

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



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

**PROGRAMME: SYBCOM(MS)**

**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)



<b>Programme:</b>	<b>SYBCOM(MS)</b>
<b>Nomenclature of the Course</b>	<b>Traditional Sports and Fitness-I</b>
<b>Total Marks</b>	<b>50 Marks</b>
<b>Semester:</b>	<b>III</b>
<b>Academic year</b>	<b>2025-26</b>

**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.

<b>Module</b>	<b>Course Content</b>	<b>Andragogy</b>	<b>No. of Hours</b>
<b>Module I: Foundations of Traditional Sports and Fitness (Theory)</b>	<b>Unit 1: Introduction to Traditional Sports &amp; Fitness</b> • 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	• Lectures • Case studies • Group discussions • Documentary/AV support • Concept mapping	8
	<b>Unit 2: Indigenous and Traditional Games (Theory + Practice)</b> • 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	• Presentations • Comparative analysis • Field-based inquiry • Local guest talks • Activity-based learning	7

<b>Module II: Practical Aspects of Sports Industry Management (Practical)</b>	<b>Unit 1: Traditional Fitness System</b> • Practice: Lathi Kathi, Kabaddi, Kho-Kho • Yogic practices: Asanas, Pranayama, Meditation • Martial arts: Kalaripayattu, Silambam, Gatka • Folk dances: Bhangra, Chhau	• Guest lectures • Physical training • Peer demonstrations • Outdoor sessions	8
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	<ul style="list-style-type: none"> <li>• Nature-based training: Akharas, forest running</li> </ul>	<ul style="list-style-type: none"> <li>• Role-play and simulation</li> </ul>	
	<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

**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

**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. Milne