

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



**BOARD OF STUDIES:** Co-Curricular Courses

**PROGRAMME:** BAMMC

**SEMESTER:** III

**NOMENCLATURE OF THE COURSE:** Traditional Sports and Fitness-I

**NEP Vertical:** Co-Curricular Courses (CC)

**Credit:** 02

(As Per Choice Based Credit System (under NEP 2020) with effect from the academic year 2025-2026)



<b>Programme:</b>	Bachelor of Arts in Multimedia and Mass communication
<b>Nomenclature of the Course</b>	Traditional Sports and Fitness – I
<b>Total Marks</b>	50 marks
<b>Semester:</b>	III
<b>Academic year</b>	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	Course Content	Andragogy	No. of Hours
<b>Module I: Foundations of Traditional Sports and Fitness (Theory)</b>	<b>Unit 1: Introduction to Traditional Sports &amp; Fitness</b> <ul style="list-style-type: none"> <li>• Definition and classification of traditional sports and games</li> <li>• Historical evolution and cultural significance</li> <li>• Role in community life</li> <li>• Comparison with modern sports</li> <li>• Fitness components: strength, endurance, flexibility, agility</li> </ul>	<ul style="list-style-type: none"> <li>• Lectures</li> <li>• Case studies</li> <li>• Group discussions</li> <li>• Documentary/AV support</li> <li>• Concept mapping</li> </ul>	8
	<b>Unit 2: Indigenous and Traditional Games (Theory + Practice)</b> <ul style="list-style-type: none"> <li>• Indian traditional sports: Kabaddi, Kho-Kho, Mallakhamb, Kushti, Gilli Danda, Lathi Kathi</li> <li>• Global sports: Sumo, Taekwondo, Capoeira, Archery, Tai Chi</li> <li>• Regional variations</li> <li>• Gender and social inclusion</li> </ul>	<ul style="list-style-type: none"> <li>• Presentations</li> <li>• Comparative analysis</li> <li>• Field-based inquiry</li> <li>• Local guest talks</li> <li>• Activity-based learning</li> </ul>	7

<b>Module II: Practical Aspects of Sports Industry Management (Practical)</b>	<b>Unit 1: Traditional Fitness System</b> <ul style="list-style-type: none"> <li>• Practice: Lathi Kathi, Kabaddi, Kho-Kho</li> <li>• Yogic practices: Asanas, Pranayama, Meditation</li> <li>• Martial arts: Kalaripayattu, Silambam, Gatka</li> <li>• Folk dances: Bhangra, Chhau</li> <li>• Nature-based training: Akharas, forest running</li> </ul>	<ul style="list-style-type: none"> <li>• Guest lectures</li> <li>• Physical training</li> <li>• Peer demonstrations</li> <li>• Outdoor sessions</li> <li>• Role-play and simulation</li> </ul>	8
	<b>Unit 2: Fitness for Traditional Sports</b> <ul style="list-style-type: none"> <li>• Warm-up and cool-down routines</li> <li>• Cardio drills</li> <li>• Bodyweight strength training (squats, lunges, planks)</li> <li>• Agility and coordination drills</li> <li>• Flexibility and balance exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Instructor-led drills</li> <li>• Fitness circuits</li> <li>• Group practice</li> <li>• Monitoring &amp; feedback</li> <li>• Reflective journaling</li> </ul>	7

### SUGGESTED READINGS 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

### QUESTION PAPER PATTERN

**Passing Criteria: Minimum 40% (20 marks out of 50)**

Component	Marks	Criteria
Attendance & Participation	15	Active engagement in discussions and practical sessions
Assignments & Case Studies	10	Submissions of Assignments and Fitness Test
Practical Demonstration	15	Practical Examination of Sports and Fitness Component
Viva/Presentation	10	Presentation of Traditional Games