



Janardan Bhagat Shikshan Prasarak Sanstha's

**CHANGU KANA THAKUR
ARTS, COMMERCE & SCIENCE COLLEGE,
NEW PANVEL (AUTONOMOUS)**

Re-accredited 'A+' Grade by NAAC

'College with Potential for Excellence' Status Awarded by UGC

'Best College Award' by University of Mumbai

Program: Foundation Course In Physical Education

(Inter-disciplinary Inter-faculty Course)

Revised Syllabus of F.Y.B.A./F.Y.B.Com/F.Y.B.Sc.

(As per Choice based Credit and Grading System) (75:25)

w.e.f. Academic Year 2019-20

Foundation Course in Physical Education Syllabus

Sr. No.	Heading	Particulars
1	Title of Course	Foundation Course In Physical Education
2	Eligibility for Admission	12 th Science of all recognised Board
3	Passing marks	40%
4	Ordinances/Regulations (if any)	
5	No. of Semesters	Two
6	Level	U.G.
7	Pattern	Semester (75:25)
8	Status	Revised
	To be implemented from Academic year	2019-2020

Preamble of the Syllabus:

This Course is designed to introduce the students to elementary concepts in Foundation Course In Physical Education. The student should be able to use these concepts to understand the relevance of Foundation Course In Physical Education to the real world. The student should be able to build on these concepts in the future to develop deeper understanding of the Physical Education as well as the revised syllabus is framed to understand the Foundation Course In Physical Education theory, practical and its relevance in decision making.

Objectives of the Course:

1. To understand the basic concepts of Health, Physical Education and Physical Fitness.
2. To familiarize the learner with different types of fitness, its parameters and wellness.
3. To give the knowledge about the exercise and its benefits.
4. To create awareness about own body functions through Physical Education and Exercise.
5. To acquire the knowledge pertaining to game and sports of the choice of the learner.
6. To acquire knowledge and skill of various exercises in order to improve physical fitness.
7. To understand the principles exercises prescription and scheduling.
8. To know the historical and philosophical aspect of Yoga education.
9. To gain the knowledge pertaining to obesity management and communicable diseases.
10. To inspire the learners for further achievement in their games /sports /activity of their own choice.

F.Y.B.A./F.Y.B.Com/F.Y.B.Sc.

For the subject of Foundation Course In Physical Education there shall be two papers for 60 lectures each comprising of Six units of 10 L each.

Semester-I

Unit 1 Introduction to Body Systems	(10 Hours)
Unit 2 Components of Physical Fitness	(10 Hours)
Unit 3 Testing Physical Fitness	(10 Hours)
Unit 4 Effect of Exercise on various Body System	(10 Hours)
Unit 5 Introduction to Major Games (Kho-Kho, Kabaddi, Badminton, Table Tennis)	(10 Hours)
Unit 6 Practical	(10 Hours)

Semester-II

Unit 1. Development of Fitness	(10 Hours)
Unit 2. Health, Fitness and Diseases	(10 Hours)
Unit 3. Yoga Education	(10 Hours)
Unit 4. Daily Schedule of Achieving Quality of Life and Wellness	(10 Hours)
Unit 5 Introduction to Major Games (Volleyball, Handball, Football, Kickboxing)	(10 Hours)
Unit 6 Practical	(10 Hours)

Scheme of Examination

TRADITIONAL PROGRAMMES-(FYBA/FYBCOM/FYBSC)

(Under-graduate Programmes)

Credit Based Evaluation System

I) Traditional Programmes: Bachelor of Commerce (B.Com.)

❖ Scheme of Examination

The performance of the learners shall be evaluated into two components. The learner's Performance shall be assessed by Internal Assessment with 25% marks in the first component by conducting the Semester End Examinations with 75% marks in the second component. The allocation of marks for the Internal Assessment and Semester End Examinations are as shown below:-

A) Internal Assessment: 25 %**25 Marks***(For Courses without Practical)**(For Foundation Course (F.C.) /F.C. in P. E.*

Sr. No.	Particular		Marks
01	One case study / project based on curriculum to be assessed by the teacher concerned		20 Marks
	Written Document	15 Marks	
	Viva/presentation	05 Marks	
02	Active participation in routine class, instructional deliveries and overall conduct as a responsible learner, mannerism and articulation and exhibit of leadership qualities in organizing related academic activities		05 Marks

B) Semester End Examination: 75 %**75 Marks**

- Duration: The examination shall be of $2\frac{1}{2}$ hours duration.

Question Paper Pattern

Theory question paper pattern
<ol style="list-style-type: none"> There shall be five questions each of 15 marks. All questions shall be compulsory with internal options. Question may be subdivided into sub-questions a, b, c... and the allocation of marks depends on the weightage of the unit.

❖ Passing Standard

The learners to pass a course shall have to obtain a minimum of 40% marks in aggregate for each course where the course consists of Internal Assessment and Semester End Examination. The learners shall obtain minimum of 40% marks (i.e. 10 out of 25) in the Internal Assessment and 40% marks in Semester End Examination (i.e. 30 Out of 75) separately, to pass the course and minimum of Grade D, wherever applicable, to pass a particular semester. A learner will be said to have passed the course if the learner passes the Internal Assessment and Semester End Examination together.

II) Speciality Programmes

i) Bachelor of Commerce (Accounting and Finance) (B.Com. A & F)

ii) Bachelor of Management Studies (B.M.S.)

iii) Bachelor of Science (B.Sc.)

i) B.Sc. in Biotechnology

❖ Scheme of Examination

The performance of the learners shall be evaluated into two components. The learner's Performance shall be assessed by Internal Assessment with 40% marks in the first component by conducting the Semester End Examinations with 60% marks in the second component. The allocation of marks for the Internal Assessment and Semester End Examinations are as shown below:-

A) Internal Assessment: 40 % **40 Marks** *(For Courses without Practical)*

Sr. No.	Particular		Marks
01	One periodical class test / online examination to be conducted in the given semester		20 Marks
02	One case study / project with presentation based on curriculum to be assessed by the teacher concerned		15 Marks
	Presentation	10 Marks	
	Written Document	05 Marks	
03	Active participation in routine class instructional deliveries and overall conduct as a responsible learner, mannerism and articulation and exhibit of leadership qualities in organizing related academic activities		05 Marks

Question Paper Pattern

(Periodical Class Test for the Courses at Under Graduate Programmes)

Maximum Marks: 20

Questions to be set: 02

Duration: 40 Minutes

All Questions are Compulsory

Question No	Particular	Marks
Q-1	Match the Column / Fill in the Blanks / Multiple Choice Questions/ Answer in One or Two Lines (Concept based Questions) (1 Marks / 2 Marks each)	10 Marks
Q-2	Answer in Brief (Attempt any Two of the Three) (5 Marks each)	10 Marks

B) Semester End Examination: 60 %

60 Marks

- Duration: The examination shall be of 2 hours duration.

Question Paper Pattern

Theory question paper pattern
<ol style="list-style-type: none"> 1. There shall be four questions each of 15 marks. 2. All questions shall be compulsory with internal options. 3. Question may be subdivided into sub-questions a, b, c... and the allocation of marks depends on the weightage of the unit.

❖ Passing Standard

The learners to pass a course shall have to obtain a minimum of 40% marks in aggregate for each course where the course consists of Internal Assessment and Semester End Examination. The learners shall obtain minimum of 40% marks (i.e. 16 out of 40) in the Internal Assessment and 40% marks in Semester End Examination (i.e. 24 Out of 60) separately, to pass the course and minimum of Grade D, wherever applicable, to pass a particular semester. A learner will be said to have passed the course if the learner passes the Internal Assessment and Semester End Examination together.

SEMESTER – I

Unit-1 Introduction to Body Systems (10 Hours)

- a) Body Planes and axis.
- b) Skeletal system.
- c) Respiratory system.
- d) Circulatory system.

Unit 2. Components of Physical Fitness (10 Hours)

- a) Concept of components of Physical Fitness
- b) Concept and components of HRPF
- c) Concept and components of SRPF
- d) Importance of Physical Education in developing physical fitness components.

Unit-3 Testing Physical Fitness (10 Hours)

- a) Test for measuring Cardiovascular Endurance.
- b) Test for measuring Muscular Strength & Endurance
- c) Test for measuring Flexibility.
- d) Test for measuring Body Composition

Unit-4 Effect of Exercise on various Body System (10 Hours)

- a) Effect of exercise on Musculoskeletal system.
- b) Effect of exercise on Circulatory system.
- c) Effect of exercise on Respiratory system.
- d) Effect of exercise on Glandular & Nervous system.

Unit 5 Introduction to Major Games (Kho-Kho, Kabaddi, Badminton, Table Tennis)(10 Hours)

- a) Introduction
- b) Fundamental & advance Skills of games.
- c) Rules & Regulation.
- d) Ground Marking

Unit-6 Practical (10 Hours)

- a) Harvard Step Test.
- b) Tuttle Pulse Ratio Test.
- c) Phillip's JCR Test.
- d) Sit and Reach Test.

SEMESTER – II

Unit 1. Development of Fitness (10 Hours)

- a) Benefits of physical fitness and exercise and principles of physical fitness
- b) Calculation of fitness index level 1-4
- c) Waist-hip ratio Target Heart Rate, BMI and types and principles of exercise(FITT)
- d) Methods of training- continues, Interval, circuit, Fartlek and Plyometric

Unit 2. Health, Fitness and Diseases (10 Hours)

- a) Postures
- b) Definition of obesity and its management.
- c) Preventive and therapeutic aspects of communicable and non-communicable diseases
- d) Factors responsible for communicable diseases

Unit 3. Yoga Education (10 Hours)

- a) Meaning and history of yoga.
- b) Ashtanga yoga and types of yoga
- c) Types of Suryanasmaskara and Technique of Pranayama
- d) Benefits of Yoga

Unit 4. Daily Schedule of Achieving Quality of Life and Wellness (10 Hours)

- a) Daily schedule based upon one's attitude, gender, age & occupation
- b) Basic-module:-Time split for rest, sleep, diet, activity & recreation
- c) Principles to achieve quality of life:- positive attitude, daily regular exercise, control over food habits & healthy hygienic practices.

Unit 5 Introduction to Major Games (Volleyball, Handball, Football, Kickboxing) (10 Hours)

- a) Introduction
- b) Fundamental & advance Skills of games.
- c) Rules & Regulation.
- d) Ground Marking

Unit-6 Practical (10 Hours)

- a) Bridge-up Test.
- b) Body Mass Index (BMI).
- c) 12/9 min.Run & Walk Test.
- d) Waist Hip Ratio.

Reference Books for Semester I and Semester II

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25. Pandey ,&Gangopadhyay.(1995). Health Education for school children. New Delhi : Friends Publication.
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27. Sharma, O.P. (1998). History of Physical Education. Delhi: Khel Sahitya Kendra.Werner.
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