

# SES's L.S. RAHEJA COLLEGE OF ARTS AND COMMERCE

(AUTONOMOUS)



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

**PROGRAMME:** BBI

**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 Commerce(Banking and Insurance)
<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:

- To introduce students to the history and importance of traditional sports.
- To understand the fitness theories behind traditional physical activities.
- To develop practical skills and theoretical knowledge of indigenous games and exercises.
- To promote cultural awareness and appreciation for physical heritage.
- To integrate traditional fitness approaches into modern health and wellness routines.

#### 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 Lectures
<b>I – Foundations of Traditional Sports and Fitness (Theory)</b>	<p><b>Unit 1: Introduction to Traditional Sports &amp; Fitness</b></p> <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 of traditional sports in community life</li> <li>• Comparison with modern sports</li> <li>• Introduction to fitness components: strength, endurance, flexibility, agility</li> </ul> <p><b>Unit 2: Indigenous and Traditional Games (Theory + Practice)</b></p> <ul style="list-style-type: none"> <li>• Overview of major Indian traditional sports: -Kabaddi, Kho-Kho, Mallakhamb, Kushti (Indian wrestling), Gilli Danda, Lathi Kathi</li> <li>• Overview of global traditional sports:- Sumo (Japan), Taekwondo (Korea), Capoeira (Brazil), Archery (Mongolia), Tai Chi (China)</li> <li>• Regional variations and local adaptations</li> <li>• Gender and social inclusion in traditional sports</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> <li>• Lectures</li> <li>• Case studies</li> <li>• Group discussions</li> <li>• Documentary/AV support</li> <li>• Concept mapping</li> </ul>	8+7

<b>II: Practical Aspects of Sports Industry Management</b>	<p><b>Unit 1: Traditional Fitness System – (8 Hours)</b></p> <ul style="list-style-type: none"> <li>• Traditional Games Practice – Lathi Kathi , Kabaddi, Kho-Kho etc. (Guest Lecture / Practical)\</li> <li>• Yogic practices and their role in fitness - Asanas, Pranayama, Meditation</li> <li>• Martial arts as a form of holistic fitness - Kalaripayattu, Silambam, Gatka</li> <li>• Folk dances and physical expression (e.g., Bhangra, Chhau)</li> <li>• Nature-based physical training (e.g., Akharas, forest running)</li> </ul> <p><b>Unit 2: Fitness for Traditional Sports - (7 Hours)</b></p> <ul style="list-style-type: none"> <li>• Warm-up and cool-down routines</li> <li>• Cardiovascular fitness drills</li> <li>• Strength training using body weight (e.g., squats, lunges, planks)</li> <li>• Agility and coordination drills</li> <li>• Flexibility and balance exercises</li> </ul>	<p>Guest lectures Physical training</p> <ul style="list-style-type: none"> <li>• Peer demonstrations</li> <li>• Outdoor sessions</li> <li>• Role-play and simulation</li> </ul> <p>Instructor-led drills</p> <ul style="list-style-type: none"> <li>• Fitness circuits</li> <li>• Group practice</li> <li>• Monitoring &amp; feedback</li> <li>• Reflective journaling</li> </ul>	15
	Total		30

### 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

### Assessment Rubric (50 Marks)

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

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