

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



BOARD OF STUDIES: Co-Curricular Courses

PROGRAMME: Bachelor of Commerce (Financial Markets)

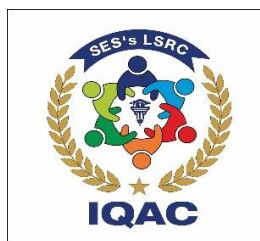
SEMESTER: III

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:	Bachelor of Commerce (Financial Markets)
Nomenclature of the Course	Traditional Sports and Fitness-I
Total Marks	50 Marks
Semester:	III
Academic year	2025-26

LEARNING OBJECTIVES:

- To introduce students to the history and importance of traditional sports.
- To understand the fitness theories behind traditional physical activities.
- To develop practical skills and theoretical knowledge of indigenous games and exercises.
- To promote cultural awareness and appreciation for physical heritage.
- To integrate traditional fitness approaches into modern health and wellness routines.

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 – Foundations of Traditional Sports and Fitness (Theory)	<p>Unit 1: Introduction to Traditional Sports & Fitness</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>Unit 2: Indigenous and Traditional Games (Theory + Practice)</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"> • Lectures • Case studies • Group discussions • Documentary/AV support • Concept mapping • Lectures • Case studies • Group discussions • Documentary/AV support • Concept mapping 	8+7

II: Practical Aspects of Sports Industry Management	Unit 1: Traditional Fitness System – (8 Hours) <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) Unit 2: Fitness for Traditional Sports - (7 Hours) <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 	Guest lectures Physical training <ul style="list-style-type: none"> • Peer demonstrations • Outdoor sessions • Role-play and simulation Instructor-led drills <ul style="list-style-type: none"> • Fitness circuits • Group practice • Monitoring & feedback • Reflective journaling 	15
	Total		30

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

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)