

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-1

NAME: INTRODUCTION OF PHYSICAL EDUCATION & SPORTS

B.A -1

SEMISTER-1

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
JUNE	-	ADMISSION PROCESS	-	-
JULY	1	INTRODUCTIN OF PHYSICAL EDUCATION & SPORTS <ul style="list-style-type: none"> • MEANING, DEFINATION, CONCEPT • CHAGING CONCEPT OF PHYSICAL EDUCATION. EXERCISE, PHYSICAL TRAINING, GYMANASTICS, RECREATION, GAMES AND SPORTS, HEALTH AND PHYSICAL EDUCATION	LECTURE LECTURE	10 – 06
AUGUST	1 2	CHANGING CONCEPT OF PHYSICAL EDUCATION AIM AND OBJECTIVE S OF PHYSICAL EDUCATION a) GENERAL AIM b) OBJECTIVES:- ORANIC POWER, PHYSICAL SKILL, MENTAL & EMOTINAL DEVELOPMENT, SOCIAL DEVELOPMENT PROFESSIONAL DEVELOPMENT, NATIONAL INTEGRATION	LECTURE	04 08 04
SEPTEMBER	-	PRACTICALS & EXAM PRACTIE & ASSIGNMENT ATHELETICS- LONG JUMP, 100M. INDIAN GAME KABADDI. INDIAN EXERCISE- SURYA NAMASKAR	PRCTICAL	18
OCTOBER	-	UNIVERSITY EXAM DEEPAVALI VACATION	-	-
NOVEMBER	-	DEEPAVALI EXAM	-	-

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-2

NAME: THE FOUNDATION OF PHYSICAL EDUCATION

B.A -1

SEMISTER- II

	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
NOVEMBER	1	A) BODY POSTURE - MEANING, DEFINATION, INDS OF BODY POSTURE CHARACTERISTICS OF GOOD BODY POSTURE	LECTURE	08
DECEMBER	1	A) BODY POSTURE LECTURE 16 MEANING, DEFINATION, INDS OF BODY POSTURE CHARACTERISTICS OF GOOD BODY POSTURE NOTES B) PHYSICAL DIFFERENCE BETWEEN TWO SEXES MEN & VWOMEN, (PHYSICAL PERFORMANCE, STRENGTH, SPEED, ENDURANCE, AGILITY, FLEXIBILITY)	LECTURE LECTURE	10 – 06
JANUARY	1 2	a) PHYSICAL FITNESS & HEALTH LECTURE 16 b) 1)PHYSICAL FITNESS 2) FOCTORS OF PHYSICAL FITNESS, 3) BALANCE DIET 4) BAD HABITS SPECIAL REFERENCE TO PHYSICAL FITNESS ALCOHOL AND TOBACCO 5) WALKING NEANING, NEED AND IMPORTANCE	 LECTURE	04 08 04
FEBRUARY	2	B)PLAY- MEANING DEFINATION, CONCEPT LECTURE 16 WORK & PLAY C) THEORIES OF PLAY NOTES PRACTICE & UNIVERSITY EXAM PRACTICE	PRCTICAL	16
MARCH	-	PRACTIE & ASSIGNMENT PRACTICE & UNIVERSITY EXAM PRACTICE	-	16
APRIL	-	UNIVERSITY EXAM THEORY EXAM	-	-

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMOUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-III

NAME: HISTORY OF PHYSICAL EDUCATION & SPORTS

B.A -II

SEMISTER-III

[illegible]

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-IV NAME: ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION AND SPORTS
B.A -II SEMISTER-III

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
JUNE	-	ADMISSION PROCESS	-	-
JULY	1	THE NATURE AND PHILOSOPHY OF ORGANIZATION AND ADMINISTRATION A) NATURE OF ORGANIZATION AND ADMINISTRATION– I) MEANING, DEFINITION, AND CONCEPT OF ORGANIZATION AND ADMINISTRATION II) NEED AND IMPORTANCE OF ORGANIZATION AND ADMINISTRATION	LECTURE LECTURE	06 – 06
AUGUST	1	THE NATURE AND PHILOSOPHY OF ORGANIZATION AND ADMINISTRATION B) PHILOSOPHY OF ORGANIZATION AND ADMINISTRATION- I) PRINCIPLES OF ORGANIZATION IN PHYSICAL EDUCATION AND SPORTS. II) PRINCIPLES OF ADMINISTRATION IN PHYSICAL EDUCATION AND SPORTS	LECTURE	04 06 08
SEPTEMBER	-	SPORTS EQUIPMENT A) POLICIES OF PURCHASES OF SPORTS EQUIPMENT. B) CARE AND MAINTENANCE OF SPORTS EQUIPMENT.	PRCTICAL	08 08
OCTOBER	-	GYMNASIUM A) STANDARDS B) FACILITIES C) MAINTENANCES LECTURE, PRACTIE & ASSIGNMENT AND REVISION NOTES	-	16
NOVEMBER	-	PRACTICAL PRACTICE AND UNIVERSITY EXAMINATION BER DEEPAVALI VACATION	-	-

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-V NAME: DEVELOPMENT OF PHYSICAL EDUCATION AND SPORTS

B.A -II

SEMISTER- IV

	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
DECEMBER	1	1 b) DEVELOPMENT OF PHYSICAL EDUCATION IN MAHARASHTRA AND 1) MARATHA PERIOD:1600 A.D. ONWARDS NOTES 2) NROTOSH PERIOD : 1800 A.D. ONWARDS 3) PERIOD OF NATIONALISM:1920 ONWARDS 4) MODERN PERIOD: 1937 ONWARDS	LECTURE	10 06
JANUARY	1	DIFFERENT INSTITUTIONS FOR TRAINING IN PHYSICAL EDUCATION IN INDIA:- a)NSNIS b) LNIPE (DEEMED AND UNI) c) SPORT AUTHORITY OF INDIA (SAI) NOTES c) SPORTS AWARDS IN INDIA. 1) NATIONAL LEVEL: - 1. ARJUN AWARDS LECTURE 12 2. DRONACHARYA AND AWARDS NOTES KHEL RATNA AWARDS	LECTURE LECTURE	08 12
FEBRUARY	1 2	2) STATE LEVEL IN MAHARASHTRA 1. BEST COACH AWARDS LECTURE 16 2. SHIV CHATRAPATI AWARDS - FOR ANDNOTES PLAYERS, SANGHATAK	 LECTURE	04 08 04
MARCH	2	MARCH PRACTICAL PRACTICES/ UNIVERSITY PRACTICAL EXAM PRACTICE & ASSIGNMENT	PRCTICAL	16
APRIL	-	UNIVERSITY EXAM THEORY EXAM	-	

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-VI NAME : **ORGANIZATION AND ADMINISTRATION OF MEETS AND TOURNAMENTS**

B.A -II

SEMISTER- IV

	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
DECEMBER	1	OBJECTIVES: 1. TO ACQUAINT STUDENTS WITH THE ORGANIZATION AND CONDUCT OF VARIOUS COMPETITIONS. 2. TO AWARE STUDENTS OF THE CONDUCT OF SPORTS EVENTS, EQUIPMENT, FACILITIES, BUDGET MAKING, ETC. 3. TO DEVELOP SKILLS OF STUDENTS REGARDING THE PREPARATION OF VARIOUS PLAY FIELDS. 4. EMPHASIZE THE NEED OF WELL-DEFINED ADMINISTRATIVE POLICIES AND THE MEANS OF ESTABLISHING THESE.	LECTURE	10 06
JANUARY	1	MEETS AND TOURNAMENTS A) IMPORTANCE OF MEETS AND TOURNAMENTS. B) TYPES OF TOURNAMENTS I) KNOCK-OUT II) LEAGUE OR ROUND RIBBON III) COMBINATION TOURNAMENTS (TO DRAW THE LOTS, THE IRMERITS AND DEMERITS) C) ATHLETIC MEET: OFFICIALS, VARIOUS COMMITTEES, OPENING CEREMONY, CLOSING CEREMONY	LECTURE LECTURE	08 12
FEBRUARY	1	ORGANIZATION AND ADMINISTRATION OF COMPETITIONS a) Sports Competitions i) Inter-collegiate/Zonal Competitions of Shivaji University. ii) Inter-Zonal Competitions of Shivaji University. iii) Inter-university sports competitions. B) Various committees and responsibilities for organization and administration of competitions	LECTURE	04 08 04
MARCH	2	PLAY GROUND STANDARDS AND FACILITIES A) PREPARATION AND MAINTENANCE OF PLAYGROUNDS. B) LAY-OUT OF PLAY FIELDS-KABADDI, KHO-KHO, VOLLEYBALL, HANDBALL, CRICKET AND BASKETBALL. PRACTICAL PRACTICES/ UNIVERSITY PRACTICAL EXAM PRACTIE & ASSIGNMENT	PRCTICAL	16
APRIL	-	EXAM THEORY EXAM	-	

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-IDS 1

NAME :YOGA IDS

B.A -II

SEMISTER-III

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
JUNE	-	ADMISSION PROCESS	-	-
JULY	1	CONCEPT, DEFINATION OF YOGA NOTES AIM AND OBJECTIVES OF YOGA	LECTURE LECTURE	10 06
AUGUST	1	AIM AND OBJECTIVES OF YOGA LECTURE 16 NOTES ASTANG YOGA- (PATANJALI) YAM, NIYAM, ASANA	 LECTURE	 06 10
SEPTEMBER	-	ASTANG YOGA-PRANAYAM, PRATYAHAR, DHARMA, DHYAN, SAMADHI	PRCTICAL	08 08
OCTOBER	-	PRACTICAL PRACTICES AND PRACTICAL EXAMINATION ASANAS, OMKAR, SADHANA PRAYER LECTURE, PRACTICE & ASSIGNMENT AND REVISION NOTES	-	
NOVEMBER	-	PRACTICAL AND EXAM DEEPAVALI VACATION	-	-

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-IDS 2

NAME :YOGA IDS

B.A -II

SEMISTER- IV

	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
DECEMBER	1	CURRENT MISCONCEPTION ABOUT YOGA	LECTURE	10 06
JANUARY	1	EFFECT OF YOGIC EXERCISES AND YOGA ON VARIOUS SYSTEM OF HUMAN BODY	LECTURE LECTURE	06 10
FEBRUARY	1	3 YOGIC DIET LECTURE 16 BENIFIS OF YOGA IN MODERN LIFE NOTES	LECTURE	04 08 04
MARCH	2	PRACTICAL AND ORAL	PRCTICAL	-
APRIL	-	UNIVERSITY EXAM THEORY EXAM	-	

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-VII NAME: HEALTH EDUCATION

B.A -III

SEMISTER-V

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
JUNE	-	ADMISSION PROCESS	-	-
JULY	1	HEALTH EDUCATION A) MEANING, DEFINITIONS OF HEALTH EDUCATION. B) NATURE AND SCOPE OF HEALTH EDUCATION.	LECTURE	06 –
			LECTURE	06
				04
AUGUST	1	HEALTH CARE A) PERSONAL HEALTH 1) FACTOR'S OF PERSONAL HEALTH -I) PHYSICAL II) MENTAL 2) FACTORS INFLUENCING ON HEALTH I) HEREDITY II) ENVIRONMENT II) HABITS IV) EXERCISE	LECTURE	04
				06
				08
SEPTEMBER	1	B) SOCIAL HEALTH A) COMMUNICABLE DISEASES CAUSES & PREVENTION (HIV / AIDS, MALARIA, DENGUE, CHIKUNGUNYA, SWINE FLU, CORONA ETC.)	PRCTICAL	08
				08
OCTOBER	1	HEALTH OF THE COMMUNITY A) HEALTH PROBLEMS IN FAMILY, COMMUNITY, SCHOOL AND COLLEGES. LECTURE, PRACTIE & ASSIGNMENT AND REVISION NOTES	-	08
				04
				04-
NOVEMBER	-	DEEPAVALI VACATION	-	-

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-VIII

NAME: RECREATION IN PHYSICAL EDUCATION AND SPORTS

B.A -III

SEMISTER-V

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
JUNE	-	ADMISSION PROCESS	-	-
JULY	1	a) CONCEPT, DEFINATION, NATURE AND FUNCTION OF RHYTHM, RECREATION NOTESEXERCISE	LECTURE	06 –
			LECTURE	10
AUGUST	1	b) NEED AND IMPORTANCE OF RECREATION IN SPORTS AND PHYSICAL EDUCATION NOTES	LECTURE	16
SEPTEMBER	2	b). NEED AND IMPORTANCE OF RECREATION IN SPORTS AND PHYSICAL EDUCATION	LECTURE	08
		OBJECTIVES OF RECREATION REVISION		08
OCTOBER	-	LECTURE, PRACTIE & ASSIGNMENT RACTICAL	-	08
		PRACTICAL- PRACTICE AND EXAM		04-
NOVEMBER	-	DEEPAVALI VACATION	-	-

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-IX NAME: YOGA

B.A -III

SEMISTER-V

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
JUNE	-	ADMISSION PROCESS	-	-
JULY	1	1) AIM AND OBJECTIVES AND SCOPE OF YOGA IN HUMAN LIFE NOTES	LECTURE	06 –
	2	YOGA AND PHYSICAL HEALTH – PROMOTIVE, PERVENTIVE AND CURATIVE ASPECTS OF PHYSICAL HELATH TACKLED THROUGH YOGIC PRACTICES	LECTURE	10
AUGUST	1	YOGA AND PHYSICAL HEALTH – PROMOTIVE, PERVENTIVE AND CURATIVE ASPECTS OF PHYSICAL HELATH TACKLED THROUGH YOGIC PRACTICES	LECTURE	04 04
SEPTEMBER	2	YOGA AND MENTAL HEALTH:- NATURE OF PROBLEM IN MENTAL HEALTH, PROMOTIVE, PREVENTIVE AND NOTES CURATIVE ASPECTS OF MENTAL HEALTH THROUGH YOGIC PRACTICES	LECTURE	08 08
OCTOBER	-	PRACTICAL PRACTICES& ASSIGNMENT AND PRACTICAL EXAMINITON PRACTICAL- PRACTICE AND EXAM	LECTURE	10
			RACTICAL	06
NOVEMBER	-	DEEPAVALI VACATION	-	-

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-X NAME: ANATOMY AND PHYSIOLOGY

B.A -III

SEMISTER-V

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
JUNE	-	ADMISSION PROCESS	-	-
JULY	1	INTRODUCTION: A) ANATOMY, PHYSIOLOGY -MEANING. DEFINITION AND IMPORTANCE.	LECTURE	06 –
	2	B) THE CELL AND ITS PARTS.	LECTURE	10
AUGUST	1	SKELETAL AND MUSCULAR SYSTEM A) TYPES OF BONES AND NAMES OF VARIOUS BONES OF THE BODY. B) VARIOUS TYPES OF JOINTS AND MAJOR MOVEMENTS AROUND THEM. C) STRUCTURAL CLASSIFICATION OF SKELETAL MUSCLE, STRUCTURE AND FUNCTIONS OF SKELETAL MUSCLE.	LECTURE	04 04
SEPTEMBER	2	RESPIRATORY SYSTEM: A) THE NOSE, PHARYNX, LARYNX, TRACHEA, BRONCHIOLES, LUNGS - STRUCTURE AND FUNCTIONS. B) VITAL CAPACITY, SECOND WIND. C) EFFECT OF EXERCISE ON RESPIRATORY SYSTEM	LECTURE	08 08
OCTOBER	-	PRACTICAL PRACTICES& ASSIGNMENT AND PRACTICAL EXAMINON PRACTICAL- PRACTICE AND EXAM	LECTURE RACTICAL	10 06
NOVEMBER	-	PRACTICAL PRACTICE AND UNIVERSITY EXAMINATION BER DEEPAVALI VACATION	-	-

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-XI NAME: **DIETETICS AND NUTRITION**

B.A -III

SEMISTER-V

MONTH	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
JUNE	-	ADMISSION PROCESS	-	-
JULY	1	DIET COMPONENTS CARBOHYDRATES, PROTEINS, FATS, VITAMINS. MINERAL FIBERS AND WATER (NEED & IMPORTANCE).	LECTURE	06 –
	2		LECTURE	10
AUGUST	1	BALANCE DIET:- MEANING. DEFINITION AND SOURCES	LECTURE	04 04
SEPTEMBER	2	MALNUTRITION A) UNDER WEIGHT-CAUSES, SIGN AND SYMPTOMS. B) OBESITY - CAUSES, TYPES, SIGNS AND SYMPTOMS	LECTURE	08 08
OCTOBER	-	PRACTICAL PRACTICES& ASSIGNMENT AND PRACTICAL EXAMINON PRACTICAL- PRACTICE AND EXAM	LECTURE RACTICAL	10 06
NOVEMBER	-	PRACTICAL PRACTICE AND UNIVERSITY EXAMINATION BER DEEPAVALI VACATION	-	-

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-XII NAME : HEALTH EDUCATION PROGRAM

B.A -III

SEMISTER- VI

	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
DECEMBER	1	HEALTH PROGRAMME A) IMPORTANCE OF EXERCISES IN HEALTH AND FITNESS. B) DRUGS, ALCOHOL AND TOBACCO-ADVERSE EFFECT ON PERFORMANCE.	LECTURE	10 06
JANUARY	1	POPULATION EDUCATION A) NEED IMPORTANCE AND SCOPE OF POPULATION EDUCATION. B) ROLE OF HEALTH EDUCATION IN POPULATION EDUCATION	LECTURE LECTURE	08 12
FEBRUARY	1	WORLD HEALTH ORGANIZATION (WHO) A) AIMS & OBJECTIVES, PROGRAM AND PROJECTS	LECTURE	04 08 04
MARCH	2	B) WORLD HEALTH ORGANIZATION - INDIA C) HIV / AIDS - CAUSES, SYMPTOMS AND PREVENTION. PRACTICAL EXAM PRACTIE & ASSIGNMENT	PRCTICAL	16
APRIL	-	EXAM THEORY EXAM	-	

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-XIII NAME ; RESEARCH IN PHYSICAL EDUCATION AND SPORTS JOURNALISM

B.A -III

SEMISTER- VI

	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
DECEMBER	1	RESEARCH – CONCEPT, MEANING AND DEFINITION	LECTURE	10 06
JANUARY	1	TYPES OF RESEARCH	LECTURE LECTURE	08 12
FEBRUARY	1	RESEARCH PROCESS I) STAGES IN RESEARCH PROCESS	LECTURE	04 08 04
MARCH	1	SPORTS JOURNALISM PRINT MEDIA,ELECTRONIC MEDIA,SOCIAL MEDIA NEWS REPORTER, PRACTICAL EXAM PRACTICE & ASSIGNMENT	PRACTICAL	16
APRIL	-	EXAM THEORY EXAM	-	

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-XIV

NAME ; YOGA AND HEALTH

B.A -III

SEMISTER- VI

	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
DECEMBER	1	RELATIONSHIP OF YOGA WITH EMOTIONAL HEALTH.	LECTURE	10 06
JANUARY	1	A) STRUCTURE OF HUMAN BODY AND YOGASANAS. B) EFFECT OF YOGIC EXERCISES ON RESPIRATORY AND NERVOUS SYSTEM.	LECTURE LECTURE	08 12
FEBRUARY	1	YOGA AND SPORTS: PSYCHOPHYSICAL BASIS OF PROMOTING SPORTS CAREER. CONTRIBUTION OF YOGIC PRACTICES FOR THE DEVELOPMENT OF SPORTS PERFORMANCES.	LECTURE	04 08 04
MARCH	1	PRACTICAL EXAM PRACTIE & ASSIGNMENT	PRCTICAL	16
APRIL	-	EXAM THEORY EXAM	-	

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-XV

NAME ; ANATOMY AND PHYSIOLOGY OF EXERCISE

B.A -III

SEMISTER- VI

	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
DECEMBER	1	CIRCULATORY SYSTEM: A) BLOOD - ITS CONSTITUENTS AND FUNCTIONS, HEART - ITS STRUCTURE AND FUNCTION. B) BLOOD PRESSURE, PULSE, BLOOD GROUPS, OXYGEN DEBT.	LECTURE	10 06
JANUARY	1	DIGESTIVE SYSTEM: A) ORGAN OF DIGESTIVE SYSTEM - MOUTH, TEETH, SALIVARY GLANDS, PHARYNX, OESPHAGES, STOMACH, SMALL AND LARGE INTESTINE, PANCREAS, LIVER, STRUCTURE AND FUNCTION - IN BRIEF.	LECTURE LECTURE	08 12
FEBRUARY	1	B) EXCRETORY SYSTEM: KIDNEY AND SKIN - IT'S STRUCTURE AND FUNCTION	LECTURE	04 08 04
MARCH	1	NERVOUS SYSTEM: STRUCTURE OF BRAIN AND SPINAL CORD, REFLEX ACTION. PRACTICAL EXAM PRACTIE & ASSIGNMENT	PRCTICAL	16
APRIL	-	EXAM THEORY EXAM	-	

MAHAVIR COLLEGE, KOLHAPUR (AUTONOMUS)

AFFILIATED SHIVAJI UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC YEAR 2024-25

NAME OF TEACHER : MR. SANDEEP T. PATIL

MR.SUDARSHAN E. POWAR

PAPER NO.-XVI

NAME ; DIETETICS AND HYGIENE

B.A -III

SEMISTER- VI

	UNIT	TITLE & SUBTITLE	TEACHING METHOD	NO. OF PERIOD
DECEMBER	1	FOOD SOURCES AND THE THEIR EFFECT A) NATURAL FOOD B) IMPURE FOOD C) PROCESSED FOOD D) STIMULANTS	LECTURE	10 06
JANUARY	1	ATHLETE DIET MEANING .NEED AND IMPORTANCE.	LECTURE LECTURE	08 12
FEBRUARY	1	IMMUNITY A) PERSONAL HYGIENE - DESIRABLE HYGIENE HABITS B) SCHOOL HEALTH PROGRAMME – SERVICE, SUPERVISION.	LECTURE	04 08 04
MARCH	1	.PRACTICAL, PRACTICE PRACTICAL EXAM PRACTIE & ASSIGNMENT	PRCTICAL	16
APRIL	-	EXAM THEORY EXAM	-	