

॥ अंतरी पेटवू ज्ञानज्योत ॥



**KAVAYITRI BAHINABAI CHAUDHARI
NORTH MAHARASHTRA UNIVERSITY, JALGAON**

SPORTS

AC-501 (C): Non-Credit Audit Course

With effect from Academic year: 2020-21

Name of the Paper : Physical Education & Sports

Paper Code : AC-501(C)

Class : **UG (T.Y.B.Sc)**

Year : **2020-21**

Credit Structure : **Non Credit Audit Course**

No of Lectures : 30 Teaching Hours

Total Marks : **100 Marks**

No of Hrs. per week: **2 Hours/week (Clock hours)**

Objectives:

- To understand the whole concept of physical education and sports.
- To understand the modern concepts of physical education.
- To understand the concept of growth and development.
- To understand the basics of first aid.
- To understand the whole concept of physical fitness.
- To understand the history and concept of Olympic movement.
- To know the Olympic medal winners of India.
- To understand the national sports awards of India.
- To understand the basic information of games and sports.

Part one - Theory (50 Marks)

Unit – 1: Physical Education

- 1) Meaning and definition of physical education.
- 2) Need and importance of physical education.
- 3) Modern concepts of physical education – Sports training, Physical culture, Gymnastics, Games and Sports.
- 4) Growth and development, body types.
- 5) First aid.

Unit – 2: Physical Fitness

- 1) Meaning and definition of physical fitness.
- 2) Need and importance of physical fitness.
- 3) Components of physical fitness.
- 4) Warming up and cooling down.
- 5) Effect of exercises on various body systems.

Unit – 3: Olympic Movement

- 1) Ancient Olympic Games.
- 2) Modern Olympic Games.
- 3) Types of Olympic Games – summer, winter, Para and Youth.
- 4) Olympic flag and rings.
- 5) Olympic medal winners of India and national sports awards.

Part Two – Practical (50 Marks)

Unit – 4: AIU affiliated games or sports (any one)

- 1) History and development.
- 2) Ground measurements.
- 3) Standard equipments.
- 4) Fundamental skills.
- 5) Important tournaments.

References:

- Bucher, C. A. (n.d.) *Foundation of physical education*. St. Louis: The C.V. Mosby Co.
- Deshpande, S. H. (2014). *Physical Education in Ancient India*. Amravati: Degree college of Physical education.
- Mcglynn, G., (1993). *Dynamics of fitness*. Madison: W.C.B Brown.
- Sharkey, B. J.(1990). *Physiology of fitness*, Human Kinetics Book.
- Kote, Kamble, Joshi, (2006). *Principles and history of physical education*. Chhaya Publication House, Aurangabad.
- जोशी मकरंद, (२०१०). *शारीरिक शिक्षण - अध्ययन व अध्यापन पद्धती*. नित्य नूतन प्रकाशन, पुणे.

Year	2019-21
Class	Third Year B.A./B.Com./B.Sc.
Semester	First (I)
Name of Paper	Physical Education and Sports
Paper code	AC-191 (I)
Total Marks	100 Marks
No. of Lectures	30 Teaching Hours
No. of Hours per Week	2 Hours/Week (Class Hours)