

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



BOARD OF STUDIES: Co-Curricular Courses

PROGRAMME: Bachelor of Commerce (Financial Markets)

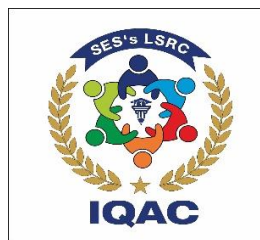
SEMESTER: IV

NOMENCLATURE OF THE COURSE: Traditional Sports and Fitness-II

NEP Vertical: Co-Curricular Courses (CC)

Credit: 02

(As Per Choice Based Credit System (under NEP 2020) with effect from the academic year 2025-2026)



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

II: Practical Aspects of Sports Industry Management	Unit 1: Skill Development & Team Play <ul style="list-style-type: none"> Practicing sport-specific skills (e.g., Lathi Kathi, dodging in Kabaddi, quick reflexes in Kho-Kho) Game simulations and mini-tournaments Developing communication, teamwork, and leadership 	<ul style="list-style-type: none"> Practical demonstrations Physical training 	15
	Unit 2: Cultural Integration and Reflection <ul style="list-style-type: none"> Cultural stories and heritage linked to traditional games Guest speakers or virtual tours (e.g., visit to a traditional sports club or museum) Journaling: Reflect on fitness progress, cultural insights, and favorite games Preserve cultural heritage Improve national health Promote indigenous forms of fitness 		
	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)

(MS. DIVYA KANCHAN)
COORDINATOR
BACHELOR OF COMMERCE (FINANCIAL MARKETS)