

The Kelkar Education Trust's
V. G. Vaze College of Arts, Science and Commerce (Autonomous)

The Kelkar Education Trust's
V G Vaze College of Arts, Science and Commerce
(Autonomous)

Mithagar Road, Mulund East, Mumbai 400081
Re-Accredited (4th Cycle) by NAAC with 'A' Grade



Syllabus for F.Y.B.Com. and F.Y. SFC
(Implemented AY 2023-2024)

Program: F.Y.B.Com. and F.Y. SFC

Semester I

Course Title: (CC) Health & Physical Education

Course Code	Paper Title	Credits
VGUVUCC104	Health & Physical Education	02

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Syllabus as per **Choice Based Credit System (CBCS)**

Semester	I
Name of the Programme	: F.Y.B.Com. and F.Y. SFC
Course	: Co-Curricular (CC)
Course Code	: VGVUCC104
Course Title	: Health & Physical Education
Course content	: Syllabus enclosed
Reference(s)	: Given in the Syllabus
Credit Structure	:
Number of Credits per Semester	02
Number of Lectures per unit	-
Number of Lectures per week	02
Number of Tutorials per week	: NA
Scheme of Examination	: Internal Assessment + Assignment (50 marks)
Special Notes, if any	: NA
Eligibility, if any	: As laid down in the College Admission Brochure/ Website
Fee Structure	: As per College Fee Structure specifications
Special Ordinances / Resolutions, if any	: No

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Programme: F.Y.B.Com./FYSFC

Course Title: Health & Physical Education

Semester: I

Course Code: VGVUCC104

Teaching Scheme (Hrs/week)				Continuous Internal Assessment (50 marks)					Total
L	T	P	C	CIA-1	CIA-2	CIA-3	CIA-4	Lab/ Tut.	
1		1		15	35	-	-	-	50

Prerequisites:

Basic competence in English

Basic interest in Sports

Course Objectives:

1. Mental Development- Mental development refers to the ability to think and solve problems effectively. Knowledge received by participating in physical activities about body movement, health, fitness, sanitation, nutrition, disease prevention and others may contribute to an individual's mental development.
2. Emotional Development- This refers to a psychological situation of body and mind. Emotion is a drive to do something. Emotion covers experiences, such as, fear, anger, joy, love, sorrow, etc.
3. Social Development- This objective of physical education refers to the feeling of belongingness, adjustment of group living, social poise, social relationships, and social adjustment
4. Moral Development- Every game has a set of rules and regulations and it is the duty of each player to obey them

Course Outcome: On successfully completing the course, the learners will be able to:

1. The curriculum would enable the pass out to select the inherited talented children for various sports activities.
2. The pass out shall be able to orient children in schools with the fundamental skills of selected sports as per their inherited potential.
3. The pass out shall be able to devise training program for athletes engaged in different sports activities

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Course Content:		
Unit No.	Content	Lectures
1	Introduction of Physical Education	03
2	Understanding Health	02
3	Physical and Physiological Aspects of Physical Education and Sports.	05
4	Individual Games	05
5	Sports Activity	15
Total		30

Beyond the Syllabus

Sports Activity, student seminars

Teaching Methodology

Lectures, Flipped Classroom, Presentations, ICT, Case Studies, Demonstrations, Role play, Workshops, Guest Lectures

Examination Pattern and Marking Scheme	
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Duration: 01 hours

Sr. No.	Particulars	Marks
1	Class Test	15
2	Sports Activity	35
Total Marks		50

Recommended Resources
<p>Textbooks</p> <p>Bunn, J. W. (1968). The art of officiating sports. Englewood cliffs N.J. Prentice</p> <p>The mechanics of Athletics. London: University of London Press Ltd. Lawther, J.D. (1965).</p>
<p>Reference Books</p> <p>Psychology of coaching. New York: Pre. Hall.</p> <p>Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Grew Hill.</p>
<p>List of Useful Websites</p> <ul style="list-style-type: none">• www.ioc.org• www.arisf.sports• www.iaaf.org (Athletics)• www.BWFBadminton.org (Badminton)• www.fiba.basketball (Basketball)• www.fifa.com (Football)• www.gymnastics.sports (Gymnastics)• www.IHF.info (Handball)• www.Fih.ch (Hockey)• www.ijf.org (Judo)• www.fina.org (Swimming)• www.ittf.com (Table Tennis)• www.itftennis.com (Tennis)• www.fivb.com (Volleyball)• www.unitedworldwrestling.org (Wrestling)

Syllabus prepared by	
Convenor	Mr. Gawade Kishor Kantaram Assistant Professor, Dept. of Mathematics, V G Vaze College of Arts Science and Commerce (Autonomous), Mulund, Mumbai
Member	Mr. Arun keskar Assistant Professor, Dept. of Business Economics, V G Vaze College of Arts Science and Commerce (Autonomous), Mulund, Mumbai
Member	Dr. Jayshri Jagtap Assistant Professor, Dept. of Botany, V G Vaze College of Arts Science and Commerce (Autonomous), Mulund, Mumbai
Member	Ms. Vishakha Patil Assistant Professor, Dept. of Political Science, V G Vaze College of Arts Science and Commerce (Autonomous), Mulund, Mumbai

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Member	Ms. Ruchira Parab Assistant Professor, Dept. of Mass Media, V G Vaze College of Arts Science and Commerce (Autonomous), Mulund, Mumbai
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Syllabus for F.Y.B.A. and F.Y. B.Sc.

(Implemented AY 2023-2024)

Program: F.Y.B.A. and F.Y. B.Sc.

Semester II

Course Title: (CC) Health & Physical Education

Course Code	Paper Title	Credits
VGUVCC204	Health & Physical Education	02

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Syllabus as per **Choice Based Credit System (CBCS)**

Semester	II
Name of the Programme	: F.Y.B.A. and F.Y. B.Sc.
Course	: Co-Curricular (CC)
Course Code	: VGVUCC205
Course Title	: Health & Physical Education
Course content	: Syllabus enclosed
Reference(s)	: Given in the Syllabus
Credit Structure	:
Number of Credits per Semester	02
Number of Lectures per unit	-
Number of Lectures per week	02
Number of Tutorials per week	: NA
Scheme of Examination	: Internal Assessment + Assignment (50 marks)
Special Notes, if any	: NA
Eligibility, if any	: As laid down in the College Admission Brochure/ Website
Fee Structure	: As per College Fee Structure specifications
Special Ordinances / Resolutions, if any	: No

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Programme: F.Y.B.A./F.Y. B.Sc.

Course Title: Health & Physical Education

Semester: II

Course Code: VGVUCC204

Teaching Scheme (Hrs/week)				Continuous Internal Assessment (50 marks)					Total
L	T	P	C	CIA-1	CIA-2	CIA-3	CIA-4	Lab/ Tut.	
1		1		15	35	-	-	-	50

Prerequisites:

Basic competence in English

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Course Objectives:

1. Mental Development- Mental development refers to the ability to think and solve problems effectively. Knowledge received by participating in physical activities about body movement, health, fitness, sanitation, nutrition, disease prevention and others may contribute to an individual's mental development.

2. Emotional Development- This refers to a psychological situation of body and mind. Emotion is a drive to do something. Emotion covers experiences, such as, fear, anger, joy, love, sorrow, etc.

3. Social Development- This objective of physical education refers to the feeling of belongingness, adjustment of group living, social poise, social relationships, and social adjustment

4. Moral Development- Every game has a set of rules and regulations and it is the duty of each player to obey them

Course Outcome: On successfully completing the course, the learners will be able to:

1. Students would be able to organize the concerned sports event and officiate in it.

2. Students would be oriented in the art of coaching the sports team.

3. The pass out shall be able to devise training program for athletes engaged in different sports activities

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Course Content:		
Unit No.	Content	Lectures
1	Team Games	05
2	Safety and Security	02
3	Health Related Physical Fitness	05
4	Measurement and Evaluation, Tournaments and Competitions	03
5	Sports Activity	15
Total number of lectures		30

Beyond the Syllabus
Sports Activity, student seminars

Teaching Methodology
Lectures, Flipped Classroom, Presentations, ICT, Case Studies, Demonstrations, Role play, Workshops, Guest Lectures

Examination Pattern and Marking Scheme		Duration: 01 hours
Sr. No.	Particulars	Marks
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2	Sports Activity	35
Total Marks		50

Recommended Resources
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Reference Books Psychology of coaching. New York: Pre. Hall. Singer, R. N. (1972). Coaching, athletic & psychology. New York: M.C. Grew Hill.
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