

Academic Council Date –

Item No. –



Janardan Bhagat Shikshan Prasarak Sanstha's

CHANGU KANA THAKUR

Arts, Commerce and Science College, New Panvel (Autonomous)

Re-accredited A+ Grade by NAAC (Third Cycle-CGPA-3.61)

'College with Potential for Excellence' Status Awarded by UGC

'Best College Award' by University of Mumbai

As per National Education Policy - 2020

**Title of the Course: Foundation Course in Physical
Education**

**Syllabus for S.Y. B. A./ B. Com./ B. Sc./
B. A/F./ BMS/ B. Sc. I.T./ B. Sc. C.S./ Bio-Tech
Semester III and IV**

(With effect from the academic year 2024-25)



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Arts, Commerce and Science College, New Panvel (Autonomous)

As per National Education Policy - 2020

Sr. No.	Heading	Particulars
1	Title of program	Foundation Course in physical education
2	Eligibility	12 th std. of all recognised Board
3	Passing marks	40%
4	Ordinances/Regulations (if any)	
7	No. of Semesters	Two
8	Program Academic Level	U.G.
9	Pattern	Semester (20:30)
10	Status	New
11	To be implemented from Academic Year	Academic Year 2024-25

Signature of

Signature of

Dr. V. B. Naik

Head of Department Physical Education
Changu Kana Thakur
A.C.S. College, New Panvel
(Autonomous)

Prof. (Dr.) S.K. Patil

Principal
Changu Kana Thakur
A.C.S. College, New Panvel
(Autonomous)



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Preamble

Introduction

The course involves the fitness concept which will be useful to all students from different disciplines. It is planned to give knowledge in fitness and also the fundamental concepts in Physical Education and their application in the field of sports and games using skills. Students who take up this Course will have an advantage of acquiring additional skills for the employability in the field of sports. As a result of their learning in physical education, young people can increase their enjoyment, confidence and competence in a range of physical activities.

1) Aims and Objectives

Aim:

The aim of this course to Focuses on developing knowledge, skills, and Abilities that contribute to a physically as well as mentally active life style.

Objectives:

- **Develop** the learner's ability to reflect on performance in physical activity.
- **Improve** the knowledge and understanding of the factors which influence performance and participation in physical activity.
- **Develop** long-term action plan to minimize and better manage stress.
- **Apply** nutrition concepts to evaluate and improve the nutritional health of communities.
- **To lead** a collaborative worldwide movement for doping free generation.

2) Learning Outcomes Program Learning Outcomes (PLO's) for Foundation Course in Physical Education

After completion of the **Sem- III** and **Sem-IV** of Foundation Course in Physical Education the students will be able to achieve following program learning outcomes.

- **Understand** and explain the main ideas of a physical fitness.
- **Identify** your own strengths and develop areas for growth.
- **Apply** your ideas to manage stress according to situation.

**3) Credit Structure of the S.Y.B.A./ B.Com./ B. Sc./ B.A/F./ BMS/ B. Sc.
I.T./ B. Sc. C.S./ Bio-Tech Semester III and IV**

No. of Courses	Semester III	Credits	No. of Courses	Semester IV	Credits
A	<i>Discipline Specific Course (Major)</i>		A	<i>Discipline Specific Course (Major)</i>	
B	<i>Discipline Specific Course (Minor) (Select one, in continuation of Sem 2 minor)</i>		B	<i>Discipline Specific Course (Minor) (Select one, in continuation of Sem 2 minor)</i>	
3					
C	<i>Open Elective (Any one from the OE List)</i>		C	<i>Open Elective (Any one from the OE List)</i>	
4					
D	<i>Vocational Skill Courses</i>		D	<i>Vocational Skill Courses</i>	
5					
E	<i>Skill Enhancement Course</i>		E	<i>Skill Enhancement Course</i>	
F	<i>Ability Enhancement Courses</i>		F	<i>Ability Enhancement Courses</i>	
6					
G	Foundation Course in Physical Education		G	Foundation Course in Physical Education	
1	Specialized in Nutrition	02	1	Specialized in Managing Stress	02
2	Knowledge of First Aid		2	Benefits of Yoga in healthy lifestyle	
3	Specialized in Sports Training		3	Personality Development and Leadership	
H	OJT/FP/CEP/RP		H	OJT/FP/CEP/RP	
8					
Total Credits		02	Total Credits		02

Abbreviations Used

- POs : Program Outcomes
- PS : Program Structure
- PSOs : Program Specific Outcomes
- COs : Course Outcomes
- TLP : Teaching-Learning Process
- AM : Assessment Method
- DSC : Discipline Specific Core
- DSE : Discipline Specific Elective
- GE : Generic Elective
- OE : Open Elective
- VSC : Vocational Skill Course
- SEC : Skill Enhancement Course
- IKS : Indian Knowledge System
- AEC : Ability Enhancement Course
- VEC : Value Education Course
- OJT : On Job Training (Internship)
- FP : Field project
- CEP : Community engagement and service
- CC : Co-curricular Courses
- RM : Research Methodology
- RP : Research Project
- MJ : Major Course
- MN : Minor Course



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Program Outcomes (POs)

PO No.	POs Statement	Knowledge and Skill
	After completing the Physical Education Course, students will be able to-	
PO-1		
PO-2		
PO-3		
PO-4		
PO-5		



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Program Specific Outcomes (PSOs)

PSO No.	PSOs Statement	Knowledge and Skill
	After completing the Physical Education Course, students will be able to-	
PSO-1		
PSO-2		
PSO-3		
PSO-4		
PSO-5		



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Under New Education Policy (NEP) 2020
(To be implemented from the academic year 2024-2025)

Course Code: UCC3PE3

Course Title: Foundation Course in Physical Education

Course Type: Credit Course

No. of Credits: 2

Course Outcomes (Cos)

CO No.	COs Statement
	After completing the Physical Education Course, students will be able to-
CO-1	Explain the different nutrients to use their daily life.
CO-2	Apply the positions and exercise to maintain good body posture.
CO-3	Organize the sports medicine practice to the other students to prevent different sports injuries.
CO-4	Justify the effects of sports training which is given in different training cycles.



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Syllabus for the S.Y.B.A./ B.Com./ B. Sc./ B.A/F./ BMS/ B. Sc. I.T./ B. Sc. C.S./

Bio-Tech Semester III

Choice Based Credit System

Under New Education Policy (NEP) 2020

(To be implemented from the academic year 2024-2025)

Course Structure

Unit. Subunit	Topic Physical Education	Lectures
1	Sports Nutrition And Sports Medicine	15
	A. Balanced Diet and nutrition : Macro and micro nutrients	3
	B. Sports nutrition and its effect on performance (fluid and meal intake, pre, during and post competition).	3
	C. Concept, aims and scope of sports medicine	3
	D. Sports injuries: classification, causes and prevention	3
	E. First Aid: Aims and objectives	3
2	Body Postures and Sports Training	15
	A. Concept of correct postures standing, sitting and postural deformities	3
	B. Causes of bad posture	3
	C. Definition, aims, objectives & importance of sports training	3
	D. Principles of sports training	3
	E. Doping & It's Effects	3



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Under New Education Policy (NEP) 2020
(To be implemented from the academic year 2024-2025)

Course Code: UCC4PE4

Course Title: Foundation Course in Physical Education

Course Type: Credit Course

No. of Credits: 2

Course Outcomes (Cos)

CO No.	COs Statement
	After completing the Physical Education Course, students will be able to-
CO-1	After completing the course, Student will able to:
CO-2	Recognize the stress and stressor which effects on individuals.
CO-3	Identify the levels, awards and sports policy has implemented by state and central government.
CO-4	Compare the Yogic and Non Yogic exercise and preventive measures for different disease.
CO-5	Prepare the proper planning for organisation and administration in sports.



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Syllabus for the S.Y.B.A./ B.Com./ B. Sc./ B.A/F./ BMS/ B. Sc. I.T./ B. Sc. C.S./

Bio-Tech Semester IV

Choice Based Credit System

Under New Education Policy (NEP) 2020

(To be implemented from the academic year 2024-2025)

Course Structure

Unit. Subunit	Topic	Lectures
	Physical Education	
1	Stress Management, Yogic Exercise- Pranayama	15
	A. Meaning & concept of stress	3
	B. Causes of stress	3
	C. Managing stress	3
	D. Different between yogic exercise and non-yogic exercise	3
	E. Lifestyle diseases – Asanas (Bhujangasana, Pawanmuktasana, Chakrasana, Paschimottanasana, Parvatasana, Dhanurasana) Pranayama (Anulom, Vilom, Kapalhati, Bhramari, Shitali, Shitkari)	3
2	Awards, & Organisation of Sports	15
	A. National level sports awards (Major Dhyanchand Khel Ratna Award, Dronacharya Award, Arjuna, Award, Eklavya Award)	3
	B. State level sports awards (Shiv Chhatrapati Award, Maharashtra Bhushan Award, Jijamata State Sports Award)	3
	C. Prominent sports personalities (Sachin Tendulkar, Vishwanathan Anand, Mary Kom, P. T. Usha, Khashaba Jadhav, Abhinav Bindra)	3
	D. Meaning and objectives of sports planning.	3
	E. Various committees and their responsibilities.	3

