SES's L.S. RAHEJA COLLEGE OF ARTS AND COMMERCE (AUTONOMOUS)

BOARD OF STUDIES: AD HOC BOS – Co-curricular Courses
PROGRAMME: B.COM (COST AND MANAGEMENT ACCOUNTING)
SEMESTER: I
NOMENCLATURE OF THE COURSE: Physical Education and Sports
NEP Vertical: Co – curricular courses
Credit: 2

(As Per Choice Based Credit System (under NEP 2020) with effect from the Academic Year 2025-26)

Programme:	B. Com (Cost & Management Accounting)
Nomenclature of the Course	Physical Education and Sports
Total Marks	50
Semester:	I
Academic year	2025-2026

LEARNING OBJECTIVES:

- To understand the importance of Physical Education
- Increase participation of students in various games and sports and fitness activities
- To create interest regarding sports, physical fitness to inculcate healthy habits for lifelong

COURSE OUTCOMES:

- The student will participate in various games, sports and physical activities and they will also learn the technical and tactical experience of it.
- Own choice based activities will be the stress buster for the students and this will inculcate healthy habits in the students

Unit	Course Content	Andragogy	No of Lectures
I	Importance of Physical Education and Sports • Importance of physical education, physical literacy, and Sports • Importance and benefits of participation in any sports or fitness activities.	Presentations, Case studies, Group Discussions	10
II	Introduction to Sports and Fitness Activities • Participation in any choice base physical activities, students involve themselves in any physical Activities. (Students must submit the Geo Tagged photos, Enrolment receipt, Certificate etc.) • Participation in any practice sessions conducted by any Sports Institution (Geo tagged Photo) • Visit to any sports competition/ Workshop/ Seminar (Geo tagged Photo)	Presentations, Case studies, Group Discussions	10

SUGGESTED READINGS

1. Bucheer , C.A. (n.d.) foundation of physical education. St. louis : The C.V. Mosby CO. Despande , S.H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
2. Uppal, A.K.(1992) Physical Fitness. New Delhi: Friend Publication
3. Test , Measurement and Evaluation in Sports and Physical education- Dr. Devinder K. Kansal
4. Arihant Publication – NTA UGC
5. CBSE Champion- Class 12 Physical Education
6. Russell, R.P. (1994). Health and Fitness through Physical Education. USA: Human Kinetics.
7. University of Mumbai- Sports and Physical Education Syllabus

QUESTION PAPER PATTERN

A. Project Presentation on any Choice Base activities attended by students (10 M)
B. Viva on any Choice Base activities attended by students (10 M)
C. Participation in various games/fitness activity from any club or attending College sports practices or any sports event conducted by Sports Committee / Institution / Clubs (60 Hours for Each Semester). (20 M)
D. Volunteering in any Sports/fitness activities conducted by college. (10 M)