

सावित्रीबाई फुले पुणे विद्यापीठ

दूरध्वनी क्रमांक :

०२०-२५६९१२३३

२५६०१२५७

२५६०१२५८

२५६०१२५९



शैक्षणिक विभाग

गणेशखिंड, पुणे-४११ ००७

टेलिग्राफ : 'युनिपुणे'

फॅक्स : ०२०-२५६९१२३३

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संदर्भ क्र. : सीबीई/१२८४

परिपत्रक क्र. २२५ / २०१४

विषय:- प्रथम वर्षाच्या विद्यार्थ्यांसाठी व्यापक आरोग्य स्तराची योजना (Physical Education Scheme) सुरू करण्यास मान्यता देणेबाबत.

विद्यापीठ अधिकार मंडळाने घेतलेल्या निर्णयानुसार कळविण्यात येते की, सर्व विद्याशाखांकरिता शारीरिक शिक्षणशास्त्र विद्याशाखेने तयार केलेल्या व्यापक आरोग्य स्तराची योजना (Physical Education Scheme) शैक्षणिक वर्ष २०१५-१६ मध्ये प्रथम वर्षामध्ये प्रवेश घेणा-या विद्यार्थ्यांसाठी लागू करण्यास मान्यता देण्यात येत आहे. तसेच या योजनेच्या अभ्यासक्रमासाठी मान्यता देण्यात येत आहे.

सदर अभ्यासक्रम सावित्रीबाई फुले पुणे विद्यापीठाच्या www.unipune.ac.in या संकेतस्थळावर Syllabi या शीर्षकाखाली उपलब्ध करण्यात आला आहे, याची सर्व संबंधितांनी नोंद घ्यावी.

मा. प्राचार्य, सर्व संलग्नीत महाविद्यालये व मा. संचालक, सर्व मान्यताप्राप्त संस्था यांना विनंती की सदर परिपत्रकाचा आशय सर्व संबंधितांच्या, प्राध्यापक व विद्यार्थी यांच्या निदर्शनास आणून दयावा.


संचालक
(म.वि.वि.मं.)

कृ.मा.प.

प्रत माहितीसाठी व पुढील योग्य त्या कार्यवाहीसाठी:—

१. मा. अधिष्ठाता, सर्व विद्याशाखा
२. मा. संचालक, बी.सी.यु.डी.
३. मा. विभागप्रमुख, सर्व विभाग
४. मा. प्राचार्य, सर्व संलग्नीत महाविद्यालये
५. मा. संचालक, सर्व मान्यताप्राप्त संस्था
६. मा. परीक्षा नियंत्रक, पुणे विद्यापीठ
७. मा. संचालक, स्पर्धा परीक्षा केंद्र
८. मा.संचालक (परदेशी विद्यार्थी केंद्र)
९. मा. प्रमुख, विद्यापीठ उपकेंद्र :अहमदनगर, नाशिक.
१०. उपकुलसचिव, परीक्षा (१,२)
११. सिस्टीम ऑनॅलिस्ट डेटा प्रोग्रेसिंग युनिट
१२. उपकुलसचिव, शैक्षणिक प्रवेश
१३. उपकुलसचिव, नियोजन व विकास
१४. उपकुलसचिव, शैक्षणिक पात्रता
१५. सहाय्यक कुलसचिव (परीक्षा समन्वय)
१६. सहाय्यक कुलसचिव (परीक्षा—एस.अॅण्ड टी.विभाग)
१७. उपकुलसचिव (गोपनीय कक्ष)
१८. सहाय्यक कुलसचिव (सभा दफ्तर)
१९. वरिष्ठ कायदा अधिकारी
२०. जनसंपर्क अधिकारी
२१. कक्षाधिकारी (बहिःस्थ)
२२. सहाय्यक कुलसचिव (संलग्नता)

विद्यापरिषद ठराव क्र. ब ५०/पीए/५०/१४ दि. ३ जून, २०१४
व्यवस्थापन परिषद ठराव क्र. म: ३८१/२९१०१४

SAVITRIBAI PHULE PUNE UNIVERSITY



PHYSICAL EDUCATION SCHEME

**(for All Faculty Students of
First Year / Second Year / Third 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 this education to improve their physique during the course of college education. It is designed to ensure that on completion of this training they will have attained the prescribed minimum standard.

Object of the scheme :

The object of the scheme is to help in the production & maintains of fitness of mind, body and character and so ensure that the student is mentally alert & physically efficient to withstand the strains and fatigue of daily life. It will prepare him for the strenuous training which will help him to build strong to undergo in his life's barriers.

The students will undergo this scheme for all years of his under graduate course education. (Normally Ist, IInd & IIIrd year)

The Scheme :

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

(A) (Group) 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-lifting & Power-lifting
- xv. Wrestling

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

(B) (Group) 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 :- Teachers are expected to demonstrate in all athletic activities to the students at the beginning of the year)

Participation in the scheme :-

- A. **Voluntary Activities** : Under this category, a student shall have to choose at least one activity every year, from the activities enumerated above and to participate in them throughout the year. In the second year and third year a student will pursue any other one activity each year from the list of the voluntary activities. Whatever may be choice, students shall have to show sufficient skill and a specific standard of attainment at the end of each year.
- B. **Obligatory Activities** : Under this category, a student shall have to choose any three activities from the group every year, from the activities enumerated above and to participate in them throughout the year. In the second year and third a student will pursue any other remaining three activities each year from the list of the obligatory activities. Whatever may be choice, students shall have to show sufficient skill and a specific standard of attainment at the end of each year.
- C. **Other Activities** :
 - i) Compulsory one seminar of sports should be conducted by the college in the 1st semester of every 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 events enumerated above course of the year. The standard expected of a student for the purpose of getting a pass in the obligatory activities are as under :-

I) Agility :	Male	Female
(i) 100 m. run	14 sec.	17 sec.
(ii) Long Jump	6 ½ ft.	5 ft
(iii) High Jump	3 ¾ ft.	2 ¾ ft.
OR		
Pole Vault	4 ft.	3 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 times	----
(iii) Sit Ups	25 times	15 times

- Note :** (1) Select any one activity from the group (Voluntary Activities)
 (2) Select any three activities from the rest three groups (Obligatory Activities)

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

The student's progress in a particular activity shall be marked in the prescribed achievement card (App. III). While making the assessment on this card as either good or satisfactory or poor, the teacher in-charge shall generally take into account the following factors :-

- (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.
- (3) Participation in matches. (Intercollegiate; Inter Zonal; Inter University)

A student may, if he so desire complete trails 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 teachers in charge of the activities are advised to select for this purpose suitable activities of lead-up type and also physical training exercises. Such exercises shall enable students to acquire adequate skill and endurance necessary for the activity selected by him. 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 both by the teacher and the concerned student (specimen of the card enclosed App. III)

Records :

The record of the Physical Fitness of every student should be maintained at the first, second & third year & should be handed over to him after his final examination.

Operation of the scheme :

Obligatory activities should be done preferably in the morning session and voluntary activities should be conducted in the evening session while games.

The record of trails and final test in respect of obligatory and voluntary activities shall be kept in the proforma in Appendix-III.

Allocation of Marks :-

The method of giving incentive marks would generally be on the following lines.

- i) The maximum marks to be awarded will not be more than 10. The distribution of these marks would be as under : “The student reaching the prescribed standard will get only 1 mark for each voluntary activity and 3 marks for each of the three obligatory activities and these marks will be converted in Grade & added to the mark list of the student obtained by him in the final examination.”
- ii) These grades will be credited to those who attain the prescribed standard in obligatory and voluntary activities only.
- iii) The grading of marks will be as follows :

Marks	Grade
10	A+
09	A
08	B+
07	B
06	C+
05	C
04	D+
03	D
02	E+
01	E
00	F
Exempted	Ex.

Medically unfit / Physically Challenged Students :

Medically unfit / physically challenged students will have to forego the benefit of grades, if they seek the exemption from the practice and tests in the physical education subject. This is not depriving them from the equality of opportunity with other students. Though the grades obtained by the physically fit students are to be added to their final mark list every year. The subject of physical education is not a separate head of passing.

In the interest of better results, practice trails should be arranged. This would enable a student to judge for himself with the standard of his performance.

The organization and improvisation of apparatus for judging the standards, conduct of physical efficiency standards etc. are explained in the accompanying notes.

(Appendices I & II)

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 teachers 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 into 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. It is better to organize orientation courses for leaders in the colleges.

The evaluation of students should be done by Director of Physical Education / In-charge of the activity of the college.

2) Facilities and Equipment :

a) Playground :-

Required playground area for a college should be made available and it should be well leveled.

b) Equipment :-

- 1) Games equipments are generally available in the college. This can be used for conducting voluntary activities.
- 2) For obligatory activities, equipment can be used in a very limited space of the ground.

3) Financial Provision :

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

APPENDIX – II

Notes on conducting the Physical Efficiency standards

- ❖ Students should be in proper uniform with sports shoes and sports outfit.
- ❖ The time-keeper, who stands at the side of the finishing tape, controls the start of the sprint. When he holds up his arm, the starter at the starting line says “get set” and as he drops his arm the starter says “go”.
- ❖ 100 M. should be measured accurately. A stop watch is to be used for recording the time.
- ❖ High Jump is to be measured from that part of the rope or lath which is nearest to the ground. The vaults must be clear vaults, one or two handed, only the hand touching the apparatus. The astride vaults is not allowed. High Jump standards or apparatus for vaulting can be improvised.
- ❖ One mile measured on a level road or around a football ground or on a track will be useful for this purpose.
- ❖ Five miles can be taken in a similar manner on a road not very steep.
- ❖ Rope Climbing : starting at the standing position : Any method of climbing may be used, but the use of the legs is advised. The chin must touch the 15 ft. mark on the rope. 20 ft. rope can be hung from a tree or secure beam.
- ❖ Chin Up : Any bar, or beam, or stick and human support on benches etc. may be used provided it is possible to assume the hanging position-feet off the ground. The hands must grasp the bar at not less than the width of the shoulders apart. Horizontal bar may be used for this purpose. While taking this test, the teachers in charge should see that the chin goes above the bar in the arms bend position. If a student fails to do this it should not be counted, only correct chin up should be counted.
- ❖ Sit Ups (Female) : Girl lies on the floor with her legs 12 inches apart, and with her hands clasped behind her neck. A partner holds her ankles firmly. She then sits up, touches her right elbow to her left knee and slowly returns to the floor. She repeats sit up touching her right knee with her left elbow and returns slowly to the floor. She does this continuously.

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APPENDIX - III
Achievement Card

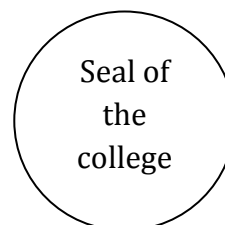
Name of the Student

College

Group A (Voluntary activities)				
Selected Activity (Game)	I Year / II Year / III Year			Student's Signature
	G.	S.	P.	

- ❖ G = Good,
- ❖ S = Satisfactory,
- ❖ P = Poor

Signature of the Teacher In-charge



N. B. :- In game activity to secure one mark students will have to get at least satisfactory remark.

APPENDIX - III
Achievement Card

Name of the Student

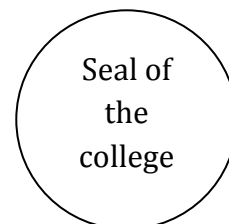
College

Class Year

Age

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.	Long Jump				
3.	High Jump Or Pole Vault				
Endurance					
4.	1 Mile Run (Male)				
5.	400 M. Run (Female)				
6.	5 Miles Walk (Male)				
7.	3 Miles Walk (Female)				
Strength					
8.	Rope Climbing (Male)				
9.	Sit-ups (Female)				
10.	Chin-up (Male)				

Signature of the Teacher In-charge



N. B. :- In game activity to secure two marks students will have to get good remarks and for one mark 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 Pole Vault	3 ¾ ft. 4 ft.	2 ¾ 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. There is no 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. This will give them confidence.
 - iii) See that they are given full information regarding marking of play grounds, how to use apparatus and care of it.
 - iv) Show them how to take roll call and other details regarding maintenance of group discipline and the code of sportsmanship.
 - v) Teach them all activities according to Physical Education Scheme.
 - vi) They should be properly guided to supervise and help to conduct of group competitions or tests etc.
 - vii) Group leaders must be made responsible to conduct and control participation periods. Necessary time-table should be prepared for this participation.

- 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.
 - iv. How to prepare Test sheets.
 - v. 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

7-30 to 8-00 am	-	Warming up exercise Tea Break
8-10 to 9-00 am	-	Training in commands, 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 in organizing various tests etc. Achievements cards, recording Major tests of the games.
2-30 to 3-30 pm	-	Practices in Physical Education Scheme skills, methods in testing
3-30 to 4-30 pm	-	Discussions on 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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