

DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY**CIRCULAR NO.SU/ALL FACULTY'S/COMPULSORY PHY.EDU/15/2022**

It is hereby inform to all affiliated under graduate level Colleges that, as per Government Resolution No. 2013/प्र.क्र.289/वि.शी-3 dated 25th July, 2013, on the recommendation of the Dean, Faculty of Interdisciplinary Studies the **Academic Council at its meeting held on 29 August 2022 has accepted the "Revised Syllabus of Spots Fitness & Yoaga under the Choice Based Credit & Grading System Compulsory for the students of all the Faculties run at college level including Engineering Colleges at First to Final Year progressively**

This is effective from the Academic Year 2022-2023 and onwards.

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

University Campus,
Aurangabad-431 004.

REF.NO.SYLLABUS SEC./2022/

A.C.M. P.I.No.43

Date:- 30-08-2022.

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[Signature]
**Deputy Registrar,
Academic (Syllabus)
Section.**

Copy forwarded with compliments to:-

- 1] The Principals, All affiliated including Engineering Colleges, Dr. Babasaheb Ambedkar Marathwada University.

Copy to :-

- 1] The Controller of Examinations,
- 2] The Director, University Network & Information Centre, UNIC, with **a request to upload the above Syllabus on University Website.**
- 1] Director, Board of Examinations & Evaluation, Dr. Babasaheb Ambedkar Marathwada University, Aurabgabad.
- 2] The In-Charge, E-Suvidha Kendra, Rajarshi Shahu Maharaj Pariksha Bhavan, Dr. Babasaheb Ambedkar Marathwada University,
- 3] The Section Officer, [Professional Unit], Examinations,
- 4] The Programmer [Computer Unit-1] Examinations,
- 5] The Programmer [Computer Unit-2] Examinations,
- 6] The Public Relation Officer, Dr. Babasaheb Ambedkar Marathwada University, Aurabgabad.
- 7] The Record Keeper, Dr. Babasaheb Ambedkar Marathwada University, Aurabgabad.

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



FACULTY OF INTER-DISCIPLINARY

**Syllabus of Sports Fitness and Yoga
Undergraduate Program Compulsory for All
Faculties (Including Engineering Colleges) at
First, Second and Third Years Students**

Courses effective from Academic Year – 2022-2023

First to Final Year Progressively

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**Guidelines of regulations and syllabus structure for Sports Fitness and
Yoga undergraduate syllabus: All faculty students**

Syllabus effective from Academic Year

PREAMBLE:

The University Grants Commission (UGC) has initiated several measures to bring equity, efficiency and excellence in the Higher Education System of country. The important measures taken to enhance academic standards and quality in higher education include innovation and improvements in curriculum, practical - learning process, examination and evaluation systems, besides governance and other matters.

The UGC has formulated various regulations and guidelines from time to time to improve the higher education system and maintain minimum standards and quality across the Higher Educational Institutions (HEIs) in India. The academic reforms recommended by the UGC in the recent past have led to overall improvement in the higher education system.

However, due to lot of diversity in the system of higher education, there are multiple approaches followed by universities towards examination, evaluation and grading system. While the HEIs must have the flexibility and freedom in designing the examination and evaluation methods that best fits the curriculum, syllabi and practical - learning methods, there is a need to devise a sensible system for awarding the grades based on the performance of students. Presently the performance of the students is reported using the conventional system of marks secured in the examinations or grades or both. The conversion from marks to letter grades and the letter grades used vary widely across the HEIs in the country. This creates difficulty for the academia and the employers to understand and infer the performance of the students graduating from different universities and colleges based on grades.

The grading system is considered to be better than the conventional marks system and hence it has been followed in the top institutions in India and abroad. So it is desirable to introduce uniform grading system. This will facilitate student mobility across institutions within and across countries and also enable potential employers to assess the performance of students. To bring in the desired uniformity, in grading system and method for computing the cumulative grade point average (CGPA) based on the performance of students in the examinations, the UGC has formulated these guidelines.

PURPOSE OF THE COURSE:

Purpose of the course is focuses to successful participation of students in physical activities requires the acquisition and mastery of appropriate fundamental fitness skills and yoga promotes the physical activity among sedentary students / non-sportsmen. Students studying in the colleges should have the benefit to improve their health and physical fitness during the college study. Sports fitness and yoga is developing knowledge of motor skills and yoga, which is implemented in a progressive and evaluated appropriate manner. Designed is ensure to that on completion of this course, student's are develop their health and fitness insight into useful field based tests for assessing performance and they would attain the minimum prescribed physical fitness and wellness standard.

OBJECTIVE OF THE COURSE:

The objective of the syllabus is to enhance physical efficiency and maintain fitness of mind and body which would help the student to be mentally alert and physically efficient to withstand the strain and fatigue of daily life. It would prepare them for the strenuous training which will help them to be fit to face the different barriers in life. The students will undergo this course for the first, second and third year of his/her under graduate course education.

ELIGIBILITY:

Intake eligibility and admission procedure as per the UGC standards norms process follow by Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.

DURATION:

The sports fitness and yoga undergraduate programme shall be of duration of three academic years that is in six semesters programme. However, the students shall be permitted to complete the programme requirements within a maximum of four years from the date of admission to the programme.

COURSES OF PROGRAMME:

The sports fitness and yoga undergraduate programme consists of the term Course applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a practical exam in the conventional sense. The following one category of courses suggested for this programme it is the practicum course.

ORGANIZATIONAL GUIDELINES:**1) STAFF:**

The colleges are expected to have qualified teachers in physical education and yoga. The Course can be managed with the help of contributory teachers as per need, but the regular teacher in-charge of sports fitness and yoga undergraduate programme will have to be appointed to streamline the working of the department. For facilitating the smooth working of the course every class should be divided into a minimum 30 and maximum 50 students group with each qualified teachers who would appointed under the college Director of Physical Education and Sports in the organization of the work. The evaluation of students should be done by the Director of Physical Education with the help of other external examiners.

2) FACILITIES AND EQUIPMENT:

Playground: The sports facilities available at the college should be maintained for the regular practices and should be made available to conduct the sports fitness and yoga tests.

Equipment: According to the playing facilities available in the college for the required equipment the same needs to be made available to the students.

3) FINANCIAL PROVISION:

Fees: For the conduct of this scheme fees of Rs. /- (per student) should be fees procedure as per standards norms process follow by Dr. Babasaheb Ambedkar Marathwada University, Aurangabad. Amount collected by college and the collected amount thereof should be strictly utilized in consultation with Director of Physical Education and Sports for the promotion of sports and for the conduct of sports fitness and yoga undergraduate programme.

4) INFORMATION ABOUT THE COURSE AND APPLICATION FORM:

The college administration at the beginning of the academic session shall inform and explain about the course and shall issue prescribed application form accordingly make the required arrangements for the students to admit in this course.

5) CERTIFICATE TO STUDENTS:

Every year at the end of the every semester the Director of Physical Education and Sports of the college shall award of marks in their marks sheet to the student for completion of course.

CONSIDERATIONS AND EXEMPTIONS

DIFFERENTLY ABLE STUDENTS:

Differently able students will be exempted from the course sports fitness and yoga after producing the valid documents. This is not depriving them from the equality of opportunity with other students. The student shall have to submit his/her medical certificate at the time of admission from a Civil Surgeon of respective District Civil Hospital.

IMPORTANT NOTE:

Temporary illness will not give students exemption from the course. If he / she miss any assessment or task he / she will be given opportunity in the ensuing semester.

EXEMPTION:

Any student representing college / institute in the enlisted games of Association of Indian Universities / Indian Olympic Association / State Olympic Association shall be exempted from mandatory participation in selected game / sport for minimum 15 sessions of first credit of course Sports fitness and yoga.

SEMESTERS:

An academic year is divided into two semesters. Each semester will consist of 18-20 weeks of equivalent academic work 100 to 120 actual days. The odd semester may be schedule in May/June to November/December and even semester from November/December to May/June. The institution shall work for a minimum of 12 working hours in a week (six days in a week). There shall be at least 260 working days per year exclusive of admission and examination processes etc. (365 = 240 days Actual working +20 days Admission and examination processes +53 days Sundays +30 days summer holidays +15 days Diwali holidays +8 days National holidays)

CRITERIA OF PASSING:

- To pass a student shall have to get minimum 40% in each credit and aggregate 40% in each course.
- Student who have failed who have been absent for the entire course who have not completed any task will have to complete the entire course during the **next semester**.
- Student will not be considered eligible for Bachelor Degree without completing the Course (**Sports fitness and yoga**)

GRADING:

Sr. No.	Range of Marks	Grade Points	Grade	Grade description
1	23-25	9.00-10	O	Outstanding
2	20-22	8.00-8.99	A+	Excellent
3	17-19	7.00-7.99	A	Very Good
4	14-16	6.00-6.99	B+	Good
5	11-13	5.50-5.99	B	Average
6	08-10	5.00-5.49	C	Below Average
7	05-07	4.50-4.99	P	Pass
8	00-04	4.01-4.49	F	Fail
9	Absent	0.00	AB	Absent
10	00	0.00	EX	Exempted

GRADING:

Sr. No.	Range of Marks	Grade Points	Grade	Grade description
1	41-50	9.00-10	O	Outstanding
2	35-40	8.00-8.99	A+	Excellent
3	30-34	7.00-7.99	A	Very Good
4	28-30	6.00-6.99	B+	Good
5	25-27	5.50-5.99	B	Average
6	23-24	5.00-5.49	C	Below Average
7	20-22	4.50-4.99	P	Pass
8	00-19	4.01-4.49	F	Fail
9	Absent	0.00	AB	Absent
10	00	0.00	EX	Exempted

GRADING:

Sr. No.	Equivalent Percentage	Grade Points	Grade	Grade description
1	90.00-100	9.00-10	O	Outstanding
2	80.00-89.99	8.00-8.99	A++	Excellent
3	70.00-79.99	7.00-7.99	A+	Exceptional
4	60.00-69.99	6.00-6.99	A	Very Good
5	55.00-59.99	5.50-5.99	B+	Good
6	50.00-54.99	5.00-5.49	B	Fair
7	45.00-49.99	4.50-4.99	C+	Average
8	40.01-44.99	4.01-4.49	C	Below Average
9	40	4.00	D	Pass
10	<40	0.00	F	Fail

EVALUATION STRUCTURE:

To complete 20 credits undergraduate three year programme. 18 credits of the sports fitness and yoga and 02 credits for student representing college / institute in the enlisted games of ICT and State (5-10) / IUT and National (15-20) / International (25) marks shall be add in totals marks from participation and place in selected game / sport for minimum 05 to maximum 25 marks. From 50 marks (02 - credit) to add totals marks complete of every year. SFYPC - 101, SFYPC – 102, SFYPC – 201, SFYPC – 202, SFYPC - 301 and SFYPC - 302 teachers will have to conduct total 55 to 60 Practical lectures (per week two) lectures during first, second, third fourth, faith and six and semesters. As per college schedules these lectures of each semester student will have to earn 03 credits for each practicum course 110 to 120 lectures per semester whereas 110 to 120 hours attend all lectures. To complete every year total 06 credit of course. Examination for SFYPC - 101, SFYPC – 102, SFYPC – 201, SFYPC – 202, SFYPC - 301 and SFYPC - 302 during first, second, third fourth, faith and six and semesters the students will have to appear for the Fitness and yoga Assessment test-50 marks practical external and 25 marks internal exams. The examination will be conducted as per the guidelines of the university in the end of the each semester.

Sports fitness and yoga Semester-I, II, III, IV, V and VI							
Part : Practical course							
Course code	Title of the paper	Total hours /week	Credit	Attendance	Internal marks	External marks	Total marks
SFYPC - 101	HRPF Assessment Test	6	3	25	50	-	75
SFYPC - 102	HRPF Assessment Test	6	3	25	-	50	75
SFYPC - 201	SRPF Assessment Test	6	3	25	50	-	75
SFYPC - 202	SRPF Assessment Test	6	3	25	-	50	75
SFYPC - 301	Yoga Assessment Test	6	3	25	50	-	75
SFYPC - 302	Yoga Assessment Test	6	3	25	-	50	75
Students representing college / institute in the enlisted sports or games tournaments of ICT ,State, IUT, National and International (Association of Indian Universities / Indian Olympic Association / State Olympic Association)							
Total -500	Sports participates (02 credit) 50	36	18	150	150	150	450

Sports fitness and yoga undergraduate three year programme Paper Codes

- (SFYPC -101) First Semester Sports fitness and yoga Practical Course
- (SFYPC -102) Second Semester Sports fitness and yoga Practical Course
- (SFYPC -201) Third Semester Sports fitness and yoga Practical Course
- (SFYPC -202) Fourth Semester Sports fitness and yoga Practical Course
- (SFYPC -301) Faith Semester Sports fitness and yoga Practical Course
- (SFYPC -302) Six Semester Sports fitness and yoga Practical Course

Semester – I**PART - Practical Courses Internal Exam****SFYPC - 101: SPORTS FITNESS AND YOGA HRPF ASSESSMENT TEST**

Test No.	Component	Name Of The Test Item	Marks
1	Cardiovascular Endurance	Harvard Step Test	10
2	Muscular Strength Endurance	Bent Knee Sit Ups Test.	10
3	Flexibility	Forward Sit & Reach Test.	10
4	Body Composition	Body Mass Index	10
5	Assignments	Practical Test Book	10

Testing Schedule	
The specific fitness tests Battery	
Time Table: Day – I	
Moring Session-I	Moring Session-II
Harvard Step Test	Sit & Reach Test
Body Mass Index	Bend Knee Sit-Ups Test

Semester – II**PART: Theory Courses External Exam****SFYPC - 102: SPORTS FITNESS AND YOGA HRPF ASSESSMENT TEST**

Test No.	Component	Name Of The Test Item	Marks
1	Cardiovascular Endurance	Harvard Step Test	10
2	Muscular Strength Endurance	Bent Knee Sit Ups Test.	10
3	Flexibility	Forward Sit & Reach Test.	10
4	Body Composition	Body Mass Index	10
5	Assignments	Practical Test Book	10

Testing Schedule	
The specific fitness tests Battery	
Time Table: Day – I	
Moring Session-I	Moring Session-II
Harvard Step Test	Sit & Reach Test
Body Mass Index	Bend Knee Sit-Ups Test

Reference:

- Barrow Harold M. and Rosemary Mc Gee,(1975): A Practical Approach
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- Dr. M.L. Kamlesh, (2008): Principles and History of Physical Education
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Semester - III**PART - Practical Courses Internal Exam****SFYPC - 201: SPORTS FITNESS AND YOGA SRPF ASSESSMENT TEST**

Test No.	Component	Name Of The Test Item	Marks
1	Endurance	9 Minutes Run and Walk	10
2	Agility	10*6 Meters Shuttle Run	10
3	Strength	Standing Broad Jump	10
4	Speed & Co-ordination	Scott Obstacle Race Test	10
5	Assignments	Practical Test Book	10

Testing Schedule	
The specific fitness tests Battery	
Time Table: Day – I	
Moring Session-I	Moring Session-II
9 Minutes Run and Walk	10*6 Meters Shuttle Run
Standing Broad Jump	Scott Obstacle Race Test

Semester - IV

PART - Practical Courses External Exam**SFYPC - 202: SPORTS FITNESS AND YOGA SRPF ASSESSMENT TEST**

Test No.	Component	Name Of The Test Item	Marks
1	Endurance	9 Minutes Run and Walk	10
2	Agility	10*6 Meters Shuttle Run	10
3	Strength	Standing Broad Jump	10
4	Speed & Co-ordination	Scott Obstacle Race Test	10
5	Assignments	Practical Test Book	10

Testing Schedule	
The specific fitness tests Battery	
Time Table: Day – I	
Moring Session-I	Moring Session-II
9 Minutes Run and Walk	10*6 Meters Shuttle Run
Standing Broad Jump	Scott Obstacle Race Test

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And Sports, Published by Friends Publications, New Delhi, PP.8, 9

Semester – V

PART: Practical Courses Internal Exam

SFYPC – 301: SPORTS FITNESS AND YOGA ASSESSMENT TEST

Test No.	Mode	Name Of The Test Item	Marks
1	Compulsory	Suryanamskar	10
2	Choice	Prone and Supine Asanas	10
3	Compulsory	Demonstration and Explanation of one Pranayama	10
4	Choice	Sitting and Standing Asanas	10
5	Assignments	Practical Test Book	10

Testing Schedule	
The Yoga Assessment Test	
Time Table: Day – I	
Moring Session-I	Moring Session-II
Suryanamskar	Prone and Supine Asanas
Pranayama	Sitting and Standing Asanas

Evaluation of the Asanas:

Each Asana will be awarded from 10 Marks. The evaluation is further distributed as under

- a) Technical Execution (Presentation) 05 Marks
- b) Complete Posture 05 Marks

Explanation:

- a) Technical Execution (Presentation) 05 marks. It involves methodical approach in its presentation which further depends on

1. Arriving to the posture,
2. Alighting from the posture,
3. Expression,
4. Breathing
5. All postures are required to be held for 05 to 10 seconds each.

- b) Complete Posture 05 marks. Attainment of the final posture and while being in this position certain aspects deem necessary to be taken into consideration to constitutes complete

1. Stability in the posture,
2. Calmness & tranquility,
3. Exactness and correctness,
4. Smoothness and degree of flexibility,
5. Body alignment, its angles and beauty.

Semester – VI**PART: Practical Courses External Exam****SFYPC – 302: SPORTS FITNESS AND YOGA ASSESSMENT TEST**

Test No.	Mode	Name Of The Test Item	Marks
1	Compulsory	Suryanamskar	10
2	Choice	Prone and Supine Asanas	10
3	Compulsory	Demonstration and Explanation of one Pranayama	10
4	Choice	Sitting and Standing Asanas	10
5	Assignments	Practical Test Book	10

Testing Schedule	
The Yoga Assessment Test	
Time Table: Day – I	
Moring Session-I	Moring Session-II
Suryanamskar	Prone and Supine Asanas
Pranayama	Sitting and Standing Asanas

Evaluation of the Asanas:

Each Asana will be awarded from 10 Marks. The evaluation is further distributed as under

a) Technical Execution (Presentation) 05 Marks

b) Complete Posture 05 Marks

Explanation:

a) Technical Execution (Presentation) 05 marks. It involves methodical approach in its presentation which further depends on

6. Arriving to the posture,
7. Alighting from the posture,
8. Expression,
9. Breathing
10. All postures are required to be held for 05 to 10 seconds each.

b) Complete Posture 05 marks. Attainment of the final posture and while being in this position certain aspects deem necessary to be taken into consideration to constitutes complete

6. Stability in the posture,
7. Calmness & tranquility,
8. Exactness and correctness,
9. Smoothness and degree of flexibility,
10. Body alignment, its angles and beauty.

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