

DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY



Circular No.SU/Interdisciplinary/Syll./B.A. Optional Phy.Edu./18/2023

It is hereby inform to all concerned that, on the recommendation of the Dean, Faculty of Interdisciplinary Studies the the Hon'ble Vice-Chancellor has accepted **minor changes in the Curriculum of B.A. Optional Physical Education Ist Year, [Semester - I & II] under the Choice Based Credit & 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 under the Faculty of Interdisciplinary Studies.

This changes in the curriculum shall be applicable from the **Academic year 2023-2024 and onwards in Affiliated Education Colleges.**

All concerned are requested to note the contents of this 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.A.OPT.PHY.EDU./2023/ 7382-90

Date:- 27-07-2023.

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*Deputy Registrar,
Academic (Syllabus)
Section.*

Copy forwarded with compliments to:-

- 1] **The Principals, affiliated concerned Education Colleges, Dr. Babasaheb Ambedkar Marathwada University.**
- 2] **The Director, University Network & Information Centre, UNIC, with a request to upload theis Circular on University Website.**

Copy to :-

- 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, [B.A. 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.



Choice Based Credit System (CBCS)

With Grading System

Revised Syllabus for B.A. [Physical Education]

[As an optional subject]

Theory and Practical

B. A. First Year Semester – I & II

With Effective from 2022-23 onwards

Syllabus According to NEP 2020

Dec 22
Dr. Sonkule C.P.
Dean, IDS

**DR. BABASAHEB AMBEDKAR MARATHWADA
UNIVERSITY, AURANGABAD.**

PHYSICAL EDUCATION (Optional Subject)
Curriculum Structure and Schemes of Evaluation for B.A. With
Effective from 2022-2023
B.A. First year - Semester – I

Sr. No.	Course Code	Name of the Subject	Course Type	Credits	Theory Hours Per week	Practical Hours/Week	Internal Marks	External Marks	Total Marks
1	BA105A	Philosophical, Sociological Foundations and History of Physical Education. (101)	DSE – 1A	4	4	--	10	40	50
2	BA105A	Practical Physical Education.	DSE- 1A	4	--	4+4 = 8	10	40	50
Total				8	4	08	20	80	100

B.A. First year - Semester – II

Sr. No.	Course Code	Name of the Subject	Course Type	Credits	Theory Hours Per week	Practical Hours/Week	Internal Marks	External Marks	Total Marks
1	BA205B	PRINCIPLES AND RECENT DEVELOPMENT OF PHYSICAL EDUCATION. 102	DSE – 1B	4	4	--	10	40	50
2	BA205B	Practical Physical Education. (103)	DSE- 1B	4	--	4+4 = 8	10	40	50
Total				8	4	08	20	80	100

DSE : Discipline Specific Elective; T-Tutorials; P - Practical

B. A. First Year
(Theory) **PHYSICAL EDUCATION – 101**(Semester – I)
BA - 105A; Paper – I
TITLE: PHILOSOPHICAL, SOCIOLOGICAL FOUNDATIONS
AND HISTORY OF PHYSICAL EDUCATION

Time: 2 hours

04 Period per weeks

Marks: 40

04 Credits (60 Hours)

Objectives:

- 1. To make understand the philosophical concepts in physical education with special reference to idealism, naturalism, realism and humanism applied in physical education.**
- 2. To make the students understand about the sociological basis of physical education.**
- 3. To make aware about the relation of physical education with other faculties such as history, psychology and sociology.**
- 4: To make aware about the understanding of the ancient and mediaeval physical education system in India, Greece, Rome and Egypt and USSR, USA and Germany respectively.**
- 5: Physical Education development in 20th Century with special reference to AICS, NSNIS, SAI, LNIPE etc.**
- 6: Historical and modern development perspectives of the Olympics**

UNIT – I:

PHILOSOPHICAL FOUNDATIONS:

12 hours

(a) Meaning and Definition of Philosophy of Physical Education.

(b) Components of Philosophy and its Application in the Field of Physical

- (d) Social Nature and Social Recognition

UNIT – III: INTEGRATION OF PHYSICAL EDUCATION WITH

OTHER FACULTIES:

06 hours

- (a) Integration of Physical Education with History
- (b) Integration of Physical Education with Psychology.
- (c) Integration of Physical Education with Sociology.

UNIT – IV: NATURE OF PHYSICAL EDUCATION SYSTEM – 12 hours

- (a) Ancient India and Mediaeval India.
- (b) Physical Education in Ancient Civilization with reference to
 - i) India ii) Greece iii) Rome iv) Egypt
- (c) Development of Physical Education with special reference to
 - i) U.S.S.R. ii) U.S.A. iii) Germany

UNIT – V: PHYSICAL EDUCATION IN INDIA DURING 20TH CENTURY –

12 hours

- (a) Meaning, Definitions, Aims and Objectives of Physical Education.
- (b) Physical Education Training Institutions
- (c) Physical Education after Independence.
 - i) Central Advisory Board of Physical Education
 - ii) All India Council of Sports (AICS)
 - iii) Netaji Subhash National Institute of Sports (NSNIS)
 - iv) Laxmibai National Institute of Physical Education (LNIPE)
 - v) Sports Authority of India (SAI)

UNIT – VI:

**HISTORICAL DEVELOPMENT OF ANCIENT OLYMPIC GAMES AND
MODERN OLYMPIC GAMES**

12 hours

- (a) Philosophy of Olympics and its impact on Sports Movements in India.
- (b) Current Trends in Physical Education.
 - i) Role of Federations and Associations.
 - ii) Courses and Coaching Centers.
 - iii) Policies of Central and State Government for Physical Education and Sports.
- (c) Movements of Akhada and Vyayam Shalas in Maharashtra.

REFERENCES

- 1) Physical Education Interpretations and objectives by **J.B. Nash**
- 2) Foundation of Physical Education by **Charles A. Bucher.**
- 3) Brief History of Physical Education by **E.A. Rice.**
- 4) History of Physical Education by **Eraj. Ahmed Khan.**
- 5) World History of Physical Education by **Van Dalen and Mitehell Benett.**
- 6) Physical Education in India, Published by **National Association of Physical Education and Recreation in India (NAPERI).**
- 7) Philosophy and Sociology of Education by **M.M. Bhatia.**
- 8) A Sociological Approach to Indian Education by **S.S. Mathur.**
- 9) Philosophical Foundation of Physical Education, Health Education and Recreation by **Engle Wood Cliffs.**
- 10) Physical Education Foundation by **Salger Rober. N.**
- 11) शारीरिक शिक्षणाचा विकास – दि.बा. कोठीवाले
- 12) महाराष्ट्रातील शारीरिक शिक्षणाची वाटचाल – दि.गो.वाखरकर
- 13) शारीरिक शिक्षणाची ऐतिहासिक स्वरूप – दि.गो.वाखरकर
- 13) शारीरिक शिक्षणाची ऐतिहासिक स्वरूप – प्रा.जे.पी.शेळके

Outcomes:

1. after completion of the syllabus the student will have basic understanding about the philosophical concepts in physical education, their applications with contemporary scenario in applied philosophies based on idealism, naturalism, realism and humanism in physical education.

2. The students will be able to put forth the development of personality through socialization.

3. The student will be able to establish the relation between physical education and other faculties.

4: Will be able to establish the relationship between ancient and mediaeval physical education system in India, Greece, Rome and Egypt and USSR, USA and Germany respectively.

5: Will understand the Physical Education development in 20th Century with special reference to AICS, NSNIS, SAI, LNIPE etc.

6: Understand the Historical and modern development perspectives of the Olympics.

B. A. First Year
(Theory) **PHYSICAL EDUCATION – 102** (Semester – II)

BA-205B; Paper – II

**TITLE : PRINCIPLES AND RECENT DEVELOPMENT OF PHYSICAL
EDUCATION.**

Time :2 hours

04 Period per weeks

Marks :40

04 Credits (60 Hours)

Objectives:

- 1. To make understand the principles of physical education with special reference to the biological, gender, principles of exercise, body types etc.**
- 2. To make understand about the sociological principles of physical education.**
- 3. To make the students understand about the classification of children based on psychological, biological and sociological characteristics.**
- 4. To understand regarding the recent developments in physical education.**
- 5. To make aware about various levels of organizations in the sports arena.**
- 6. To make the students understand about the role of associations and sports bodies in the development of sports culture.**

UNIT – I: PRINCIPLES OF PHYSICAL EDUCATION

-08 hours

- (a) Biological Principles of Physical Education.
- (b) Sex Differences
- (c) Principles of exercise.
- (d) Body Types.

UNIT – II: SOCIOLOGICAL PRINCIPLES OF PHYSICAL EDUCATION

-08hours

- (a) Social Values and Development of Traits.
- (b) Social Welfare
- (c) Physical Education as Sociological Agency.

UNIT – III: CLASSIFICATION OF CHILDREN

-08 hours

- (a) Psychological Bases of Classification.
- (b) Biological Characteristics of Children.
- (c) Physiological and Sociological Characteristics of Children.

UNIT –IV: RECENT DEVELOPMENT OF PHYSICAL EDUCATION

-08 hours

- (a) Status of Physical Education and Sports in Educational Institutions.
- (b) Physical Education at Pre-Primary and Primary School Level.
- (c) Physical Education at Secondary and Higher Secondary School Level.
- (d) Physical Education at University and Professional Level.

UNIT – V: SPORTS AND GAME ORGANISATION IN INDIA -08 hours

- (a) District Level Organization.
- (b) State Level Organization.
- (c) National Level Organization.
- (d) International Level Organization.

UNIT – VI: ROLL OF ASSOCIATION AND SPORTS BODIES -08 hours

- (a) Indian Olympic Associations (IOC).
- (b) International Olympic Associations (IOC).
- (c) Sports Authority of India (SAI).
- (d) Central Advisory Board of Physical Education and Recreation.

REFERENCES

- 1) Introduction to Physical Education by **J.R. Sharman.**
- 2) Physical Education :Interpretation and Objectives by **J.B. Nash**
- 3) Principal of Physical Education by **J.R. Williams.**
- 4) Foundation of Physical Education by **Cheries A. Bucher.**
- 5) Physical Education by **Oberteuffer, Delbert.**
- 6) Modern Principles of Physical Education by **J.R. Sharman.**
- 7) Brief History of Physical Education by **E.A. Rice.**
- 8) History of Physical Education by **Eraj Ahmed Khan.**
- 9) World History of Physical Education by **Van Delen, Mitchell Benett.**
- 10) Physical Education in India Published by National Association of Physical Education and Recreation India.
- 11) Philosophy and Sociology of Education by **James Ross.**
- 13) A Sociological Approach to Indian Education by **S.S. Mathur.**
- 14) शारीरिक शिक्षणचे तत्वे व स्वरूप – भस्कर गोखले
- 15) शारीरिक शिक्षणचे तत्वे व व्यवस्था – श्री हिराजी पाटील.
- 16) शारीरिक शिक्षणची तत्वे – प्रा.श्रीपाल जर्दे व सुनिता जर्दे.
- 17) शारीरिक शिक्षणाचा विकास – प्रा.द.ब. कोठीवाले

Outcomes:

- 1. The students will be able to understand and explain about the principles of physical education with special reference to the biological, gender, principles of exercise, body types etc.**
- 2. The students will understand about the sociological principles of physical education.**
- 3. The students will be able to distinguish between the classification of children based on psychological, biological and sociological characteristics.**
- 4. The students will be able to adapt with the recent developments in physical education.**

5. The students will be aware about various levels of organizations for development of the sports arena.

6. The students understand about the role of associations and sports bodies in the development of sports culture.

B. A. First Year
PHYSICAL EDUCATION – 103 (Semester – I and II)
PAPER – III: BA 105 A & 205 B Paper III
TITLE: PRACTICAL PHYSICAL EDUCATION

Time: 3:00 hours

04 Period per weeks

Marks: 80

20 Students per Batch 3.00 Hrs.

Credits: 8 (240 hours) (Including First and Second Semester)

Objectives:

- 1. To make understand the skills and rules and regulations of Track and Field events such as 100 mts. Sprint, Long Jump, Shot Put etc.**
- 2. To make aware about the skills in the opted games with its history, rules and regulations, training schedules, etc.**
- 3. To ask them prepare record book so that they will have field experience in relation to jumping, throwing and running events in track and field.**

TRACK AND FIELD EVENTS (Practical's)

A) EVENT WISE PERFORMANCES

(a) 100 Mts. Sprint for (Men and Women) **(15 Marks) (36 Hours)**

(b) Long Jump for (Men and Women) **(15 Marks) (36 hours)**

(i) Introduction (ii) Safely Suggestion

(iii) Techniques (iv) Teaching Steps

Teaching Steps – (i) Approach Run (ii) Take – off

(iii) Flight in the air (iv) Body action in the air and

(v) Landing.

(c) Shot Put **(15 Marks) (36 Hours)**

(i) Introduction (ii) Safety Suggestion

(iii) Techniques

Techniques – (i) O, Brien Techniques ; (ii) Rotary Techniques

(iii) Teaching Steps

Step – I Lead-ups Step – II Shot put form standing position.

Step – III Shot put using the Glide Technique

Step – IV Shot put using Rotary Techniques.

(d) Common error and correction

(e) Training Schedule.

OPTED GAMES (Any one of the following Games) **(25 Marks) (108 Hours)**

- B) i) Kabaddi ii) Wrestling iii) Hockey iv) Hand Ball
- a) History of the Games.
- b) Rules & Regulations of the Games.
- c) Different Training methods.
- d) Training Schedule.
- e) Fundamental Skills of the Game.
- f) Tactics of the Games. 1) Offensive 2) Defensive
- g) Ground Marking System.
- C) Preparation of Record Books its submission compulsory on opted any one game and one Athletic event. **(10 Marks) (24 Hours)**
- i) Jumping event (Long Jump)
- ii) Running even (100 mtrs. Sprint)
- iii) Throwing event (Shot put)

REFERENCES: Semester-I & II

B. A. FIRST YEAR

- 1) The Art of Officiating Sports by **John W. Bunn.**
- 2) Scientific Principles of Coaching by **John W. Bunn.**
- 3) Athletics Coaching Hand-Book of Tropical Areas by **D.J.T. Miller** and **J.F. Cawley.**
- 4) Track and Field Athletics by **Breshnaham, Tuttle, Cretzmeyer.**
- 5) Modern track and Field by **Dr. Jemeti Doherty.**
- 6) Soccer Coaching by **Walter Winte bottom.**
- 7) Books of Rules of Games and Sports by **Y.M.C.A. Pub. house.**
- 8) Manual of Athletics Competitions by **Jal D. Pardiwala.**
- 9) ऑफिशिएटिंग एवम् कोचिंग—श्री.आर.एच. तिवारी
- 10) क्रिडाअधिशिक्षा पद्धति—श्री.अ.के. करमरकर.

- 11) शालेय अथलेटिक्स – राम भागवत
- 12) मैदानी खेळ- प्रा.दि.बा कोठीवाला
- 13) क्रीडा ज्ञानकोश- डॉ. सुरेशचंद्र नाडकर्णी
- 14) खेळाची नियमावली – जे.पी. झाडबुके
- 15) शर्यत/खेळ/ स्पर्धा – आ.पा. खरात.
- 16) वैयक्तिक खेळ – श्री सांगलीकर

Outcomes:

- 1. Students will understand and able to perform specific skills of Track and Field events such as 100 Mts. Sprint, Long Jump, Shot Put etc.**
- 2. Students will be able to perform the skills in the opted games and will have knowledge in its history, rules and regulations, training schedules, etc.**
- 3. Students will have courage and confidence in approaching the respective event coach, trainer etc., through preparation of the record book in track and field.**

Faculty of Interdisciplinary Studies
B.A. I Year Examination
March / April
Physical Education (Optional Subject)
Semester – I-101 and Semester II- 102
BA 105 A Paper I
101 – PHILOSOPHICAL, SOCIOLOGICAL FOUNDATIONS
AND HISTORY OF PHYSICAL EDUCATION

Time: 1½ hours

Marks: 40

N.B. 1. Attempt all questions.

Q.1. Essay Type (15)

Or

Essay Type

Q.2. Essay Type (15)

Or

Essay Type

Q. 3. Write short answer of any three of the following. (10)

a)

b)

c)

d)

Faculty of Interdisciplinary Studies
B.A. I Year Examination
March / April
Physical Education (Optional Subject)
Semester – I-102 and Semester II- 102
BA 205 B Paper II
102 – PRINCIPLES AND RECENT DEVELOPMENT OF
PHYSICAL EDUCATION

Time: 1½ hours

Marks: 40

N.B. 1. Attempt all questions.

Q.1. Essay Type (15)

Or

Essay Type

Q.2. Essay Type (15)

Or

Essay Type

Q. 3. Write short answer of any three of the following. (10)

a)

b)

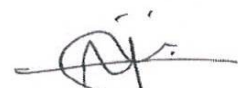
c)

d)

N.B.

- 1) Separate heads of passing
 - a) Theory paper – Minimum passing 20 marks per paper.
(Semester)
 - b) Practical – Minimum passing 40 marks. (Semester)
- 2) Practical examination should be conducted considering the total strength of the appearing candidates for practical exam should be classified in to batches.
 - a) Each batch comprises 20 students.
(Only for B.A. I.II.III year examination who of opted physical education as an optional subject)
 - b) For the conduct of the examination the university appoints examiner as an External Examiner for Only for B.A. I, II, III year examination who of opted physical education as an optional subject.
- 3) In practical for B.A. I and II year the I Batches comprises of 20 students, and the II Batch of 1/2 of the I Batch.
- 4) Private, external candidates and the candidates from the correspondence courses will not be allowed to opt the subject.
- 5) In practical for B.A. III year the I Batches comprises of 16 students, and the II Batch of ½ of the I Batch.
- 6) During practical university examination uniform / sports kit is essential during the examination and regular periods.

Dr. S.M. Kote
Subject Experts
Principal
M.S.M's. College of
Physical Education
Khadkeshwar Aurangabad.


(Dr. Md. Atullah Jagirdar)
B.O.S Member
Physical Education Teachers
in Affiliated Colleges of Dr.
B.A.M.U., Aurangbad.
H.O.D. Physical Education
Milliya Arts & Science College
Beed.

N.B.

- 1) Separate heads of passing
 - a) Theory paper – Minimum passing 20 marks per paper.
(Semester)
 - b) Practical – Minimum passing 40 marks. (Semester)
- 2) Practical examination should be conducted considering the total strength of the appearing candidates for practical exam should be classified in to batches.
 - a) Each batch comprises 20 students.
(Only for B.A. I.II.III year examination who of opted physical education as an optional subject)
 - b) For the conduct of the examination the university appoints examiner as an External Examiner for Only for B.A. I, II, III year examination who of opted physical education as an optional subject.
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- 6) During practical university examination uniform / sports kit is essential during the examination and regular periods.

Dr. C. P. Sankar