

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



BOARD OF STUDIES: Co-Curricular Courses

PROGRAMME: Bachelor of Science (Information Technology)

SEMESTER: III

NOMENCLATURE OF THE COURSE: Traditional Sports and Fitness – I

NEP Vertical: CC

Credit: 02

(As Per Choice Based Credit System (under NEP 2020) with
effect from the Academic Year 2025-26)



Programme:	Bachelor of Science (Information Technology)
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 Lectures
I	<p><i>Unit 1: Introduction to Traditional Sports & Fitness (8 hours)</i></p> <ul style="list-style-type: none"> • Definition and classification of traditional sports and games • Historical evolution and cultural significance • Role of traditional sports in community life • Comparison with modern sports • Introduction to fitness components: strength, endurance, flexibility, agility • <p><i>Unit 2: Indigenous and Traditional Games (Theory + Practice) (4 Hours)</i></p> <ul style="list-style-type: none"> • Overview of major Indian traditional sports: -Kabaddi, Kho-Kho, Mallakhamb, Kushti (Indian wrestling), Gilli Danda, Lathi Kathi • Overview of global traditional sports:- Sumo (Japan), Taekwondo (Korea), Capoeira (Brazil), Archery (Mongolia), Tai Chi (China) • Regional variations and local adaptations • Gender and social inclusion in traditional sports 	<ul style="list-style-type: none"> •Lecture •Demonstration •Audio-visual aids •Group discussions 	15

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

Practical Component (if applicable)

- Demonstrations and practice of selected traditional games
- Training in basic yoga and martial art movements
- Organizing a traditional sports festival/event
- Field visit to local akharas or cultural centers

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

RUBRICS FOR CONTINUOUS EVALUATION

- Participation & Attendance – 30%
- Project or Reflection Journal – 20%
- Skill Demonstration & Fitness Tests – 30%
- Written/Oral Quiz on Rules and History – 20%

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)