



St. Mira's College for Girls, Pune
(FY 2020-2023)

FY BA/B COM/BSC/BBA/BBA(CA)
Subject: PHYSICAL EDUCATION AND SPORTS
[Compulsory Audit Course]

Semester: I & II	Credits: 2	Subject Code: AN22001	Lectures: 60
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Course 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 Course consists 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

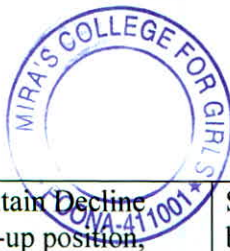
Credit 1 (30 hours)

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

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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, Golkho-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.

YOGA & SELF-DEFENCE

A. YOGA

1. Suryanamaskar

2. Yogasanas

Standing Asanas	Sitting Asanas	Lying Asanas (Supine Position)	Lying Asanas (Prone Position)
Tadasana, Vrikshasana	Sukhasana, Padmasana, (Parvatasana)	ArdhaHalasana (Both leg / one leg)	Half Bhujangasana
ArdhaChakrasana	Paschimottanasana, JanuSirsasana	Halasana (Plough pose)	Full Bhujangasana
Uttanpadasana, Utkatasana	Gomukasana BaddhaKonasana	Setubandhasana (Bridge pose)	Dhanurasana
Trikonasana (All Types)	Vajrasana, Shashankasana	Pawanmuktasana (One leg/ both leg)	AdhoMukhaSvanasana

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Virabhadrasana, UtthitaParsvakonasana	ArdhaUstrasana, PurnaUshrasana	Viparitkarni, Sarvangasana	Shalabhasana (One leg/ both leg)
ArdhsChandrasana	ArdhaMatsyendrasana	Shavasana	Makrasana

• **Pranayama, Kriya and Meditation**

Pranayama	Kriya	Meditation
AnulomaViloma 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
MunlongJireugi (mid section punch)	AraeMarki (down block)	YopChagi (side kick)	Self Defence
OlgulJireugi (high section punch)	Han sobbalmumtongMarki (one hand blade inner)	ApChagi (front kick)	
AraeJireugi (low section punch)	OlyolMarki (upward block)	DolyoChagi (round kick)	
	MumtongMarki (one hand inside)		

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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Faculty	Mrs. Suvarna Deolankar- Physical Education Teacher	<i>S</i>	<i>#Deolankar</i> 15-06-20
Faculty	Ms. Gurbans Kaur- Athletics Coach	<i>G. Kaur</i> 15-06-2020	
Subject Expert (Outside SPPU)	Mr. Autade Sandipraj Shashikant		<i>S. Autade</i> 15/06/2020
Subject Expert (Outside SPPU)	Ms. Shiny Raizada	<i>Shiny</i> 15/6/2020	
VC Nominee	Mr. Deepak Shendkar		<i>Deepak Shendkar</i> 15/6/2020
Industry Expert	Mr. Nitin Gaikwad	<i>N. Gaikwad</i> 15/6/2020	
Alumni	Ms. Rakhi Bajaj		<i>R. Bajaj</i> 15/6/20



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