

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



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

**PROGRAMME: SYBCOM (MS)**

**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)



<b>Programme:</b>	<b>SYBCOM(MS)</b>
<b>Nomenclature of the Course</b>	<b>Traditional Sports and Fitness-II</b>
<b>Total Marks</b>	<b>50 Marks</b>
<b>Semester:</b>	<b>IV</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>Title</b>	<b>Topics Covered</b>	<b>Hours</b>
<b>Module I</b> <i>Theoretical Foundations of Traditional Fitness</i>	<b>Unit 1:</b> Theoretical Foundations of Traditional Fitness	<ul style="list-style-type: none"> <li>• Basic anatomy and physiology relevant to traditional exercises</li> <li>• Energy systems (aerobic and anaerobic) in indigenous training</li> <li>• Principles of balance, flexibility, agility, and endurance</li> <li>• Mind-body connection in traditional practices</li> </ul>	8 Hours
	<b>Unit 2:</b> Preservation and Modern Application	<ul style="list-style-type: none"> <li>• Decline of traditional sports – causes and consequences</li> <li>• Revival movements and government policies (e.g., Khelo India, FIT India Movement)</li> <li>• Integrating traditional sports into school curriculums and community programs</li> <li>• Role of media and technology in promoting indigenous games</li> </ul>	7 Hours

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

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