



Maharashtra Education Society
Abasaheb Garware College
(Autonomous)

(Savitribai Phule Pune University)

B.A./B.Sc./BCS/BCA/Biotech/BVOC Degree Program in Subject
(Faculty of Physical Education and Sports)

Syllabi under Autonomy
F.Y. B.A./B.Sc./BCS/BCA/Biotech/BVOC (Physical Education)

Choice Based Credit System Syllabus
To be implemented from Academic Year 2022-2023

Title of the Course: B.A./B.Sc./BCS/BCA/Biotech/BVOC (Subject)

Preamble

The syllabus includes basic as well as advanced concepts in the Physical Education, Physical Fitness, Nutrition and Mental Awareness for first year shall inspire the students for participating and encouraging in Physical activities and Sports. Also to become good Athlete and to invoke physically fit human for further lifestyle.

Objectives

The objective of the course is to enhance physical efficiency and maintain fitness of mind, and body, which would help the student to be mentally alert and physically efficient to withstand the strain and fatigue of daily life. It would prepare them for the strenuous training which will help them to be fit to face the different barriers in life. The students will undergo this course for the first year of his/her under graduate course education.

Write Eligibility

Structure of the Course: Title of the Course

Year	Semester	Course Type	Course Code	Course Title	Remark	Credit	No. of Lectures /Practical to be conducted
1	I	First Year	UPE-111	Physical Education & Sports		I	16
	II	First Year	UPE-121	Physical Education & Sports		I	16

SEMESTER-I
UPE-111 Physical Education & Sports

Learning Outcomes:

By the end of this topic you should know...

- **Concept of Physical Education, its Definition and Scope.**
- **Concept of Physical Fitness**
 - Components of Health Related Physical Fitness (Cardio-vascular Endurance, Muscular Strength Endurance, Flexibility, And Body Composition) and Activities to improve these components.
 - Components of Skill related Physical Fitness (Speed, Agility, Power, Balance, Co-ordination & Reaction Time.) and activities to improve these components.
- Physical Activity Guidelines (Physical activity for health benefits)
- Concept of Health Education, Determinants of Health
- Nutrition-Balanced Diet
- First Aid

Participation in Games and Sports

- A student will have to select one game / sport from the list of Association of Indian Universities, New Delhi (List of events available on website www.aiuweb.org). The choice of game / sports will be according to the facilities available in the college.

The following points to be covered:

- History of the Game/Sport
- Ground Measurements
- Skills of the Game / Sport
- Basic Rules of the Game / Sport

Every student should participate in game / sport selected by him / her for 15hrs

Semester – II

UPE-121 Physical Education and Sports (01 Credits)

- **Fitness Assessment**
 - Cardiovascular Endurance
 - Flexibility
 - Muscular Strength Endurance

Credit 1

Physical Education and Sports

1.1 Introduction: -

The Physical Education profession is entering one of the most exciting dynamic eras in its history; traditionally the physical education profession has been viewed as providing services within the educational field, specifically to the schools and to the school aged population. However, within the last 20 years the scope of physical education has expanded tremendously. This growth has led not only to substantial increase in knowledge but also to the expansion of programs and the populations served, employment opportunities have grown from the traditional non-school settings, health, and fitness-related careers, sport management careers, and sport media careers.

This growth has been influenced by many factors. The fitness movement and the increase in leisure time has created a market for physical education and sport programs to serve individuals of all ages and needs. The emphasis by society on achieving and maintaining optimal health and well-being throughout one's lifespan and on disease prevention and health promotion has also served as the impetus for expansion of professional opportunities. Appropriate physical activity is acknowledged to be an important factor in the attainment of optimal health for people of all ages.

Definition:-

Physical education is a process through which an individual obtains optimal physical, mental and social skills and fitness through physical activity.

- Lumpkin

Physical education is an education of and through human movement where any of the educational objectives are achieved by means of big muscle activities involving sport, games, gymnastics, and dance and fitness activities

- Barrow & Brown

Physical education can be defined as a planned, sequential programmed of instruction that promotes lifelong physical activity. It is designed to develop basic movement skills,

fundamental motor skills, sports skills, and physical fitness for lifetime participation in physical activity as well as to enhance mental social and emotional abilities.

Physical Education Aims:-

The most remote goal is referred to as an aim, it charts direction, and it points the way. The aim should be general in character and beyond realization so that it can serve continually as a goal, as Brownian's lines suggest.

“Physical education should aim to provide skilled leadership and adequate facilities, which will afford an opportunity for the individual or group to act in situations which are physically wholesome, mentally stimulation and satisfying, and socially sound,”

Physical Education Objectives:-

While aim is the highest general purpose, objectives are specific, concrete, tangible and achievable guidelines, and the goals still more definite and measurable targets. The aim of physical education is mentioned as follows:

1. To make the students aware of the true meaning and definition of physical education.
2. To acquaint the students regarding the aim and objectives of physical education.
3. To enable the students to understand the modern concept/trend of physical education.
4. To help the students familiarize with the scope of physical education.
5. To analyses the nature of physical education as to whether it is an art or a science.

1.2 Concept of HRPH and MRPH

Health Related Physical Fitness

- 1) Cardiovascular Endurance
- 2) Muscular Strength
- 3) Endurance
- 4) Flexibility
- 5) Body Composition

Motor Related Physical Fitness

- 1) Speed
- 2) Agility
- 3) Power
- 4) Co-Ordination
- 5) Reaction Time
- 6) Balance

Definition of Each Component

1) Health Related Physical Fitness

A) Cardiovascular Endurance: -

The ability to deliver oxygen and nutrient s to tissues, and to remove wastes, over sustained periods of time. Long runs and swims are among the methods employed in measuring this component. eg. Cross country, Step Test, 12 m. Run and Walk test.

B) Muscular Strength: -

The ability of a muscle to exert force for a brief period of time, Upper body strength, for example. Can be measured by various weight lifting exercises. eg. Pull ups, Medicine ball throw.

C) Endurance: -

The ability of a muscle, or a group of muscles, to sustain repeated contractions or to continue applying force against a fixed object. Pushups are often used to test endurance of arm and shoulder muscles. eg. Push Ups, Sit Ups

D) Flexibility: -

The ability to move joints and use muscles through their full range of motion. The sit and reach test is a good measure of flexibility of the lower back and backs of the upper legs.

E) Body Composition: -

Body compositions often considered a component of fitness. It refers to the makeup of the body in terms of lean mass (Muscle, bone, vital tissue and organs) and fat mass. An optimal ration of fat to lean mass is an indication of fitness, and the fight types of exercises will help you decrease body fat and increase of maintain muscle mass.

2) Motor Related Physical Fitness: -

A) Speed: -

The quickness of movement of limb, whether this is the leg of a runner or the arm of the shot putter. eg. 100 M Run, 50 M Dash etc.

B) Agility: -

The ability to perform a series of explosive power movements in rapid succession in opposing directions eg. Zig Zag Run, Shuttle Run etc.

C) Power: -

The ability to exert maximum muscular contraction instantly in an explosive burst of movements eg. Standing Broad Jump, Sprint starting etc.

A) Co-Ordination: -

The ability to integrate the above listed components so that effective movements are achieved.

B) Reaction Time: -

The ability to single muscle's ability to perform sustained work.

C) Balance: -

The ability to control the body's position, either stationary or while moving. eg Handstand, Gymnastic stunt

1.3 Physical Activity for Health Benefits:-

Exercise or fitness is not just for Olympic hopefuls or supermodels. In fact, you are never too unfit, too young or too old to get started. If you are committed, exercise in

combination with a sensible diet can help to provide an overall sense of well being and can even help to prevent chronic illness, disability and premature death.

Improved Health

- Increased efficiency of heart and lungs.
- Reduced cholesterol levels.
- Increased muscle strength.
- Reduce blood pressure
- Reduce risk of major illnesses such as diabetes and heart disease
- Weight loss.

Improve sense of Well Being

- More Energy & less stress.
- Improved quality of sleep, improved ability to cope with stress.
- Increase mental sharpness & Toned Muscles & Improve Body Posture.
- Improved self-image & Increased Physical Capabilities.
- Less Frequent injuries & Improve immunity to minor illnesses.

1.4 Nutrition and Balance Diet: -

Nutrition is the science that deals with food and its uses by the body. We like all others living things, need food to live. Food supplies the energy for every action we undertake from eating banana to running a race food also provides material that our body needs to build up and repair its tissues and to regulate the functions of its organs and systems. To keep our body cells running properly, they must be supplied with correct amount of food having required chemicals in ration of the food. The chemicals in food which our body needs are called nutrients.

Objectives of the chapter: -

The main objectives of this chapter are to introduce the learner to :-

1. the guidelines about good diet,
2. food habits and lifestyle choices,
3. Food values to get the best from available food.
4. Vital nutrients, such as carbohydrates, proteins, fats, vitamins and minerals and water.

Functions of Diet: -

1. It provides energy for the various activities of the body.
2. It helps the body to grow and replace worn out tissues.
3. It has the chemicals. Which help to control the body functions and protect the body from diseases?

Balanced Diet

There are hundreds nutrients in the food. These are mainly grouped into six classes namely carbohydrates, proteins, fats, vitamins, minerals and water.

Three nutrients, carbohydrates, proteins and fats supply us energy. Before understanding details of these we must know about measuring unit of energy. The energy value of food is measured in heat units called calorie or kilo calorie. Calorie is the amount of heat required to raise the temperature of 1 gram of water by 1 a Kilocalorie is equal to 1000 calories.

Nutrient Balance: -

1. **Carbohydrates:**- Our main source of energy
2. **Proteins:** - Essential for growth and repair of muscles and other body tissues.
3. **Fats:** - A source of energy which is important in relation to fat-soluble vitamins.
4. **Vitamins:** - Water and fat soluble groups play important roles in many chemical processes in the body.
5. **Minerals:** - Those inorganic elements are occurring in the body and which are critical to its normal functions.

A) Carbohydrates:-

B) Fats: -

C) Protein: -

D) Vitamins: -

E) Minerals: -

F) Water: -

3) Balance Diet: -



1.5 First Aid

The immediate care of common sports injuries (sprains, strains, contusions, etc.) consists of a four-step program that should be followed as soon as an injury occurs, whether or not you go to a physician. The four part program is called R I C E and stands for REST, ICE, COPRESSION, and ELEVATION

The delay of the immediate recognition and care of injuries could have long lasting effects. An emergency action plan should be in imitated at all sports/athletic practices and events.

- a) A First responder
- b) First aid supplies
- c) Access to the emergency medical system

d) Follow-up care

Reference Books

1. Health Education and Recreation in Physical Education
2. Foundation of Physical Education
3. Sports Nutrition
4. Physical Fitness and wellness