

**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**



<b>Programme: All First Year Programmes</b>		<b>Semester : I &amp; II</b>
<b>Course : Physical Education and Sports</b> <b>Academic Year: 2024-2025      Batch: 2024-2027</b>		<b>Code: : Varies with Programme</b>
<b>Teaching Scheme</b>		<b>Evaluation Scheme</b>

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

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

### **Semester I**

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

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

## Semester II

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

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

## REFERENCES

1. Bucheer , C.A. (n.d.) foundation of physical education. St. louis : The C.V. Mosby CO. Despande , 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<br>M) | (10) |
| B. Viva on any Choice Base activities attended by students<br>M)                 | (10) |
| 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)