

FY B.A/B.COM/BSC
Subject: Physical Education and Sports

Objectives:

- To develop health related fitness. (motor skills and motor fitness)
- To promote attitude towards physical fitness and sports.
- To develop cognitive and affective domain.
- To offer students opportunities for leisure time activities and life time sports.

The student can select **any one** of the following courses offered under Physical Education-

Course 1	Course 2	Course 3
Physical Fitness	Yoga	Self Defence

Semester: I & II	Subject Code:	Lectures: 48
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COURSE 1: PHYSICAL FITNESS

Objective: To develop motor fitness and motor skill

Activities:

- Cardio-vascular endurance; running-12 minutes run, 60 meter run.
- Muscular endurance: sit-ups, push-ups, Activities in gym.
- Flexibility: Yoga, Surya Namaskar, flexibility training
- Dynamic Strength

MOTOR FITNESS AND MOTOR SKILLS

Games And Sports (Choose Any One)	Athletics Kho Kho Basketball Swimming	Volley Ball Hand Ball Foot Ball Power Lifting	Cricket Table Tennis Badminton Shooting
Evaluation	1) 12 minutes run and walk 2) Standing long jump 3) Sit ups (1 minute) 4) Modified push ups 5) Body mass index		



BOARD OF STUDIES- Physical Education and Sports

HEAD – Dr. (Mrs.) Manju Jugadar

SUBJECT TEACHER- Ms. Elizabeth Kanade

SUBJECT EXPERT—Dr. (Mrs) Asha V. Bengale

INDUSTRY EXPERT- Ms. Pallavi Kavhane

ALUMNI- Ms. Varada Venkatrathna

Dr. Manju Jugadar

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COURSE 2: YOGA

Objectives:

- To develop concentration and flexibility.
 - 1) For Psychological and Bio-mechanical effect of yoga.
 - 2) Sub-cortical regions of brain control.

- 1) Padmasana
- 2) Vajrasana (diamond pose)
- 3) Yogamudrasana
- 4) Tadasana
- 5) Trikonasana
- 6) Uttanasana (standing forward fold pose)
- 7) Dhanurasana (bow pose)
- 8) Bhujangasana (cobra Pose)
- 9) ArdhUstrasana
- 10) SetuBandhasana (bridge pose)
- 11) Sarvangasana
- 12) Halasana (plough pose)
- 13) Suryanamaskar
- 14) Naukasana (Boat yoga pose)
- 15) Savasana



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Ashu Bengale

V. Rm

Elizabeth Kanade

Elizabeth Kanade

COURSE 3: (TAEKWONDO)
Self Defence Course For Women

BASIC: To develop reflexes and reaction time.

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

PUNCH

- 1) Munlong Jireugi (mid section punch)
- 2) OlgulJereugi (high section punch)
- 3) AraeJereugi (low section punch)

BLOCK

- 1) AraeMarki (down block)
- 2) Han sobbalmumtongMarki (one hand blade inner)
- 3) OlyolMarki (upward block)
- 4) MumtongMarki (one hand inside)

KICKING

- 1) YopChagi (side kick)
- 2) ApChag (front kick)
- 3) DolyoChagi (round kick)

CHONG JONG Self Defence



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SIGNATURE

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Elizabeth Kanade

Asha V. Bengale

V. Kavhane

Varada Venkatrathna

EXAM:

- The Student has to appear for an examination in any one of the Courses mentioned above.
- In case of a student who is medically unfit, she would be exempted, however, she has to be present for the Class and will have to appear for a viva/ oral examination.
- The students who opt for N.C.C, N.S.S, and sports participants will be exempted from the above activities.

EVALUATION:

FITNESS EXAMS	TAEKWONDO EXAMS	YOGA EXAM
Attendance--10mark	Attendance--10mark	Attendance--10mark
100mts running--10marks Wall push-ups--10marks Sit-ups--10marks Standing long jump--10marks	Punch-10marks, Block-10marks, Kicking-10marks, Chong Jong-10marks	Student should perform any 10 of the asanas each for 4marks.
Total – 50 marks	Total – 50 marks	Total – 50 marks

The students have to appear and pass an examination in any one of the courses mentioned above.

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

GRADES: (Marks out of 50)

A	B	C	D	F
50-45	44-38	37-30	29-22	Less than 22

If the student does not attend the necessary standard of 22marks, she should be considered to have failed.



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 Elizabeth Kanade
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 V. P. Kavhane
 Varada Venkatrathna

Recommended Text Books:

FITNESS

- 1) Physical Fitness and Yoga (1st edition) - Dr Jugadar Manju Arun
- 2) Maidanispardha-niyamwaayojan- Ramesh Tawade and Ram Bhagawat

YOGA

- 1) Physical Fitness and Yoga (1st edition)- Dr Jugadar Manju Arun
- 2) Light on Yoga-BKS Iyengar
- 3) Yogasana- Sadashiv Nimbalkar (Mumbai)

TAEKWONDO

- 1) Author: Kim Un-Yong World Taekwondo Federation
- 2) Swayamsidha Self Defense-Taekwondo-Do By-Taekwondo Association of Maharashtra



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