

SAVITRIBAI PHULE PUNE UNIVERSITY

PHYSICAL EDUCATION

SCHEME



(for All Faculty Students of First Year)

Aim of the Scheme :

The aim of the scheme is to make Physical Education as an integral part of Educational System. Students studying in the colleges should have the benefit of Physical education to improve their physique during the course of college education. It is designed to ensure that on completion of this training they would attain the minimum prescribed standard.

Object of the scheme : The object of the scheme is to enhance physical efficiency & maintain fitness of mind, body and character, which would help the student to be mentally alert & 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 scheme for the first year of his under graduate course education.

The Scheme :

A student shall have to participate in two types of physical activities viz. Group (A) - Voluntary activities, Group (B) - Obligatory/ Compulsory activities. The details of these activities are as under :-

Group A - Voluntary activities : (Both for Male & Female)

- i. Badminton
- ii. Basketball
- iii. Cricket
- iv. Football
- v. Gymnastics
- vi. Hockey
- vii. Kabaddi
- viii. Kho-Kho
- ix. Malkhamb / Rope Malkhamb
- x. Swimming
- xi. Table-Tennis
- xii. Tennis
- xiii. Volleyball
- xiv. Weight-lifti
- xv. ng & Power-lifting
- Wrestling

(Note :-College may conduct additional activities other than the above as per the infrastructure & equipment available with them)

Group B - Obligatory activities :

- 1) 100 m. run (Male and Female)2) 400 m. run (Male and Female) 3) One mile run (Male) 4) High Jump or Pole Vault (Male and Female)5) Long jump (Male and Female) 6) Five mile walk (Male)

- 7) Three mile walk (Female)
- 8) Rope climbing (Male)
- 9) Chin up (Male)
- 10) Sit ups (Men and Female)
- 11) Push Ups (Female)

(Note :- A proper demonstration of all the athletic activities to the students need to be given)

Participation in the scheme :

- A. **Voluntary Activities:** Under this category, a student shall have to choose at least one activity in the year, from the activities enumerated above and have to participate in it throughout the year. Whatever may be the choice according to the availability, a student shall have to show sufficient skill and achieve at least minimum prescribed standard at the end of year.
- B. **Obligatory Activities:** Under this category, a student shall have to choose total three activities one from each sub group (Agility, Endurance and Strength) from the group (B) during the year, and have to participate in them throughout the year. Whatever may be choices according to the availability, students shall have to show sufficient skill and have to achieve minimum prescribed standard at the end of the year.
- C. **Other Activities :**
 - i) Compulsory one seminar to be conducted by the college in the academic year especially in the field of Health & Science, Sports Medicine, Psychological parameters in sports, Food & Nutrition etc.
- D. **Obligatory activities :** A student shall have to practice the selected events during the course of the year. The standard for the student passing the activity are as follows.

I) Agility : Male Female

- i) 100 m. run 14 sec. 17 sec.
- ii) Long Jump 6 ½ ft. 5 ft

II) Endurance : Male Female

- (i) One mile run 8 minutes ----
- (ii) 400 m. run 56 sec. 65 sec.
- (iii) Five mile walk 1 ½ hours ----
- (iv) Three mile walk ----2 hours

III) Strength : Male Female

- (i) Rope climbing 15 feet 2 minutes ----
- (ii) Chin up 12 High Jump 3 times ---
- (iii) Sit Ups ¾ ft. 2 ¾ 25 times 15 times
- activities) ft. OR Pole Vault 4 ft. 3 ft.

Assessment of student’s participation in the voluntary & obligatory physical activities :

The student’s achievement in a particular activity shall be noted in the prescribed achievement card (App. III). The grades shall be given according to the achievement of the students.

- (1) The skill and attainment of adequate standard in an activity as shown in competitions specially organized.
- (2) Students knowledge about the rules of the games selected by him.

A student may, if he/she so desire complete trials during the first term so as to be able to concentrate on another activity during the second term. He shall, however, have to do so with the consent of the teacher in charge. However, till the end of the year he or she will have to complete all the tests for achieving grades.

Note : In order to improve the standard of attainment of students, they should be given conditioning exercises. The teacher in charge of the activities are advised to select for this purpose suitable lead up activities and physical training exercises. Such exercises shall enable students to acquire adequate skill and endurance necessary for the activity selected. The conditioning exercises shall generally be (i) mobility, (ii) strengthening exercise, (iii) agility type exercise and (vi) competitive team games (minor). The time for such activities shall be fixed by the teachers concerned.

Achievement card:

These cards should be given to students to record their performance and see for themselves the progress made in different activities during the course of the year. Yearly records should be noted by the teachers concerned and the cards should be signed student and teacher.

(specimen of the card App. III)

Records :

The record of the Physical Fitness of every student should be maintained and the copy of the same should be handed over to the student after the final exam.

Operation of the scheme :

The activities of the session shall be conducted as per the convenience of the teacher. The record of achievement shall be recorded on proforma in Appendix-III.

Allocation of Marks :-

For giving marks and grades following chart should be used.

- i) The maximum marks to be awarded will not be more than 100. The distribution of these marks would be as under : “The student reaching the prescribed standard will get 40 mark for voluntary activity and 20 marks for each of the three obligatory activities (20x3 =60) and these marks will be converted in Grade & added to the mark list of the student obtained by him in the final examination.”
- ii) The grading of marks will be as follows :

<i>Marks</i>	<i>Grade</i>
<i>100</i>	<i>A+</i>
<i>90</i>	<i>A</i>
<i>80</i>	<i>B+</i>
<i>70</i>	<i>B</i>
<i>60</i>	<i>C+</i>
<i>50</i>	<i>C</i>
<i>40</i>	<i>D+</i>
<i><40</i>	<i>Fail</i>
<i>Exempted</i>	<i>EX.</i>

Medically unfit / Differently able Students :

Medically unfit / differently able students will be exempted from the test. This is not depriving them from the equality of opportunity with other students.

APPENDIX – I Organizational Notes

1) Staff :

The colleges are expected to have qualified teachers in Physical Education and Sports. The scheme can be managed with the help of other teachers also 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 scheme, every class should be divided in to groups, and should be placed under a leader who should help the staff member in the organization of the work of physical education and sports. Orientation course/s for leaders should be organized in the college.

The evaluation of students should be done by Director of Physical Education and external University expert.

2) Facilities and Equipment : a) Playground

:-

The sports facilities available at the college should be maintained for the regular practices .

b) Equipment :-

1) According the playing facilities available in the college, the required equipment for the same needs to be made available to the students.

3) Financial Provision :

i) For the conduct of this scheme fees of Rs. 20/- (per student) should be collected by every college & the amount collected should be strictly utilized for the conduct of this activity.

ii) The external examiner shall be paid 5/- per student for conducting the exam in addition to T.A./Local Conveyance as per the norms of the University.

APPENDIX – III Achievement Card

Name of the Student

College

GORUP – A AND GROUP- B

NAME OF ACTIVITY		MAXIMUM MARKS	PERFORMANCE		MARKS	GRADE
VOLUNTARY	1	20				
	2	20				
	3	20				
COMPULSORY		40				
			TOTAL			

Signature of the student

Signature of teacher in- charge



APPENDIX – III Achievement Card

Name of the StudentCollege
ClassAge

Year

Signature

of the Teacher In-charge

hin-up (Male)

Group A (Voluntary activities)					
Selected Activity (Game)		I Year / II Year / III Year			Student's Signature
		G.	S.	P.	
Agility 1. 100 M. Run					
2	LJ				
3.	ong				
	ump				
Endurance 4. 1High Jump Or Pole Vault					
5.	Mile Run (Male)6. 400 M. Run (Female)				
	5				
7.	3 Miles Walk (Male) Miles Walk (Female)				
Strength 8.					
	S9. Rope Climbing (Male)it-ups (Female)				
10.	C				

N. B. :-In
game activity
to secure two
marks
students will
have toand
for one mark

get good remarks

student will have to get at least satisfactory remark.



Standard to be achieved

Male Female

1. 100 M. Run 14 sec. 17 sec.
2. Long. Jump 6 ½ ft. 5 ft.
3. High Jump or 3 ¾ ft. 2 ¾ ft. Pole Vault 4 ft. 3 ft.
4. 1 Mile walk 8 minutes -----
5. 5 Miles walk 1 ½ hours -----
6. Rope Climbing 15 ft. two times -----
7. Chin-up 12 times -----
8. 400 M. Run 56 sec. 65 sec.
9. 3 Mile walk -----2 hours
10. Sit-ups 25 times 15 times

(Reference :-Standard Norms for the tests are derived from Shivaji University, Kolhapur Physical Education scheme & which is conducted for testing physical fitness of college students.)

GUIDE LINES FOR LEADERS TRAINING CAMP

1. **Object :** It is desired that every college student should attend a minimum physical fitness standard during his college Education, even though he is not well up in skill of the games etc. With a view to meet this situation compulsory Physical Education has been introduced by the University. To make it more effective it is intended to associate student leaders with the working of this scheme as it concerns them. The Director of Physical Education alone, will not be able to meet the requirements of this scheme and hence to assist him in this project, the student leaders are to be given some important work of this scheme for execution and for their involvement in the development of human personality.

2. The scheme is very simple and adequate to meet the challenges of daily life, provided the students are properly involved. To elaborate equipment or other arrangements are required to

be made for this training. A resourceful student leader will be able to handle his class efficiently and effectively, if he has been initiated properly in the meaning and the Philosophy of this scheme. Everyone has to face so many difficulties while performing daily acts of life and it is hoped that this type of training will certainly create necessary confidence in every individual to face such challenges in daily life.

College and Universities are the places for such a type of training and this is therefore one of the schemes made to solve such problems through students' personal involvement.

Thus student leaders will have to share responsibility in this scheme and give guidance i.e. a sort of coaching to his group members to improve their performance in physical activities.

3. i) While conducting Orientation Classes for group leaders, care should be taken to select students who are keen, good in physical activities, good in bearing and posture i.e. personality.

ii) Selected group leaders should be asked to drill certain activities such as formations, giving commands, procedures for conducting a small class.

iii) This will give them confidence. See that they are given full information regarding marking of play grounds, how to use

iv) apparatus and care of it. Show them how to take roll call and other detail

maintenance of group discipline and the code of sportsmanship.

v) Teach them all activities according to s regarding

Group 1
participate
participate
to Physical
properly
of group
must be made
periods. Necessary time-table should be prepared for this
Education Scheme.
vi) They should be
guided to supervise and help to conduct
competitions or tests etc. vii) Group leaders
responsible to conduct and control
ation.

viii) Group leaders must be guided in various methods such as circuit training, weight training, incentive promoting training in activities, competition rules and methods of organization to create interest, group discipline etc.

ix)

Duties of group leaders to be taught :

- i. How to take attendance.
- ii. How to prepare an advance weekly programme.
- iii. How to keep record of performances.

- How to prepare Test sheets.
- Marking of play grounds for different games.

- vi. How to check-up equipment specifications.
- vii. How to control class.
- viii. Necessity of uniform and its impact on discipline and performances in Physical Education Class and its importance.

Training Schedule for Orientation Course (Minimum 3 days)

Timing

Exercise Tea Break
Hands, group control, skill in different activities and formation etc.
9-00 to 10-00 am -i. Guidance in maintaining records.
ii. Procedure to be followed in preparing and inorganizing various tests etc. Achievements cards, recording Major tests of the games.
Physical Education Scheme skills, methods in testing
Points relating to this scheme Tea Break
4-45 to 5-30 pm -Duties of the group leaders and practices coaching methods – training how to judge deficiencies in the performance of the skill. Care of equipments, play grounds, marking for various activities.

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