

# SAVITRIBAI PHULE PUNE UNIVERSITY



## PHYSICAL EDUCATION SCHEME

(Syllabus and Guidelines for First Year  
Under Graduate Students of All the Faculties)

Effective from Academic Year 2019 - 2020

## **PHYSICAL EDUCATION SCHEME**

**Syllabus and Guidelines for First Year Under Graduate Students of  
All the Faculties**

**Effective from Academic Year 2019 - 2020**

**COURSE - 101 PHYSICAL EDUCATION AND SPORTS (2 CREDITS)**

**OR**

**COURSE - 102 PHYSICAL EDUCATION AND YOGA (2 CREDITS)**

**Note: College / Institute should offer 2 credits either of Physical Education and Sports or Physical Education and Yoga depending upon facilities available at the college / institute.**

# SAVITRIBAI PHULE PUNE UNIVERSITY



## COURSE - 101 PHYSICAL EDUCATION AND SPORTS Syllabus

**(For First Year Under Graduate Students of  
All the Faculties)**

**Effective from Academic Year 2019 - 2020**

## PHYSICAL EDUCATION AND SPORTS

### COURSE – 101 PHYSICAL EDUCATION AND SPORTS (2 CREDITS) (SEM- II)

#### **AIM OF THE COURSE:**

The aim of the course is to make Physical Education as an integral part of educational system and Promote physical activity among sedentary students / non-sportsmen. Students studying in the colleges should have the benefit of physical education to improve their health during the course of college education. It is designed to ensure that on completion of this course, they would attain the minimum prescribed standard.

#### **OBJECTIVE OF THE COURSE:**

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.

#### **COURSE CREDITS :**

##### **Semester - II**

#### **Course – 101 Physical Education and Sports (02 Credits)**

##### **Credit 1: Introduction to Physical Education and Sports**

- **Concept of Physical Education, its Definition and Scope.**
- **Concept of Physical Fitness**
  - Components of Health Related Physical Fitness(Cardio-vascular Endurance, Muscular StrengthEndurance, Flexibility, and Body Composition) and Activities to improve these components.
- **Physical Activity Guidelines(Physical activity for health benefits)**
- **Concept of Health, Wellness, and Health & Hygiene.**
- **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](http://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 10hours.**

**Credit 2: Fitness Assessment**

- In order to improve the physical fitness standards of students, they should be given opportunity and facilities to participate in a game / sport from the list of Association of Indian Universities, New Delhi (List of events available on website [www.aiuweb.org](http://www.aiuweb.org)). The choice of game / sports will be according to the facilities available in the college.
- Fitness Assessment
  - Cardiovascular Endurance
  - Flexibility
  - Muscular Strength Endurance and
  - Body Composition (No marks)

**REFERENCE BOOKS:**

- Bucher, C. A., & Wuest, D. A. (2010). Foundation of Physical Education, Exercise Science and Sports. Tata McGraw Hill Education Private Limited. New Delhi.
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- Keech, P. (2010). First Aid Handbook. Hermes House. London.
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- Thapar, B. (2010). Principles of Physical Education. Rajat Publication, New Delhi.
- Williams (2005). Nutrition for Health, Fitness, & Sports (7<sup>th</sup> edn.) McGraw Hill Publication. Newyork.
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- Kansal, D. K. (2008). Textbook of Applied Measurement Evaluation & Sports Selection. Sports and Spiritual Science Publication, New Delhi.

- Lipman, H. A. (2009). Measurement and Evaluation in Physical Education. Friends Publication, New Delhi.
- Miller, T. (2012). NSCA's Guide to Test and Assessment, Human Kinetics, USA.
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- Scott, M. G., & French, E. (2009). Measurement and Evaluation in Physical Education. Sports Educational Technologies. New Delhi.
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**EVALUATION STRUCTURE**

**Table 1**

Semester	Course	Credit	Marks	Mode of Evaluation
II	COURSE - 101 PHYSICAL EDUCATION AND SPORTS (2 CREDITS)	1*	25	<b>Project(15 marks)</b> and <b>Practical(10 marks)</b> (10 hrs. of participation in selected game/sport).
		1**	25	Practical – <b>Fitness Test</b> (Table 2)

\*indicate first credit \*\*indicate second credit

- To complete first credit of Course - 101 Physical Education and Sports, Teacher will have to **conduct 5 theory lectures** (college may schedule these lecture during first or second semester before fitness assessment) and student will have to attend 5 theory lectures and has to participate in selected game / sport for **minimum 10hrs.** and will have to prepare a handwritten project work on the sports event selected for that year in his/her language selected for studies. **The project** to be prepared will be based on the following contents:
  - History of the Game
  - Ground measurements
  - Skills of the game
  - Basic rules of the game
- Procedure for fitness tests are given in the guidelines section which also includes Norms Table. Marks to be awarded in accordance with the norms table.

**Fitness Test:**

**Table 2**

Sr. No.	Component	Test	Marks
1	Cardiovascular Endurance (Any One)	1. Modified Queens College Test or 1. 12 Min. Run Walk	10
2	Flexibility	2. Sit and Reach Test	05
3	Muscular Strength Endurance	3. Bent Knee Sit Ups	10
4	Body Composition	4. Fat Percentage	--
<b>Total :</b>			<b>25</b>

In the second semester the students will have to appear for the Fitness Test (25 marks). Test wise weightage of marks is as per Table 2. The examination will be conducted as per the convenience of the college in second semester.

**CRITERIA OF PASSING**

**Table 3**

Semester	Course	Credit	Max. Marks	Minimum Passing %	Max. Marks	Minimum Passing %
II	COURSE – 101 PHYSICAL EDUCATION AND SPORTS (2 CREDITS)	1	25	40%	50	40%
		1	25	40%		

- To pass a student shall have to get minimum 40% in each credit and aggregate 40% in each course.
- Student who have failed/who have been absent for the entire course/who have not completed any task will have to complete the entire course during the 4<sup>th</sup> semester.
- Student will not be considered eligible for 5<sup>th</sup> semester without completing the Course (i.e. Course 101 PHYSICAL EDUCATION AND SPORTS).



**CONSIDERATIONS AND EXEMPTIONS:**

**Differently Able Students**

Differently able students will be exempted from the course 101 PHYSICAL EDUCATION AND SPORTS after producing the valid documents. This is not depriving them from the equality of opportunity with other students. The student shall have to submit his/her medical certificate at the time of admission from a Civil Surgeon of respective District Civil Hospital.

**Important Note:**

- Temporary illness will not give students exemption from the course. If he / she miss any assessment/task he / she will be given opportunity in the ensuing semester.

**Exemption**

Any Student representing college / institute in the enlisted games of Association of Indian Universities / Indian Olympic Association / State Olympic Association shall be **exempted from mandatory participation in selected game / sport for minimum 15 sessions** of first credit of Course – 101 Physical Education and Sports.

**GRADING:**

**Grading for course 101 will be done as follows.**

**Table 4**

<b>Range of Marks</b>	<b>Grade</b>	<b>Grade Points</b>
41-50	O	10
35-40	A+	09
30-34	A	08
28-30	B+	07
25-27	B	06
23-24	C	05
20-22	P	04
00-19	F	00
Absent	Ab	00
	Ex	Exempted

# SAVITRIBAI PHULE PUNE UNIVERSITY



## PHYSICAL EDUCATION AND SPORTS Guidelines

COURSE - 101 PHYSICAL EDUCATION AND SPORTS

(for First Year Under Graduate Students of  
All the Faculties)

Effective from Academic Year 2019 - 2020

**ORGANIZATIONAL GUIDELINES :**

- 1) STAFF:** The colleges are expected to have qualified teachers in Physical Education and Sports. The Course can be managed with the help of contributory teachers but, the regular teacher in-charge of sports and physical education will have to be appointed to streamline the working of the department.

For facilitating the smooth working of the course, every class should be divided into a group of 30 students each with a team leader who would help the college Director of Physical Education and Sports in the organization of the work.

The evaluation of students should be done by the Director of Physical Education with the help of other teaching staff.

**2) FACILITIES AND EQUIPMENT:**

**a) PLAYGROUD :** The sports facilities available at the college should be maintained for the regular practices and should be made available to conduct the tests.

**b) EQUIPMENT :** According to the playing facilities available in the college, the required equipment for the same needs to be made available to the students.

**3) FINANCIAL PROVISION:**

**a) FEES :** For the conduct of this scheme fees of Rs. 100/- (per student) should be collected by college and the amount collected thereof should be strictly utilized in consultation with Director of Physical Education and Sports for the promotion of sports and for the conduct of Physical Education Scheme.

## **GENERAL GUIDELINES TO IMPLEMENT THE COURSE**

### **1. APPOINTMENT OF STUDENT LEADERS :**

To run the program throughout the year effectively, every college shall appoint student leaders amongst the students as per their requirement.

Normally after every 30 students, the college may appoint 01 student leader who shall extend his/her help to conduct the program under the supervision or as per the guidelines given by the college Director of Physical Education.

### **2. STUDENT LEADERS ORIENTATION PROGRAM :**

The College Director of Physical Education at the beginning of the academic session shall organize at least three days orientation program for the selected student leaders. It is expected that the entire course related important responsibilities shall be conveyed to the student leaders, if possible with the required demonstrations.

### **3. TRAINING TO STUDENT LEADERS :**

The College Director of Physical Education at the beginning of the academic session, selects the student leaders as per his/her requirement and shall train them to conduct the decided program. Normally, following training shall be given to the student leaders.

- Method of taking attendance
- Preparation of weekly program
- Record keeping
- Preparation of test sheets
- Marking of play grounds
- Checking of equipment specifications
- Class Controlling

#### **Program and Activities to be arranged during orientation of Student Leaders:**

- Warming up Exercises
- Conditioning Exercises
- Demonstration of Various Tests
- Imparting of training schedule
- Group dynamics
- Various methods of testing
- Introduction and operational use of the equipments
- Method of extension of help during the tests

**4. ADMINISTRATION IN ABSENTIA :**

The College Director of Physical Education normally shall have to supervise, guide, control and has to visit various places during the conduct of Intercollegiate Sports programs, hence, in his/her absence the student leaders shall conduct the decided programs as per the guidelines issued by the Director of Physical Education of Sports from time to time.

**5. REQUIREMENT OF FINANCIAL ASSISTANCE TO CONDUCT THE STUDENT LEADERS' ORIENTATION PROGRAM :**

The head of the institution shall make available the required financial assistance to the College Director of Physical Education to conduct the student leaders' orientation program. The college authorities may seek the help of the team leaders rendering the services through Earn and Learn Scheme.

Every year at the beginning of the session the College Director of Physical Education shall submit the required budget to the Head of the College. The expenditure on the same shall be incurred from the fees collected for this program.

**6. INFORMATION ABOUT THE COURSE :**

The College Director of Physical Education and Sports at the beginning of the academic session shall inform and explain the course to the admitted students.

**7. APPLICATION FORM :**

The College Director of Physical Education at the beginning of the academic session shall issue and collect the duly filled prescribed application form from the students admitted to First year of the Courses. (Appendix –II)

The College Director of Physical Education at the beginning of the academic session shall sort the duly filled in application forms and accordingly make the required arrangements.

**8. CLASSES OF THE ACTIVITIES :**

5 Lectures of the decided time shall be conducted by the College Director of Physical Education or with the help of Guest Faculty. Although the evaluation will be done in second semester theory lectures and practical sessions may be arranged in first semester also.

**9. CERTIFICATE TO STUDENTS LEADER :**

Every year at the end of the academic year the Director of Physical Education and Sports of the College shall award certificate to the student leader as per the Appendix - III.

**Achievement Card for**  
**COURSE - 101 PHYSICAL EDUCATION AND SPORTS**  
**Fitness Test**

Name of the Student : .....

College : .....

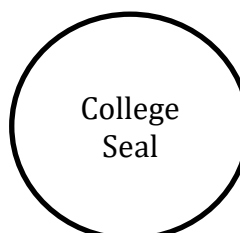
Sr. No	Activity	Particular	Out Of Marks	Performance	Marks
1	Fitness Assessment	• Cardiovascular Endurance	10		
		• Flexibility	5		
		• Muscular Strength Endurance	10		
		• Body Composition	--		--
<b>Total :</b>			<b>25</b>	--	

**Signature of the Student**

Signature of Teacher In- charge : .....

Signature of Principal : .....

Date : / /



## Application Form

COURSE – 101 PHYSICAL EDUCATION AND SPORTS

Paste latest  
passport size  
photograph

<b>Name of Student</b>	
<b>Address for Correspondence</b>	
<b>Class</b>	

<b>Section</b>	
<b>Semester</b>	
<b>Sex</b>	<b>Male / Female</b>
<b>Date of Birth</b>	
<b>Age</b>	
<b>Blood Group</b>	
<b>Height</b>	
<b>Weight</b>	
<b>Game Selected</b>	
<b>Medical History / Illness If any</b>	

\*\* The Student shall have to choose any one game/sports event as per the availability of the infrastructure and equipments in the college. For his/her convenience they may consult the College Director of Physical Education.

I, the undersigned declare that, I shall practice the selected events as per the instructions given by the College Director of Physical Education and abide by the rules made thereof. Further, I certify that, I shall not change or switch over to any other event in the mid of the session and appear the final test in the events selected under this form.

.....  
**Signature of the Student**

Date : / /

Place : .....

### ***Certificate of Appreciation***

This is to certify that Shri/ Smt/ Kum. .... of .....

Has successfully rendered his/her valuable services for the smooth conduct of the Sports and Physical Education Course designed by the University for the Academic Year .....

Date: / /

<b>Director of Physical Education of the College</b>	<b>Seal of College</b>	<b>Principal of the College</b>



## Exemption Form

### (Sports Participation)

COURSE – 101 PHYSICAL EDUCATION AND SPORTS

(Mandatory participation in selected game / sport for minimum 10 hours)

<b>Name of Student</b>	
<b>Address for Correspondence</b>	
<b>Class</b>	

<b>Section</b>	
<b>Semester</b>	
<b>Sex</b>	Male / Female
<b>Sports/Game</b>	
<b>Date of competition</b>	
<b>Place of competition</b>	
<b>Level of Competition</b>	

.....  
**Signature of the Student**

Date : / /

Place : .....

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**Exemption Granted / Exemption Not Granted**

<b>Director of Physical Education of the College</b>	<b>Seal of College</b>	<b>Principal of the College</b>

## Exemption Form

(Differently Able Students)

COURSE - 101 PHYSICAL EDUCATION AND SPORTS

<b>Name of Student</b>	
<b>Address for Correspondence</b>	
<b>Class</b>	

<b>Section</b>	
<b>Semester</b>	
<b>Sex</b>	Male / Female
<b>Nature of Disability</b>	
<b>Yes / No</b>	Copy of certificate from competent authority attached

.....  
**Signature of the Student**

Date : / /

Place : .....

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**Exemption Granted / Exemption Not Granted**

<b>Director of Physical Education of the College</b>	<b>Seal of College</b>	<b>Principal of the College</b>

**SPORTS / GAME PARTICIPATION LOG**

COURSE - 101 PHYSICAL EDUCATION AND SPORTS

<b>Name of Student</b>	
<b>Class</b>	
<b>Section</b>	
<b>Semester</b>	
<b>Sports/Game</b>	

Date	Activity	Student Sign.	Student Leader Sign.

.....  
**Signature of the Director of sports & PE**

Date : / /

Place : .....

# SAVITRIBAI PHULE PUNE UNIVERSITY



## PHYSICAL EDUCATION AND SPORTS

COURSE - 101PHYSICAL EDUCATION AND SPORTS

### FITNESS TEST MANUAL

(for First Year Under Graduate Students of  
All the Faculties)

Effective from Academic Year 2019 - 2020

## TEST DESCRIPTION

### 1. **MODIFIED QUEENS COLLEGE STEP TEST :**

#### **OBJECTIVE :**

To provide a practical, convenient means for assessing cardio respiratory fitness.

#### **VALIDITY :**

using maximal oxygen consumption as the criterion, a correlation of - .75 was obtained between the first heart rate recovery score (5-20 seconds after exercise) and max. VO<sub>2</sub> expressed in ml/kg/min

#### **RELIABILITY :**

A reliability coefficient of .92 was reported

#### **EQUIPMENT AND MATERIALS :**

Bleachers serve as stepping bench (16.25 inches). A metronome is used for the cadence. Women 22 steps per minute and Men 24 steps per minute.

#### **PROCEDURE :**

Half of the class may be tested at one time with the other half serving as partners to count pulse. Following the explanations of the test and pulse-counting procedures, the counters are allowed several practices in counting their partners pulse rates for 15-seconds intervals.

The test consists of stepping up and down on the bleachers step for 3 minutes. At the end of the time period, the subjects remain standing while the partners count pulse rate for 15 seconds interval beginning 5 seconds after the cessation of exercise. The counters and steppers then exchange places and the other half of the class is tested.

#### **SCORING :**

The 15- seconds pulse count is multiplied by 4 to express the score in beats per minute.

**NORMS :**

<b>Men &amp; Women (Performance in Beats per minute)</b>	<b>Marks out of 10</b>
<b>≤ 148</b>	<b>10</b>
<b>149 - 156</b>	<b>9</b>
<b>157 - 160</b>	<b>8</b>
<b>161 - 163</b>	<b>7</b>
<b>164 - 166</b>	<b>6</b>
<b>167 - 170</b>	<b>5</b>
<b>171 - 172</b>	<b>4</b>
<b>173 - 180</b>	<b>3</b>
<b>181 - 184</b>	<b>2</b>
<b>≥185</b>	<b>1</b>

**Marks based on percentile norms Ref.: Johnson, B. L. & Nelson, J. K. (1986). Practical Measurement for evaluation in physical education (3<sup>rd</sup> edn) Mc Millan Publishing Company USA. Pg. 161**



## **2. TWELVE MINUTE RUN AND WALK TEST (COOPER'S TEST) :**

### **OBJECTIVE :**

To measure cardio-respiratory endurance.

### **VALIDITY :**

Validity is 0.90 when correlated with treadmill measurements of oxygen consumption and aerobic capacity.

### **RELIABILITY :**

Reliability is 0.94 with test-retest method.

### **EQUIPMENT AND MATERIALS :**

Stopwatch or clock with sweep second hand, whistle or starter's pistol, track, football field, or some running area marked so that distance travelled in 12 minutes can be calculated easily.

### **PROCEDURE :**

Performers assemble behind starting line. At the starting signal, they run or walk as far as possible within the 12 minute time limit. An experienced pacer should accompany performers around the running area during the actual test. Performers should have experienced some practice in pacing. At the signal to stop, performers should remain where they finished long enough for test administrators to record the distance covered. Ample time should be given for stretching and warm-up as well as post-test cool down.

### **SCORING :**

Score is distance in meter covered in 12 minutes.

**NORMS :**

<b>Men (In meters)</b>	<b>Women (In meters)</b>	<b>Marks out of 10</b>
<b>≥2641</b>	<b>≥2261</b>	<b>10</b>
<b>2461 - 2640</b>	<b>2111 - 2260</b>	<b>9</b>
<b>2351 - 2460</b>	<b>2001 - 2110</b>	<b>8</b>
<b>2271 - 2350</b>	<b>1941 - 2000</b>	<b>7</b>
<b>2191 - 2270</b>	<b>1871 - 1940</b>	<b>6</b>
<b>2131 - 2190</b>	<b>1811 - 1870</b>	<b>5</b>
<b>2061 - 2130</b>	<b>1761 - 1810</b>	<b>4</b>
<b>1971 - 2060</b>	<b>1681 - 1760</b>	<b>3</b>
<b>1871 - 1970</b>	<b>1621 - 1680</b>	<b>2</b>
<b>≤ 1870</b>	<b>≤ 1620</b>	<b>1</b>

(Marks based on percentile norms Ref: Hoffman J. (2006). Norms for fitness performance & health. Human Kinetics. USA. Pg. 73)



### **3. SIT AND REACH :**

#### **OBJECTIVE :**

To measure the hip and back flexion as well as extension of the hamstring muscles of the legs.

#### **VALIDITY :**

Face validity was accepted for this test.

#### **RELIABILITY :**

An 'r' of 0.94 was found when the best score of three trials was recorded from separate testing and correlated.

#### **EQUIPMENT AND MATERIAL :**

Flexomeasure case with yard stick and tape.

#### **PROCEDURE :**

- i. Line up the 15 inch mark of the yardstick with a line on the floor and tape the ends of the stick to the floor so that the flexomeasure case (window side) is face down.
- ii. Sit down and line up your heels with the near edge of the 15 inch mark and slide your seat back beyond the zero end of the yardstick.
- iii. Have a partner stand and brace his or her toes against your heels. Also, have an assistant on each side to hold your knees in a locked position as you prepare to stretch.
- iv. With heels not more than 5 inches apart, slowly stretch forward, while pushing the flexomeasure case as far down the stick as possible with the fingertips of both hands. Take your reading at the near edge of the flexomeasure case.

#### **SCORING :**

The best of three trials measured in centimeter is your test score.

**NORMS:**

<b>Men (in cms)</b>	<b>Women (in cms)</b>	<b>Marks out of 5</b>
<b>≥ 42.01</b>	<b>≥42.51</b>	<b>5</b>
<b>38.01 - 42.00</b>	<b>40.01 - 42.50</b>	<b>4</b>
<b>34.51 - 38.00</b>	<b>36.51 - 40.00</b>	<b>3</b>
<b>29.51 - 34.50</b>	<b>32.51 - 36.50</b>	<b>2</b>
<b>≤ 29.50</b>	<b>≤ 32.50</b>	<b>1</b>

(Marks based on percentile norms Ref.: Hoffman J. (2006). Norms for fitness performance & health. Human Kinetics. USA. Pg. 102)



#### **4. BENT KNEE SIT UPS :**

##### **OBJECTIVE :**

To measure the dynamic (isotonic) endurance of abdominal muscles.

##### **EQUIPMENT AND MATERIALS :**

A stopwatch and a mat or dry turf or clean floor.

##### **PROCEDURE :**

The subject is asked to lie on the back with knees bent, feet on the floor with heels not more than 12 inches from the buttocks. The angle of the knees should not be less than 90degree. The subject is asked to put his or her hand on the back of the neck with finger clasped and to place the elbows squarely on the mat or turf or floor. The subject's feet are held by a companion to ascertain that the feet do not leave the surface and remain touching it. Then the subject is asked to tighten the abdominal muscles and to bring the head and elbows to the knees. The entire above process constitutes one sit up.

The subject is asked to return to starting position with his/her elbows on the surface before sitting up again. The tester gives the above demonstration to all the subjects to be tested before the actual performance of the test. The timer gives the starting signals ready, go ! at the word 'go' the timer starts the stopwatch and the subject starts the sit ups performance as quickly as possible with /her best efforts. The tester starts counting the number of sit ups performed. After 60 seconds, the timer gives the signal stop and the subject stops, while the tester records the number of correctly executed sit ups performed by the subject in 60 seconds. This gives the score of the test.

Only one trail is given unless the tester believes that the subject has not had a fair opportunity to perform. A subject is not allowed any rest in between sit ups during his performance. No incorrect sit ups is counted in which the subject does either of the following mistakes:

- a) Keeps the fingers unclasped behind the neck.
- b) Returns to the incomplete starting position with elbows not flat on the surface before starting the next sit up.
- c) Brings both elbows forward by pushing of the floor with any elbow.

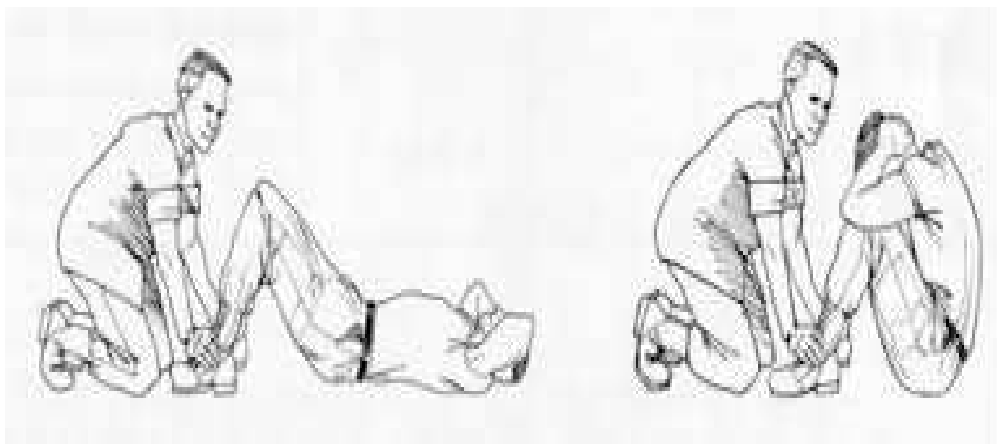
##### **SCORING :**

Number of correctly executed sit ups performed by the subject in 60 seconds

**NORMS :**

<b>PERFORMANCE (NUMBER OF SIT UPS) Men</b>	<b>PERFORMANCE (NUMBER OF SIT UPS) Women</b>	<b>Marks out of 10</b>
<b>≥ 44</b>	<b>≥ 35</b>	<b>10</b>
<b>40 - 43</b>	<b>30 - 34</b>	<b>9</b>
<b>37 - 39</b>	<b>28 - 29</b>	<b>8</b>
<b>35 - 36</b>	<b>25 - 27</b>	<b>7</b>
<b>32 - 34</b>	<b>23 - 24</b>	<b>6</b>
<b>30 - 31</b>	<b>21 - 22</b>	<b>5</b>
<b>28 - 29</b>	<b>18 - 20</b>	<b>4</b>
<b>25 - 27</b>	<b>15 - 17</b>	<b>3</b>
<b>23 - 24</b>	<b>11 - 14</b>	<b>2</b>
<b>≤22</b>	<b>≤ 10</b>	<b>1</b>

(Marks based on percentile norms Ref: The Cooper Institute (2006). Physical fitness specialist course and certification. Texas, USA. Pg. 29 & 36)



## **5. PERCENTAGE BODY FAT :**

### **Bioelectrical Impedance (BI) :**

Bio electrical is gaining popularity because of its ease in administration and its similarity to skin fold measurements regarding accuracy. BI is based on the relationship between total body water and lean body mass. Since water is an excellent conductor of electricity, a greater resistance to an electrical current passing through the body indicates a higher percentage of body fat. Likewise decrease when there is higher percentage of lean tissue. Since BI is sensitive to changes in body water, subject should refrain from drinking or eating within 4 hours of the measurement, void completely before the measurement, and refrain from consuming any alcohol caffeine, or diuretic agent before assessment. Failure to do so increases measurement error. For this Omron Body Fat Monitor can be used.

# SAVITRIBAI PHULE PUNE UNIVERSITY



## PHYSICAL EDUCATION AND YOGA Syllabus

COURSE - 102 PHYSICAL EDUCATION AND YOGA

**(For First Year Under Graduate Students of  
All the Faculties)**

**Effective from Academic Year 2019 - 2020**

**PHYSICAL EDUCATION AND YOGA**

**COURSE – 102:PHYSICAL EDUCATION AND YOGA (2 CREDITS)**

**AIMS & OBJECTIVES OF THE COURSE:**

The aim of the course is to create awareness among students about Yoga, and to facilitate knowledge about Asanas, Pranayam and Shuddikriya. This will help them to incorporate yogic practices in their lifestyle.

**COURSE CREDITS :**

**Semester - II**

**Course – 102 Physical Education and Yoga (02 Credits)**

**Credit 1: Introduction to Physical Education and Yoga**

- **Concept of Physical Education, its Definition and Scope.**
- **Introduction to Yoga - History of Yoga, Introduction to Ashtanga Yoga.**
- **Prayer**
- **Mobility exercises – Neck up & down, Side to side, shoulder rotation, Twisting, Squats.**
- **Practice of Prone and Supine Asanas**  
A student will have to perform standing and seating asanas
  - Pavanmuktasana      • Shavasana      • Setubandhasana
  - Ardha Halasana      • Salabhasana      • Bhujangasana
  - Halasana      • Makarasana      • Dhanurasana

The following points to be covered:

- Benefits &Contraindication of each asana

**Credit 2: Sitting and Standing Asanas and Pranayam**

- **Practice of Sitting and Standing Asanas**  
A student will have to perform sitting and standing asana
  - Vajrasana      • Dandasana      • Vakrasana
  - Ushtrasana      • Uttanmandukasana      • Bhadrasana
  - Vrikshasana      • Shashankasan      • Trikonasana
  - Padahastasana      • Chakrasana - sideward      • Tadasana

The following points to be covered:

- Benefits & Contraindication of each asana

- **Practice of Pranayam**

A student will have to perform pranayama

- Anulom-Vilom      • Bhramari      • Kapalbhathi

The following points to be covered:

- Benefits & Contraindication of eachPranayama

**REFERENCE BOOKS:**

- Iyengar, B.K. (2008).Light on Yoga. Orient LongmanPvt. Ltd.Mumbai
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- Iyengar, B.K. (2008).Light on Astanga Yoga. Alchemy Publishers. New Delhi.
- Iyengar, B.K. (2008). Yoga the Path to Holistic Health. Dorling Kindersley. London.
- Gharote, M. L. (2013). Guidelines for Yogic Practices. The Lonavla Yoga Institute. India.
- अय्यंगार, गी. (२०१६). स्त्रियांसाठी योग- एक वरदान. रोहन प्रकाशन. पुणे.
- अय्यंगार, बी. के. (२०१७). आरोग्य-योग. रोहन प्रकाशन. पुणे.
- घरोटे ल. म. (२०१०) प्राणायाम - श्वासाचे शास्त्र. दि लोणावळा योग इन्स्टिट्यूट. इंडिया.



**EVALUATION STRUCTURE**

**Table 1**

Semester	Course	Credits	Marks	Mode of Evaluation
II	COURSE - 202 PHYSICAL EDUCATION AND YOGA - II (2 CREDITS)	2	50 (10marks x 5)	1. Demonstration and Explanation of Asana, and pranayam (total 5 - out of which 3 of student choice and 2 of examiners choice)

**EVALUATION OF THE ASANAS :**

Each Asana will be awarded from 0-10 Marks. The evaluation is further distributed as under :-

- a) Technical Execution (Presentation) 4 Marks
- b) Complete Posture 4 Marks
- c) Retention period 2 Marks

**EXPLANATION :**

a) Technical Execution (Presentation) 4 marks. It involves methodical approach in its presentation which further depends on

- i) Arriving to the posture,
- ii) Alighting from the posture,
- iii) Expression,
- iv) Breathing

b) Complete Posture 4 marks. Attainment of the final posture and while being in this position certain aspects deemed necessary to be taken into consideration to constitute a complete posture

- i) Stability in the posture,
- ii) Calmness & tranquillity,
- iii) Exactness and correctness,
- iv) Smoothness and degree of flexibility,
- v) Body alignment, its angles and beauty.

c) Retention 2 marks. All postures are required to be held for 20 seconds each. During retention period no shivering, no untoward movement, consistent breathing, calm face expression and proper body language is essential.

**PASSING CRITERIA**

Semester	Course	Credits	Max. Marks	Minimum Passing %
II	COURSE – 202 PHYSICAL EDUCATION AND YOGA – II (2 CREDITS)	2	50	40%

- To pass a student shall have to get minimum 40% in aggregate in course.
- Student who have failed/who have been absent for the entire course will have to complete the entire course during the 4<sup>th</sup> semester.
- Student will not be admitted to 5<sup>th</sup> semester without completing the Course.

**GRADING:**

Grading for course 101 and course 201 will be done separately as follows.

**Table 3**

<b>Range of Marks</b>	<b>Grade</b>	<b>Grade Points</b>
41-50	O	10
35-40	A+	09
30-34	A	08
28-30	B+	07
25-27	B	06
23-24	C	05
20-22	P	04
00-19	F	00
Absent	Ab	00
	Ex	Exempted