

**SES's L.S.RAHEJA COLLEGE OF ARTS AND COMMERCE
(AUTONOMOUS)**



Syllabus of Physical Education and Sports under NEP 2020 vertical (CC) with effect from 2024-25

Sub Committee of Co-Curricular Courses

HoD/Sr. Person of the Department: Dr. Akshata Kulkarni

Date of approval by the BoS: 26/04/2024

Approved by the Academic Council on: 29/04/2024

Ratified by the Governing Body on: 06/05/2024



Programme: All First Year Programmes		Semester : I & II
Course : Physical Education and Sports Academic Year: 2024-2025 Batch: 2024-2027		Code: UGBAMMCICC424/ UGBAMMCICC424
Teaching Scheme		Evaluation Scheme

Particulars	%
Participation in any sports/ fitness activity	40
Project presentation	20
Viva-Voce	20
Volunteering in sports or any other intra or intercollegiate activities	20

Lectures	Practical	Tutorials	Credits	Internal Continuous Assessment (ICA) (weightage)	Term End Examinations (TEE) (weightage)
--	60	Nil	02	NA	NA

Semester I

Learning Objectives :	<ul style="list-style-type: none"> • To understand the importance of Physical Education • Increase participation of students in various games and sports and fitness activities • To create interest regarding sports , physical fitness to inculcate healthy habits for lifelong
Learning/Course Outcomes :	<ul style="list-style-type: none"> • The student will participate in various games, sports and physical activities and they will also learn the technical and tactical experience of it. • Own choice based activities will be the stress buster for the students and this will inculcate healthy habits in the students
Pedagogy:	<ul style="list-style-type: none"> • Interactive discussions • Group Sports activities • Organising sports event • Project work and Presentation • Participation in various Intercollegiate / Local/ Fest competition • Guest lectures by sports leaders • Volunteering in various sports related activities conducted by various sports companies/ bodies

Detailed Syllabus: (per session plan)

Each lecture session would be of one hour duration (60 hours of practical sessions).

Module	Module Content	Module Wise Pedagogy Used	Module Wise Duration
I	<p>Importance of Physical Education and Sports</p> <ul style="list-style-type: none"> • Importance of physical education , physical literacy, and Sports • Importance and benefits of participation in any sports or fitness activities. 	<ul style="list-style-type: none"> • Group Sports Activities • Screening of various Live Games • Fitness activities conducted by any sports personality, such as Zumba, Aerobics etc. • Conducting Intra Class/ Interclass competitions 	60 hours
II	<p>Introduction to Sports and Fitness Activities</p> <ul style="list-style-type: none"> • Participation in any choice base physical activities, students involve themselves in any physical Activities. (Students must submit the Geo Tagged photos, Enrolment receipt, Certificate etc.) • Participation in any practice sessions conducted by any Sports Institution(Geo tagged Photo) • Visit to any sports competition/ Workshop/ Seminar (Geo tagged Photo) 	<ul style="list-style-type: none"> • Participation in Sports competition any Level • Sports Practice Participation • Visit any competition • Assignments/ Viva on Choice base activities done by students 	

Semester II

Learning Objectives :	<ul style="list-style-type: none"> • To understand the importance of Sports, & Physical Activity • To develop the physical as well as mental health through physical activity • To create interest regarding sports , physical fitness to inculcate healthy habits for lifelong
Learning/Course Outcomes :	<ul style="list-style-type: none"> • Students will understand the importance and benefits of participation in any fitness activity or sports. • Students will able to organise, plan activities and will develop administrative qualities through these events.
Pedagogy:	<ul style="list-style-type: none"> • Interactive discussions • Group Sports activities • Organising sports event • Project work and Presentation • Participation in various Intercollegiate / Local/ Fest competition • Guest lectures by sports leaders • Volunteering in various sports related activities conducted by various sports companies/ bodies

Detailed Syllabus: (per session plan)

Each lecture session would be of one hour duration (60 hours of practical sessions).

Module	Module Content	Module Wise Pedagogy Used	Module Wise Duration
I	<p>Importance of Physical Education and Sports</p> <ul style="list-style-type: none"> • Importance of Health and fitness and physical activities • Develop physical health as well as mental health through Physical Activities. • Organization of various sports and fitness events. 	<ul style="list-style-type: none"> • Group Sports Activities • Screening of various Live Games • Fitness activities conducted by any sports personality, such as Zumba, Aerobics etc. • Conducting Intra Class/ Interclass competitions 	60 hours
II	<p>Introduction to Sports and Fitness Activities</p> <ul style="list-style-type: none"> • Participation in any choice base physical activities, students involve themselves in any physical Activities. (Students must submit the Geo Tagged photos, Enrolment receipt, Certificate etc.) • Participation in any Local / Fest /Inter Class/ Intra Collegiate/ Intercollegiate /State / National etc. competition (Geo tagged Photo) 	<ul style="list-style-type: none"> • Participation in Sports competition any Level • Sports Practice Participation • Visit any competition • Assignments/ Viva on Choice base activities done by students 	

REFERENCES

1. Bucheer , C.A. (n.d.) foundation of physical education. St. louis : The C.V. Mosby CO. Deshpande , S.H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
2. Uppal, A.K.(1992) Physical Fitness. New Delhi: Friend Publication
3. Test , Measurement and Evaluation in Sports and Physical education- Dr. Devinder K. Kansal
4. Arihant Publication – NTA UGC
5. CBSE Champion- Class 12 Physical Education
6. Russell, R.P. (1994). Health and Fitness through Physical Education. USA: Human Kinetics.
7. University of Mumbai- Sports and Physical Education Syllabus

QUESTION PAPER PATTERN

(EVALUATION SCHEME)

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|--|--------|
| A. Project Presentation on any Choice Base activities attended by students | (10 M) |
| B. Viva on any Choice Base activities attended by students | (10 M) |
| C. Participation in various games/fitness activity from any club or attending College sports practices or any sports event conducted by Sports Committee / Institution / Clubs (60 Hours for Each Semester). | (20 M) |
| D. Volunteering in any Sports/fitness activities conducted by college. | (10 M) |