

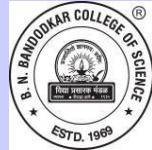
Academic Council Meeting No. and Date: 9 / July 02, 2024

Agenda Number : 3

Resolution Number : 41, 42 / 3.46, 3.47



**Vidya Prasarak Mandal's  
B. N. Bandodkar College of  
Science (Autonomous), Thane**



**Syllabus for  
Programme: Bachelor of Science  
PHYSICAL EDUCATION  
Community Course  
[S.Y.B.Sc.]  
Level  
[ CHOICE BASED GRADING SYSTEM ]  
Revised under NEP  
From academic year 2024 - 2025**

## Preamble

The **Physical Education syllabus for the Second Year of the Bachelor of Science (SYB.Sc.) programme** is designed in accordance with the **National Education Policy (NEP) 2020**, which emphasizes **holistic development, multidisciplinary learning, outcome-based education, physical well-being, and lifelong fitness**. The course aims to integrate **scientific principles of physical education** with practical application, thereby fostering physical, mental, social, and emotional development of learners.

This syllabus provides students with a **comprehensive understanding of physical education and sports sciences**, including the fundamentals of **human anatomy and physiology, fitness training, sports psychology, health education, nutrition, and sports management**. Emphasis is laid on the development of **physical fitness, motor skills, leadership qualities, teamwork, discipline, and ethical values**, which are essential for personal growth and professional competence.

In line with NEP 2020, the curriculum adopts a **learner-centric and competency-based approach**, encouraging **experiential learning, activity-based instruction, fieldwork, and continuous assessment**. The syllabus promotes **critical thinking, problem-solving, communication skills, and the use of modern technologies** in sports and fitness assessment. It also highlights the importance of **inclusive education, gender equity, environmental sustainability, and community engagement** through physical activity and sports.

The SYB.Sc. Physical Education syllabus is structured to enable **horizontal and vertical mobility**, support **multiple entry and exit options**, and enhance **employability and entrepreneurship** in areas such as fitness training, coaching, sports administration, wellness promotion, and allied health sectors. Overall, the course seeks to inculcate **healthy lifestyle habits, professional ethics, and a spirit of lifelong learning**, preparing students to contribute effectively to individual well-being and societal development.

Dr. Bhalchandra K. Mandlekar

Chairperson, BOS, Physical Education

VPM's B.N.Bandodkar College of Science (Autonomous), Thane

## **PROGRAMME OUTCOMES (POs) OF BACHELOR OF SCIENCE (B.Sc.)**

The Undergraduate Programme of Science are intended to cater quality education and attain holistic development of learners through the following Programme outcomes:

### **PO1 - Disciplinary Knowledge**

Lay a strong foundation of conceptual learning in science. Instill ability to apply science in professional, social and personal life.

### **PO2 - Inculcation of Research Aptitude**

Ignite spirit of inquiry, critical thinking, analytical skills and problem-solving approach which will help learners to grasp concepts related to research methodology and execute budding research ideas.

### **PO3 - Digital Literacy**

Enhance ability to access, select and use a variety of relevant information e-resources for curricular, co-curricular and extracurricular learning processes.

### **PO4 - Sensitization towards Environment**

Build a cohesive bond with nature by respecting natural resources, encouraging eco-friendly practices and creating awareness about sustainable development.

### **PO5 - Individuality and Teamwork**

Encourage learners to work independently or in collaboration for achieving effective results through practical experiments, project work and research activities.

### **PO6 - Social and Ethical Awareness**

Foster ethical principles which will help in developing rational thinking and becoming socially aware citizens. Build an attitude of unbiased, truthful actions and avoid unethical behavior in all aspects of life.

# Specific Programme: S.Y.B.Sc. (Physical Education Community Course) Credits: 2

## Program Specific Outcome:

By the end of the program the students will be able to:

Classify, propose, and analyze physical Education. Interpret the results through a wide range of exercises, theories and techniques, concepts, and general principles of Physical Education.

## Assessment: Weightage for assessments (in percentage) For Major.

Type of Course	Formative Assessment / IA	Summative Assessment
Theory	40%	60%
Practical	40%	60%

B. N. Bandodkar College of Science, (AUTONOMOUS)-Thane																	
S.Y.B.Sc.																	
Level	SEM.	Faculty - DSC						Any Faculty	Vocational & Skill Enhancement Course ( VSEC )	Ability Enhancement Course ( AEC ) / Indian Knowledge System ( IKS )			Field Project / Apprenticeship / Community Engagement & Services		Credit	Cumulative Credits	
		Subject			Subject		Subject			AEC			FP				
		Major ( 6T + 4P )					Minor	GE & OC		AEC	VEC	IKS	FP	CC			
5.0	III	02 (2T)	02 (2T)	02 (2T)	02 (2P)	02 (2P)	02 (2T)	02 (2T)	02 (1T + 1P)	02 (2P)	-	-	02 (2P)	02 (1T + 1P)	22	44	
	IV	02 (2T)	02 (2T)	02 (2T)	02 (2P)	02 (2P)	02 (2T)	02 (2T)	02 (1T + 1P)	02 (2P)	-	-	02 (2P)	02 (1T + 1P)	22		

**VPM's B.N. Bandodkar College of Science (Autonomous), Thane**  
**S.Y.B.Sc.**

Curriculum Structure for the Undergraduate Degree Program S.Y.B.Sc. Physics

**Structure of Programme**

**Semester-wise Titles of the Papers in S.Y.B.Sc. (Physical Education) [Community Engagement & Services Course]**

Year	Sem.	Course code	Course Title	Theory/ Practical	No. of Lectures	Credits
Second Year	III	23BU3CC604	Physical Education I	Theory + Practica l	15+30	02
	IV	23BU4CC604	Physical Education II	Theory + Practica l	15+30	02
Total Credits						04

# **Semester III**

<b>Course Code</b> <b>23BU3CC604</b>	<b>Course Title:</b> <b>Physical Education I</b>	<b>Credit</b> <b>2</b>	<b>No. of Hours</b> <b>60</b>
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<b>CO1</b>	<b>Understand the basic principles of Physical Education.</b>	<b>L4</b>
<b>CO2</b>	<b>Learn how to select appropriate diet for Physical fitness.</b>	<b>L4</b>
<b>CO3</b>	<b>Understand the concepts of sports mindset and motivation.</b>	<b>L4</b>
<b>CO4</b>	<b>Learn how to play sports effectively.</b>	<b>L5</b>

**Grading will be as 3: High (>60%), 2: Moderate (40%-60%), 1: Low (<40%), 0: No mapping**

	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>
<b>CO1</b>	1	1	0	0	0	0
<b>CO2</b>	0	1	1	0	1	1
<b>CO3</b>	0	1	1	1	1	1
<b>CO4</b>	0	1	1	0	1	1

<b>Course Code</b> <b>23BU3CC604</b>	<b>Course Title:</b> <b>Physical Education I</b>	<b>Credit</b> <b>1+ 1=2</b>	<b>No. of Lecture</b> <b>15+30=45</b>
<p><b>Course Outcomes:</b> Upon completion of this course, students will acquire knowledge about and able to</p> <ul style="list-style-type: none"> <li>• Understand the basic principles of Physical Education.</li> <li>• Learn how to select appropriate diet for Physical fitness.</li> <li>• Understand the concepts of sports mindset and motivation.</li> <li>• Learn how to play sports effectively.</li> </ul>			
<b>Theory Unit 1</b>	<b>1. Sports Psychology: Motivation and mindset.</b> <b>2. Fitness and Wellness: Understanding body composition.</b> <b>3. Nutrition in Sports: Diet and performance.</b> <b>4. Training Methods: Principles of exercise training.</b> <b>5. Sports Management: Organizing sports events.</b> <b>6. Contemporary Issues in Sports: Doping, ethics, and technology.</b>		<b>15</b>

<b>Practical Unit 1</b>	<ol style="list-style-type: none"> <li>1. Warm-up and Cool-down techniques.</li> <li>2. Basic exercises for strength and flexibility.</li> <li>3. Individual sports skills (e.g., Carrom, Chess, Table Tennis)</li> <li>4. Circuit training and interval training sessions.</li> <li>5. Yoga and mindfulness practices.</li> <li>6. Team sports skills in football, Cricket etc.</li> </ol>	<b>30</b>
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**Reference Books :**

1. Russell, R.P. (1994). Health and Fitness through Physical Education. USA: Human Kinetics.
2. University of Mumbai- Sports and Physical Education Syllabus

▪ Afremow, J. (2015). *The champion's mind: How great athletes think, train, and thrive*. Rodale Books.

1. Brewer, B. W. (2009). *Handbook of sports medicine and science, sport psychology*. John Wiley & Sons.

# **Semester IV**

<b>Course Code</b> <b>23BU4CC604</b>	<b>Course Title:</b> <b>Physical Education II</b>	<b>Credit</b> <b>2</b>	<b>No. of Hours</b> <b>60</b>
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<b>CO1</b>	Understand the basic Opportunity in Physical Education.	<b>L4</b>
<b>CO2</b>	Learn how to play team sports effectively.	<b>L4</b>
<b>CO3</b>	Understand the concepts of sports mindset and motivation.	<b>L4</b>
<b>CO4</b>	Learn how to play sports effectively.	<b>L5</b>

**Grading will be as 3: High (>60%), 2: Moderate (40%-60%), 1: Low (<40%), 0: No mapping**

	PO1	PO2	PO3	PO4	PO5	PO6
<b>CO1</b>	1	1	0	0	0	0
<b>CO2</b>	0	1	1	0	1	1
<b>CO3</b>	1	1	1	1	1	1
<b>CO4</b>	0	1	1	0	1	1

<b>Course Code</b> <b>23BU4CC604</b>	<b>Course Title :</b> <b>Physical Education II</b>	<b>Credits</b>	<b>Lecture</b>
Upon completion of this course, students will acquire knowledge about and able to	<ul style="list-style-type: none"> <li>Understand the basic Opportunity in Physical Education.</li> <li>Learn how to play team sports effectively.</li> <li>Understand the concepts of sports mindset and motivation.</li> <li>Learn how to play sports effectively.</li> </ul>	<b>1+ 1=2</b>	<b>15+30.</b>
<b>Theory Unit I</b>	<ol style="list-style-type: none"> <li><b>Career Opportunities in Sports and Physical Education.</b></li> <li><b>Football Rules and Indian Football History.</b></li> <li><b>Cricket Rules and Indian Cricket History.</b></li> <li><b>Cricket Sports Tournament Management.</b></li> <li><b>Marathon (History and Management).</b></li> <li><b>Badminton and Table Tennis rules and regulations.</b></li> </ol>		<b>15</b>

<b>Practical Unit 1</b>	<ol style="list-style-type: none"> <li>1. Team sports skills in Cricket.</li> <li>2. Team sports skills in Basketball.</li> <li>3. Team sports skills in Volleyball.</li> <li>4. Individual sports skills in Badminton.</li> <li>5. Sports skills in Marathon (Long Distance Running).</li> <li>6. Personal fitness plan development.</li> </ol>	<b>30</b>
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## Reference –

- [The Editors of Encyclopaedia Britannica](#) This article was most recently revised and updated by [Meg Matthias](#).
- References 1. [https://www.researchgate.net/publication/273119317\\_Career\\_Opportunities\\_in\\_Physical\\_Education](https://www.researchgate.net/publication/273119317_Career_Opportunities_in_Physical_Education).
- 2. <http://www.kheljournal.com/archives/2015/vol1issue5/PartA/52.1.pdf>.
- 3. <http://www.iosrjournals.org/iosr-jspe/papers/vol1-issue5/G0152122.pdf>.
- 4. Larry Horine David Stotlar, Administration of Physical Education and Sport Programs, Fifth Edition, Waveland Press, 2013. <https://www.maltasportsjournalists.com/wpcontent/uploads/2018/01/A-Guide-to-Becoming-aSports-Commentator.pdf>

- Cappuccio, M. L. (Ed.). (2019). *Handbook of embodied cognition and sport psychology*. MIT Press.
- Ericsson, A., & Pool, R. (2017). *Peak: How all of us can achieve extraordinary things*. Vintage.
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- Moran, A. (2012). *Sport and exercise psychology: A critical introduction* (2nd ed.). Routledge.
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- Sheard, M. (2013). *Mental toughness: The mindset behind sporting achievement*. Routledge.
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- Vernon, A. (2020). *Mind games* (reprint ed.). Bloomsbury Sport.
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#### **Curriculum mapping for the Undergraduate Degree Programme F.Y.B.Sc IKS**

		SEMESTER – III	Course imparts Employability (EM), Entrepreneurship (EN), Skill Development (SD)			Course integrates with Professional Ethics (PE), Gender Equity (GE), Human Value (HV), Environmental Sustainability (ES)			
Course Code	Course Title	EM	EN	SD	PE	GE	HV	ES	
23BU3CC604	Physical Education - I			✓	✓		✓		
01	<i>Total</i>	0	0	1	1	0	1	0	

		SEMESTER – IV	Course imparts Employability (EM), Entrepreneurship (EN), Skill Development (SD)			Course integrates with Professional Ethics (PE), Gender Equity (GE), Human Value (HV), Environmental Sustainability (ES)			
Course Code	Major Course Title	EM	EN	SD	PE	GE	HV	ES	
23BU4CC604	Physical Education - II	✓		✓	✓		✓		
01	<i>Total</i>	1	0	1	1	0	1	0	