

**Solapur University, Solapur**  
**Physical Education (Optional)**

**B.A.Part-II Paper-II**  
**History of Physical Education**  
**(w.e.f. June 2011)**  
**Semester III**

**Marks-25**

**Topic**

Unit-1 Physical Education in Ancient Times

- a) Elements of Physical Education in Primitive Societies with reference to Aims, Promotions, Programmes and methods of Physical Education.
- b) Physical Education in Ancient India  
Periods:
  - i. Advent of Aryans 2000 B.C.(Early Period)
  - ii. Epic Age 1500 B.C. to 500 B.C.
  - iii. Buddhist Period

With reference to the following activists

Archery, Wrestling, Stick-fighting, Yogic exercises.

Unit-2 Ancient Olympic Games (Aim & Nature): Legendary Origin

Significance of the games rules of the games and eligibility, conduct of events, awards, decline of ancient Olympic.

Unit-3 Development of Physical Education in following countries:

Germany, Great Britain, Russia and U.S.A.

## Semester IV

Marks-25

### Topic

Unit-4 a) Development of Physical Education in India.

- 1) Mogal Period.
- 2) British Period.
- 3) Post Independence Period.

b) Development of Physical Education in Maharashtra

Maratha Period: 1600 A.D. onwards

British Period: 1800 A.D. onwards

Period of Nationalism: 1920 onwards

Unit-5 Modern Olympic Games (Aim & Nature):

- a) Revival of the Olympic games, controlling body, rules of eligibility for competition, organization and conduct of the games, venues, events, opening ceremony awards, closing of ceremony, Olympic flag, Olympic torch Etc.

Unit-6 Different Institution for training in Physical Education in India.

- a) SNIPES -
  - 1) NSNIS
  - 2) LNIPE

b) Sports Authority of India Inception and Function

c) Sports Awards in India

1] National Level.

- 1) Arjun Awards
- 2) Dronacharya Awards
- 3) Rajiv Gandhi Khel Ratna Puraskar

2] State Level in Maharashtra

- 1) Dadoji Kondadev Awards
- 2) Shiva Chatrapati Awards

**Recommended Books**

- 1) Brief History of Physical Education by Rice Hutchenson and Lee.  
The Ronald Press Company, New York.
- 2) History of Physical Education by Eraj Khan, Hyderabad.
- ३) शारिरीक शिक्षणाचा विकास दि. बा.कोठीवाले श्री. लेखन वाचन भांडार पुणे भाग - १ व २
- ४) शारिरीक शिक्षणाचा इतिहास - श्रीपाल जर्दे अंबा प्रकाशन कोल्हापूर.
- ५) ऑलिंपिक इ हेमंत जोगदेव हिमांश प्रकाशन - पुणे.
- ६) महाराष्ट्रातील शारिरीक शिक्षणाची वाटचाल - दि. गो. वाखारकर मराठवाडा सांस्कृतीक मंडळ प्रकाशन औरंगाबाद.
- ७) खेळाची नियमावली - प्रा. जगदीश झाडबुके.

**Solapur Univeristy, Solapur**  
**Physical Education (Optional)**

**B.A.Part-II Paper-III**

**Organization & Administration in Physical Education & Sports**

**Semester III**

**Topic**

**Marks-25**

- Unit-1      **Organization and Administration:**
- Meaning, Definitions, Concepts and its needs in Physical Education and Sports.
- Unit -2      a) Principles of Organization in Physical Education and Sports.
- b) Principles of Administration in Physical Education and Sports.
- Unit-3      **Organization and Administration of various competitions.**
- 1) Inter-collegiate Sports and Solapur University.
- 2) Inter-University Sports.
- With special reference to organization, Administration, Finance and various committees and their function.

## **Semester – IV**

**Marks-25**

Unit-4

### **Meets and Tournaments:**

- a) Importance of meets and tournaments.
- b) Types of Tournaments- i) Knock-out system. ii) League system. iii) Combination system (To draw the lots their Merits and Demerits)
- c) Athletic Meet: Officials various Committees, Opening Ceremony, Closing Ceremony.

Unit-5

### **Play ground facilities-Standards:**

- a) Preparation and Maintenance of Playground.
- b) Gymnasium: Standards, Facilities and Maintenance.
- c) Lay-out of play field- Kabbadi, Kho-Kho, Volleyball, Basket Ball, Hand ball.

Unit-6

### **Equipments of Sports**

- a) Care and Maintenances
- b) Policies of Purchases of Sports Equipments.

### **Recommended Books-**

1. E.F,Voltmer and Esslinger- The Organization of Administration of Physical Education.
2. Jay B.Nash- The Administration of Physical Education.
3. Prin. P.M. Joseph- Organization of Physical Education-The old Student's Association T.I.P.E. Bombay.

4. Organization of Physical Education- by J.P. Thomas.
5. Administration of School Health and Physical Education Programme by C.A.Bucher.
6. Williams J.F and Other the Administration of Health and Physical Education-Philadelphia-W.B.Saunders Co.
7. Two experienced Professors- Organization, Administration and Recreation in Physical Education. Prakash Brothers, Ludhiana.
8. शारिरीक शिक्षण अध्यापन पध्दतीत मुलतत्वे प्राचार्य डॉ. वि. कृ. कानडे.
9. शारिरीक शिक्षण संघटन आणि प्रशासन - प्रा. शंकर तिवाडी, शारदा प्रकाशन नांदेड.
10. शा. शिक्षण , आयोजन, नियोजन निरीक्षण - प्राचार्य वाखारकर व डॉ. आलेगांवकर प्रार्वती प्रकाशन, पुणे.
11. मैदानी स्पर्धा - नियम, आयोजन -रमेश तावडे व राम भागवत, ट्रॅक अॅण्ड फील्ड पब्लिकेशन पुणे -९.
12. कबड्डी - प्रा. एन. एम. बहिरट.
13. खो -खो - प्रा. कमला बनसोडे गजानन बुक डेपो - पुणे.
14. अॅथलेटिक्स - राम भागवत ट्रॅक अॅण्ड फील्ड पब्लिकेशन पुणे -३०.
15. व्हॉलिबॉल प्रा. व्यंकटेश वांगवाड गजानन बुक डेपो - पुणे -३०.

NB: Each theory paper shall be of 1 hours duration carrying 25 marks. There will be three questions of the first two of which will be having internal option carrying 10 marks the question will be short answers types and will carry 05 marks.

## 1. Structure of the courses :-

- A) Each paper of every subject for Arts, Social Sciences & Commerce Faculty shall be of 50 marks as resolved by the respective faculties and Academic Council.
- B) For Science Faculty subjects each paper shall be of 50 marks and practical for every subject shall be of 50 Marks as resolved in the faculty and Academic Council.
- C) For B. Pharmacy also the paper shall be of 50 marks for University examination. Internal marks will be given in the form of grades.
- D) For courses which were in semester pattern will have their original distribution already of marks for each paper.
- E) For the faculties of Education, Law, Engineering the course structure shall be as per the resolutions of the respective faculties and Academic Council.

## 2. Nature of question paper:

### A) Nature of questions.

"20% Marks - objectives question" **(One mark each and multiple choice questions)**

"40% Marks - Short notes / Short answer type questions / Short Mathematical type questions/ Problems. **(2 to 5 Marks each)**

"40% Marks - Descriptive type questions / Long Mathematical type questions / Problems. **(6 to 10 Marks each)**

- B) Objective type question will be of multiple choice (MCQ) with four alternatives. This answer book will be collected in first 15 minutes for 10 marks and in first 30 minutes for 20 marks. Each objective question will carry one mark **each**.
- C) Questions on any topic may be set in any type of question. All questions should be set in such a way that there should be permutation and combination of questions on all topics from the syllabus. As far as possible it should cover entire syllabus.
- D) There will be only five questions in the question paper. All questions will be compulsory. There will be internal option **(25%)** and not overall option. **for questions 2 to 5.**

- 1. Practical Examination for B. Sc. I. will be conducted at the end of second semester.
- 2. Examination fees for semester Examination will be decided in the Board of Examinations.

The structures of all courses in all Faculties were approved and placed before the Academic Council. After considered deliberations and discussion it was decided not to convene a meeting of the Academic Council for the same matter as there is no deviation from any decision taken by Faculties and Academic Council. Nature of Question Paper approved by Hon. Vice Chancellor on behalf of the Academic Council.

## PRACTIALS PAPER NO: - II & III

Practical 50 Marks (paper II & III) Semester III.

Practical 50 Marks (paper II & III) Semester IV.

- A) Practical Examination \_ 90 marks  
B) Record Books \_ 10 marks

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Total - 100 marks

- A) A Batch of 20 students for Practical period and Examination .  
B) Two periods for each theory paper and total practical 4(four) Periods for each batch per week.

### Practical work

- 1) Athletics High Jump , Discus throw, Middle distance Running
- 2) One Indian Game - Kho-Kho
- 3) One Ball Game - Hand Ball / Basket Ball
- 4) Indian Exercise - Surya Namaskar
- 5) Ground Marking - Kho –Kho /Hand Ball /Basket Ball (any one )
- 6) Knowledge of Rules and Regulation of Discus throw, / High – Jump, / Middle Distance Running.

### **SEMESTER - III (Practical Paper II & III)**

Practical Examination:-

I] Athletics –i] High Jump (10 marks)

a) Performance

Man →	1.45	05 marks
	1.40	03 marks
	1.20	02 marks



Women →	1.15	05 marks
	1.10	03 marks
	1.00	02 marks

b) For techniques and modern styles

(5 marks)

ii] 800 mts Run (15 marks)

a) Performance only

Men	2 min 25 sec	10 marks
	2 min 30 sec	07 marks
	2 min 40 sec	04 marks
Women	3 min 25 sec	10 marks
	3 min 35 sec	07 marks
	3 min 45 sec	04 marks

OR

iii] 1500 mts (15 marks)

a) Performance only

Men	5 min 25 sec	10 marks
	5 min 30 sec	07 marks
	5 min 40 sec	04 marks
Women	6 min 30 sec	10 marks
	6 min 40 sec	07 marks
	6 min 50 sec	04 marks

B) Knowledge of methods of increasing endurance capacity to be tested through oral test. 5 marks

II] One Ball Game (10 marks) Hand-ball/ Basket Ball

- 1) Fundamental Skills 5 marks
- 2) Knowledge of rules and regulations 5 marks

III] Knowledge of Rules and Regulations 5 marks

- 1) High Jump
- 2) Middle Distance Running

IV] **Ground Marking** of Hand-ball / Basket Ball (Anyone) 5 marks

Ground marking should be done actually on the ground.

Direction, Straight Line, Rectangle, Circle, Parallel Lines and correct measurement etc.

IIV] **Record Book** 5 marks

The Record Book will cover the following

- i) Brief history
- ii) Various diagrams;
- iii) Names and explanation of different fundamental skills in team events and different styles in Athletic events;
- iv) Rules and Regulation (This should be completed as per syllabus)

The record book will be assessed internally and marks should be submitted to the external examiner.

Exam No	Roll No	Name	Athletics 25	One ball game 10	Knowledge Rules & Regulation 5	Ground marking 5	Record book 5	Total 50		

### Semester IV

(Practical for paper II & III)

I] **Athletics** 10 marks

i) Discus throw

10 marks

a) Performance

Men	20 mts	5 marks
	18 mts	3 marks
	15 mts	2 marks

Women	16 mts	5 marks
	14 mts	3 marks
	12 mts	2 marks

b) For technique and Modern Style  
5 marks

**II] One Indian Game - Kho-Kho** 10 marks

i) Fundamental Skills 5 marks

ii) Knowledge of rules and regulations 5 marks

**III] Indian Exercise—Surya Namaskar** 15 marks

Men 20 Surya Namaskar 15 marks

15 Surya Namaskar 10 marks

10 Surya Namaskar 05 marks

Women 12 Surya Namaskar 15 marks

08 Surya Namaskar 10 marks

05 Surya Namaskar 05 marks

**IV] Ground Marking --Kho-Kho** 05 marks

Ground marking should be done actually on the ground.

Directions, Straight lines, Rectangle, Circle, Parallel Lines and correct measurement etc

**V] Knowledge of Rules and Regulations** 05 marks

i) Discus Throw

**VI] Record Book** 05 marks

The Record Book will cover the following

i) Brief history ii) Various diagrams; iii) Names and explanation of different fundamental skills in team events and different styles in Athletic events;

The record book will be assessed internally and marks should be submitted to the external examiner.

Exam No	Roll No	Name	Athletic 10	One Indian Game 10	Indian Exercises 15	Ground marking 5	Knowledge rules and regulations 5	Record book 5	Total 50

- NB: - Separate Heads of Passing.

A] Semester III Theory paper no II minimum passing 9 marks.

B] Semester IV Theory paper no II minimum passing 9 marks.

C] Semester III Theory paper no III minimum passing 9 marks.

D] Semester IV Theory paper no III minimum passing 9 marks.

- Practical Examination will be conducted at the end of Second Semester and minimum passing of paper II & III 17 marks.
- Total Passing (Theory and Practical) minimum passing 35 marks.

E] Practical Examination Procedure.

1) Each 20 students batch.

2) One organizer (Internal subject teacher)

3) Two Examiner appointed by University.

4) Peons – Two Peons for Ground Marketing water supply equipment supply and collecting it etc.

# YOGA STUDIES (IDS)

## Theory and Practical

A) Theory I Semester	25 marks	(one hour)
B) Theory II Semester	25 marks	(one hour)
C) Practical I Semester	25 marks	
D) Practical II Semester	25 marks	

### Theory Topics: Semester - I

Unit 1) Concept and Definition of Yoga.

Unit 2) Current Misconceptions about Yoga.

Unit 3) Survey of development of yoga from Vedic period to Modern period.

### Practical Work Semester - I

A batch of 20 students for Practical Teaching and Examination

A] Vajarayasana, Padmasana, Bhujangasana, Vakrasana, Ardhashalbhasana, Goumkhasana, Dhanurasana, Paschimottanasana.

B] Uddiyana Bandha, Jalandhar Bandha, Brahma Mudra, Dnyan Mudra, Ujjayai Pranayam (without kumbhak), Shitali Pranayam

- The practical examination shall be conducted as follows
  - a) Two examiners appointed by the University and one Internal Organizer.
  - b) Marking system and Porforma
    - # Form section (A) of the Practical
      - 1) One asanas of student's choice 5 marks
      - 2) One asanas of Examiner's choice 5 marks
    - # From section (B) of the practical
      - 1) Any one of student choice 5 marks
      - 2) Any one of Examiner choice 5 marks

C] **Record Book** The record book will be assessed by Internal Examiner.

Exam No	Roll no	Name	Section A		Section B		Record book	Total
			Student choice	Examiner choice	Student choice	Examiner choice		
			05	05	05	05	05	25

## SEMESTER II

### Theory Topics:

Unit 1) Ashtanga Yoga of Patanjali.

Unit 2) States of Chitta, Kinds of Chittavrutts and Methods of their Controls.

Unit 3) Various techniques of Yoga like Asana, Pranayam, Kriya, Bandha, Mudra, and their utility into day to day life.

### Practical Work:

A batch of 20 students for practical teaching and examination

A] Chakrasana (lateral) , Halasana, Matsyasana, Mayurasana, Shavasana, Sarvangasana, Swastikasana, Padahastasana.

B] Mul Bandha, Shinhamudra, Jiva bandha, Yoga mudra, Kapalbhati Pranayam, Bhramari Pranayam.

The practical examination shall be conducted as follows:

a) Two examiners appointed by the University and one Internal Organizer

b) Marking system and Porforma

# Form section (A) of the Practical

1) One asanas of student's choice 05 marks

2) One asanas of Examiner's choice 05 marks

\* Form Section (B) of the Practical

1) Any one of Students choice 05 marks

2) Any one of Examiners choice 05 marks

C] **Record Book:** 05 marks

The record book will be assessed by Internal Examiner.

Exam no	Roll no	Name	Section A		Section B		Record Book	Total
			Students choice	Examiner choice	Students choice	Examiner choice		
			5	5	5	5	5	25

**NB:- Separate Heads of Passing**

- Theory paper minimum passing (Semester I) 9 marks.
- Theory paper minimum passing (Semester II) 9 marks.
- Practical Examination will be conducted at the end of Second Semester and minimum passing - 17 marks .
- Total Passing (Theory and Practical) minimum passing- 35 marks.
- Theory paper shall be of 1 hour's duration carrying 25 marks.

There will be Three Questions of the first Two of which will be having internal option carrying 10 marks. The Third question will be short answer type question and will carry 05 marks.

- The practical will carry I & II Semester 25 marks .

**Books Recommended**

1] History of Yoga-Vivian Worthington, Routledge & Kegan Paul Ltd. London, 1982.

2] Asanas-Kuvalayannanda, Kaivalyadam, Lonavala.

3) योगाभ्यास मार्गदर्शा - म. ल. घरोटे मेघा पब्लिकेशा कैवल्यधाम, लोणवाळा.

४) सर्व दर्शा संग्रह - द. बा. जोग.

५) शुद्धिक्रिया - प्रयोजा आणि प्रयोग ग. द. दातार योगविद्याधाम , पुणे.

६) योगाभ्यास सुखी जीवा प्रा. श्रीपाल जर्दे - चंद्रमा प्रकाशा कोल्हापूर -३.

७) प्राणायाम - बी. के. एस. आयंगार ओरिएंट लॉगमा, लि. मुंबई - ३८.

८) योगदीपिका - बी. के. एस. आयंगार ओरिएंट लॉगमा, लि. मुंबई - ३८.

९) योग आणि आरोग्य - डॉ. धांजय गुंडे.

१०) आपले आरोग्य आपल्या हाती - डॉ. धांजय गुंडे.

११) आरोग्याची गुरु किल्ली - डॉ. धांजय गुंडे.

१२) योगपरिचय - विश्वास मंडलीक.