Plough pose)	Full Bhujangasana
Uttanpadasana, Utkatasana	Gomukasana Baddha Konasana	Setubandhasana (Bridge pose)	Dhanurasana
Trikonasana (All Types)	Vajrasana, Shashankasana	Pawanmuktasana (One leg/ both leg)	Adho Mukha Svanasana
Virabhadrasana, Utthita Parsvakonasana	Ardha Ustrasana, Purna Ushrasana	Viparit karni, Sarvangasana	Shalabhasana (One leg/ both leg)
Ardhs Chandrasana	Ardha Matsyendrasana	Shavasana	Makrasana

#### • Pranayama, Kriya and Meditation

Pranayama	Kriya	Meditation
Anuloma Viloma Pranayama	Kapalbhati	Tratak technique
Bhramari Pranayama		Yoga Nidra

### B. SELF DEFENCE

**BASIC:** To develop reflexes and reaction time:

1) Punch 2) Block 3) Kicking 4) Chong Jong

PUNCH	BLOCK	KICKING	CHONG JONG
Munlong Jireugi (mid section punch)	Arae Marki (down block)	Yop Chagi (side kick)	Self Defence
Olgul Jireugi (high section punch)	Han sobbalmumtong Marki (one hand blade inner)	Ap Chagi (front kick)	
Arae Jireugi (low section punch)	Olyol Marki (upward block)	Dolyo Chagi (round kick)	
	Mumtong Marki (one hand inside)		

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**Reference Books:**

- Bucher, C. A., & Wuest, D. A. (2010). Foundation of Physical Education, Exercise Science and Sports. Tata McGraw Hill Education Private Limited. New Delhi.
- Fahey, T., Insel, P., & Roth, W. (1997). Fit & Well. Mayfield, U.S.A,
- Hayward, V. (2006). Advanced Fitness Assessment and exercise prescription. Human Kinetics, USA.
- Kansal, D. K. (2008). Textbook of Applied Measurement Evaluation & Sports Selection. Sports and Spiritual Science Publication, New Delhi.
- Rahl, R. V. (2010). Physical Activity and Health Guidelines. Human Kinetics. USA
- Hoeger, W.W. K., & Hoeger, S.A. (2007). Fitness and Wellness. Thomas learning. Wadsworth.

**Yoga**

- Iyengar, B.K. (2008). Light on Yoga. Orient Longman Pvt. Ltd. Mumbai.
- Iyengar, B.K. (2008). Light on Astanga Yoga. Alchemy Publishers. New Delhi
- Gharote, M. L. (2013). Guidelines for Yogic Practices. The Lonavla Yoga Institute

**Self-Defence**

- Taekwondo- Author: Kim Un-Yong World Taekwondo Federation
- Swayyamsidha Self Defence- Taekwondo-Do By-Taekwondo Association of Maharashtra

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**CRITERIA OF PASSING**

	Topic	Credit	Max Marks	Minimum Passing %	Max. Marks	Minimum Passing %
1	Physical Fitness and Games	1	25	40%	50	40%
2	Yoga or Self Defence	1	25	40%		

The students would be awarded a grade for having successfully appeared and passed the Course in physical Education.

**GRADES:** (Marks out of 50)

**GRADING:** Grading for course will be done separately as follows:

<b>O</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>F</b>	<b>AB</b>	<b>Ex</b>
43-50	35-42	27-34	20 -26	<b>Less than 20</b>	Absent	Exempted

If the student does not complete the necessary required of 20 marks, the student will marked as Yet to Clear.

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