

**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: UGBFMICC424/UGBFMIICC424	
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. Bucher , C.A. (n.d.) foundation of physical education. St. louis : The C.V. Mosby CO.
2. Despande , S.H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
3. Uppal, A.K.(1992) Physical Fitness. New Delhi: Friend Publication
4. Test , Measurement and Evaluation in Sports and Physical education- Dr. Devinder K. Kansal
5. Arihant Publication – NTA UGC
6. CBSE Champion- Class 12 Physical Education
7. 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)

- 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)