

DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY, AURANGABAD.



CIRCULAR NO./SYLLABUS./Faculty of INTERDISCIPLINARY STUDIES./B.VOC./68/2021.

It is hereby informed to all concerned that, on the recommendation of Ad-hoc Board in Vocational Studies and Dean, Faculty of Interdisciplinary Studies, the Hon'ble Vice-Chancellor has **accepted the curriculum of following B.Voc. Courses under Choice Based Credit and Grading System** in his emergency powers under Section-12 [7] of the Maharashtra Public Universities Act, 2016 on behalf of the Academic Council as appended herewith:

Sr.No.	Course Name	Semester
1.	B.Voc in Theatre Techniques	I & II
2.	B.Voc in Performing folk Art	I & II
3.	B.Voc in Fashion Designing	OneYear Diploma
4.	B.Voc in Media & Entertainment	I
5.	B.Voc in Rural Health care & sanitation	I & VI
6.	B.Voc in Music	I & II
7.	B.Voc in Sports Physical Education and Fitness	III & VI

This is effective from the **Academic Year 2020-21 and 2021-22** and onwards. This curriculum is also available on the University website www.bamu.ac.in.

All concerned are requested to note the contents of the circular and bring notice to the students, teachers and staff for their information and necessary action.

University campus,
Aurangabad-431 004.

Ref. No.SU/B.voc./Curri./2021-22/

Date: 13.12.2021

5273-83

**Deputy Registrar,
Academic [Syllabus]
Section.**

Copy forwarded with compliments to :-

- 1] **The Principal All Affiliated Concerned Colleges, Dr.Babasaheb Ambedkar Marathwada University, Aurangabad.**
- 2] **The Director, University Network & Information Centre, UNIC, with a request to upload the curriculum along with this Circular on University Website.**

Copy to :-

- 1] The Director, Board of Examinations & Evaluation, Dr.BAMU, A'bad
- 2] **The Concerned Section, Examination Branch,**
- 3] The Section Officer, [Eligibility Unit],
- 4] **The Programmer [Computer Unit-1] Examinations, section, Dr.BAMU, A'bad**
- 5] **The Programmer [Computer Unit-2] Examinations, section, Dr.BAMU, A'bad**
- 6] The In-charge, [E-Suvidha Kendra],
- 7] The B.Voc Section, Dr.BAMU,A'bad
- 8] The Public Relation Officer,
- 9] The Record Keeper,

**DR. BABASAHEB AMBEDKAR
MARATHWADA UNIVERSITY
AURANGABAD**

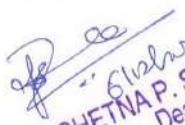


**SYLLABUS OF
BACHELOR OF VOCATIONAL
IN**

**Sports Physical Education & Fitness
Semester – III & VI**

Choice Based Credit System

Effective from the Academic Year
2020-21 & Onwards


Dr. CHETNA P. SONKAMBLE
Dean
INTERDISCIPLINARY STUDIES
Dr. Babasaheb Ambedkar Marathwada
University, Aurangabad



Pandit Deendayal Upadhyay Education Society's

SHRI SANT SAVTA MALI GRAMIN MAHAVIDYALAYA,
PHULAMBRI, TQ. PHULAMBRI, DIST.AURANGABAD 431111

Bachelor of Vocational Syllabus

**SPORTS,
PHYSICAL EDUCATION
& FITNESS**

Three Year Degree Course



Submitted to
**Dr. Babasaheb Ambedkar Marathwada
University, Aurangabad**

Duration and NSQF Level of the Programme Structure

The duration of program shall be given in the table below

Nomenclature	Duration	NSQF Level	Skill Base Credits	General Education Credits	Total Credits
Diploma	Two Semester	Level 5	36	24	60
Advance Diploma	Four Semester	Level 6	72	48	120
B.Voc. Degree	Six Semester	Level 7	108	72	180

Dr. ce
6/12/2021

Eligibility Criteria for Admission of B.Voc. (Sports, Physical Education & Fitness) Course Structure

1. Programme Name in Complete:
 - I. Bachelor of Vocational (Sports, Physical Education and Fitness)
 - i. Course Name in Short: B. Voc. (Sports, Physical Education and Fitness)
 - ii. Intake Capacity: 50
2. **Nature of the Course:** Under Graduate Degree Programme with Multiple Exits as mentioned below.
A student completing,

Semester I is eligible to be awarded **Certificate**

Semester I & II is eligible to be awarded **Diploma**

Semester I to IV is eligible to be awarded **Advanced Diploma**

Semester I to VI is eligible to be awarded **Bachelor Degree**
3. **Duration of the Course:** Three Years; Full Time
4. Examination Pattern (Annual/Semester): **Semester**
5. **If Semester pattern then Number of Semesters:** Six Semesters
6. Marking Scheme (Percentage/Credit): **Credit**
7. **Eligibility:**
There can be three types of learners getting admission to first semester of B. Voc. courses under NSQF:

Category-1: Students who have already acquired NSQF certification Level 4 in a particular industry sector and opted for admission in the B. Voc. degree courses under NSQF in same sector for which he/she was previously certified at school level. Category-2: Students who have acquired NSQF certification Level 4 but may like to change their sector and may enter in B. Voc. course in a different sector.

Category-3: Students who have passed 10+2 examination with conventional schooling without any background of vocational training.
8. **Total Credits to be covered :** 180 (30 per semester)
9. **Teaching and Examination Scheme:** As prescribed in the curriculum design by the Subject Board and approved by Academic Board time to time.

10. Admission rules/conditions for every year/semester.

Sr. No.	Course and Level	Type of Admission	Eligibility	Remarks
1.	B. Voc. First Year Sem. I	Direct Admission	Students has passed 10+2 examination (any stream) or 10+2 vocational steam related to B.Voc. of recognized Board/ University. Or any other examination recognized as equivalent there to.	NSQF Level 5 Diploma
2.	B. Voc. First Year Sem. II	Natural Growth +Direct Entry	Students completing the study of B. Voc. (Sports, Physical Education and Fitness) Sem-I (passed or failed) or Students who completed course equivalent to the study of First Semester and possess NSQF certification Level 4	
3.	B. Voc. Second Year Sem. III	Natural Growth	All students admitted to B. Voc. Second Year is admitted to Sem-III and Sem-IV combine. There is no admission process for III and IV separate.	NSQF Level 6 Advance Diploma
4.	B. Voc. Second Year Sem. IV	Natural Growth		
5.	B. Voc. Third Year Sem. V	Natural Growth + Direct Entry	Clearly Passed First Year of B. Voc. (Sports, Physical Education and Fitness) and Passed Minimum 40% of total passing heads of Second Year of B Voc. (Sports, Physical Education and Fitness) aggregating Semester I and Semester II. OR Students who completed course equivalent to the study of First and Second Year and possess NSQF certification Level 6	NSQF Level 7 Degree
6.	B. Voc. Third Year Sem. VI	Natural Growth	All students admitted to B. Voc. Third Year are admitted to Sem-V and Sem-VI combine. There is no admission process for V and VI separate.	

Grading System

At the end of every semester, a letter grade will be awarded in each course for which a student had registered. A student's performance will be measured by the number of credits that he/she earned by weighted Grade point average (GPA). The SGPA (Semester Grade Point Average) will be awarded after completion of respective semester and the CGPA (Cumulative Grade Point Average) will be awarded at exit point.

The grade points and their equivalent ranges of marks are shown in below:

Sr. No.	Marks Obtained (%)	Grade Point	Grade	Description
1	90-100	9.00-10	O	Outstanding
2	80-89	8.8-90	A++	Excellent
3	70-79	7.00-7.90	A+	Exceptional
4	60-69	6.00-6.90	A	Very Good
5	55-59	5.50-5.90	B+	Good
6	50-54	5.00-5.40	B	Fair
7	45-49	4.50-4.90	C+	Average
8	41-44	4.1-4.40	C	Below Average
9	40	4.0	D	Pass
10	< 40	0.0	F	Fail
11		0.0	AB	Absent

Grade Card

Results will be declared by the center and Grade Card (Containing the grades obtained by the student's along with SGPA) will be issued by the university after completion of every semester. The grade card will consist of following details.

- Title of the course along with code opted by the student
- Credits associated with the course
- Grades and grade points secured by the students
- Total credits earned by the students in particular semester
- Total credits earned by the students with that semester
- SGPA of the student
- CGPA of the students (at respective exit point)

Course Structure (Semester – III)

Bachelor of Vocational (B.Voc.)

in

(Sports, Physical Education & Fitness)

Sr. No.	Course	Name of Course	Contact Hours Per Week		Evaluation Scheme		Credit	Marks
			L	P	CIA	SEE		
Semester -III		General Education Components						
1	SPF 21	Personality Development	04	00	20	80	04	100
2	SPF 22	Human Values	04	00	20	80	04	100
3	SPF 23	Practical – Personality Development	00	04	-	50	02	50
4	SPF 24	Practical – Human Values	00	04	-	50	02	50
		Total Credits	08	08	40	260	12	300
Semester -III		Skill Components						
1	SPF 25	Fitness Management	04	00	20	80	04	100
2	SPF 26	Massage and Acupressure Therapy	04	00	20	80	04	100
3	SPF 27	Applied Yoga	04	00	20	80	04	100
4	SPF 28	Practical – Fitness Management	00	04	-	50	02	50
5	SPF 29	Practical – Massage and Acupressure	00	04	-	50	02	50
6	SPF 30	Practical – Applied Yoga	00	04	-	50	02	50
		Total Credits	12	12	60	390	18	450
		General Education + Skill component	20	20	100	650	30	750

**Bachelor of Vocational
Syllabus
SPORTS, PHYSICAL EDUCATION & FITNESS
Semester – III
General Education Components**

Semester – III
General Education Components
SPF-21 T: Personality Development

(4 Credits: 100 Marks)

Course Contents

Unit-1 : Self-Analysis (12 Hrs.)

SWOT Analysis, Who am I, Attributes, Importance of Self Confidence, Self Esteem.

Unit-2: Creativity (12 Hrs.)

Creativity: Out of box thinking, Lateral Thinking.

Unit-3: Attitude (12 Hrs.)

Attitude: Factors influencing Attitude, Challenges and lessons from Attitude, Etiquette.

Unit-4: Motivation (12 Hrs.)

Motivation: Factors of motivation, Self-talk, Intrinsic & Extrinsic Motivators.

Unit-5: Goal Setting (12 Hrs.)

Goal Setting: Wish List, Smart Goals. Blue print for success. Short Term. Long Term. Life Time Goals. Time Management Value of time, Diagnosing Time Management, Weekly Planner to do list, Prioritizing work.

Suggested Books:

1. As a Man Thinketh – James Allen.
2. The Power of Positive Thinking – Norman Vincent Peale.
3. The Power of Subconscious Mind – Dr. Joseph Murphy.
4. How to Win Friends and Influence People – Dale Carnegie.
5. Mindset: The New Psychology of Success – Carol S. Dweck.
6. Personality Development and Soft Skills - Barun Mitra
7. Personality Development Handbooks - Dr. Sukhadev

General Education Components

SPF-22 T: Human Value

(4 Credits: 100 Marks)

Unit 1: Human Values

(12 Hrs.)

Human values: Introduction, Concept, Types of values, Personality development: Introduction, Meaning, Elements, Nature and Importance

Unit 2: Social Work

(12 Hrs.)

Social work, Concept, Ideals of Social work objectives and nature, Need and importance

Unit 3: Constitutional Values

(12 Hrs.)

Constitutional Values, Democracy, Types, Duties, Responsibilities, Fundamental, Rights and Power Importance

Unit 4: Self Dependency

(12 Hrs.)

Self-dependency and Self-management Meaning Objectives/ Purpose, Importance, Self-Strength and weaknesses.

General Education Components
SPF-23: Practical – Personality Development
(2 Credits: 50 Marks)

1. A practical and activity oriented course which has continuous assessment for marks based on class room interaction, activities etc.
2. Extempore.
3. Technical Topic Presentation.

General Education Components
SPF-24: Practical – Human Value
(2 Credits: 50 Marks)

1. A practical and activity oriented course which has continuous assessment for marks based on class room interaction, activities etc.
2. Seminar
3. Tutorial:
4. Presentation

Skill Development Components
SPF-25-T: Fitness Management

(4 Credits: 100 Marks)

Course Contents

Unit 1: Meaning of fitness

(12 Hrs.)

Meaning of fitness & fitness Management. Modern concept of fitness Types of Fitness:

i) General fitness ii) Physical fitness iii) Modern fitness Need and importance of fitness Management

Unit 2: Fitness Components:

(12 Hrs.)

Fitness Components: Components of fitness: i) Health related components ii) Performance related components Means to develop fitness components- Aerobic and anaerobic exercise Factors affecting fitness: Age, Sex Type of Activity sedentary / Activity, Administration of fitness test.

Unit 3: Diet & Nutrition:

(12 Hrs.)

Diet & Nutrition: Meaning of Balance Diet & Nutrition: Types of nutrients: Micro, Macro, Water, fiber etc. Effect of diet on fitness. Concept of BMI (Body Mass Index) & BMR (Basal Metabolic Rate)

Unit 4: Fitness Programs:

(12 Hrs.)

Fitness Programs: Methods of developing different fitness training Programme. Concept of free weight Vs machine sets and repetition etc. Fitness training programs for different age group. Exercise prescription for individual needs.

Unit 5: Fitness and Wellness

(12 Hrs.)

Physical Fitness & Wellness: Physical Activity, Balanced and Adequate Nutrition, Rest, Recovery and Stress Management.

Suggested Books:

1. Contemporary issues in Physical Education, fitness & Wellness- Dr. Abhay N. Buchha
2. Health Related Fitness by - Bill Tancred
3. Fitness Management – Dr. Sandeep Jagtap
4. Test Measurement & Evaluation in Physical Education - D. K. Kansal

SPF-26-T: Massage and Acupressure Therapy

(4 Credits: 100 Marks)

Course Contents

Unit 1: Introduction and History of Massage

(12 Hrs.)

Introduction and brief History of Massage, definition of massage Basic needs of Massage, characteristics of a masseur, Therapeutic use of different types of oils, Preparation of oils, Remedial Massage, Swedish Massage, Deep Tissue Massage, Sports Massage.

Unit 2: Massage Techniques

(12 Hrs.)

Massage techniques (Effleurage, Stroking, Petrissage, kneading, friction wringing, Twisting, Rolling, Shaking) Massage techniques (Tapotement: Hacking, Tapping, Clapping, Breathing, Pounding Joint movement, Vibration.) Massage techniques for different parts of the body (Foot, leg, arm, abdomen, chest, throat, back, head and Neck)

Unit 3: Massage and Circulatory System

(12 Hrs.)

Effects of massage on heart and circulatory system, Muscular system, Lymphatic system, Digestive system, Respiratory system, Kidney, skin and skeletal system. Laws of Massage & techniques in different diseases (Insomnia Neurasthenia, madness, High blood pressure, polio, obesity, underweight, beautification of female, skin disease, Fracture, sprain.

Unit 4: Introduction and History of Acupressure

(12 Hrs.)

Introduction and brief history of acupressure. Concept of Yin and Yang Five element theory, Organ clock. Concept and definition of meridian. meridians (Lung, Large Intestine, Kidney, Urinary bladder)

Unit 5: Acupressure and their Uses

(12 Hrs.)

Acupressure and their uses: Benefits of acupressure, Common body parts treated by acupressure, Post Injury, Pain Relief, Relieve tight Muscles, Physiological effects of acupressure,

Text Books:

1. Acupressure (Hindi) - Dr. Sharma & Chaudhari
2. Acupressure (Hindi) - Dr. Sanjay Gala

Reference Books:

1. Vaidnyanik Malish – Satyapal
2. Massage for Therapist - Margaret Hollis
3. Principle & Practice of Therapeutic Massage - Akhoury Gourang Sinha
4. Heal Yourself Acupressure - R.C. Gupta
5. Acupressure Guide (English& Hindi) - Dr. Satish Goyal

SPF-27-T: Applied Yoga

(4 Credits: 100 Marks)

Course Contents

Unit 1: Yoga

(12 Hrs.)

Aim, objectives, Scope and application of Yoga Role of Yoga for Life management, Therapeutic aspect of Yoga- Heart disease, Constipation, Asthma, Sciatica, Migraine, Arthritis, Spondylosis, Sinusitis

Unit 2: Yoga and Health

(12 Hrs.)

Health: Types of health- Physical health, mental health, Familiar/ Social Health
Concept of Physical health, Factors of Physical health. Relation of health with fitness.
Yoga and mental health: Meaning and definitions of Mental Health, Yoga & Physical health, , Yoga & Mental, , Yoga & Social health

Unit 3: Yoga for Different Age

(12 Hrs.)

Yoga for children, Yoga for women, Yoga for oldest, Yoga for healthy person, Yoga for pregnant women. Uses: Health security, Life in School, Sports man.

Unit 4: Yoga and Executives

(12 Hrs.)

Yoga and Executives - Problems of executives. Contribution of yoga to solve the problems of the executives. Conflicts resulting in fatigue. Use of artificial stimulants & their untoward effects.

Unit 5: Yoga and the Future

(12 Hrs.)

Yoga and the Future: Role of Yoga in Education, the Modern Approach, Methods of Application, Yoga and Social Problems.

Text Books:

1. Applied Yoga- Gharote M.L.
2. Applied Yoga Therapy – Dr. S.J. Jagtap & Dr. Maske
3. Yoga Evam Manasik Swasthya (Hindi) Pracharya Ranjeetsing Bhogal
4. Yoga Mahavijnan Dr. Kamakhya Kumar

Reference Books: 1. Applied Yoga Therapy - Dr. Ganesh Shankar

2. Applied Yoga Therapy - R. S. Bhogal

SPF-28-P: Practical - 1
(Fitness Management)

(2 Credits Practical: 50 Marks)

A) Basic Movement of Each

Marks-10

- i) Weight Training
- ii) Weight Lifting
- iii) Body Building
- iv) Power lifting

B) Strength Development Exercises (At last Two for each)

Marks-10

- i) Shoulder Exercise
- ii) Chest Exercise
- iii) Biceps Exercise
- iv) Triceps Exercise
- v) Fore Arms Exercise
- vi) Abdomen Exercise

C) Oral

Marks-10

D) College Assessments

Marks -20

College Assessment:- Sessional marks will be based on students' performance in practical throughout the semester, Attendance, completion of the record books and regularity.

a. Attendance & Regularity

Marks-10

b. Practical Performance & Record

Marks-10

SPF-29-P: Practical - 2
(Massage and Acupressure Therapy)
(2 Credits Practical: 50 Marks)

A) Massage Marks-10

- 1) Hacking 2) Taping 3) Tapotement 4) Beating 5) Ringing 6) Clapping 7) Choking
 8) Stroking

System of Examination

- | | |
|---|----------|
| 1) Any two techniques as asked by examiner's choice | Marks-05 |
| 2) Any one techniques of candidate's choice | Marks-05 |

B) Acupressure Marks-10

Path and points of any two meridian System of Examination

- | | |
|---|----------|
| 1) Any one meridian as asked by examiner's choice | Marks-05 |
| 2) Any one meridian of candidate's choice | Marks-05 |

C) Oral Marks-10

D) College Assessments Marks -20

College Assessment:- Sessional marks will be based on students' performance in practical throughout the semester, Attendance, completion of the record books and regularity.

- | | |
|-----------------------------------|----------|
| a. Attendance & Regularity | Marks-10 |
| b. Practical Performance & Record | Marks-10 |

SPF-30-P: Practical - 3
(Applied Yoga)

(2 Credits Practical: 50 Marks)

A) Asana: Mark-10

Standing Asanas: Konasana, Trikonasana, Garudasana, Vrikshasana,

Sitting Asanas: Suptavjrasana, Ardhamstendrasana, Ushtrasana, Paschimottanasana

Prone Position: Naukasana Bhujangasana, Dhanurasana

Supine Position: Chakrasana, Setubandhasana, Sarvangasana, Halasana

System of Examination

1) Any one Asanas as asked by examiner's choice. Marks-05

2) Any one Asanas of candidate's choice. Marks-05

B) Shatkarma (Kriya) Marks-10

1 Dhauti : Danda Dhauti & Vastra Dhauti

C) Yogic Sukshma Vyayam Marks-10

1) Udara Shakti Vikasaka (8)

2) Udara Shakti Vikasaka (9)

3) Udara Shakti Vikasaka (Nauli) (10)

4) Kati Shakti Vikasaka (1)

5) Kati Shakti Vikasaka (2)

6) Kati Shakti Vikasaka (3)

7) Kati Shakti Vikasaka (4)

8) Kati Shakti Vikasaka (5)

9) Muladhar Chakra Shudhi

10) Upastha thatha swadhisthan Chakara

Shuddhi

System of Examination

1) Any one Asanas as asked by examiner's choice. Marks-05

2) Any one Asanas of candidate's choice. Marks-05

D) College Assessments Marks-10

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

**Bachelor of Vocational
Syllabus
SPORTS, PHYSICAL EDUCATION & FITNESS
Semester – IV
General Education Components**

Course Structure (Semester – IV)

Bachelor of Vocational (B.Voc.)

in

(Sports, Physical Education & Fitness)

Sr. No.	Course	Name of Course	Contact Hours Per Week		Evaluation Scheme		Credit	Marks
			L	P	CIA	SEE		
Semester -IV		General Education Components						
1	SPF 31	Environment Science	04	00	20	80	04	100
2	SPF 32	On-job training / Major Project & Seminar	04	00	20	80	04	100
3	SPF 33	Practical – Environment Science	00	04	-	50	02	50
4	SPF 34	Practical – On-job training, Major Project & Seminar	00	04	-	50	02	50
		Total Credits	08	08	40	260	12	300
Semester -IV		Skill Components						
1	SPF 35	Sports & Exercise Therapy	04	00	20	80	04	100
2	SPF 36	Sports Nutrition	04	00	20	80	04	100
3	SPF 37	Panchakarma and its Applications	04	00	20	80	04	100
4	SPF 38	Practical – Sports & Exercise Therapy	00	04	-	50	02	50
5	SPF 39	Practical – Sports Nutrition	00	04	-	50	02	50
6	SPF 40	Practical – Panchakarma	00	04	-	50	02	50
		Total Credits	12	12	60	390	18	450
		General Education + Skill component	20	20	100	650	30	750

Semester – IV

SPF-31 T: Environment Science

(4 Credits: 100 Marks)

UNIT-1: Environment

(12 Hrs.)

Environment: Environment Science, Scope and importance, Components of environment -

- i) Atmosphere. Composition of atmosphere,
- ii) Lithosphere - Structure of lithosphere, soil formation, soil composition and properties of soil,
- iii) Hydrosphere-distribution of water on earth, global water balance and hydrological cycle.

UNIT-2: Environment Problems

(12 Hrs.)

Environment Problems:

- A) **Air pollution** - Concept, source of air pollution, major atmospheric pollutants, air quality standards monitoring of major air pollutants.
- B) **Water pollution** - Sources of water pollution, river pollution, underground water pollution, oil pollution, thermal pollution, water pollution due to sewage, effects of water pollution, waste water treatment.
- C) **Noise pollution** - Sources of noise, effects of noise pollution, noise pollution, noise pollution control equipment, silencers and noise absorbing devices, noise standards and industrial noise control.
- D) **Soil pollution**-Causes of soil pollution major soil pollutants, industrial waste and their role in soil pollution.
- E) **Radiation pollution** - Sources of radioactive pollution, effects of radioactive pollution on health.

UNIT-3: Impact of Industries on Environment

(12 Hrs.)

Impact of industries on Environment: Water pollution episodes due to industrial pollutants, effects of industrial pollutants on aquatic organisms, industrial and underground water quality. Air pollution episodes due to industries-Bhopal gas tragedy, Photochemical smog. Acid Rivers etc. Industrial noise pollution and workers health problems,

UNIT-4: Water Conservation

(12 Hrs.)

Water Conservation: water use pattern-water use in industry. Wat water conservation, rain water harvesting, Reuse and recycle of water.

SPF-32: On-Job training / Major Project & Seminar

(4 Credits Theory: 100 Marks)

SPF-33: Practical – I (Environment Science)

(2 Credits Theory: 50 Marks)

SPF-34: Practical – II (On-Job training, Major Project & Seminar)

(2 Credit: 50 Marks)

Semester – IV (Skill Components)
SPF-35-T: Sports & Exercise Therapy

(4 Credits: 100 Marks)

Course Contents

Unit 1: Introduction to Exercise Therapy (12 Hrs.)

Introduction to Exercise Therapy The aims of Exercise Therapy, The techniques of Exercise Therapy, Approach to patient's problems, Assessment of patient's condition - Measurements of Vital parameters, Starting Positions - Fundamental positions & derived Positions, Planning of Treatment.

Unit 2: Methods of Testing (12 Hrs.)

a. Functional tests, b. Measurement of Joint range: ROM-Definition, Normal ROM for all peripheral joints & spine, Goniometer-parts, types, principles, uses; Limitations of goniometry Techniques for measurement of ROM for all peripheral joints, c. Tests for neuromuscular efficiency.

Unit 3: Relaxation Definitions (12 Hrs.)

Muscle Tone. Postural tone, Voluntary Movement, Degrees of relaxation, Pathological tension in muscle, Stress mechanics, types of stresses, Effects of stress on the body mechanism, Indications of relaxation Methods & techniques of relaxation-Principles & uses: General, Local, Jacobson's, Mitchel's additional methods.

Unit 4: Passive Movements (12 Hrs.)

Causes of immobility, Classification of Passive movements, Specific definitions related to passive movements, Principles of giving passive movements, Indications, contraindications, effects of uses, Techniques of giving passive movements.

Unit 5: Active Movements (12 Hrs.)

• Definition of strength, power & work, endurance, muscle actions. Physiology of muscle performance: structure of skeletal muscle, chemical & mechanical events during contraction & relaxation muscle fiber type, motor unit, force gradation.

Text & Reference Books:

- | | | |
|---|---|-----------------------|
| 1. Therapeutic Exercises | - | Narayanan |
| 2. Orthopedic and Sports Physical Therapy | - | Malone T R , ELSEVIER |
| 3. Principles Of Exercises In Physiotherapy | - | Shivaram |
| 4. Physiology of Sports and Exercise | - | P. Majumdar |
| 5. Sports & Exercise Therapy | - | S. J. Jagtap |
| 6. Principles of exercise therapy | - | M. Dena Gardiner |
| 7. Therapeutic exercise | - | Barbara Bandy |

SPF-32-T: Sports Nutrition

(4 Credits: 100 Marks)

Course Contents

Unit 1: Introduction to Sports Nutrition

(12 Hrs.)

Introduction to sports nutrition: Historical approaches to exercise and nutrition, Role of macronutrients, Reference sports person - dietary recommendations.

Unit 2: Carbohydrates intake and exercise

Pre exercise diet, Carbohydrate supplementation during exercise, Post exercise diet, Carbohydrate utilization during exercise, Type of exercise: light, moderate static and heavy, Gluconeogenesis as an energy source, Lactate metabolism - fuel for muscular work, Carbohydrate metabolism and fatigue

Unit 3: Lipids

(12 Hrs.)

Fat metabolism and utilization during exercise, Contribution to energy production during exercise, Training adaptations and fat utilization

Unit 4: Proteins

(12 Hrs.)

Amino acid metabolism associated with exercise, Protein turnover associated with exercise, Physical activity and protein requirement, Use of specialized protein supplements - whey protein; BCAA 54

Unit 5: Water

(12 Hrs.)

Significance of hydration and consequences of dehydration, Practical indexes of hydration status, Replacement strategies for sports person- types of fluids, fluid volume, composition, Sports drink.

Text/Reference Books:

- | | | |
|-----------------------------------|---|------------------------------|
| 1. Nutrition for Serious Athletes | - | Bernadot dan |
| 2. Essentials of Sports Nutrition | - | Brouns Fred |
| 3. Clinical Sports Nutrition | - | Burke Louse and Deakin Vicky |
| 4. Nutritional Ergogenic Aids | - | Wolinskoy Ira, Driskell J. |
| 5. Sports Nutrition | - | S. J. Jagtap |

SPF-33-T: Panchakarma and its Applications

(4 Credits: 100 Marks)

Course Contents

Unit 1: Definition and Importance of Karma

(12 Hrs.)

Definition and importance of Virechana Karma, Utility of Virechana Karma in health and disease, Indications and Contraindications for Virechana, Purva Karma of Virechana: Deepan- Pachana, Abhyantara Snehana and diet, Management of 3 gap days-Abhyanga, Svedana& diet, Management on Morning of Virechana day, Method of Virechana Karma and management during Virechana Karma & observations, Symptoms of Samyak Yoga, Ayoga and Atiyoga of Virechana Karma, Post Virechana management Types of Shuddhi-Hina, Madhya and Pravara and accordingly SamsarjanaKrama, Complications of Virechana and their management with Ayurveda.

Unit 2: Definition and importance of Basti

(12 Hrs.)

Definition and importance of Basti as Ardha-Chikitsa, Utility of Basti Karma in health and disease, Basti Yantra- Putaka & Netra, Detailed study of traditional Basti Yantra and their Doshas Knowledge of alternative Basti Yantra-enema can, enema syringe, modified plastic/rubber bag for Putaka, modified plastic netra.

Unit 3: Classifications of Basti Karma

(12 Hrs.)

Kala and Yoga Basti schedules along with their utility. Niruha Basti: Its synonyms, definition, classifications, sub-classifications & indications and contraindications. Anuvasana Basti: Its synonyms, definition, classifications, indications and contraindications. Local basti as janubasti, katibasti, etc.

Unit 4: Nasya Karma

(12 Hrs.)

Nasya: Definition, Significance of Nasya Karma. Classifications and sub-classifications, Knowledge of general Dravya used for Nasya Karma, Indications and contraindications of Nasya, Time of administration of Nasya, Dose fixation of different types of Nasya, Diet and regimen before and after Nasya Karma, Administration of Marsha, Pratimarsha, Avapeedaka, Dhoomapana and Dhuma Nasya, Symptoms of Samyak-yoga of Nasya, Complication of Nasya and their management.

Unit 5: Raktamokshana

(12 Hrs.)

Definition, importance and Types of Raktamokshana, Classification of Raktamokshan, General Indication and Contra indication of Raktamokshan. Jalaukavacharana: Knowledge of different types of Jalauka (Leech), Indications and contraindications of Jalaukavacharana, various types of Jalauka. Method of Application, Samyak Lakshan, Complication of Jalaukavacharana and their management with Ayurveda.

Text Book

1. Panchakarma Vigyan

-

Dr. Haridas Shreedhar Kasture

- | | | |
|------------------------------------|---|----------------------------------|
| 2. Auryrvediya Panchakarma Vijanan | - | Vaidya Haridas Kasture |
| 3. Auryrvediya PanchakarmaVijanan | - | Prof. Vaidya Joshi |
| 4. Panchakarma and Its Application | - | Dr. S.J. Jagtap & Dr. B.H. Maske |
| 5. Clinical Panchkarma (English) | - | Dr. P.Yadaiah |
| 6. Prayogika Panchkarma (Hindi) | - | Dr. P. Yadaiah |

Reference Books:

1. Charak Samhita with Commentary of Ayurveda Dipika - Chakrapanidatta & Jalpakalpataru by Gangadhara
2. Ayurvediya Panchakarma Chikitsa - Dr. Mukundilal Dwivedi
3. VividaVyadhiyome Panchkarma (Hindi) - Dr. P. Yadaiah
4. The Panchkarma Treatment of Ayurveda with Kerala Specialtie - Dr. T.L. Devaraj
5. Principles and Practice of Basti Dr.Vasudevan & Dr. L. Mahadevan
6. Essential of Panchakarma Therapy - Dr. Pulak Kanti Kaur
7. Principles and Practice of Panchakarma - VaidyaVasantPatil

SPF-34-P: Practical - 3
(Sports & Exercise Therapy)

(2 Credits Practical: 50 Marks)

A) Laboratory work –

Marks-20

1. Demonstrate the technique of measuring using goniometry
2. Demonstrate muscle strength using the principles and technique of MMT
3. Demonstrate the techniques for muscle strengthening based of MMT grading
4. Demonstrate the PNF techniques
5. Demonstrate exercise for training co-ordination – Frenkel's exercise
6. Demonstrate the techniques of massage manipulations
7. Demonstrate techniques for functional re-education
8. Assess and train for using walking aids
9. Demonstrate mobilization of individual joint regions
10. Demonstrate to use the technique of suspension therapy for mobilizing and Strengthening joints and muscles

B) Oral

Marks-10

C) College Assessments

Marks-20

College Assessment: - Sessional marks will be based on students' performance in practical throughout the semester, Attendance, completion of the record books and regularity.

SPF-35-P: Practical - 4
(Sports Nutrition)

(2 Credits Practical: 50 Marks)

A) Practical and Planning –

Marks-10

1. Principles of diet planning for sports persons with special reference to nutrients and water needs
2. Concept of energy expenditure and calculation of EE
3. Planning a day's diet for the following sports activities for different age groups and sexes: Gymnastics, Athletics, Swimming, Cricket, Football, Diet considerations for female sports persons

B) Fitness Assessment

Mark-10

1. Height, weight and body composition. Body fat determinations by different methods
2. Determination of aerobic capacity - pulse rate, blood pressure, THR zone for exercise and VO₂max (demonstration)
3. Determination of muscle strength and endurance (demonstration)
7. Exercise Management: Importance of warming up / cool down / stretching, Work out - aerobic and strength training /cross training, Sports injury

B) Oral

Marks-10

C) College Assessments

Marks-20

College Assessment: - Sessional marks will be based on students' performance in practical throughout the semester, Attendance, completion of the record books and regularity.

SPF-36-Practical - 5
(Panchakarma and Its Application)
(2 Credits Practical: 50 Marks)

A) Leach- Types and their practical Application	Marks-10
1) Any two as asked by examiner's choice	Marks-
05	
2) Any one of candidate's choice	Marks-05
B) Virechan- Drugs uses and doses	Marks-10
1) Any two as asked by examiner's choice	Marks-
05	
2) Any one of candidate's choice	Marks-05
C) Nasya- Types and their practical application	Marks-10
1) Any two as asked by examiner's choice	Marks-
05	
2) Any two of candidate's choice	Marks-05
D) Oral	Marks-10
E) College Assessments	Marks-10

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

**Bachelor of Vocational
Syllabus
SPORTS, PHYSICAL EDUCATION & FITNESS
Semester – V
General Education Components**

Course Structure (Semester – V)

Bachelor of Vocational (B.Voc.)

in

(Sports, Physical Education & Fitness)

Sr. No.	Course	Name of Course	Contact Hours Per Week		Evaluation Scheme		Credit	Marks
			L	P	CIA	SEE		
Semester -V		General Education Components						
1	SPF 41	Yoga Therapy	04	00	20	80	04	100
2	SPF 42	Body Systems	04	00	20	80	04	100
3	SPF 43	Practical – Yoga Therapy	00	04	-	50	02	50
4	SPF 44	Practical – Body Systems	00	04	-	50	02	50
		Total Credits	08	08	40	260	12	300
Semester –V		Skill Components						
1	SPF 45	Health and Sports	04	00	20	80	04	100
2	SPF 46	Principles of Advance Coaching	04	00	20	80	04	100
3	SPF 47	Sports Biomechanics	04	00	20	80	04	100
4	SPF 48	Practical – Health and Sports	00	04	-	50	02	50
5	SPF 49	Practical – Principals of Advance Coaching	00	04	-	50	02	50
6	SPF 50	Practical – Sports Biomechanics	00	04	-	50	02	50
		Total Credits	12	12	60	390	18	450
		General Education + Skill component	20	20	100	650	30	750

Semester –V

SPF-41: T: Yoga Therapy

(4 Credits: 100 Marks)

Unit – 1: Meaning & Definitions

(12 Hrs.)

Meaning, Definitions & importance of yoga therapy, Scope of Yoga Therapy, Principles of Yoga Therapy, merits and demerits of Yoga Therapy, preventive & curative and aspects of Yoga Therapy

Unit – 2: Techniques of Yoga Therapy

(12 Hrs.)

Techniques of Yoga Therapy, Methods of Yoga Therapy, Integrated approach to Yoga Therapy

Unit – 3: Treatments of Yoga Therapy

(12 Hrs.)

Use of Asana, Pranayama, Shat Karma & Supporting treatments of Yoga Therapy: Use of mechanical aids : Ropes, Belts, cushions, special benches, Brisk, Chair & other supports.

Unit – 4: Yogic Treatments

(12 Hrs.)

Yogic treatments of various disorders such as Respiratory disorders (Asthma, Sinusitis, Cough and its causes & symptoms), Digestive disorders (Acidity, Constipation, Gastritis and its causes& symptoms), Disorders of spine–Backache, Cervical Spondylitis, Lumbar Spondylitis and its causes & symptoms.

Test Books :-

- | | | |
|---|---|----------------------|
| 1. Swasthya Ke Liye Yoga | - | Sadashiv Nimbalkar |
| 2. SwasyhavrittaVijnan Evam Yogic Chikitsa- | - | Dr. Rakesh Giri |
| 3. Holistic Approach of Yoga | - | Ganesh Shankar |
| 4. Yoga Evam Yogic Chikitsa | - | Prof. Ramharsh Singh |
| 5. Yoga Parichay | - | Vishvas Mandlik |
| 6. Yoga Therapy | - | Dr. Sandeep Jagtap |

Reference Books :-

- | | | |
|-------------------------------------|---|--|
| 1. Yogic Therapy | - | Swami Kuvalananda |
| 2. Swadhyaya & Yoga Therapy | - | Dr. Vaze, Gurukul Sadashiv Peth, Pune. |
| 3. Yogic Cure for common Ailments - | - | Bright P.S., Bright Career, Delhi. |

SPF-42: T: Body System

(4 Credits: 100 Marks)

Unit 1: Meaning of Learning

(12 Hrs.)

Meaning of Learning, Nature of Skill Learning and laws of Learning, Learning Curve, Motivation in Sports and fitness.

Unit 2: Psychological Factors and Growth & Development

(12 Hrs.)

Psychological factors effecting sports performance i.e. stress tension, anxiety, aggression, Psychological characteristics of the adolescent in sports situations, Growth and development during childhood: Physical, Mental, Emotional, Inter-personal social development.

Unit 3: Health Education and Hygiene

(12 Hrs.)

Meaning and scope of Health Education, Hygiene problems of educational, institutions and their remedial measures, Air and water pollution and its remedial measures, First aid in case of snake bite, drowning, electric shock, burns, fracture, dislocation, sprain and strain.

Unit 4: Communicable Diseases

(12 Hrs.)

Effects of Alcohol and smoking on health, Doping in sports, Communicable Diseases: Mode of transmission, prevention and control of tuberculosis, hepatitis (A & B), Rabies and HIV/AIDS.

Book for Reference:

1. Singh, Kanwaljeet and Singh Inderjeet: Sports Sociology, Friends Publication, New Delhi, 2000.
2. Tandan, D.K. et.al.: Scientific basis of Physical Education and Sports, Friends Publication, New Delhi, 2001.
3. Singh, Ajmer and Gill Jagtar: Essentials of Physical Education and Olympic Movement, Kalyani Publishers, Ludhiana, 2004.
4. Kang, G.S.: Anatomy, Physiology and Health Education, Publication Bureau, Punjabi University, Patiala, 2000.
5. Kang, G.S. and Deol, N.S.: An Introduction to Health and Physical Education, 21st Century, Patiala, 2008.
6. Dhillon G.K.: Health Education, Punjab Text Book.

**SPF-43: Practical – 1
(Yoga Therapy)**

(2 Credits: 50 Marks)

A) Yogic Suksham Vyayam

Marks-10

- 1) Kundalini Shakti Vikasaka 2) Jangha Shakti Vikasaka
- 3) Jangha Shakti Vikasaka 4) Janu Shakti Vikasaka
- 5) Pindhi Shakti Vikasaka 6) Pada-mula Shakti Vikasaka
- 7) Padungali –Shakti- Vikasaka) Gukpha-
- 8) Pada-Prishtha-Patha-Talashakti-vikasaka

System of Examination:

- 1) Any two as asked by examiner's choice **Marks-05**
- 2) Any one of candidate's choice **Marks-05**

B) Therapeutic Yogic Practices

Marks-10

Yogic Practices with mechanical aids as – Ropes, Belts, Cushions Blankets, Chairs, Brisk
Name of **Asanas** : 1. Suptaveerasana on Bench 2. Suptaveerasana on Ground 3. Upavistakonasana 4. Suptabandhadkonasa 5. Merudandasana 6. Vipareeta Dandasana-1 7. Vipareeta Danadasana- 2 8. Vipareeta Danasana-3 9. Kapotasana-I 10. Kapotasana-2 11. Tadasana 12. Trikonasana 13. Urdhwadhanurasana

System of Examination:

- 1) Any two as asked by examiner's choice **Marks-05**
- 2) Any one of candidate's choice **Marks-05**

C) Shatkarma

Marks-10

Dhauti - Gajkarni, Vastra, Danda **Nauli** - Madhya-Vam-Dakshina, Naulichalana, Agnisara Kriya, Kapalbhati, Shankhaprakshalana

System of Examination:

- 1) Any two as asked by examiner's choice **Marks-05**
- 2) Any one of candidate's choice **Marks-05**

D) Oral

Marks-10

E) College Assessments

Marks-10

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

SPF-44: Practical – 2 (Body System)

(2 Credits: 50 Marks)

A)

Marks-10

1. **Cell:** Structure and Functions.
2. **Muscular System:** Various types of muscles, structure of skeletal muscles.
3. **Respiratory system:** Organs of respiratory, Mechanism of respiration.

Marks-10

1. **Digestive System:** its organs and mechanism of digestion.
2. **Excretory system;** Structure and functions of kidney and skin.
3. **Endocrine system,** Meaning of endocrine glands, functions and location of pituitary, Thyroid and adrenal glands.

Marks-10

1. **Nervous System:** Its organs and functions.
2. **Circulatory System:** Heart and Its structure, Mechanism of circulation of Blood, Various types of blood vessels.
3. Care, prevention of causes and cure of sports injuries (sprain, contusion, dislocation and fractures).

B) Oral

Marks-10

C) College Assessments

Marks-10

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.


Dr. CHETNA P. SONKAMBLE
Dean
INTERDISCIPLINARY STUDIES
Dr. Babasaheb Ambedkar Marathwada
University, Aurangabad

SPF-45-T: Health & Sports

(4 Credits: 100 Marks)

Course Contents

Unit 1: Meaning & Definition

(12 Hrs.)

Meaning & Definition:- Health, Physical Education, Physical Training, Physical Fitness, Wellness, Aims & Objectives of Physical Education and Physical Fitness, Components of Physical Fitness of Speed, Strength, Endurance, Flexibility and agility.

Unit 2: Speed and Strength

(12 Hrs.)

Meaning of Speed, Factor Affecting Speed, Methods of Developing Speed, Meaning of Strength, Types of Strength, Factor Affecting Strength, Methods of Developing Strength, Meaning of Endurance, Types of Endurance, Factor Affecting Endurance, Methods of Developing Endurance. Meaning of Flexibility, Type of Flexibility, Factor Affecting Flexibility, Methods of Developing Flexibility.

Unit 3: Skeletal System, Joints and Bones

(12 Hrs.)

Meaning of Anatomy, Physiology, Meaning of cell, tissue, organs and systems, Skeletal System of Kinds of Bones, Functions of the Bones, Joints of Various types of Joints and their Movements.

Unit 4: Load and Training

(12 Hrs.)

Meaning of Training Load, Principles of Training Load, Overload Causes and Symptoms of overload, Training Methods of Weight Training, Circuit Training, Fartlek Training, Plyometric Training and cross country.

Book for Reference:

1. Khan E.A. History of Physical Education Scientific Book Co. Patna-4 (1964)
2. Introduction to Physical Education, Exercise Science, and Sport Lumpkin, Angela McGraw-Hill Education.
3. Wilmore, J.H., Athletic Training and Physical Fitness, Sydney Allyn and Bacon Inc.,(1977).

4. Muruges, N., Anatomy Physiology and Health Education, Sathiya Publishers, Madurai 1990.
5. Bucher, C.A. Foundations of Physical Education. The C.V. Mosby Co. Saint Louis, U.S.A., (1992)
6. Hardayal Singh, Science of Sports Training, ND: D.A.V. Pub., 1993.
7. Dr. S.J. Jagtap, & Dr. B.H. Maske, Health & Fitness, IIP Publication, Karnataka 2021

SPF-46-T: Principles of Advance Coaching

(4 Credits: 100 Marks)

Course Contents

Unit 1: Technical Training

(12 Hrs.)

Definition of skill, technique and Technical training, Characteristics of technique, Methods of technique training, Causes and correction of faults, Tactics & Strategies, Definition of tactics & strategy, Basic tactical concepts (offensive, defensive etc.), Methods of tactical training, Control of tactical Knowledge.

Unit 2: Planning & Organization of Training

(12 Hrs.)

Importance & principles of Planning, Periodization, Competition planning and preparation, Importance of competition, Frequency of the competitions, Main & Build-up competitions, Direct preparation for an important competition.

Unit 3: Evaluation of Training

(12 Hrs.)

Evaluation of training, Talent Identification, Importance & Procedure, Various schemes of Talent Identification in India.

Unit 4: Preparation and Presentation of Training Schedule

(12 Hrs.)

Preparation and presentation of training schedule for Advance coaching assignment.

Book for Reference:

1. Roy A. Clumpher , ' Sport Progressions : Includes 256 Activities & Lead up
2. Games . (Human Kinetics) western Washinton University , 2003.
3. Hardayal Singh , Science of Sports Training . D.V.S. Publication , New Delhi, 1991
4. A.K. Uppal , Principles of Sports Training friends Publications (India) 2003.
5. Frank W. Disk , sports Training Principles , A& C. Black : London , 2002.

6. Dr. P. channappa Reddy , Scientific Principles of Coaching Publications (I)
7. Bunn, John W. , Scientific Principles of coaching, Englewood Cliffs N.J. Prentice hall 1981
8. Dr. Sandeep Jagtap, Principles of Sports Training, Harshal Publication 2021

SPF-47-T: Sports Biomechanics

(4 Credits: 100 Marks)

Course Contents

Unit 1: Definition and Meaning

(12 Hrs.)

Definition & meaning of Sports Biomechanics, Need and Importance of Biomechanics in PE & Sports, Organization of Mechanics, Basic dimensions & units of measurement used in Mechanics.

Unit 2: Analysis

(12 Hrs.)

Movement Analysis, Kinesiological Analysis, Mechanical Analysis, Biomechanical Analysis, Video Film Analysis, Tools for Biomechanical Analysis.

Unit 3: Analysis of Fundamental Skills

(12 Hrs.)

Analysis of Fundamental Skills: Walking, Running, Throwing, Lifting, Pulling, Pushing, Catching, Climbing.

Unit 4: Analysis of Sports Skills

(12 Hrs.)

Analysis of Sports Skills: Athletics, Gymnastics, Swimming, Football, Hockey, Basketball, Cricket, Boxing, Badminton.

Book for Reference :

1. William C. Whitting , Stuart Rugg, Dynatomy- Dynamic Human Anatomy, Friends Pub. 2006
2. Peter McGinis Biomechanics of sports and exercise, Friends Pub. 2005
3. T. McClurg Anderson, Biomechanics of Human Motion, Lokesh Thani Sports Pub. 2003
4. Vijayalakshmi, Biomechanics of body Movements in sports, Vivek Thani Khel Sahitya Kendra 2005

5. Bunn, John W. , Scientific Principles of coaching, Englewood Cliffs N.J. Prentice hall 1981
6. Hay James G., The Biomechanics of Sports techniques , Englewood Cliffs N.J. Prentice hall 1981
7. Dr. Jagtap, Sports Biomechanics, Sankal Publication, 2021

SPF-48- Practical – 3 (Health and Sports)

(2 Credits: 50 Marks)

A) Athletics

Marks-10

- Track :- 400M, 200M
- Event :- Track Event, Field Events.

Track Event Race

- Short Distance:- 100M, 200M, 400M
- Middle Distance :- 800M, 1500M
- Long Distance :- 3000M, 5000M, 10,000M

B) Hurdles

Marks-20

- Hurdles for girls (Heights of the Hurdles 96.4cm & 10 Heights) :- 110M
- Hurdles for girls (Heights of the Hurdles 76.2cm & 8 Heights) :- 100M

Field Events

- Jumps :- Long Jump, Triple Jump, High Jump, Pole-Vault.
- Throw :- Shot-put, Javelin-throw, Discus-throw, Hammer-throw.
- Minor Games and Major Games

Badminton

- Court Dimension.
- Rules & Regulations.
- Basic fundamental.
- Skill.

Self Defense (Taekwondo, Wushu & Karate)

- Ground Measurement.
- Rules & Regulations.
- Basic fundamental.

- Skill.

C) Oral

Marks-10

D) College Assessments

Marks-10

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

SPF-49- Practical – 4 (Principles of Advance Coaching)

(2 Credits: 50 Marks)

A) Hockey

Marks-10

- Ground Measurement.
- Rules & Regulations.
- Basic fundamental.
- Skill.

B) Handball

Marks-10

- Ground Measurement.
- Rules & Regulations.
- Basic fundamental.
- Skill.

C) Chess

Marks-10

- Chess Board Measurement.
- Rules & Regulations.
- Basic fundamental.
- Skill.

D) Judo & Karate

Marks-10

- Mat Dimension.
- Rules & Regulations.
- Basic fundamental.
- Skill.

D) College Assessments

Marks-10

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

SPF-50- Practical – 5
(Sports Biomechanics)

(2 Credits: 50 Marks)

A) Cricket

Marks-10

The identification of optimal technique for enhancing sports performance

B) Volleyball

Marks-10

The analysis of body loading to determine the safest method for performing a particular sport or exercise task

C) Judo

Marks-10

The assessment of muscular recruitment and loading

D) Badminton

Marks-10

The analysis of sport and exercise equipment e.g., shoes, surfaces and rackets.

E) College Assessments

Marks-10

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

**Bachelor of Vocational
Syllabus
SPORTS, PHYSICAL EDUCATION & FITNESS**

**Semester – VI
General Education Components**

Course Structure (Semester – VI)

Bachelor of Vocational (B.Voc.)

in

(Sports, Physical Education & Fitness)

Sr. No.	Course	Name of Course	Contact Hours Per Week		Evaluation Scheme		Credit	Marks
			L	P	CIA	SEE		
Semester -V		General Education Components						
1	SPF 41	Management in Physical Education and Sports	04	00	20	80	04	100
2	SPF 42	Project Work	04	00	20	80	04	100
3	SPF 43	Practical – Management in Physical Education and Sports	00	04	-	50	02	50
4	SPF 44	Practical –Study Tour and Report	00	04	-	50	02	50
		Total Credits	08	08	40	260	12	300
Semester –V		Skill Components						
1	SPF 45	Athlete’s care & Rehabilitation	04	00	20	80	04	100
2	SPF 46	Principles of Professional Coaching	04	00	20	80	04	100
3	SPF 47	Sports Psychology	04	00	20	80	04	100
4	SPF 48	Practical – Athlete’s care & Rehabilitation	00	04	-	50	02	50
5	SPF 49	Practical – Principals of Professional Coaching	00	04	-	50	02	50
6	SPF 50	Practical – Sports Psychology	00	04	-	50	02	50
		Total Credits	12	12	60	390	18	450

		General Education + Skill component	20	20	100	650	30	750
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Semester –VI

SPF-51 T: Management in Physical Education and Sports

(4 Credits: 100 Marks)

Course Contents

Unit – 1: Concept of Management

(12 Hrs.)

Concept of Management, Philosophical & Historical Background, Terminology in modern management & Applicable models of management, Competency based approaches and implementation in PE & Sports, Problems in management.

Unit – 2: Institution Managements

(12 Hrs.)

Management of sports at school, college & Universities, Management of Physical education Program, International & Indian Olympic Associations (IOC & IOA), Sports Authority of India (SAI).

Unit – 3: Administration

(12 Hrs.)

Hierarchy of Education Administration at Central & State Level, Responsibilities & training of general Administrator, Administration at Health Club, Supervision- Techniques, Functions & Evaluation.

Unit – 4: Event Management

(12 Hrs.)

Event Management, Planning & Organization, Marketing & Sponsorship, Advertising & mass media, Follow –up.

Book for Reference:

1. Prof. Jose James, Dr. G.P. Gautam Administration Of Physical Education Frinds Publications [India]
2. K. Chandrashekar Sports Administration Vivek Thani Khel Sahitya Kendra

3. Dr. Rameshwari Devi, Dr. Iswar Singh, Dr. Sultana Khan Management Of Sports and Physical Education Frinds Publications [India]
4. Dr. Akhilesh Sharma, Dr. Rakesh Gupta, Dr. H.R. Lunge Techniques Of Supervision In Physical Education Friends Publications [India]
5. Earle F. Zeiglet & Garry W. Bowie . Management Competency Development in Sports and Physical Education (9 Philadelphia W. Lea and Febiger 1993)
6. Joseph Bucher and Earnest Koenigerberg , Scientific inventory Management (New Delhi : Prentice Hall of India Pvt. Ltd. 1968)
7. Sandeep Jagtap & Bappasaheb Maske, Sports Management, IIB Publication (Karnataka)

SPF-52 T: Project Work

(4 Credits: 100 Marks)

The project work to given to the students in the class to make a planning of six month training programe schedule.

SPF-53 : Practical – 1

(Management in Physical Education and Sports)

(2 Credits: 50 Marks)

A) Each student should do the management of any institution (School, College, University, Health Club, Gym. Ect.) and submit its report along with working schedule and work profile.

Marks-30

B) Oral

Marks-10

C) College Assessments

Marks-10

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

SPF-54: Practical – 2

(Study Tour and Report)

(2 Credits: 50 Marks)

A) The students talk to study tour at SAI (Sports Authority of India, Western Training Centre, Aurangabad) & Divisional Sports Complex for updating their knowledge.

Marks-30

B) Oral

Marks-10

C) College Assessments

Marks-10

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

SPF-55 T: Athlete's Care & Rehabilitation

(4 Credits: 100 Marks)

Course Contents

Unit – 1: Introduction

(12 Hrs.)

Introduction- History, concept, aim & objectives and need & importance, Role of Physician, Athlete trainer and coaches, Team Medical Care – Concept & approaches.

Unit – 2: Injury and Tissue Response

(12 Hrs.)

Injury and Tissue Response: Micro & macro trauma, Tissue response to stress, Inflammation and different steps of wound Healing, Overuse Trauma, Common regional injuries & their management (head, neck, face, thorax, abdomen, Pelvis, Upper & lower limbs).

Unit – 3: Therapeutic Modalities & Rehabilitation

(12 Hrs.)

Therapeutic Modalities & Rehabilitation: Hydrotherapy, Cryotherapy, Thermotherapy, Diathermy, Infra-red, Ultra sound, Contrast & Paraffin bath, Approach to rehabilitation.

Unit – 4: Inactivity Problems & Management

(12 Hrs.)

Inactivity Problems & Management, Low back problems & their management, Pregnancy & exercise, Common old age problems (Arthritis, Heart disease), Concept of Health Club, Sauna, steam bath, Therapeutic Massage, Dopes and Athletic Nutrition.

Book for Reference:

1. Ray, Steven & Irwin , Sports Medicine, Prentice hall 1983
2. Armstrong and Tucker, Injuries in sports, London: Staples press.
3. Pande P.K. Outline of Sports Medicine, New Delhi Jaypee Bros. 1987
4. Michael Hutson, Sports injuries recognition & management , Oxford University Press 3rd Ed. 2001
5. Dr. Govindaraju, Sports Medicine, Friends Pub.

6. Ronald P. Pfeiffer & Brant Mangus, Concepts of Athletic Training, Jones & Bartlett Pub. 2nd Ed. 1993.
7. Dr. Sandeep Jagtap & Limba Pratale, Athlete's Care and Rehabilitation

SPF-56 T: Principles of Professional Coaching

(4 Credits: 100 Marks)

Course Contents

Unit 1: Quality Coaching

(12 Hrs.)

Definition of skill, technique and Technical training, Characteristics of technique, Methods of technique training, Causes and correction of faults, Tactics & Strategies, Definition of tactics & strategy, Basic tactical concepts (offensive, defensive etc.), Methods of tactical training, Control of tactical Knowledge.

Unit 2: Essential Coaching Knowledge

(12 Hrs.)

Importance, Professional knowledge, Interpersonal knowledge, Importance of competition, Frequency of the competitions, Main & Build-up competitions, Teaching and Learning Abilities, Intrapersonal knowledge.

Unit 3: Evaluation and Recognition

(12 Hrs.)

Determine What to Evaluate, Specify Sources of Feedback, Select Evaluation Methods and Collect Data: Decide How to Use the Results, Long-Term Program Development, Close High-Impact Performance Gaps, Build on Coaching Strengths.

Unit 4: Coach Well-Being

(12 Hrs.)

Stress Protection, Support Networks, Self-Care, Work-Life Balance, Assurance of a Quality Experience.

Book for Reference:

1. Roy A. Clumpher , ' Sport Progressions : Includes 256 Activities & Lead up
2. Games . (Human Kineties) western Washinton University , 2003
3. Hardayal Singh , Science of Sports Training . D.V.S. Publication , New Delhi, 1991
4. A.K. Uppal , Principles of Sports Training friends Publications (India) 2003.

5. Frank W. Disk , sports Training Principles , A& C. Black : London , 2002.
6. Dr. P. channappa Reddy , Scientific Principles of Coaching Publications (I)
7. Bunn, John W. , Scientific Principles of coaching, Englewood Cliffs N.J. Prentice hall 1981
8. Dr. Sandeep Jagtap, Principles of Professional Coaching, Harshal Publication 2021

SPF-57 T: Sports Psychology

(4 Credits: 100 Marks)

Course Contents

Unit 1: Introduction

(12 Hrs.)

Meaning ,Scope and Development of Sports Psychology, Relationship of Sports Psychology with other sports sciences, Needs & Importance of Sports Psychology, Cognitive process in Physical Activities:-Meaning & Characteristics.

Unit 2: Sensation & Perception

(12 Hrs.)

Sensation & perception, Thinking, Imagination, memory, Attention- Meaning, dimensions, Distractibility in Attention, Strategies to develop attention, Motor Learning, Meaning & Factors affecting motor learning, Motor development in various periods of childhood & adolescence.

Unit 3: Psychological Aspects of Action Regulation

(12 Hrs.)

Psychological aspects of action regulation, Personality-Meaning, traits & relation with sports performance, Motivation-Meaning, Types, Techniques and Attitude & Interest, Emotions- Meaning, Type and its influence on sports performance.

Unit 4: Psychological Aspects of Competition

(12 Hrs.)

Psychological aspects of competition, Psychological aspects of long term & short term preparation for competition, Social Facilitation- Presence of others, Audience & Coaction effect, Methods of investigation in Sports Psychology.

Book for Reference:

1. Dr.P.M. Algegonkar, 'Sports Psychology' pune vidyarthi griha prakashan
2. Dr. M.L. Kalmesh, Educational Sports Psychology M/S Friends Publications

3. Matt Jarvis, Sports Psychology A students handbook Friends Publications
4. Cratty Bryant J. Psychology & Physical Activity, Prentice Hall 1965
5. Buit Susan Dorcas, Psychology of Sports, Van Nostrand reinhold Co. II Edn.
6. Dr. Sandeep Jagtap & Dr. Arti Thale, Sports Psychology, IIP Publication

SPF-58: Practical (Athlete's Care & Rehabilitation)

(2 Credits: 50 Marks)

A) Injury and Tissue Response: Micro & macro trauma, Tissue response to stress, Inflammation and different steps of wound Healing, Overuse Trauma, Common regional injuries & their management (head, neck, face, thorax, abdomen, Pelvis, Upper & lower limbs).

Marks-30

B) Oral

Marks-10

C) College Assessments

Marks-10

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

SPF-59: Practical (Principal of Professional Coaching)

(2 Credits: 50 Marks)

A) Definition of skill, technique and Technical training in Judo, Cricket, Handball, Karate, Kabaddi, Volleyball, Kho-Kho, Lawn Tennis, Badminton, Squash, Football, Shooting, Archery, Athletics, Swimming (Any one of this)

Marks-30

B) Oral

Marks-10

C) College Assessments

Marks-10

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

SPF-60: Practical (Sports Psychology)

(2 Credits: 50 Marks)

A) Preparing Psychological Test and Survey of 100 students and players including psychological factors.

Marks-30

B) Oral

Marks-10

C) College Assessments

Marks-10

College Assessment: - Sessional marks will be based on student's performance in practical throughout the semester, Attendance, completion of the record books and regularity.

Dr. ee
6/1/2021
Dr. CHETNA P. SONKAMBLE
Dean
INTERDISCIPLINARY STUDIES
Dr. Babasaheb Ambedkar Marathwada
University, Aurangabad