



# SYMBIOSIS COLLEGE OF ARTS & COMMERCE

An Autonomous College | Under Savitribai Phule Pune University

Reaccredited 'A+' with 3.51 CGPA For Third Cycle By NAAC | College with Potential for Excellence

| Bachelor's Degree   |                                       | First Year |              | Second Year |                | Third Year |    |
|---|---------------------------------------|------------|--------------|-------------|----------------|------------|----|
| Semester<br>(Tick the relevant semester) ✓  |                                       | I          | II           | III         | IV             | V          | VI |
| Programme   | Programme Code                        |            |              |             |                |            |    |
| BCOM  |                                       |            |              |             |                |            |    |
| BA  |                                       |            |              |             |                |            |    |
| BCOM Honours  |                                       |            |              |             |                |            |    |
| BA Honours  |                                       |            |              |             |                |            |    |
| Name of the Department  | SCLA                                  |            |              |             |                |            |    |
| Name of the faculty/s preparing syllabus  | Anirudha Sharma                       |            |              |             |                |            |    |
| Name of the faculty/s reviewing syllabus  | Prof. Dr. Hilda David                 |            |              |             |                |            |    |
| Title of the Subject  | Physical Education, Sports and Yoga-I |            |              |             |                |            |    |
| Paper Number<br>(In case of Specialization)   |                                       |            |              |             |                |            |    |
| Subject Code:   | 10178C19 & 10178A19                   |            |              |             |                |            |    |
| Number of Credits:  | 1                                     |            |              |             |                |            |    |
| Date of BOS when subject was approved   |                                       |            |              |             |                |            |    |
| % of Syllabus Revision<br>(Tick the relevant %) ✓   | 100 %                                 |            | 50 % to 99 % |             | Less than 50 % |            |    |
|   |                                       |            | ✓            |             |                |            |    |
| Date of Implementation of Revised/Changed Syllabus  | June 2022                             |            |              |             |                |            |    |
| <b>Course Objectives:</b> <ol style="list-style-type: none"> <li>1. To develop awareness regarding the importance of physical fitness in every individual.</li> <li>2. To bring the overall awareness of values with regard to personal health and fitness.</li> <li>3. To inculcate among students, the desired habits and attitudes towards health to raise their health status.</li> <li>4. To develop interest in exercise, sports and games for self-satisfaction and make it a part of life.</li> <li>5. To develop knowledge about Yogic View of Personality</li> <li>6. To develop a physically educated person.</li> </ol> |                                       |            |              |             |                |            |    |

**Course Outcome:**

After completing the course, the student shall be able to:

**CO1:** Identify and synthesize the factors that influence health.

**CO2:** Establish daily caloric requirement and have a diet plan accordingly.

**CO3:** Describe that physical activity provides opportunities for enjoyment, challenge and self-expression.

**CO4:** Develop a positive attitude towards physical activity so that they can adopt healthy and physically active lifestyles.

**CO5:** Express the principle and practice of Yoga.

| Unit | Contents of the Syllabus   | Number of Hours |
|------|--|-----------------|
| I    | <b>Physical Fitness:</b> <ol style="list-style-type: none"><li>1. The Importance of Physical Fitness</li><li>2. Personal Fitness Program<ul style="list-style-type: none"><li>● Daily Activities</li><li>● The Habit of Exercise</li><li>● Exercise Session</li></ul></li></ol>  | 1 Hour          |
| II   | <b>Exercise Scientific Approach:</b> <ol style="list-style-type: none"><li>1. Exercise</li><li>2. Importance of Warm Up</li><li>3. Cooling Down</li><li>4. Importance of Regular Exercises</li></ol>   | 1 Hour          |
| III  | <b>Diet:</b> <ol style="list-style-type: none"><li>1. Need of Diet and Nutrition</li><li>2. Classification of Nutrients</li><li>3. Balanced Diet</li></ol>   | 1 Hour          |
| IV   | <b>Yoga &amp; Pranayama:</b> <ol style="list-style-type: none"><li>1. Ashtanga of Yoga<ul style="list-style-type: none"><li>● Yama</li><li>● Niyama</li><li>● Aasanas</li><li>● Pranayama</li><li>● Pratyahara</li><li>● Dharana</li><li>● Dhyana</li><li>● Samadhi</li></ul></li><li>2. Benefits of Yoga</li><li>3. Need of Yoga</li><li>4. Suryanamaskar</li></ol> | 1 Hour          |

|   |  |                           |
|---|--|---------------------------|
| V | <b>Active Lifestyle:</b><br>1. Know yourself<br>2. Increase Physical Fitness<br>3. Make good use of your free time<br>4. Active during Weekly holidays<br>5. Know the Value of Efforts | 1 Hour                    |
|   | <b>Mode of Evaluation</b> – MCQ Test of 25 marks.  | 5 Hours                   |
|   |  | 10 Hours of Self-Learning |

### Suggested Readings:

| Sr. No | Title of the Book   | Author/s  | Publication                                |
|--------|---|---|--|
| 1.     | Essentials of Physical Education                                | Ajmer Singh, Jagdish Bainis, Jagtar Singh Gill, & Rachhpal Singh Brar | Kalyani Publications                       |
| 2.     | Foundations of Physical Education, Exercise Science and Sports. | Deborah Wuest & Charles Bucher  | Tata McGraw Hill Education Private Limited |
| 3.     | Textbook of Applied Measurement Evaluation & Sports Selection.  | Devinder Kansal   | Sports & Spiritual Science                 |
| 4.     | Advanced Fitness Assessment and Exercise Prescription           | Vivian Heyward  | Human Kinetics,                            |
| 5.     | Physical Activity and Health Guidelines                         | Riva Rahl   | Human Kinetics.                            |
| 6.     | Light on Yoga   | B. K. Iyengar   | Orient Longman Pvt. Ltd.                   |
| 7.     | Light on Astanga Yoga   | B. K. Iyengar   | Alchemy Publishers.                        |
| 8.     | Guidelines for Yogic Practices                                  | M. L. Gharote   | The Lonavla Yoga Institute                 |



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|   |  | ✓            |    |                |    |            |    |
| Date of Implementation of Revised/Changed Syllabus  | June 2022                              |              |    |                |    |            |    |
| <b>Course Objectives:</b> <ol style="list-style-type: none"><li>To enhance physical efficiency and maintain fitness of mind and body.</li><li>To help the student to be mentally alert and physically efficient to withstand the strain and fatigue of daily life.</li><li>To bring the overall awareness of values with regard to personal health and fitness.</li><li>To develop interest in exercise, sports and games for self-satisfaction and make it a part of life.</li></ol> |  |              |    |                |    |            |    |

**Course Outcome:**

After completing the course, the student shall be able to:

**CO1:** Establish and maintain a health-enhancing level of physical fitness.

**CO2:** Choose to exercising safely and effectively for the benefit of personal health and wellness.

**CO3:** Discover that physical activity provides opportunities for enjoyment, challenge and self-expression.

**CO4:** Develop their fundamental movement skills.

**CO5:** Identify their own fitness level and scope of improvement.

**CO6:** Relate and develop a positive attitude towards physical fitness, sports and yoga that will help to improve physical, mental, social, emotional and spiritual health.

| <b>Unit</b>       | <b>Contents</b>  | <b>Activity</b>   |
|-------------------|--|---|
| I                 | <b>Participation in Yoga Activity</b>                      | Every student should participate in Yoga Activity for 5 hours. Attendance is mandatory.   |
| II                | <b>Participation in Fitness Activity/ Games and Sports</b> | Every student should participate in Fitness Activity/ games like Table Tennis, Carrom & Chess, etc for 5 hours. Attendance is mandatory.  |
| <b>Assessment</b> |  |   |
| III               | <b>Fitness Assessment (75 Marks)</b>                       | <ul style="list-style-type: none"> <li>• Cardiovascular Endurance – 25 Marks</li> <li>• Flexibility – 25 Marks</li> <li>• Muscular Strength Endurance – 25 Marks</li> <li>• Body Composition (No marks)</li> </ul>  |
| IV                | <b>Project Work (25 Marks)</b>                             | <p>Every student should submit a project work on any selected sport having following information:</p> <ul style="list-style-type: none"> <li>• History of the game/sport</li> <li>• Ground Measurements</li> <li>• Skills of the game/sport</li> <li>• Basic rules of the game/sport</li> </ul> |