

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



BOARD OF STUDIES: Co-Curricular Courses

PROGRAMME:

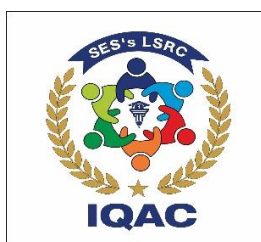
SEMESTER: IV

NOMENCLATURE OF THE COURSE: Traditional Sports and Fitness-II

NEP Vertical: CC

Credit: 2

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



Programme:	
Nomenclature of the Course	Traditional Sports and Fitness-II
Total Marks	50 Marks
Semester:	IV
Academic year	2025-26

LEARNING OBJECTIVES:

- Understand the cultural and historical importance of traditional sports.
- Identify key Indian and global indigenous games.
- Learn fitness principles linked to traditional physical activities.
- Develop basic practical skills in traditional fitness methods.
- Promote awareness of cultural and physical heritage.
- Integrate traditional fitness into modern wellness practices.

COURSE OUTCOMES:

- Describe the evolution and role of traditional sports.
- Perform basic skills in games like Kabaddi, Yoga, Lathi Kathi, etc.
- Apply traditional fitness techniques in personal routines.
- Recognize the value of traditional sports in society.
- Organize and engage in cultural sports events.
- Reflect on personal fitness using traditional methods.

Module	Title	Topics Covered	Hours
Module I <i>Theoretical Foundations of Traditional Fitness</i>	Unit 1: Theoretical Foundations of Traditional Fitness	<ul style="list-style-type: none"> • Basic anatomy and physiology relevant to traditional exercises • Energy systems (aerobic and anaerobic) in indigenous training • Principles of balance, flexibility, agility, and endurance • Mind-body connection in traditional practices 	8 Hours
	Unit 2: Preservation and Modern Application	<ul style="list-style-type: none"> • Decline of traditional sports – causes and consequences • Revival movements and government policies (e.g., Khelo India, FIT India Movement) • Integrating traditional sports into school curriculums and community programs • Role of media and technology in promoting indigenous games 	7 Hours

Module II <i>Practical Aspects of Sports Industry Management</i>	Unit 1: Skill Development & Team Play	<ul style="list-style-type: none"> • Practicing sport-specific skills (e.g., Lathi Kathi, dodging in Kabaddi, quick reflexes in Kho-Kho) • Game simulations and mini-tournaments • Developing communication, teamwork, and leadership 	8 Hours
	Unit 2: Cultural Integration and Reflection	<ul style="list-style-type: none"> • Cultural stories and heritage linked to traditional games • Guest speakers or virtual tours (e.g., visit to a traditional sports club or museum) • Journaling: Reflect on fitness progress, cultural insights, and favorite games • Preserve cultural heritage • Improve national health • Promote indigenous forms of fitness 	7 Hours

Passing Criteria: Minimum 40% (20 marks out of 50) Assessment Rubric (50 Marks)

Component	Marks	Criteria
Attendance & Participation	15	Active engagement in discussions and practical sessions
Assignments & Theory Test	10	Submission of assignment and fitness test
Practical Demonstration	15	Practical examination of sports and fitness components
Viva / Presentation	10	Presentation on traditional games

References:

- The Indian Sports : An Insight into the History and Significance of Indian Traditional Sports- Dr. Jagadeesh Pillai (Author)
- <https://bharatiyakhel.in/> - the official Indian government website for traditional Indian games
- Khel Book
- Association of Traditional Sports and Games, India
- Functional Anatomy for sports and fitness- Clare E. Milner