

GONDWANA UNIVERSITY GADCHIROLI

B.A. / B. Com./ B.Sc.

Semester-I

Co-Curricular Course [CC]

SPORTS

Maximum Marks = 50

Total Credit-02

Total Hours-04

Course Objectives

1. To make aware about the concept of health and wellness with respect to physical, mental, social and emotional wellbeing.
2. To make the students apply the theoretical knowledge into practicality through the assignments and practical projects.
3. To develop the knowledge of social factors concerning health and fitness
4. To Involve students in various Games and Sports

Learning Outcomes

The students would be able to

1. Knowledge about Games and Sports Field
2. Understand the modern concept of Games and Sports Training.
3. Understand the Officiating of Games and Sports.
4. Evaluate and develop system of Games and Sports Training.
5. Knowledge about Play Ground marking of various Games and Sports.

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Part-A

Marks-(2×10) =20

Practical Demonstration of Fundamental Skills of Selected Games & Sports [Any Two]

- (i) Volleyball
- (ii) Cricket
- (iii) Kabaddi
- (iv) Basketball
- (v) Baseball
- (vi) Tug of War

Part-B

Marks-20

Projects on the selected specialized Games & Sports [Any One]

- (i) Volleyball
- (ii) Cricket
- (iii) Kabaddi
- (iv) Basketball
- (v) Baseball
- (vi) Tag of War

The Games & Sports Project shall include the following Points

- | | |
|--|---------|
| (1) History of the Game | 4 Marks |
| (2) Ground Measurement and Equipments with diagram | 4 Marks |
| (3) Rule and Regulations | 4 Marks |
| (4) Player and their position | 4 Marks |
| (5) Officials and their duties | 4 Marks |

Part-C

Marks-10

Viva-voce

GONDWANA UNIVERSITY GADCHIROLI

B.A. / B. Com./ B.Sc.

Semester-II

Co-Curricular Course [CC]

SPORTS

Maximum Marks = 50

Total Credit-02

Total Hours-04

Part-A

Marks-(2×10) =20

Practical Demonstration of Fundamental Skills of Selected Games & Sports [Any Two]

- (i) Handball
- (ii) Netball
- (iii) Kho-Kho
- (iv) Football
- (v) Malkhambh
- (vi) Taekwondo

Part-B

Marks-20

Projects on the selected specialized Games & Sports [Any One]

- (i) Handball
- (ii) Netball
- (iii) Kho-Kho
- (iv) Football
- (v) Malkhambh
- (vi) Taekwondo

The Games & Sports Project shall include the following Points

- | | |
|--|---------|
| (1) History of the Game | 4 Marks |
| (2) Ground Measurement and Equipments with diagram | 4 Marks |
| (3) Rule and Regulations | 4 Marks |
| (4) Player and their position | 4 Marks |
| (5) Officials and their duties | 4 Marks |

Part-C

Marks-10

Viva-voce

GONDWANA UNIVERSITY GADCHIROLI

B.A. / B. Com./ B.Sc.

Semester-III

Co-Curricular Course [CC]

SPORTS

Maximum Marks = 50

Total Credit-02

Total Hours-04

Part-A

Marks-(2×10) =20

Practical Demonstration of Fundamental Skills of Selected Games & Sports [Any Two]

- (i) Badminton
- (ii) Table Tennis
- (iii) Hockey
- (iv) Karate
- (v) Swimming
- (vi) Sepak Takraw

Part-B

Marks-20

Projects on the selected specialized Games & Sports [Any One]

- (i) Badminton
- (ii) Table Tennis
- (iii) Hockey
- (iv) Karate
- (v) Swimming
- (vi) Sepak Takraw

The Games & Sports Project shall include the following Points

- | | |
|--|---------|
| (1) History of the Game | 4 Marks |
| (2) Ground Measurement and Equipments with diagram | 4 Marks |
| (3) Rule and Regulations | 4 Marks |
| (4) Player and their position | 4 Marks |
| (5) Officials and their duties | 4 Marks |

Part-C

Marks-10

Viva-voce

GONDWANA UNIVERSITY GADCHIROLI

B.A. / B. Com./ B.Sc.

Semester-IV

Co-Curricular Course [CC]

SPORTS

Maximum Marks = 50

Total Credit-02

Total Hours-04

Part-A

Marks-(2×10) =20

Practical Demonstration of Fundamental Skills of Selected Games & Sports [Any Two]

- (i) Athletics
- (ii) Wrestling
- (iii) Boxing
- (iv) Gymnastics
- (v) Softball
- (vi) Shooting

Part-B

Marks-20

Projects on the selected specialized Games & Sports [Any One]

- (i) Athletics
- (ii) Wrestling
- (iii) Boxing
- (iv) Gymnastics
- (v) Softball
- (vi) Shooting

The Games & Sports Project shall include the following Points

- | | |
|--|---------|
| (1) History of the Game | 4 Marks |
| (2) Ground Measurement and Equipments with diagram | 4 Marks |
| (3) Rule and Regulations | 4 Marks |
| (4) Player and their position | 4 Marks |
| (5) Officials and their duties | 4 Marks |

Part-C

Marks-10

Viva-voce

Examination Systems:

Allotment of Marks 50 for Practical formal activities at the end of the Semester-

1.	Practical Demonstration of Fundamental Skills of Selected Games & Sports [Any Two]	20 Marks
2.	Projects on the selected specialized Games & Sports[Any One]	20 Marks
3.	Viva-voce	10 Marks
Total		50

Sr. No.	Practical Demonstration of Fundamental Skills of Selected Games & Sports [Any Two]	Projects on the selected specialized Games & Sports [Any One]	Viva-voce & Attendance	Total
	(20 Marks)	(20 Marks)	(10 Marks)	(50 Marks)