



**M. C. E. Society's**

**Abeda Inamdar Senior College**

Of Arts, Science and Commerce, Camp, Pune-1 (Autonomous)

Affiliated to Savitribai Phule Pune University NAAC accredited

'A' Grade

**Syllabus for F.Y.B.Sc, B.Com., B.A.**

**BBA,BCA,BBACA,BCS**

**Physical Education and Sports**

**2021-22 (CBCS – Autonomy 21 Pattern)**

<b>Course/ Paper Title</b>	<b>Physical Education and Sports</b>
<b>Course Code</b>	21CPE11M2
<b>Semester</b>	I
<b>No. of Credits</b>	2 (36 lectures will be of 50 min)

<b>Course/ Paper Title</b>	<b>Physical Education and Sports</b>
<b>Course Code</b>	21SPE12M2 21APE12M2
<b>Semester</b>	II
<b>No. of Credits</b>	2 (36 lectures will be of 50 min of Arts and 36 lectures will be of 50 min of Science)

### **Aims & Objectives of the Course**

<b>Sr. No.</b>	<b>Aims &amp; Objectives</b>
<b>1.</b>	<b>The aim of the course:</b> a) To make Physical Education as an integral part of educational system and promote physical activity among students. b) Students studying in the colleges should have the benefit of physical education to improve their health during the course of college education and it should become a lifelong habit.
<b>2.</b>	<b>Objective of the course:</b> a) To enhance physical fitness.

	b) Imparting the knowledge about Physical Education and its Scope. c) Imparting the knowledge of Physical Fitness, Wellness, and Hygiene. d) To assess the Cardiovascular, Muscular and Flexibility fitness of the students. e) To make students aware of their overall fitness.
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### Expected Course Specific Learning Outcomes

Sr. No.	Learning Outcome
1.	Students explain Physical Education and its scope.
2.	Students explain Physical Fitness, Wellness, and Hygiene.
3.	Students understand, analyze and evaluate their Cardiovascular, Muscular and flexibility and overall fitness.

### Syllabus

Unit No.	Title with Contents	No. of Lectures ( 36)
I	Physical Education and Sports Introduction to the Physical Education and Sports a) Concept of Physical Education and its Scope. b) Concept of Physical Fitness, Health, Wellness, and Hygiene. c) Assessment/Testing of Physical Fitness d) Beep test for Cardiovascular Endurance e) V Sit and Reach Test for Flexibility f) 1 Minutes Bent Knee Sit Ups for Muscular Strength Endurance	<b>18</b> <b>(I+II)</b>

<p><b>II</b></p>	<p><b>Internal Assessment</b></p> <p><b>Project work (20 Marks)</b></p> <p>A student will have to select any one sport and prepare project and submit/ upload on Google Classroom</p> <p>The following points to be covered:</p> <p>a). History of the sport(5 marks)</p> <p>b) Ground measurements(2 marks) and diagram of the court/ground/playing area etc. (3 marks)</p> <p>c). Skills of the sport(5 marks)</p> <p>d). Basic rules of the sport( 5 marks)</p>	
<p><b>III</b></p>	<p><b>Practical Aspect Activities</b></p> <p>Students are expected to participate in Fitness related activities, games and exercises to improve Cardio-vascular Endurance, Muscular Strength Endurance , Flexibility. Students should do at least 150–300 minutes of moderate-intensity aerobic <b>physical activity</b>; or at least 75–150 minutes of vigorous-intensity aerobic <b>physical activity</b>; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week (As per WHO recommendation1 ).</p> <p>Therefore it is expected that each student should voluntarily participate in the activities as per their choice and as per their convenience so that they will get passed in the final fitness test.</p>	
<p><b>IV</b></p>	<p><b>External Assessment</b></p> <p><b>Fitness tests (30 Marks)</b></p> <p>i) Beep test for Cardiovascular Endurance(10 marks)</p> <p>ii) V Sit and Reach Test for Flexibility(10 marks)</p> <p>iii) 1 Minutes Bent Knee Sit Ups for Muscular Strength Endurance (10 marks)</p>	<p><b>18</b></p> <p><b>(III+IV)</b></p>

**References:**

1. Fitness Protocols and Guidelines for 18+ to 65 Years, Fit India Mission (2019), Youth Affairs

and Sports, Govt.of India

2. SPPU Physical Fitness Scheme 2019 (June 2019).
3. <https://www.topendsports.com/testing/tests/v-sit.htm>
4. <https://www.topendsports.com/testing/tests/20mshuttle.htm>
5. <https://www.who.int/news-room/fact-sheets/detail/physical-activity>









