

DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY, AURANGABAD.



Circular No.SU/Interdisciplinary/Syll./B.A. Optional Phy.Edu./19/2023

It is hereby inform to all concerned that, on the recommendation of the Dean, under the Faculty of Interdisciplinary Studies the Hon'ble Vice-Chancellor has **accepted the revised curriculum of "B.A. Optional Physical Education Second Year, Semester- III & IV" under the Faculty of Interdisciplinary Studies**, 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 is effective from the Academic Year 2023-2024 and Onwards

This syllabus 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.A. (Opt.)Phy.Sci./IIRD
yr./curri./ 2023/ **7372-81**
Date:- 27.07.2023

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

Copy forwarded with compliments to :-

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

Copy to :-

- 1] The Director, Board of Examinations & Evaluation,
- 2] **The Section Officer, [B.A. Unit] Examination Branch,**
- 3] The Section Officer, [Eligibility Unit],
- 4] **The Programmer [Computer Unit-1] Examinations,**
- 5] **The Programmer [Computer Unit-2] Examinations,**
- 6] The In-charge, [E-Suvidha Kendra],
- 7] The Public Relation Officer,
- 8] The Record Keeper,
Dr. Babasaheb Ambedkar Marathwada University, Aurangabad

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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. Second Year Semester – III & IV

With Effective from 2023-24 onwards
Syllabus According to NEP 2020

Dr. C. P. Santkalle
Dean, I.D.S.

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

PHYSICAL EDUCATION (Optional Subject)
Curriculum Structure and Schemes of Evaluation for B.A. With
Effective from 2023-2024
B.A. Second Year - Semester - III

| 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 | BA305C | Health Education & Recreation in Physical Education and Sports. (201) | DSE - 1A | 4 | 4 | -- | 10 | 40 | 50 |
| 2 | BA305C | Practical Physical Education. (203) | DSE- 1A | 4 | -- | 4+4 = 8 | 10 | 40 | 50 |
| Total | | | | 8 | 4 | 08 | 20 | 80 | 100 |

B.A. Second Year - Semester - IV

| 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 | BA405D | Officiating, Coaching and Training Methods in Physical Education and Sports (202) | DSE - 1B | 4 | 4 | -- | 10 | 40 | 50 |
| 2 | BA405D | Practical Physical Education. (203) | 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. Second Year
(Theory) **PHYSICAL EDUCATION – 201** (Semester – III)

Paper – IV: BA305C

**TITLE: HEALTH EDUCATION AND RECREATION IN PHYSICAL
EDUCATION AND SPORTS**

Time :2 hours

04 Period per weeks

Marks :40

04 Credits (60 Hours)

Objectives:

- 1. To clear the concept of health education with its importance and principles.**
- 2. To make the students understand about the contemporary issues in health related problems with healthy habits and awareness of bad habits.**
- 3. To clear the concept of family, parental issues, handling disaster situations etc.**
- 4. To make the students understand about the importance, principles and types of recreations.**
- 5. To make aware about preparation of planning a recreation programs for urban, rural and industrial workers.**
- 6. To understand about the working pattern of the agencies promoting recreation in society.**

UNIT – I: HEALTH EDUCATION

10 hours

- a) Concept and objectives of Health Education.
- b) Importance of Health Education.
- c) Principles of Health Education.

UNIT-II: CONTEMPORARY HEALTH PROBLEMS

10 hours

- a) Abuse of Alcohol and its effects on Individual, family and community.
- b) Eating Habits and its effect on Health.
- c) Effect of Drugs and Tobacco on Sports person.

UNIT – III: FAMILY AND HEALTH EDUCATION **10 hours**

- a) Meaning functions and importance of family as a social institution.
- b) Role of parents in child Health Care.
- c) Health Care during Disasters.

UNIT-IV: RECREATION IN PHYSICAL EDUCATION AND SPORTS –
10 hours

- a) Meaning, Need and Scope of Recreation.
- b) Principles of Recreation.
- c) Types of Recreation.

UNIT-V: PLANNING A PROGRAMME OF RECREATION **10 hours**

- a) Urban Recreational Programme.
- b) Rural Recreational Programme.
- c) Industrial Recreational Programme.

UNIT-VI: AGENCIES PROMOTING RECREATION **10 hours**

- a) Facilities of Recreation.
- b) Organization of Recreation.
- c) Leadership in Recreation.

REFERENCES:

1. Officiating, Coaching, Training Method and Recreation in Physical Education and Sports by Prin. Yousufzai N.S.
2. Health Education by **O.P. Aneja**
3. Health Education and Kinesiology by **Dr. Rajiv Kumar.**
4. Health Education for Children's by **D.K. Gupta**
5. Health Physical Education and sports by **Dr. N.P Sharma**
6. Health and Physical Fitness for Children's by **D.K. Gupta**
7. Introduction Community Recreation by **Bulter G. D.**
8. Recreation administration bi Mayer H. D. and **G. K. Brightbill**
9. Introduction to Recreation Education by **Janney Hohn H.**

10. Community Recreation a Guide to Its organization **by Meyer H. D.**
11. शरीर विज्ञान व क्रिडा तंत्र शास्त्र – डॉ. वि.ग.पाठक
12. आपण व आपले आरोग्य – डॉ. वि.ना. भावे.
13. स्वास्थ्य आणि योग – डॉ. मोहनकुमार सरपाते खडकीकर
14. आरोग्य शिक्षण योग व प्रथम उपचार-प्रा. के.एन. गंदगे.
15. आरोग्य शास्त्र एवं स्वस्थ शिक्षा –डॉ. रमेशचंद्र कंवर.
16. आरोग्य संवाद – डॉ. सुधाकर लिमकर
17. शारीरिक शिक्षणाचे व्यवस्थापन – डॉ. व्ही.के. कानडे
18. शारीरिक शिक्षण संघटन व पर्यवेक्षण- डॉ.शंकर तिवारी

Outcomes:

- 1. Students will understand the concept of health education with its importance and principles.**
- 2. Students will understand about the contemporary issues in health related problems with healthy habits and awareness of bad habits.**
- 3. Students will be aware about the concept of family, parental issues, handling disaster situations etc.**
- 4. Students will understand about the importance, principles and types of recreations.**
- 5. Students will be aware about preparation of planning a recreation programs for urban, rural and industrial workers.**
- 6. Students will understand about the working pattern of the agencies promoting recreation in society.**

B.A. Second Year
(Theory) **PHYSICAL EDUCATION - 202** (Semester – IV)
Paper – V – BA405D

**TITLE: OFFICIATING, COACHING AND TRAINING METHODS IN
PHYSICAL EDUCATION AND SPORTS.**

Time: 2 hours

04 Period per weeks

Marks: 40

04 Credits (60 hours)

Objectives:

- 1. To clear the concept of officiating of Games and Sports with qualities, responsibilities, duties of good officials.**
- 2. To clear the concept of Coaching of Games and Sports with qualities, responsibilities, duties of good officials.**
- 3. To established the understanding of origin and development of different games and sports**
- 4. To make the students understand about the training methods and means.**
- 5. Make the student understand about the different types of training methods.**

UNIT – 1: OFFICIATING OF GAMES AND SPORTS

-12 hours

- a- Meaning and Definition of Officiating
- b- Importance of Officiating in Physical Education and Sports
- c- Qualities of Good Officials
- d- Duties and Responsibilities of Official
- e- Rules and Marking System of Indian and Foreign Games.

UNIT- II: COACHING OF GAMES AND SPORTS

-12 hours

- a- Meaning and Definition of Coaching
- b- Impedance of Coaching In Games and Sports
- c- Qualities of God Coach.
- d- Duties and Responsibilities of Coaches.

UNIT: III: ORIGIN AND DEVELOPMENT OF GAMES AND SPORTS

-12hours

a- Fundamental and Advanced Skills of Indian Games.

- i) Kabaddi ii) Kho - Kho
- ii) Wrestling iv) Ball badminton

b) Fundamental and Advanced Skills of Foreign Games.

- i) Volley Ball ii) Soft Ball
- ii) Badminton iv) Table Tennis.

UNIT- IV: FUNDAMENTAL OF TRAINING

-12 hours

- a) Meaning and Definition of Prefatory exercise (warming up)
- b) Basic Exercises – Related Games and Sports.
- c) Supplementary exercise - Related Games and Sports.
- d) Preparation of various lead – up games.

UNIT- V: TRAINING METHODS IN GAMES AND SPORTS

-12 hours

- a) Need of Sports Training.
- b) Principles of Sports Training.
- c) Factor's affecting the Sports Training.
- d) Procedure and Planning of Specific Training.

UNIT- VI: TYPES OF TRAINING METHOD IN GAMES AND SPORTS

-12 hours

- a) Weight Training
- b) Circuit Training
- c) Fartlek Training
- d) Interval Training

REFERENCES:

- 1) Scientific Principles of Coaching- **J. W. Bunn Englewood Cliffs- M. J. Wetes Hall- INC.** New York
- 2) Training Methods- **Hardayal Singh S. K. S.Pub. Dehli.**
- 3) Sports Training- General Theory and Methods by **Hardayal Singh- NSNIS- Patiala Publication**
- 4) Officiating & Science of Coaching by **Dr. Shiledar, Dr. Vithalsingh Parihar, Abhay Prakashan, Nanded**
- 5) Officiating & Science of Coaching by **Vyankatesh Wagwal.**
- 6) Officiating, Coaching and Training Method by **Dr. Yousufzai N.S**
- 7) Coaching In Sports by **Dr. Ashok kr. Rawat**
- 8) Officiating in Sports by **Dr. Ashok kr. Rawat**
- 9) क्रिडा स्पर्धा आणि सामने – प्रा. गोडबोले
- 10) खेळ संचलन व क्रिडा मार्गदर्शन – प्रा.सिलेदार व प्रा. परिहार
- 11) निर्णयन एवं अधि शिक्षा – प्रा.आर.सी.कंवर
- 12) क्रिडाशास्त्र मार्गदर्शन व पंच कार्य – डॉ. व्यंकटेश वांगवाड
- 13) खेळ संचलन व क्रिडा मार्गदर्शन – प्रा.के.एन.गंदगे व प्रा. उत्तम धुमाळ

Outcomes:

- 1. The students will understand the concept of officiating of Games and Sports with qualities, responsibilities, duties of good officials.**
- 2. The students will understand the concept of Coaching of Games and Sports with qualities, responsibilities, duties of good officials.**
- 3. The students will understand the origin and development of different games and sports**
- 4. The students will understand the about the training methods and means.**
- 5. The students will understand about the different types of training methods.**

B.A. Second Year

(Theory) **PHYSICAL EDUCATION - 203** (Semester – III & IV)

Paper – VI- BA-305C & 405D

TITLE: PRACTICAL OF PHYSICAL EDUCATION.

Time :3:00 hours

04 Period per weeks

Marks :80

20 Students per Batch 3.00 Hrs.

08 Credits (240 hours) for Third and Fourth Semester

Objectives:

- 1. To make aware about the rules and regulations of the Games and Sports in practicality along with the techniques and tactics in specific sports of Track and Field Events.**
- 2. To provide practical experience in the opted sports with their history rules and regulation, different training methods, training schedules, fundamental skills and ground marking.**
- 3. To provide opportunity to prepare record books to enhance confidence and uplift the creativity among the students.**

UNIT – 1: OFFICIATING OF GAMES AND SPORTS

Track And Field Events (Practical's)

A) Event Wise Performances

- a) 200 Metres Running For Men and Women (15 Marks) (36 hours)**
- b) Triple Jump (Men and Women) (15 Marks) (36 hours)**
 - i) Introduction
 - ii) Safety Suggestion
 - iii) Techniques
 - iv) Teaching Steps

Teaching Steps:

- i) Approach Run
 - ii) Take Off
 - iii) Flight in the air
 - iv) Body action
 - v) Landing
- c) Discuss Throw (15 Marks) (36 hours)**
- i) Introduction
 - ii) Safety Suggestion
 - ii) Techniques

Dr. C. P. Sankar

Teaching Steps:

Step:- i) Holding The Discus ii) Stance
iii) Action iv) Follow Throw

B) Opted Games:- (Any one of the following games) **(25 Marks) (108 hours)**

- i) Volleyball ii) Ball badminton iii) Cricket
- iv) Table Tennis
- a) History of the games
- b) Rules & Regulation of the games
- c) Different Training Methods
- d) Training Schedule
- e) Fundamental Skills of the game
- f) Tactics of the game i) Offensive ii) 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) Running Event (400 Mts.) ii) Jumping Event (Triple Jump)
- iii) Throwing Event (Discus Throw)

REFERENCES:

- 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 **Breshnam, 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) Officiating and Coaching by **R. H. Tiwari**
- 10) Training Method in Sports by **A. K. Karmarkar**
- 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) वैयक्तीक खेळ – श्री सांगलीकर

Outcomes:

- 1. The Students will be aware about the rules and regulations of the Games and Sports in practicality along with the techniques and tactics in specific sports of Track and Field Events.**
- 2. Due to practical experience in the opted sports with their history rules and regulation, different training methods, training schedules, fundamental skills and ground marking, the students will be able to perform better on fields.**
- 3. the students will gain confidence and opportunity to show their creativity by preparing record books.**

Faculty of Inter Disciplinary Studies

B.A. II Year Examination

March / April

Physical Education (Optional Subject)

Semester – III-201: BA 305C-Paper – V

201 – Health Education & Recreation in Physical Education and Sports.

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

Q.2
Essay Type

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

a)

b)

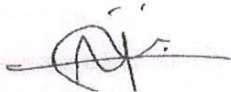
c)

d)

N.B.

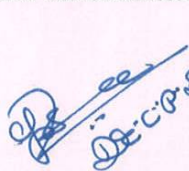
- 1) Separate heads of passing
 - a) Theory paper - Minimum passing 20 marks per paper.
(Semester)
 - b) Practical - Minimum passing 40 marks. (Semester)
- 2) Practical examination should be conducted considering the total strength of the appearing candidates for practical exam should be classified in 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 18 marks per paper.
(Semester)
 - b) Practical – Minimum passing 35 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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Dr. C.P. Bhatnagar