

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



**BOARD OF STUDIES: AD HOC BOS – Co-curricular Courses  
PROGRAMME: B.COM (COST AND MANAGEMENT  
ACCOUNTING)**

**SEMESTER: II**

**NOMENCLATURE OF THE COURSE: Physical Education and  
Sports**

**NEP Vertical: Co – curricular courses**

**Credit: 2**

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



Programme:	B. Com (Cost & Management Accounting)
Nomenclature of the Course	Physical Education and Sports
Total Marks	50
Semester:	II
Academic year	2025-2026

#### LEARNING OBJECTIVES:

- To understand the importance of Sports, & Physical Activity.
- To develop the physical as well as mental health through physical activity.
- To create interest regarding sports, physical fitness to inculcate healthy habits for lifelong.

#### COURSE OUTCOMES:

- Students will understand the importance and benefits of participation in any fitness activity or sports
- Students will be able to organise, plan activities and will develop administrative qualities through these events.

Unit	Course Content	Andragogy	No of Lectures
I	Importance of Physical Education and Sports <ul style="list-style-type: none"> <li>• Importance of physical education, physical literacy, and Sports</li> <li>• Importance and benefits of participation in any sports or fitness activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Group Sports Activities</li> <li>• Screening of various Live Games</li> <li>• Fitness activities conducted by any sports personality, such as Zumba, Aerobics etc.</li> <li>• Conducting Intra Class/ Interclass competitions</li> </ul>	30 hrs
II	Introduction to Sports and Fitness Activities <ul style="list-style-type: none"> <li>• Participation in any choice base physical activities, students involve themselves in any physical Activities. (Students must submit the Geo Tagged photos, Enrolment receipt, Certificate etc.)</li> <li>• Participation in any practice sessions conducted by any Sports Institution (Geo tagged Photo)</li> <li>• Visit to any sports competition/ Workshop/ Seminar (Geo tagged Photo)</li> </ul>	<ul style="list-style-type: none"> <li>• Participation in Sports competition any Level</li> <li>• Sports Practice Participation</li> <li>• Visit any competition</li> <li>• Assignments/ Viva on Choice base activities done by students</li> </ul>	

#### SUGGESTED READINGS

1. Bucher , C.A. (n.d.) foundation of physical education. St. louis : The C.V. Mosby CO.
2. Despande , S.H. (2014). Physical Education in Ancient India. Amravati: Degree college of Physical education.
3. Uppal, A.K.(1992) Physical Fitness. New Delhi: Friend Publication
3. Test , Measurement and Evaluation in Sports and Physical education- Dr. Devinder K.

Kansal

4. Arihant Publication – NTA UGC

5. CBSE Champion- Class 12 Physical Education

6. Russell, R.P. (1994). Health and Fitness through Physical Education. USA: Human Kinetics.

7. University of Mumbai- Sports and Physical Education Syllabus

### **QUESTION PAPER PATTERN**

A. Project Presentation on any Choice Base activities attended by students (10 M)

B. Viva on any Choice Base activities attended by students (10 M)

C. Participation in various games/fitness activity from any club or attending College sports practices or any sports event conducted by Sports Committee / Institution / Clubs (60 Hours for Each Semester). (20 M)

D. Volunteering in any Sports/fitness activities conducted by college. (10 M)