

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



BOARD OF STUDIES: AD HOC BOS – Co-curricular Courses

PROGRAMME: B.COM (DIGITAL BUSINESS)

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 (Digital Business)
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"> • Importance of physical education, physical literacy, and Sports • Importance and benefits of participation in any sports or fitness activities. 	<ul style="list-style-type: none"> • Group Sports Activities • Screening of various Live Games • Fitness activities conducted by any sports personality, such as Zumba, Aerobics etc. • Conducting Intra Class/ Interclass competitions 	30 hrs
II	Introduction to Sports and Fitness Activities <ul style="list-style-type: none"> • 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.) • Participation in any practice sessions conducted by any Sports Institution (Geo tagged Photo) • Visit to any sports competition/ Workshop/ Seminar (Geo tagged Photo) 	<ul style="list-style-type: none"> • Participation in Sports competition any Level • Sports Practice Participation • Visit any competition • Assignments/ Viva on Choice base activities done by students 	

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)