



Anekant Education Society's

# **Tuljaram Chaturchand College, Baramati**

**(Autonomous)**

## **Department of Physical Education & Sports**

**Course: Co-Curricular Courses (CC)**

**Title: Physical Education & Sports Paper**

**Course Code : PES-139-CC First Sem.**

**&**

**Course Code : PES-189-CC Second Sem.**

**Syllabus for Implementation to First Year UG Students for Sem-II**

**As Per NEP 2.0 - 2024 Pattern**

**(Implementation from June, 2024)**

**2024-25**

**Name of the Paper:- Physical Education & Sports Paper****Code of the Paper:- Course Code : PES-139-CC First Sem. &  
Course Code : PES-189-CC Second Sem.****Preamble**

AES Tuljaram Chaturchand College, Baramati is an autonomous college which has privilege to form its own syllabus. It decided to change the syllabus in June 2023 as per the guidelines given by NEP 2020. The main aim is to make an education more holistic and interdisciplinary. This is mainly focus on outcome basis education for overall development of students. The main frame of the NEP is to give education to students to compete internationally.

Department of Physical Education & Sports is having an importance in personality development and overall fitness of students. It inculcates leadership qualities and power of decision making among students. As per the saying, "Fittest can Survive" there is a need to transform students as fittest. Physical Education & Sports has a quality to make students fit not only physically but also psychologically.

**1. Aim of the Course**

The aim of the course is to make Physical Education as an integral part of educational system and Promote physical activity among sedentary students / non-sportsmen. Students studying in the colleges should have the benefit of physical education to improve their health during the course of college education. It is designed to ensure that on completion of this course, they would attain the minimum prescribed standard.

**2. Course Objectives**

The objective of the course 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 year of his/her under graduate course education.

**O-1:** To introduce students about Physical Education & Sports.

**O-2:** To get knowledge of one game.

**O-3:** To make students mentally fit.

**O-4:** To make students to play one sports event.

**O-5:** To enhance physical efficiency of the students.

**O-6:** To make the students capable to face the different barriers in life.

**O-7:** To develop the personality of the students.

**O-8:** To spread an importance of physical education & sports among the students.

### 3. Course Outcomes

**CO-1:** Students will be able to give fitness tests.

**CO-2:** Students can know everything about one sports event.

**CO-3:** Students get developed a habit of physical fitness.

**CO-4:** Students can handle stress in life.

**CO-5:** Students can learn decision making.

**CO-6:** Students can learn leadership qualities.

**CO-7:** Students can live quality life.

### 4. Topic wise distribution of hours (work load)

SR.NO.	Topics	Hours
1.	<b>Project Work</b>	13 hours
2.	<b>Assignment</b> (B.M.I. calculation of 4 persons from family)	02 hours
3.	<b>Practical Tests</b>	
	A. 12 Minutes Run Walk Test	15 hours
	B. Sit Ups Test	10 hours
	C. Sit & Reach Test	05 hours
Total		50 hours

### 5. Description of Topics

#### Credit 1:

#### • Participation in Games and Sports :

A student will have to select one game/sport from Volleyball, Basketball, Netball, Kabaddi, Baseball & Softball.

The choice of game/sports will be according to the facilities available in the college. The following points to be covered:

1. History of the Game/sport
2. Ground measurements
3. Skills of the game/sport
4. Basic rules of the game/sport

- Every student should participate in game/sport selected by him/her for 13 hours.
- BMI calculation of 4 family members or known persons.

### Credit 2:

- **Fitness Assessment**

In order to improve the physical fitness standards of students, they should be given opportunity and facilities to participate in a game / sport from Volleyball, Basketball, Kabaddi, & Kho-Kho. The choice of game / sports will be according to the facilities available in the college.

- **Following test included for Fitness Assessment**

- Cardiovascular Endurance
- Flexibility
- Muscular Strength Endurance

### 6. Exam Structure and topic wise marks distribution (100 marks / 2 credits)

Sr.No	Factors of Exam	Mark	Total Marks	Credit
1.	<b>Project Work</b>	30 Marks	50	1
2.	<b>Assignment</b> (B.M.I. calculation of 4 persons from family)	20 Marks		
3.	<b>Practical Tests</b>		50	1
	12 Minutes Run Walk Test	20 Marks		
	Sit Ups Test	20 Marks		
	Sit & Reach Test	10 Marks		
		<b>Total</b>	<b>100</b>	<b>2</b>

### 7. Credit Structure of the Course:-

- **Project and assignment submission in second term. (1 credit)**
- **Practical Tests in second term. (1 credit)**

### 8. Passing Criteria:-

Student shall have to get minimum 40% in each credit to pass the 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 second year.

- Student will not be considered eligible for third year without completing the Course.

### 9. Exemption for Differently Able Students

Differently able students will be exempted from the course PHYSICAL EDUCATION AND SPORTS 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 from a Civil Surgeon of respective District Civil Hospital along with the exemption form given by the HOD. Submit it in first term.

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

### 10. Exemption to sportsperson

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 – 101 Physical Education and Sports. Sportsperson have to submit exemption form given by HOD.

### 11. Tests:

#### A. 12 Minute Run Walk:

**OBJECTIVE :** To measure cardio vascular endurance of a person.

**PROCEDURE :** With a signal of a whistle person has to start running or walking from the starting line for 12 minutes. He/She can run or walk in the the given 12 minutes. After 12 minutes finishing whistle will blown and person has to stop on the spot.

**Scoring:** The total distance covered by the person will count for scoring.

#### B. Sit & Reach:



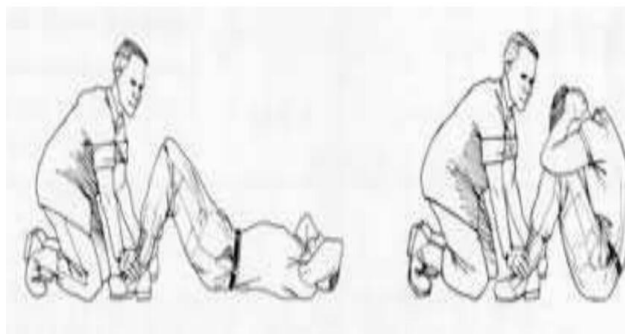
**OBJECTIVE :** To measure the hip and back flexion as well as extension of the hamstring muscles of the legs.

**PROCEDURE :**

- i. Sit down and line up your heels with the nearest edge of the 15 inch mark and slide your seat back beyond the zero end of the yardstick.
- ii. Heels not more than 5 inches apart, slowly stretch forward, while pushing the flex measure case as far down the stick as possible with the fingertips of both hands. Take your reading at the near edge of the flex measure case.

**SCORING :** The best of three trials measured in centimetre is your test score.

**C. Bent Knee Sit Ups:**



**OBJECTIVE :** To measure the dynamic (isotonic) endurance of abdominal muscles.

**PROCEDURE :** The subject is asked to lie on the back with knees bent, feet on the floor with heels not more than 12 inches from the buttocks. The subject is asked to put his or her hand on the back of the neck with finger clasped and to place the elbows squarely on the mat or turf or floor. Then the subject is asked to tighten the abdominal muscles and to bring the head and elbows to the knees. The entire above process constitutes one sit up.

**SCORING :** Number of correctly executed sit ups performed by the subject in 60 seconds.

**Chairman Board of Studies**

**IQAC Coordinator**

**Principal**