

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



BOARD OF STUDIES: Co-Curricular Courses

PROGRAMME:

SEMESTER: III

NOMENCLATURE OF THE COURSE: Traditional Sports and Fitness-I

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

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

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 Component
Viva/Presentation	10	Presentation of Traditional Games

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