

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



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

**PROGRAMME:** Bachelor of Science (Information Technology)

**SEMESTER:** IV

**NOMENCLATURE OF THE COURSE:** Traditional Sports and Fitness – II

**NEP Vertical:** CC

**Credit:** 02

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



<b>Programme:</b>	<b>Bachelor of Science (Information Technology)</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>Course Content</b>	<b>Andragogy</b>	<b>No of Lectures</b>
<b>I</b>	<p><b><i>Unit 1: Theoretical Foundations of Traditional Fitness (8 Hours)</i></b></p> <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> <p><b><i>Unit 2: Preservation and Modern Application (7 Hours)</i></b></p> <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> </ul>	<ul style="list-style-type: none"> <li>•Practical demonstrations</li> <li>•Physical training</li> </ul>	15

	<ul style="list-style-type: none"> <li>Role of media and technology in promoting indigenous games</li> </ul>		
<b>II: Practical Aspects of Sports Industry Management</b>	<p><b><i>Unit 1: Skill Development &amp; Team Play (8 Hours)</i></b></p> <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> <p><b><i>Unit 2: Cultural Integration and Reflection (7 Hours)</i></b></p> <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>	<ul style="list-style-type: none"> <li>Practical demonstrations</li> <li>Physical training</li> </ul>	15
	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)**

**(DR. PRAJAKTA JOSHI)  
COORDINATOR  
BACHELOR OF SCIENCE (INFORMATION TECHNOLOGY)**