



॥ मा विद्या या विमुक्तये ॥

स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

'ज्ञानतीर्थ', विष्णुपुरी, नांदेड - ४३१ ६०६ (महाराष्ट्र राज्य) भारत

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED

'Dnyanteerth', Vishnupuri, Nanded - 431 606 (Maharashtra State) INDIA

स्वामी रामानंद तीर्थ
मराठवाडा विद्यापीठ, नांदेड

Established on 17th September, 1994, Recognized By the UGC U/s 2(f) and 12(B), NAAC Re-accredited with 'B++' grade

Fax : (02462) 215572

Academic-1 (BOS) Section

website: srtmun.ac.in

Phone: (02462)215542

E-mail: bos@srtmun.ac.in

आंतरविद्याशाखीय अभ्यास विद्याशाखे अंतर्गत
राष्ट्रीय शैक्षणिक धोरण २०२० नुसार पदवी
द्वितीय वर्षाचे अभ्यासक्रम (Syllabus) शैक्षणिक
वर्ष २०२५-२६ पासून लागू करण्याबाबत.

प रि प त्र क

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक २७ मे २०२५ रोजी संपन्न झालेल्या मा. विद्यापरिषद बैठकीतील विषय क्रमांक १८/६१-२०२५ च्या ठरावानुसार आंतरविद्याशाखीय अभ्यास विद्याशाखेतील राष्ट्रीय शैक्षणिक धोरण-२०२० नुसारचे पदवी द्वितीय वर्षाचे अभ्यासक्रम (Syllabus) शैक्षणिक वर्ष २०२५-२६ पासून लागू करण्यास मा. विद्यापरिषदेने मान्यता प्रदान केली आहे. त्यानुसार आंतरविद्याशाखीय अभ्यास विद्याशाखेतील बी. ए. द्वितीय वर्षाचे खालील विषयाचे अभ्यासक्रम (Syllabus) शैक्षणिक वर्ष २०२५-२६ पासून लागू करण्यात येत आहेत.

01 B. A. II year Physical Education

सदरील परिपत्रक व अभ्यासक्रम प्रस्तुत विद्यापीठाच्या www.srtmun.ac.in या संकेतस्थळावर उपलब्ध आहेत. तरी सदरील बाब ही सर्व संबंधितांच्या निदर्शनास आणून द्यावी, ही विनंती.

'ज्ञानतीर्थ' परिसर,

विष्णुपुरी, नांदेड - ४३१ ६०६.

जा.क्र.:शै-१/एनइपी/आविअपदवी/२०२५-२६/१५३

दिनांक ११.०७.२०२५

सहाय्यक कुलसचिव

शैक्षणिक (१-अभ्यासमंडळ) विभाग

प्रत : माहितीस्तव तथा कार्यवाहीस्तव.

१) मा. कुलगुरू महोदयांचे कार्यलय, प्रस्तुत विद्यापीठ.

२) मा. प्र. कुलगुरू महोदयांचे कार्यलय, प्रस्तुत विद्यापीठ.

३) मा. आधिष्ठाता, आंतरविद्याशाखीय अभ्यास विद्याशाखा, प्रस्तुत विद्यापीठ.

४) मा. संचालक, परीक्षा व मुल्यमापन मंडळ, प्रस्तुत विद्यापीठ.

५) मा. प्राचार्य, सर्व संबंधित संलग्नित महाविद्यालये, प्रस्तुत विद्यापीठ.

६) सिस्टीम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ. याना देवून कळविण्यात येते की, परिपत्रक अभ्यासक्रम संकेतस्थळावर प्रसिध्द करण्यात यावेत.

SWAMI RAMANAND TEERTH
MARATHWADA UNIVERSITY, NANDED - 431 606



(Structure and Syllabus of Four Years Multidisciplinary Degree Program with
Multiple Entry and Exit Option)

FOUR YEAR BACHELOR OF ARTS

Major in **PEDC** Minor in **PEDM**

**B A SECOND YEAR
SEM III & IV
SYLLABUS
OF
PHYSICAL EDUCATION
Under the Faculty of
Interdisciplinary Studies**

**Effective from Academic year 2025 – 2026
(As per NEP-2020)**



Swami Ramnanand Teerth Marathwadda University, Nanded.

Member of the Board of Studies in the subject of Physical Education

Under the Faculty of Interdisciplinary.

Sr No	Name of the Member	Designation	Address	Contact No.
1.	Dr. Nagnath Gajmal	President	Bahirji College, Basmath.	9421381420 8830406875
2.	Dr. Sinku Kumar Singh	Member P.G. Teacher	School of Educational Sciences	9096537809 9359299550
3.	Dr. Bhima Kengle	Member P.G. Teacher	School of Educational Sciences	9881127195
4.	Dr. Rajeshwar Deshmukh	Member (Non-Head) U. G. Teacher	Nagnath College, Aundha Nagnath.	9422551534
5.	Dr. Sanjay Ekambekar	Member HOD U. G. Teacher	Havagiswami College, Udgir.	9823195851
6.	Dr. Saheb More	Member HOD U. G. Teacher	Vasantrao Naik College, Nanded.	9860117717
7.	Dr. Ganesh Solunke	Member HOD U. G. Teacher	Sant Tukaram College, Parbhani.	8329716099

Aims of Physical Education

- To aware all the students from different disciplines to develop Physical fitness and all-round health.
- To aware the students about their duties of citizenship and make them healthy and loyal citizen of the country.
- To create interest and motivate them for participation in the sports and games.
- To prepare a discipline, healthy students throughout the university.
- To develop the national integrity in the students through sports policy.
- To develop physical fitness and endurance.

Objectives of the Physical Education

- Physical Development.
- Mental Development.
- Social Development.
- Emotional Development.
- Development of organic Fitness.
- Development of Desirable Habits.
- Development of Functional knowledge.
- Development of Neuromuscular Co-Ordination.
- To Develop Motor abilities like Strength, Speed, Endurance, Flexibility, Agility and Balance.
- Physical Education brings improvement in human performance with the help if physical activities.
- Physical Education is the development and care of the body ranging from simple callisthenic exercises to a course of study providing training in hygiene, gymnastics, and the performance and management of athletic games.



Swami Ramanand Teerth Marathwada University, Nanded.

Faculty of Interdisciplinary Studies (Example- 1Three optional)

Structure for Four Year Multidisciplinary Degree Program with Multiple Entry and Exit

Subject: **DSC (PHYSICAL EDUCATION- PED.)** Major- 2/ DSM (Minor- 1)

Year & Level	Semester	Optional-1 Major (From the same faculty)	Optional-2 Minor 1 (From the same faculty)	Optional-3 Minor 2 (From the same faculty)	Generic Elective (GE) (Select from Basket 3 of Faculties other than Interdisciplinary Studies)	Vocational & Skill Enhancement Course (SEC) (Related to DSC)	Ability Enhancement Course (AEC) (Basket 4) Value Education Courses (VEC) / Indian Knowledge System (IKS) Basket 5 (Common across all faculties)	Field Work / Project/Internship/OJT/ Apprenticeship/ Case Study Or Co-curricular Courses (CCC) (Basket 6 for CCC) (Common across all faculties)	Credits	Total Credits
1	2	3	4	5	6	7	8	9	10	11
2 (5.0)	III	IPEDCT1201- Introduction of Human Anatomy and Physiology. (T 4Cr) IPEDCP1202- Physical Education (P 4Cr) 8Credits	IPEDMT1201- Diet, Nutrition and Fitness. (T 4Cr) 4 Credits	--	IPEDGE1201- Gym Management (T 2 Cr) 2 Credits	IPEDVC1201- Study of Team Game. (Kho-Kho/ Cricket/ Foot Ball (P 2Cr) 2 Credits	AECENG 1201 (2Cr.) ACEXXX1201(2Cr.) (Hin, Mar, Kan, Pal, Urd, San etc) 4 Credits	CCCXX1201 (2Cr.) (NCC/NSS/ Sports/Culture/ Health Wellness/Yoga Education/Fitness / 2Credits	22	88
	IV	IPEDCT1251- Health Education and Yoga (T 4Cr) IPEDCT1252-Physical Education (P 4Cr) 8Credits	IPEDMT1251- Sports Injuries and First Aid (T 4Cr) 4 Credits	--	IPEDGE1251- Sports Journalism. (T 2Cr) 2 Credits	IPEDVC 1251- Study of Team Game. Kabaddi/ Badminton (P 2Cr) 2 Credits	AECENG151 (2Cr.) VECCOI 151 (2Cr.) Constitution of India 4 Credits	CCC...151 (2 Cr.) 2 Credits	22	
\										
Exitoption: UG Diploma in Major DSC and Minor DSM on completion of 88 credits and additional 4 credits from NSQF / Internship in										

Abbreviations:

- 1. DSC: Department/Discipline specific Course (major)**
- 2. DSE: Department/ Discipline Specific Elective**
- 3. DSM: Discipline Specific Minor**
- 4. GE/OE :Generic/ Open Elective**
- 5. VSEC: Vocational Skill and Skill Enhancement Course**
- 6. VSC: Vocational skill Courses**
- 7. SEC: Skill Enhancement Courses**
- 8. AEC: Ability enhancement courses**
- 9. MIL: Modern Indian Languages**
- 10.IKS: Indian Knowledge System**
- 11.VEC: Value Education Courses**

Swami Ramanand Teerth Marathwada University, Nanded
Faculty of interdisciplinary studies

General Guidelines for course structure:

1. The Major subject is the discipline or subject of the main focus and the degree will be awarded in that discipline/subject.
2. Credits and curriculum of Major and Minor subject is same in the Second year
3. In the Second year Students should choose two different subjects as a Major and Minor in same faculty).
4. From the Second-year curriculum of Major and Minor subject is the different.
5. Generic /Open Elective is to be chosen compulsorily from faculty other than that of the Major. (Select from Basket)
6. Vocational and Skill Enhancement Courses (VSEC or VSC and SEC) are related to Major Course (DSC)
7. Ability Enhancement Courses (AEC):
 - a) English language may be offered Sem. I for 2 Credits and sem. III for 2 Cr.AEC
 - b) Second languages may be offered Sem. II for 2 Credits and sem. IV for 2 Cr.AEC
8. Column No. 7 and 8 is common for all faculties
9. Curriculum of VEC, CI, IKS and CC will provide by university.



B. A. Second Year Semester III (Level 5.0)

Teaching Scheme

[20% Continuous Assessment (CA) and 80% End Semester Assessment (ESA)]

(For illustration we have considered a paper of 02 credits, 50 marks, need to be modified depending on credits of individual paper)

	Course Code	Course Name	Credits Assigned			Teaching Scheme (Hrs/ week)	
			Theory	Practical	Total	Theory	Practical
Major	IPEDCT1201	Introduction of Human Anatomy and Physiology (T 4Cr)	04	--	4	4	--
	IPEDCP102	Physical Education Practical (P 4Cr)	-	04	4	--	4
Minor	IPEDMT 1201	Diet, Sports Nutrition and Fitness (T 4Cr)	04	--	4	4	--
	--	--	--	--	--	--	--
Generic Electives (From other Faculty)	IPEDGE 1201	Gym Management (T 2 Cr) (Basket 3)	02	--	2	2	--
Vocational & Skill Enhancement Course	IPEDVIC 1201	Study of Team Game (Kho-Kho/ Cricket/ Football)	--	02	2	--	4
Ability Enhancement Course	AECENG1201	L1 – Compulsory English (Basket 4)	02	--	2	2	--
Ability Enhancement Course (MIL)	AECMIL...1201	L2- MIL(Basket-3)	02	--	2	2	--
CO-CURRICULAR COURSES (CC)	CCCXXX1201	Any one of NCC/ NSS /Sports/ Culture /Health Wellness /Yoga Education / Fitness (Basket 6)	--	02	2	--	4
Total Credits			14	08	22	14	12

B. A. Second Year Semester III(Level 5.0)

Examination Scheme

[20% Continuous Assessment (CA) and 80% End Semester Assessment (ESA)]

(For illustration we have considered a paper of 02 credits, 50 marks, need to be modified depending on credits of individual paper)

Subject (1)	Course Code (2)	CourseName (3)	Theory				Practical		Total Col (6+7) / Col (8+9) (10)
			Continuous Assessment (CA)			ESA			
			Test I Test II (4)	Assignment (5)	Total Col(4+5) (6)	Total (7)	CA (8)	ESA (9)	
Major	IPEDC1201	Introduction of Human Anatomy and Physiology	T1,T2-20	20	20	80	--	--	100
	IPEDC1202	Physical Education Practical	--	--	--	--	20	80	100
Minor	IPEDMT 1201	Diet, Sports Nutrition and Fitness (T 4Cr)	T1,T2-20	20	20	80	--	--	100
		--	--	--	--	--	--	--	--
Generic Electives	IPEDGE 1201	Gym Management ((Basket 3)	T1,T2-10	--	10	40	--	--	50
Vocational & Skill Enhancement Course	IPEDVIC 1201	Study of Team Game (Kho-Kho/ Cricket/ Football	--	--	--	--	10	40	50
Ability Enhancement Course	AECENG1201	L1 – Compulsory English	10	10	10	40	--	--	50
Ability Enhancement Course	AECMIL...1201	L2-MIL(Basket3)	10	10	10	40	--	--	50
CO-CURRICULAR COURSES (CC)	CCCXXX1201	Any one of NCC/ NSS/Sports/ Culture /Health Wellness /Yoga Education / Fitness (Basket 6)	--	--	--	--	10	40	50

B. A. Second Year Semester IV(Level 4.5)

Teaching Scheme IV

[20% Continuous Assessment (CA) and 80% End Semester Assessment (ESA)]

(For illustration we have considered a paper of 02 credits, 50 marks, and need to be modified depending on credits of individual paper)

	Course Code	CourseName	CreditsAssigned			TeachingScheme (Hrs/ week)	
			Theory	Practical	Total	Theory	Practical
Major	IPEDC1251	Health Education&yoga (T 4 Cr.)	04	--	04	4	--
	IPEDC1252	Physical Education Practical (P 4 Cr.)	-	04	04	-	4
Minor	IPEDMT1251	Sports Injuries and First Aid (T 4Cr)	04	--	04	4	--
Generic Electives	IPEDGE 1251	Sports Journalism (T 2 Cr.)	02	--	02	2	--
Vocational & Skill Enhancement Course	IPEDVIC 1251	Study of Team Game (2 Cr.) (Kabadi/badminton)	--	02	02	--	4
Ability Enhancement Course	AECENG1251	L1- Compulsory English	02	--	02	2	--
Ability Enhancement Course	AECMIL1251	L2- MILBasket 3	02	--	02	2	--
Value Education Course(VEC)	VECEVS1251	Any one of NCC/ NSS /Sports/ Culture /Health Wellness /Yoga Education / Fitness (Basket 5)	-	02	02	--	4
Total Credits			14	08	22	14	12

B. A. Second Year Semester IV (Level 5.0)

Examination Scheme

[20% Continuous Assessment (CA) and 80% End Semester Assessment (ESA)]

(For illustration we have considered a paper of 02 credits, 50 marks, and need to be modified depending on credits of individual paper)

Subject (1)	Course Code (2)	CourseName (3)	Theory				Practical		Total [Col (6+7) / Col (8+9)] (10)
			Continuous Assessment (CA)			ESA			
			Test I (4)	Test II (5)	Avg of (T1+T2)/2 (6)	Total (7)	CA (8)	ESA (9)	
Major	IPEDC1251	Health Education&yoga	20	20	20	20	20	80	100
	IPEDC1252	Physical Education practical	20	20	20	20	20	80	100
Minor	IPEDM1251	Sports Injuries and First Aid (T 4Cr)	T1,T2- 10	10	10	40	20	100	100
Generic Electives	IPEDGE 1251	Sports Journalism (T 2 Cr.)	T1,T2- 10	10	10	40	--	--	50
Vocational & Skill Enhancement Course	IPEDSC 1251	Study of Team Game Kabaddi/ Badminton (T 2 Cr.)	--	--	--	--	10	40	50
Ability Enhancement Course	AECENG1251	L1-Compulsary English	10	10	10	40	--	--	50
Ability Enhancement Course (MIL)	AECMIL...1251	L2-MIL (Basket 3)	10	10	10	40	--	--	50
Value Education Course (VEC)	VECEVS1251	Environmental Studies	--	--	--	--	10	40	50

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2025-26)

B. A. Second Year

Semester- III

Major

IPEDCT1201: Introduction of Human Anatomy and Physiology

Credit- 4

Hours- 60

E.S.A.-80 + C.A.- 20 = 100 Marks

Course Outcomes:

- To know structure and functions of various human body systems.
- To know structure and functions of human sense organs.
- Understanding Levels of Organization
- Understanding Body Structure and Function
- Applying Knowledge to Physical Activity
- Analyzing the Effects of Exercise
- Talent Identification and Injury Prevention
- Promoting Health and Well-being
- Developing a Scientific Basis for Physical Education

Curriculum Details:

Module No.	Unit No.	Topic	Hrs. Required to the contents 1 Hrs.=60 M
1.0		Introduction	
	1.1	Cell- Structure of Cell, It's Types and Functions.	15
	1.2	Tissue- Types and Functions of various Tissue	
2.0		Structure and Functions of Human Systems	
	2.1	Skeletal System	15
	2.2	Muscular System	
	2.3	Digestive System	
3.0		Structure and Functions of Human Systems	
	3.1	Nervous System	15
	3.2	Respiratory System	

	3.3	Circulatory System	
4.0		Structure and Functions of Human Systems	
	4.1	Endocrine System	15
	4.2	Urinary System	
	4.3	Sense Organs	
		Total	60

Continuous Assessment (C. A.) 20 Marks

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 Marks

Assignment = 10 Marks

Total = 20 Marks

Reference Books:

Sampath K,& Uma Maheshwar B. “ Human Anatomy & Physiology” – 1999-2000, Birla Publication Delhi.

Shaver, Lerry G. :Essential of Exercise Physiology” – Surjee Publication Delhi.

Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A.

Singh S.K (2011) Anatomy ,physiology, kinesiology and health education, Khel Sahitya Kendra, New Delhi India

Singh S.K (2009) Exercise Physiology (Hindi) , Khel Sahitya Kendra, New Delhi India

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2025-26)

B. A. Second Year

Semester-III

IPEDCP1202: Physical Education Practical

Credit- 4

Hours- 60

E.S.A.-80+ C.A.- 20 = 100 Marks

Course outcomes:

- The students would practically learn how to measure the Pulse Rate.
- The students would acquire the skills and techniques of track and field events in sports.
- To will inspire the students for Indian sports exercise.
- To will know benefits of team games such as Kho-Kho/ Yoga/ Weight Lifting

Curriculum Details:

ModuleNo.	UnitNo.	Topic	Hrs. Required to the contents 1 Hrs.=60 M
1.0		Practical Project	
	1.1	Pulse Rate Measurement (Before and After Playing)	15
2.0		Track and field event	15
	2.1	4x100Mt / 4x400 Mt. Relay Men and Women	
3.0		Optional Major Game (any one)	15
	3.1	Kho-Kho/ Yoga/ Weight Lifting	
4.0		Indian Exercise	15
	4.1	Push-ups for men	
	4.2	Modified Push- ups for women	
5.0	5.1	Record book is compulsory	
		Total	60

Continuous Assessment (C. A.) 20 Marks

Oral - -10 marks
Attendance, Discipline - -10 marks
Total = -20marks

ReferenceBooks:

1. K. K. Agrawal and R.J. Jain 'Officiating and Coaching' Suyog Prakashan, 3 Vivekanand market, Amravati 1983.
2. Y.M.C.A - 'Books of rules of games and sports'
Y.M.C.A. publication Hous. Jaising Road, New Delhi.
3. Lokesh Thuni- ' Play ground measurement manual' W.P. 474 first floor,, shiv Market, Ashok Vihar, Delhi- 110052
4. Ashok Kumar- ' InternationalEncyclopedia of sports and games mittal
publication New Delhi- 110059 Vol – I to IV
5. Barrow H.M. and McGee R. (1979).A Practical Approach to Measurement in Physical Education.
Lea&Febiger, Philadelphia. U.S.A.
6. TritschlerK.Barrow& McGee's (2000). Practical Measurement and Assessment.Lippincott
Williams & Wilkins. Philadelphia. U.S.A.
7. Y.M.C.A - 'Books of rules of games and sports'Y.M.C.A. publication House. Jaising Road,
New Delhi.
- 8.डॉ. व्यकटेश वांगवाड - कोचिंग अॅन्ड ऑफीशिअटींग गेम्स अॅन्डस्पोर्ट्स पार्वती
प्रकाशन पुणे.
- 9.पी.के. अरोडा - खेळसंचालन एवं प्रशिक्षण,
प्रकाश ब्रदर्स 546 पुस्तक बाजार, लुधियाना 144008
- 10.प्रा. सिलेदार डॉ. विठ्ठलसिंग परिहार- खेळसंचालन व क्रीडा मार्गदर्शन अभय
प्रकाशन, नांदेड 431 605
- 11.डॉ. सुरेशचंद्र नाडकर्णी- क्रीडा ज्ञानकोश
मेहता पब्लीकेशन हाऊस 1216 सदाशिव पेठ पुणे.
- 12 .प्रा.के. एन. गंदगे क्रीडांगण , समर्थ पब्लीकेशन, नांदेड.
प्रा.उत्तम धुमाळ

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2025-26)

B. A. Second Year
Semester-III
Minor

IPEDMT1201: Diet, Nutrition and Fitness

Credit- 4 Hours- 60 E.S.A.-80+ C.A.- 20 = 100 Marks.

Course outcomes:

- Enhanced Nutritional Knowledge
- Improved Physical Fitness
- Understanding the Role of Nutrition in Performance
- Development of Healthy Eating Habits
- Positive Self-Concept and Motivation and Disease Prevention

Curriculum Details

Module No.	Unit No.	Topic	Hrs. Required to the contents 1 Hrs.=60 M
1.0		Diet	
	1.1	Definition, Need and Importance	15
	1.2	Component of Balance diet	
	1.3	Diet for Sportsman	
2.0		Nutrition	
	2.1	Concept of Nutrition	15
	2.2	Importance of Nutrition	
	2.3	Sources of Nutrition	
	2.4	Calories Intake and Expenditure	
3.0		Eating Disorder	
	3.1	Concept of eating disorder	15
	3.2	Types of eating disorder	
	3.3	Good time for eating	
	3.4	General rules of eating	
4.0		Fitness	15
	4.1	Definition, concept of Physical Fitness	
	4.2	Need and Importance of Physical Fitness	
	4.3	Components of Physical Fitness	
		Total	60

Continuous Assessment (C. A.) 20 Marks

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

Assignment- 10 Marks

Total - 20 Marks

References :

“Sports Nutrition and Weight Management” ISBN: 978-93-88269-53-7, (2019), Sports Publication, Daryaganj, New Delhi- 110002.

ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.

Ansbaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)

Brown, J.E. (2005) Nutrition Now Thomson-Wadsworth.

Beotra, Alka (2001-02) Drug Education Handbook on Drug Abuse in Sports, Applied Nutrition Sciences, Mumbai.

Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.

Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.

Merley, William P. –“Health and Physical Fitness” – 1982 CBS College Publishing.
An Interactive Approach, Jones and Bartlett Publisher, Sndbury, Massachusetts, USA.

Bishop, J.G. -(2004) Fitness through Aerobics, Benjamin Cummings, USA. Brown, K.M. (2002) Physical Activity and Health:

Merley, William P. –“Health and Physical Fitness” – 1982 CBS College Publishing.
An Interactive Approach, Jones and Bartlett Publisher, Sndbury, Massachusetts, USA.

Bishop, J.G. -(2004) Fitness through Aerobics, Benjamin Cummings, USA. Brown, K.M. (2002) Physical Activity and Health:

Fahey, T.D., M.P. Insel and W.T. Rath -- Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York. (2006).

Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, -- Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi.-(2008

Hoeger, W W K and S.A. Hoeger --Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA.(2004).

Singh S.K-- Sports Training and Sports Bio Mechanics in Physical Education , Khel Sahitya Kendra, New Delhi India. (2011)

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2025-26)

B. A. Second Year

Semester-III

GE
IPEDGE 1201: Gym Management

Credit- 2

Hours- 30

E.S.A.-40 + C.A.- 10 = 50 Marks.

Course outcomes:

- Understanding Fitness Principles
- Safety and Injury Prevention
- Gym Operations and Management
- Career Pathways
- Developing Leadership and Management Skills

Curriculum Details:*(There shall be FOUR Modules in each course)*

Module No.	Unit No.	Topic	Hrs. Required to the contents 1 Hrs.=60 M
1.0		Gym Needs	
	1.1	Establishing a Gym Location	10
	1.2	Facility Layout	
	1.3	Placement and Gym maintenance	
	1.4	Equipment Selection and maintenance	
2.0		Gym Instructor	
	2.1	Qualification of Gym Instructor	10
	2.2	Qualities, Presentation, Performance and Evaluation.	
	2.3	Pay-roll for Gym Instructor	
	2.4	Safety things to be followed in the Gym	
3.0		Real Gym Management in Present Scenario	
	3.1	Fitness Assessment (Learn Fitness test and Interpret result.	10
	3.2	Workout Program Design (Different Clients and Goals)	
	3.3	Equipment familiarization of New Gym Equipments)	
	3.4	Legal and Ethical Practices (Focus on legal liabilities, Risk management)	
		Total	30

Continues Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

Reference Books:

- “Sports Nutrition and Weight Management” ISBN: 978-93-88269-53-7, (2019), Sports Publication, Daryaganj, New Delhi- 110002.
- Handbook of “Exercise Therapy and Rehabilitation,” ISBN: 978-93-88269-54-4, (2019), Sports Publication, Daryaganj, New Delhi- 110002.
- Kumar P. (2021, 2022) “Fitness & Exercise Management”, Friends Publication (India).
- Agarwal M., Arora S., Singh N. (2017), “Aerobics; Fitness & Style”, Friends Publication (India).
- Alexandria, Virginia (1994) “The Gym Workout” Published by Time-Life Books, London.
- Refus, Inc, “ The Body in Motion”, Published by Time-Life Books, London.
- Sunil Bharioke, (2002) “The Gym”, (2004) “Gym Workout”, (2005) “Staying Flexible”, “Super Firm Tough”, Published by Time-Life Books, London.
- Sheela Kumari, (2009) “Fitness, Aerobics & Gym Operation”, Khel Sahitya Kendra, New Delhi.
- Wayne L. Westcott, Thomas R. Bachle, (2007) “Strength Training”.
- U.K. Singh, ‘Sports Management, ‘ Ajay Nangia For APH Publishing, J.M. Dewan corporation, 5, Ansari Road, Daryaganj, New Delhi-110 002
- S.K. Pachuri ‘Sports Management’ – Ajay Varma, I Commonwealth Publishing 483/24, Pralhad Street, Ansari Road, Daryaganj, New Delhi-
- S.K. Pachuri- ‘ Sports Management’ , Sports Publication, New Delhi- 1999
- Merley, William P. –“Health and Physical Fitness” – 1982 CBS College Publishing.
- An Interactive Approach, Jones and Bartlett Publisher, Sndbury, Massachusetts, USA.
- Bishop, J.G. -(2004) Fitness through Aerobics, Benjamin Cummings, USA.
- Brown, K.M. (2002) Physical Activity and Health:
- Department of Physical Education and Sports Sciences, University of Delhi (2007),
- Draft Resource Material – Fitness, Aerobics and Gym-Operations.
- Fahey, T.D., M.P. Insel and W.T. Rath -- Fit & Well: Core Concepts and Labs in Physical Fitness, McGraw Hill, New York. (2006),
- Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, -- “Fitness, Aerobics and Gym Operations”, Khel Sahitya, New Delhi.-(2008)
- Singh S.K-- Sports Training and Sports Bio Mechanics in Physical Education, Khel Sahitya Kendra, New Delhi India. (2011)
- Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema, -- Fitness, Aerobics and Gym Operations, Khel Sahitya, New Delhi.-(2008)
- Hoeger, W W K and S.A. Hoeger --Principles and Labs for Fitness and Wellness, Thomson Wadsworth, California, USA.(2004).

Swami Ramanand Teerth Marathwada University, Nanded.
Physical Education

(With Effect From 2025-26)
 B. A. Second Year
 Semester-III
IPEDIC1201: Study of Team Game
(Kho-kho /cricket / Football)

Credit- 2

Hours- 30 E.S.A.-40 + C.A.- 10 = 50 Marks.

Course outcomes:

- Students will know the Importance of Team Game.
- Students will acquire skills and techniques in the Kabaddi and Badminton.
- To will know the importance of team game for the fitness and wellness.
- To will understand History, rules and regulations of above team games.

Curriculum Details:(There shall be FOUR Modules in each course)

Module No.	Unit No.	Topic	Hrs. Required to the contents 1 Hrs.=60 M
1.0		Introduction of Game	
	1.1	History of Game	10
	1.2	Rules and Regulations of Game	
	1.3	Play ground Marking	
	1.4	Care and maintenance of Play ground	
2.0		Skills in the Game	
	2.1	Equipments in the Game	10
	2.2	Fundamental Skills in the Game	
	2.3	Warming Up and Cooling Down	
	2.4	Conditioning Exercise for the Skill Development	
3.0		Officiating and Coaching	
	3.1	Signals of Officiating	10
	3.2	Coaching	
	3.3	Qualification and Quality of Good Coach and Umpire	
	3.4	Duties of Good Umpire	
		Total	30

Continues Assessment (C. A.)

Oral 10 marks

References

1. K. K. Agrawal and R.J. Jain 'Officiating and Coaching' Suyog Prakashan, 3 Vivekanand market, Amravati 1983.
2. Y.M.C.A - 'Books of rules of games and sports' Y.M.C.A. publication House. Jaising Road, New Delhi.
3. Lokesh Thuni- 'Play ground measurement manual' W.P. 474 firstfloor,, Shiv Market, Ashok Vihar, Delhi- 110052
4. Ashok Kumar- 'International Encyclopedia of sports and games', Mittal publication New Delhi- 110059 Vol. – I to IV
5. Doug Wright – "Cricket Skill & Techniques", Vilas Publishing House PVT Ltd. Delhi-Bombay.
6. डॉ. व्यंकटेश वांगवाड - कोचिंग अॅन्ड ऑफीशिएटींग गेम्स अॅन्ड स्पोर्ट्स पार्वती प्रकाशन पुणे.
7. पी.के. अरोडा - खेळसंचालन एवं प्रशिक्षण, प्रकाश ब्रदर्स 546 पुस्तक बाजार, लुधियाना 144008
9. प्रा. सिलेदार डॉ. विठ्ठलसिंग परिहार- खेळसंचालन व क्रीडा मार्गदर्शन अभय प्रकाशन, नांदेड 431 605
10. डॉ. सुरेशचंद्र नाडकर्णी - क्रीडा ज्ञानकोश
11. प्रा.के. एन. गंदगे क्रीडांगण , समर्थ पब्लिकेशन, नांदेड.

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2025-26)

B. A. Second Year

Semester-IV

Major
IPEDCT1251: Health Education and Yoga

Credit- 4

Hours- 60

E.S.A.-80 + C.A.- 20 = 100 Marks

Course outcomes:

- To know the meaning and benefits of health.
- To know the health education for the development of health.
- To know the health education for the development of health.
- To know the benefits of Yoga.
- To update knowledge of health and health education.

Curriculum Details:(There shall be FOUR Modules in each course)

Module No.	Unit No.	Topic	Hrs. Required to the contents 1 Hrs.=60 Marks
1.0		Health	
	1.1	Definition and Concept of Health	15
	1.2	Need and Importance of Health	
	1.3	Physical, Mental and Social Health	
	1.4	Functions of W.H.O.	
2.0		Health Education	
	2.1	Concept of Health Education	15
	2.2	Aims and Objectives of Health Education	
	2.3	Principles of Health Education	
	2.4	Role of the Teacher in School in Health Programme	
3.0		Influencing Factors on Health	
	3.1	Lack of Exercise and Diet	15
	3.2	Effect of Alcohol, Tobacco, Smoking on Health	
	3.3	Effect of Pollution on Health	
4.0		Yoga	
	4.1	Definition, Need and Importance of Yoga	15
	4.2	Concept and Scope of Yoga	
	4.3	Effect of Yoga on Health of Individual.	
	4.4	Career Opportunities in Yoga	
		Total	60

Continuous Assessment (C. A.) 20 Marks

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks

Assignment- 10 Marks

Total - 20 Marks

References :

Ansbaugh, D.J., G. Ezell and K.N. Goodman (2006) Teaching Today Health, Mosby Publishers, Chicago (USA)

Donatelle, R.J. and Ketcham P. (2007), Access to Health, Benjamin Cummings, Boston, USA.

Flyod, P.A., S.E. Mimms and C. Yelding (2003) Personal Health: Perspectives and Lifestyles, Thomson, Wadsworth, Belmont, California, USA.

Goldberg, L. and D.L. Elliot (2000) The Healing Power of Exercise, National Health & Wellness Club, New York, U.S.A.

Merlry, William P. (1982)“Health and Physical Fitness”, CBS College Publication.

Shi Anand (1980) “The Complete Book of Yoga, Harmony of Body and Mind,” Orient Paper Book New Delhi.

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2025-26)

B. A. Second Year

Semester-IV

IPEDCP1252: Physical Education Practical

Credit- 4

Hours- 60

E.S.A.-80 + C.A.- 20 = 100 Marks.

Course outcomes:

- The students will learn practically how to measure the blood pressure.
- The students will acquire knowledge of skills of Sports such as track and field events.
- To will inspire for the participation in sports and games such as Cricket and Judo.
- To will acquire the benefits of team games such as Cricket and Judo.

Curriculum Details: (There shall be **FOUR** Modules in each course)

ModuleNo.	UnitNo.	Topic	Hrs. Required to the contents 1 Hrs.=60 M
1.0		Practical Project	15
	1.1	Blood Pressure (Measure low and high B.P.)	
2.0		Track & Field event- Throwing & Jumping	15
	2.2	Discus Throw (Holding, Styles, Delivery and Recovery)	
	2.3	Triple Jump (Approach run, Take-off, Air position, Landing)	
3.0		Major Game – Team Game (any one)	15
	3.1	Cricket	
	3.2	Judo	
4.0		Running Event	15
	4.1	800 Mt. Run	
5.0		Record Book is compulsory	
		Total	60

Continuous Assessment (C. A.) 20 Marks

Oral - -10 marks
 Attendance, Discipline - -10 marks
Total = -20marks

Reference Books:

1. K. K. Agrawal and R.J. Jain 'Officiating and Coaching' Suyog Prakashan, 3 Vivekanand market, Amravati 1983.
2. Y.M.C.A - 'Books of rules of games and sports'

Y.M.C.A. publication Hous. Jaising Road, New Delhi.

3. Lokesh Thuni- ' Play ground measurement manual' W.P. 474 first floor,, shiv Market, Ashok Vihar, Delhi- 110052

4. Ashok Kumar- 'International Encyclopaedia of sports and games" Mittal publication New Delhi- 110059 Vol – I to IV

5. Barrow H.M. and McGee R. (1979).A Practical Approach to Measurement in Physical Education. Lea&Febiger, Philadelphia. U.S.A.

6. TritschlerK.Barrow& McGee's (2000). "Practical Measurement and Assessment", .Lippincott Williams & Wilkins. Philadelphia. U.S.A.

7. डॉ. व्यकटेश वांगवाड - कोचिंग अॅन्ड ऑफीशिअटींग गेम्स अॅन्डस्पोर्ट्स पार्वती प्रकाशन पुणे.

8. पी.के. अरोडा- खेळसंचालन एवं प्रशिक्षण, प्रकाश ब्रदर्स 546 पुस्तक बाजार, लुधियाना 14400

9. डॉ. सुरेशचंद्र नाडकर्णी- क्रीडा ज्ञानकोशमेहता पब्लीकेशन हाऊस 1216 सदाशिव पेठ पुणे

10. . प्रा.के. एन. गंदगे क्रीडांगण , समर्थ पब्लीकेशन, नांदेड.

प्रा.उत्तम धुमाळ

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2025-26)

B. A. Second Year

Semester-IV

Minor

IPEDMT1251: Sports Injuries and First Aid

Course outcomes:

- To know the various types of injuries.
- To know Preventions of injuries.
- To know Concept of Body Posture.
- To know the Postural defects and its causes.
- To able to handle the Emergency situations related to sports injuries.

Curriculum Details:

Module No.	Unit No.	Topic	Hrs. Required to the contents 1 Hrs.=60 M
1.0		Injuries	
	1.1	Definition of injuries	15
	1.2	Types of injuries	
	1.3	Common injuries on play field	
	1.4	Prevention of various injuries	
2.0		Body Posture	
	2.1	Definition, Concept, Types of body posture	15
	2.2	Postural deformities (Kyphosis, Lordiosis, Scoliosis, Knock-knee, Bow-leg, Flat-foot.)	
	2.3	Causes and remedies of postural deformities	
3.0		First Aid	
	3.1	Definition and Importance of First aid	15
	3.2	First Box kit	
	3.3	First aid for various injuries	
4.0		Emergency Situation	
	4.1	C.P.R. (Cardio Pulmonary Resuscitation)	15
	4.2	Disaster situation	
	4.3	Poison barriers	
		Total	60

Continues Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 marks**Assignment- 10 Marks****Total - 20 Marks****References :**

1. Winter Griffith H. "Complete Guide to Sports Injuries"- Crescent Publishing Corporation New Delhi.

2. ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.
3. Medicine, New York, U.S.A.
4. Singh S.K (2010) Sports Injuries and Rehabilitation, Khel Sahitya Kendra, New Delhi India
5. Singh S.K (2008) Sports Medicine (Hindi) Khel Sahitya Kendra, New Delhi India
6. Roy, Steven and Richard, Irvin (1983) Sports Medicine, Benjamin Cummings, Boston, USA

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2025-26)

B. A. Second Year

Semester-IV

GE

IPEDGE1251: Sports Journalism

Course outcomes:

- To know the importance of sports journalism and mass media in sports.
- To know about the role of sports journalism and mass media for active participants in sports.
- To create the awareness regarding research in the field of sports journalism and mass media.
- To understand the Ethics of journalism and sports.

Curriculum Details:(There shall be FOUR Modules in each course)

Module No.	Unit No.	Topic	Hrs. Required to the contents 1 Hrs.=60 M
1.0		Introduction	
	1.1	Meaning, Definition and Elements journalism	10
	1.2	Ethical standards of Professional in journalism	
	1.3	Sports Schemes and Incentives	
	1.4	Sports journalism and Sports Writers, Commentators, Broadcaster and Sports Broadcasting Channels	
2.0		Mass Media in Sports	
	2.1	Print media tradition, Digital Age, Printing and Proof Reading	10
	2.2	Various Aspects of Writing for sports Journalism	
	2.3	Sports News for Doordarshan and Radio	
	2.4	Writing for magazines and cyber media.	
3.0		Journalism Ethics and Sports	
	3.1	Media ownership and control	10
	3.2	Conflicts of interest, Privacy, Manipulation, Gender and race	
	3.3	Favoritism and neutrality, Sports rights.	
		Total	30

Continues Assessment (C. A.)

Test- I 10 marks

Test- II 10 marks

Avg. of (T1+T2)/2 = 10 mark***ReferenceBooks:***

1. Ahiya B. N. (1988) Theory and Practice of Journalism: Set to Indian context Ed3. New Delhi: Surjeet Publications.
2. Ahia B. N. Cobra S.S.A.(1990) Concise Course in Reporting. New Delhi: Surjeet Publication.
3. Bhatt S.C. (1993) Broadcast Journalism Basic Principles. New Delhi: Harnand Publication.
4. Dhananjay Joshi (2010) Value Education in Global Perspective, New Delhi: Lotus Press.
5. Venkataiah. N (2009) Value Education New Delhi: APH Publishing Corporation.

Swami Ramanand Teerth Marathwada University, Nanded.

Physical Education

(With Effect From 2025-26)

B. A. Second Year

Semester-IV

SEC

**IPEDVC1251: Study of Team Game
(Kabbadi / Badminton)**

Course outcomes:

- To know the Importance of Team Game.
- To acquire skills and techniques in the Kho-Kho and Cricket.
- To understand the importance of team game for the fitness and wellness.
- To understand History, rules and regulations of Kho-Kho and Cricket team games.

Curriculum Details:*(There shall be FOUR Modules in each course)*

Module No.	Unit No.	Topic	Hrs. Required to the contents 1 Hrs.=60 M
1.0		Introduction of Game	
	1.1	History of Game	10
	1.2	Rules and Regulations of Game	
	1.3	Play ground Marking	
	1.4	Care and maintenance of Play ground	
2.0		Skills in the Game	
	2.1	Equipments in the Game	10
	2.2	Fundamental Skills in the Game	
	2.3	Warming Up and Cooling Down	
	2.4	Conditioning Exercise for the Skill Development	
3.0		Officiating and coaching	
	3.1	Signals of Umpire	10
	3.2	Coaching	
	3.3	Qualification and Quality of Good Coach and Umpire	
	3.4	Duties of Good Umpire	
		Total	30

Continues Assessment (C. A.)

Oral- 10 marks

Reference Books:

1. K. K. Agrawal and R.J. Jain 'Officiating and Coaching' Suyog Prakashan, 3 Vivekanand market, Amravati 1983.
2. Y.M.C.A - 'Books of rules of games and sports' Y.M.C.A. publication Hous. Jaising Road, New Delhi.

3. Lokesh Thuni- ‘ Play ground measurement manual’ W.P. 474 first floor,, Shiv Market, Ashok Vihar, Delhi- 110052
4. Ashok Kumar- ‘ International Encyclopedia of sports and games’, Mittal publication New Delhi- 110059 Vol. – I to IV
5. Doug Wright – “Cricket Skill & Techniques”, Vilas Publishing House PVT Ltd. Delhi-Bombay.
6. डॉ. व्यंकटेश वांगवाड - कोचिंग अॅन्ड ऑफीशिएटींग गेम्स अॅन्ड स्पोर्ट्स पार्वती प्रकाशन पुणे.
7. पी.के. अरोडा- खेळसंचालन एवं प्रशिक्षण, प्रकाश ब्रदर्स 546 पुस्तक बाजार, लुधियाना 14400
8. प्रा. सिलेदार डॉ. विठ्ठलसिंग परिहार- खेळसंचालन व क्रीडा मार्गदर्शन अभय प्रकाशन, नांदेड 431 605
9. डॉ. सुरेशचंद्र नाडकर्णी - क्रीडा ज्ञानकोशमेहता पब्लीकेशन हाऊस 1216 सदाशिव पेठ पुणे.
- 10 प्रा.के. एन. गंदगे क्रीडांगण , समर्थ पब्लीकेशन, नांदेड.

Swami Ramanand Teerth Marathwada University, Nanded
Faculty of interdisciplinary studies

General Guidelines for course structure:

1. The Major subject is the discipline or subject of the main focus and the degree will be awarded in that discipline/subject.
2. Credits and curriculum of Major and Minor subject is same in the Second year
3. In the Second year Students should choose two different subjects as a Major and Minor

in same faculty).

4. From the Second-year curriculum of Major and Minor subject is the different.

5. Generic /Open Elective is to be chosen compulsorily from faculty other than that of the Major. (Select from Basket)

6. Vocational and Skill Enhancement Courses (VSEC or VSC and SEC) are related to Major Course (DSC)

7. Ability Enhancement Courses (AEC):

a) English language may be offered Sem. I for 2 Credits and sem. III for 2 Cr.AEC

b) Second languages may be offered Sem. II for 2 Credits and sem. IV for 2 Cr.AEC

8. Column No. 7 and 8 is common for all faculties

9. Curriculum of VEC, CI, IKS and CC will provide by university.

Swami Ramanand Teerth Marathwada University, Nanded

Faculty of Interdisciplinary Studies

Optional Subject: Physical-Education

For Semester III and IV(C): Each of 04 Credits

Semester	BOS Proposing (e g.)	Details of Course(M)	
		CODE	Title of the Corse
Semester III	BOS in Physical-Education	IPEPCT1201(4Cr)	Introduction of Human Anatomy and Physiology
		IPEPCT1202(4Cr)	Physical Education Practical
		IPEDMT1201(4Cr)	Diet, Sports Nutrition and Fitness (T 4Cr)
Semester IV	BOS in Physical-Education	IPEPCT1251	Health Education & yoga (T 4 Cr.)
		IPEPCT1252	Physical Education Practical (P 4 Cr.)
		IPEDMT1251	Sports Injuries and First Aid (T 4Cr)

Swami Ramanand Teerth Marathwada University, Nanded.
Faculty of Interdisciplinary Studies
Physical Education

Basket -3 Generic / open elective course (GE)

Semester	BOS Proposing	Code	Title of the Course
Sem .III	BOS in Physical Education	IPEDGE1201(2cr.)	Gym Management
Sem. IV	BOS in Physical Education	IPEDGE1251(2cr.)	Sport Journalism

Note: GE is to be chosen compulsory from faculty other than that of the major

Vocational & Skill Enhancement Course

Semester	BOS Proposing	Code	Title of the Course
Sem .III	BOS in Physical Education	IPEDVSC1201(2cr.)	Study of Team Game (Kho-kho / Cricket / Football)
Sem. IV	BOS in Physical Education	IPEDVSC1251(2cr.)	Study of Team Game (Kabaddi / Badminton)

Note: A unit by which the coursework measured. it determines the number of hours of instructions required per week.one credit is equivalent to one hour of teaching (lecture or tutorial) or **two hours of practical work/** field work per week (**1credit = 1 hour lecture / week or 2 hours lab /week**)