

SANGAMESHWAR COLLEGE AUTONOMOUS, SOLAPUR

**STRUCTURE AND SYLLABUS OF COMPULSORY
PHYSICAL EDUCATION FOR**

**B.A. -I/B.Com-I/B.C.A-I/B.Sc./B.B.A-I/B.C.S-I Year of any
three years under Graduate course.**

(w.e.f. June 2021)

SANGAMESHWAR COLLEGE AUTONOMOUS, SOLAPUR
STRUCTURE AND SYLLABUS OF COMPULSORY
PHYSICAL EDUCATION FOR
B.A. -I/B.Com-I/B.C.A-I/B.Sc./B.B.A-I/B.C.S-I
Year of any three years under
Graduate course.

Introduction

In the recent years we find a worldwide realization of the importance of physical education, sports and yoga. It is accepted in India as an essential and integral part of education curriculum at all levels. Physical Education, sports and Yoga contributes to the development of physical, mental, emotional and social fitness of the students. Play ground is the laboratory for the creation of friendship, cooperation, health, leadership qualities and personality development of students.

The objective of the subject is to help in the production and maintenance of fitness of mind, body and character and also ensure that the student is mentally alert and physically efficient to withstand the strains and fatigue of daily life. It will prepare him/her for the strenuous training which he /she will have to undergo further in his/her life's battles.

**STRUCTURE AND SYLLABUS OF COMPULSORY
PHYSICAL EDUCATION FOR
B.A. -I/B.Com-I/B.C.A-I/B.Sc./B.B.A-I/B.C.S-I/
B.Sc. Ist Year of any three years under
Graduate course.**

Compulsory Physical Education Examination (Total Marks: 10)

A student shall have to participate in two types of physical activities viz (A) (Group) Voluntary Activities, (B) (Group) Compulsory Activities. The details of these activities are as under:

(A)(Group) Voluntary Activities: 2 Marks (Writing in detail any two games in which Solapur university participates in National University games . Each game carrying 1 mark)

(B) (Group) Compulsory Activities:

1. 40 Mtr Run. (Men & Women)
2. Push Ups/Bend knee Push ups (Men & Women)
3. Squat Thrust (Men & Women)
4. Yogasanas. (Men & Women)

Note: Teachers should take practice of all activities and events.

PARTICIPATION IN THE SCHEME:

A) **Voluntary Activities:** Under this category a student shall have to choose any two games in which Solapur university participates in National University games and have to complete journal on it with practice all over the year.

B) **Compulsory Activities:** A student shall have to practice the events enumerated above under the heading “Compulsory Activities” during the course of the year. The standards expected of a student for the purpose of getting a pass in the compulsory activities are as under.

COMPULSORY PHYSICAL EDUCATION NORMS (STANDARD) FOR

B.A. -I/B.Com-I/B.C.A-I/B.B.A-I/B.C.S-I/B.Sc. Ist Year of any three years under Graduate course.

The standardized tests are conducted on First Year students of Solapur university solapur & after the data analysis the following marking system is recommended by the committee members.

Speed

40 Meter Run Test

Rating	Men	Women	Marks
	Time in Seconds	Time in Seconds	
Excellent	Less than 6.50 Sec	Less than 7.50 Sec	2
Good	Above 6.50 and Below 8 Sec	Above 7.50 and Below 9 Sec	1
Poor	Above 8 Sec	Above 9 Sec	0

Endurance

Squat Thrust Test

Rating	Men	Women	Marks
	Squat Thrust in 1 Minute	Squat Thrust in 1 Minute	
Excellent	Complete 15 Squat Thrust	Complete 10 Squat Thrust	2
Good	Complete 12 Squat Thrust	Complete 8 Squat Thrust	1
Poor	Below 12 Squat Thrust	Below 8 Squat Thrust	0

Strength

Push Up/Bend Knee Push ups Test

Rating	Men	Women	Marks
	Push Ups in 1 Minute	Knee Push Ups in 1 Minute	
Excellent	Complete 20 Push Ups	Complete 15 Knee Push Ups	2
Good	Complete 15 Push Up	Complete 10 Push Up	1
Poor	Below 15	Below 10	0

Yogasanas:

Students should be allowed to select any two Yogasanas mentioned below. Each Yogasanas having One mark

- a) Sarvangasana.
- b) Bhujangasana.
- c) Vrukshasana
- d) Vajrasana

Note: Students should hold in the position of these any selected Yogasana for 30 Seconds.

NORMS & STANDARDS FOR PHYSICALLY HANDICAPPED STUDENTS

“Physically Handicapped” Student is the one who is otherwise physically fit but possesses some defect in hands and /or in legs.

a) (Group) Voluntary Activities: a student shall have to choose any two games in which Solapur university participates in National University games and have to complete journal on it. Each game carrying 2 marks . :**Total 4 Marks**

Note: Students should write Journal on two selected games, which include measurement of the ground and rules of the game.

b)(Group) Compulsory Activities:

Yogasanas:

Students be allowed to select any two Yogasanas mentioned below. Each yogasana having Three marks

- a) Sarvangasana.
- b) Bhujangasana.
- c) Vrukshasana
- d) Vajrasana

Note: Students should hold in the position of these any selected Yogasana for 30 seconds.

Standard of Passing: Standard of Passing is 40% (4 Marks)

1. All B.A-I /B.Sc.-I/B.Com.-I/B.C.A-I/B.B.A-I/B.Sc./B.Sc-IBio –Tec & Ist year of any three year degree course students should attend the practical class and complete 80% of attendance compulsorily, including NSS/NCC students, if not, they are not allowed to appear for the final examination.
2. If a student fail to appear for the examination or if a student obtained below 40% marks he/she will be ATKT. Such candidate may appear the compulsory physical examination at the B.A-II /B.Sc.-II/B.Com.-II/B.C.A-II/B.B.A-II/B.Sc-IIBio –Tec & IInd year of any three year degree course along with B.A-I /B.Sc.-I/B.Com.-I/B.C.A-I/B.B.A-I/B.Sc./B.Sc-IBio –Tec & Ist year of any three year degree course students at the time of compulsory physical education Examination. Which will be conducted in the month of Feb/March in every year.
3. Until & unless a candidate pass compulsory physical education Exam, He/ She will not get admission to third year.

All Examination marks scored out of 10 will be added to the credit

- (a) For passing if failing in two subject.
- (b) For securing class of merit.
- (c) Will be considered if reappeared.

Note: Compulsory physical Education Examination should be conducted on the track,

Ground or in the hall. (As per Nature of Activity)

COLOUR OF THE ACHIEVEMENT CARD

The college should prepare the achievement card colour mentioned below.

1. B.A. –I (Men/Women) Yellow card.
2. B.Sc-I, B.C.S-I ,B.Sc. Biotech.-I (Men/Women) Pink card.
3. B.Com.-I /B.B.A-I/B.C.A-I (Men/Women) Green card
4. Handicapped (Men/Women) (B.A. -I, B.Com.-I /B.B.A-I/B.C.A-I B.Sc-I ,B.C.S -I And B.Sc. Biotech.-I) White card.

TEST DESCRIPTION

Speed Test

40 meter run flaying start

Objective:

To measure the time, that a candidate takes to complete a flying 40-meter sprint.

Staff required:

One staff member to time the activity & record the data

Equipment needed:

Digital stopwatch, tape measure, one set of cones, 4 Marker cones, scoring sheet & writing utensil.

Activity setup: Refer to Diagram,

Place a set of cones two meters apart.

Measure 10 meters from the cones and place two Marker cones two meters apart from each other.

Measure thirty meter and place a second set of Marker cones two meters apart from each other.

Activity Procedure:

On the whistle the student should begin running from the cones toward the first set of Marker cones (10 meter). Prior to reaching the first set of Marker cones, the student should be at a full sprint (10 meter). Time starts as the student passes through the first set of Marker cones(10 meter). Student should continue sprinting past the final set of Marker cones(40 meter).

Time is stopped when the student passes the final set of Marker cones(40 meter).

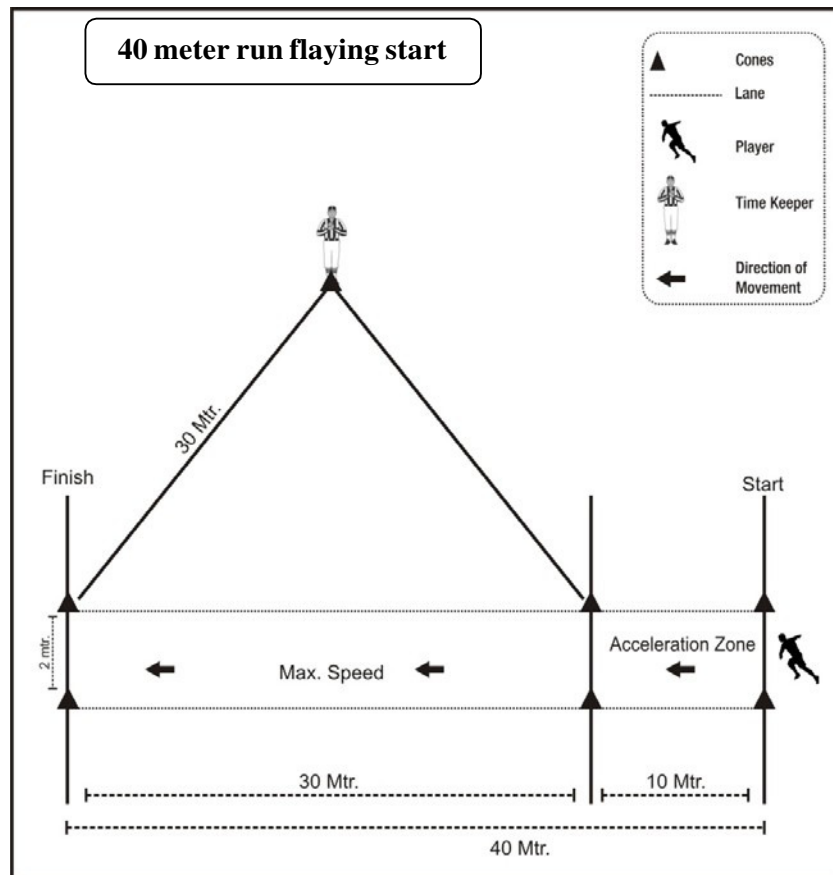
Guidelines:

Students are instructed to make sure that they are sprinting through the entire 40-meter.

For recording most accurate times, it is recommend that the staff member (Time Keeper) be positioned to the side and in the center of the 30 meters areas in a triangle shape. See diagram for details.

Recording data:

Record students time on the scoring sheet to the nearest one hundredth of a second (.01).



Strength Test

Push up/Bend Knee Push

Objective:

To assess the Strength and Endurance of the upper body Muscle Groups & the goal is to measure how many push-ups can be done in one minute.

Staff required:

One staff member to time the activity; one staff member for each student being assessed to count and observe proper form.

Equipment needed:

Digital stopwatch, one large coaching disc for each student being assessed, scoring sheet , & writing utensil.

Activity setup: Refer to Diagram no 1&2

Place one large coaching disc on the ground for each student being assessed.

The student being assessed will prepare for the activity by kneeling behind the large coaching disc.

Activity Procedure:

When the staff member starts the stop watch, the student will attempt as many push-ups/ Bend Knee Push ups as possible in the one minute time period.

The student must perform a proper push-up/Bend Knee Push ups in order for it to count towards the final score.

A complete and proper push-up/ Bend Knee Push ups is one in which the student pushes their chest away from the large coaching disc until the arms are fully extended.

Guidelines:

The student must hold their body straight and bring their chest to within 4-inches of the ground (the height of a large coaching disc).

Student may stop, rest, and resume push-ups at any time during the one minute period. The student may rest in any position they are comfortable with.

Once time is ended the counter records the total number of correct Push-ups/ Bend Knee Push ups completed.

Recording data:

The counter records the total number of proper push-ups /Bend Knee Push ups the student completes in the one minute interval.

Push ups

A



B



(Diagram no 1)

Bend Knee Push ups



(Diagram no 2)

Endurance Test

Squat Thrust

Objective:

To assess the Endurance of student & the goal is to measure how many Squat Thrust can be done in one minute.

Staff required:

One staff member to time the activity; one staff member for each student being assessed to count and observe proper form.

Equipment needed:

Digital stopwatch, scoring sheet , & writing utensil.

Activity setup: Refer to Diagram no 1& 2

Activity Procedure:

When the staff member starts the stop watch, the student will attempt as many Squat Thrust as possible in one minute time period.

The student must perform a proper Squat Thrust in order for it to count towards the final score. A complete and proper Squat Thrust is one in which the student Stands with His / Her feet slightly wider than shoulder-width apart. On the start command Bends at hips and knees, squat down and lowers the body until hands places on the floor. Then Kicks legs backward—into a pushup position—and then immediately reverse the move and quickly stand up from the squat.

Guidelines:

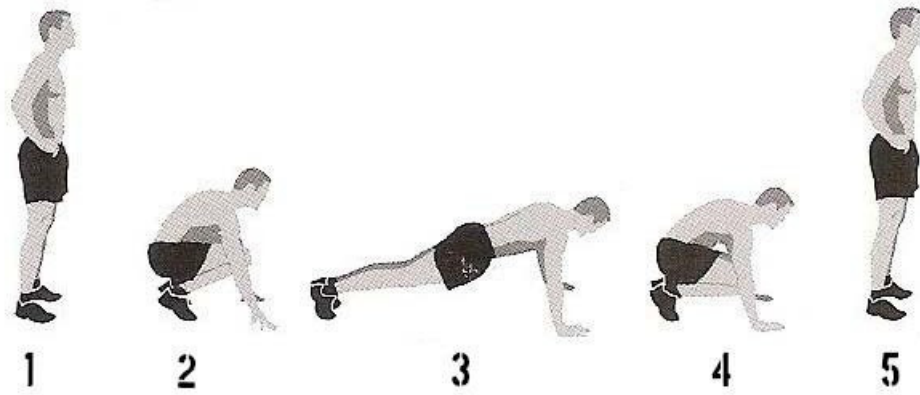
Student may stop, rest, and resume squat Thrust at any time during the one minute period. The student may rest in any position they are comfortable with.

Once time is ended the counter records the total number of correct Squat Thrusts completed.

Recording data:

The counter records the total number of proper Squat Thrusts the student completes in the one minute interval.

Squat Thrust



(Diagram no 1)



(Diagram no 2)

YOGASANAS

Yogasana being discussed and practiced all over the world .

Benefit of Performing Yogasanas

1. It give better results Especially in the Prevention or cure of Disorder
2. It helps to concentrate the mind and promote peace of mind.
3. It helps to prolong one's Life.
4. It is key to maintain good health and fitness.
5. It helps to maintain good posture.
6. It helps to maintain the efficient function of various system of the body such as respiratory , circulatory ,digestive, nervous & excretive system.
7. It helps to remove stress ,strain and tension.
8. It has a great therapeutic value for disorders concerning menstruation and natural child birth
9. It helps to control the diabetes and obesity.

DESCRIPTION OF YOGASANAS

Sarvangasana

The student should lie on back and lift the both the legs and hip upwards and hold the hip with hands and leg straight toe pointed upward. The chin should touch the chest below the throat and the body weight should be on the shoulders and maintain the same position for thirty seconds. Afterwards bring the legs and hip down on the floor slowly.



Vajrasana (Diamond Pose)

To perform the Vajrasana (Diamond Pose), a student should sit on the ground with both the legs stretched out and kept together. Then let the knees slowly fold back one after one and sit on them with back straight. Let the breathing be normal and the palms of hands to the respective knees. Hold this position for thirty seconds. Then come back to the starting position by placing the arms at the sides of the body.



Bhujangasan

Student should lie on stomach with toes flat on the floor and forehead resting on the ground. Keep legs close together, with feet and heels lightly touching each other. Place the hands (palms downwards) under the shoulders, keeping elbows parallel and close to torso. Taking a deep breath in, slowly lift head, chest and abdomen while keeping navel on the floor. Pull the torso back and off the floor with the support of hands.(putting equal pressure on both the palms) Keep breathing with awareness, curve spine vertebra by vertebra. If possible, straighten the arms by arching the back as much as possible; tilt the head back and look up. Ensure that the feet are still close together. Hold this position for thirty seconds Keep smiling and breathing. Breathing out, gently bring the abdomen, chest and head back to the floor.



Vrikshasana /Tadasana

Stand erect in Tadasana with both feet joined together. Keep the legs straight and arms on either side. Lift the right leg and fold it at the knee. Holding the ankle with both hands, pull the leg up. Rest the right foot on the upper part of the left thigh. The toes of the right foot must be pointing downwards. The folded right leg must be perpendicular to the left leg. Balance the body properly on your left leg. Join the palms of both hands in front of chest, fingers pointing upward. Inhale slowly and gradually raise both hands up above the head. Keep arms slightly bent. Stretch the hands and body further up to the maximum limit. Gaze ahead. Keeping the balance, Hold this position for thirty seconds. Bring down the hands to chest level. Lower the right leg. Repeat the above steps with the opposite leg.



SANGAMESHWAR COLLEGE AUTONOMOUS, SOLAPUR

B.A-I/B.Sc-I/B.Com-I/B.C.A-I/B.B.A-I/B.Sc-I Biotech.

Compulsory Physical Education Achievement Card 20 - 20 Exam Seat No:-.....

Name in Full:-..... Class:-..... Roll No:-.....

(Beginning with Surname)

PRN No:-.....

Terms	Group A Voluntary		Group B – Compulsory							
	Games		Speed	Strength	Endurance	Yogasanas				Signature
Performance at Uni.Exam.			40 mtr Run	Push Ups / Bend Knee Push ups	Squat Thrust	Sarvangasana	Vajrasana	Bhujangasan	Vrikshasana / Tadasana	
Performance										Student
Performance										Teacher
Performance										Examiners
Selected Games & Test Activities	Group-A Games	1)				2)				
	Group-B Test Activities									

Allowed to appear at the exam.

Director of Physical Education& Sports

Principle

Important Rules

- 1) Certificate of 80% attendance in P.E. is necessary including students.
- 2) All examination Marks scored out of 10 will be added to the credit.
 - a) For passing if failing in two subjects.
 - b) For securing class of merit.
 - c) Will be considered if reappeared.

- 3) Examination will be in two parts.

Group-A Voluntary (Two Games to be chosen & Journal Should be written)

Group-B Compulsory

- 4) Standard of passing is 40% (4 Marks)

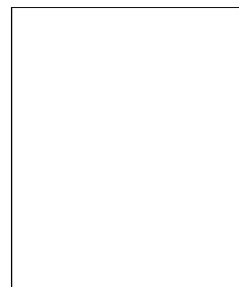
Note: If students fails to appear for the examination or if a student obtained below 40% (4 Marks) He/She will be ATKT such candidate may appear at second year exam. until & unless a candidate pass P.E. exam will not be given admission to third year.

July									
Aug.									
Sep.									
Oct.									
Nov.									
Dec.									
Jan.									

SANGAMESHWAR COLLEGE AUTONOMOUS, SOLAPUR

COMPULSORY PHYSICAL EDUCATION ACHIVEMENT CARD

B.A-I/B.Sc-I/B.Com-I/B.C.A-I/B.B.A-I/B.Sc-I



COLLEGE NAME: _____

STUDENTNAME: _____

ROLL No:- CLASS:- Div:

ADDRESS: _____

The suggestions are requested by the Director of Physical Education & Sports in eight days from the upload of the draft syllabus on university website.