

Savitribai Phule Pune University, Pune

Co-Curricular Course for UG for all faculties

CC151_3 Sports and Fitness

For Semester II only Credits: 2, Marks: 50 Total hours: 60 hours

Course Objectives:

- To familiarize students with the fundamental concepts of fitness and physical literacy.
- To emphasize the importance of fitness in personal, social, and academic life.
- Promote regular participation in physical activities for maintaining physical and mental well-being.
- Assess and improve students' physical fitness through standardized fitness tests.
- Encourage adoption of a healthy and active lifestyle for lifelong fitness.

Course Outcomes:

- **Demonstrate knowledge of a selected sport** through a well-prepared written project including rules, history, skills, and major tournaments.
- **Understand rules and technical aspects** of various games and sports.
- **Assess their own physical fitness level** through standardized fitness tests.
- **Improve health-related fitness components** such as cardiovascular endurance, muscular strength, flexibility, speed, and agility.
- **Apply basic principles of fitness training** for maintaining a healthy and active lifestyle.

Programme Outcomes (POs): After successful completion of the program, students will be able to:

PO1: Enhance Physical Fitness –

Improve health-related fitness components such as cardiovascular endurance, muscular strength, muscular endurance, flexibility, speed, and agility.

PO2 : Acquire Sports Knowledge-

Exhibit comprehensive understanding of rules, history, techniques, and organizational aspects of selected sports through project work..

CC Activities:

CC (Co-Curricular) Activity for **Sports & Fitness**, the activities is divided into two parts:

A} Sports: In Sports, students are required to complete a **written project** on any one game or sport. The project may include information such as history, rules and regulations, ground measurements, skills and techniques, major tournaments, and famous players. This helps students develop theoretical knowledge and understanding of the selected sports.

Project Work : In this program, Students are required to submit a handwritten project on any sports event, written in the language they have chosen for study. The project should be prepared according to the following content guidelines:

- History of the game.
- Ground measurements.
- Skills required for the game.
- Basic rules of the game.
- Information about award-winning players.

B} Fitness: In Fitness, students undergo **physical fitness tests** to assess different components of health-related fitness such as cardiovascular endurance, muscular strength, muscular endurance, flexibility, speed, and agility. The fitness tests help evaluates the physical condition and overall fitness level of students.

Physical fitness tests are used to measure different aspects of Health related Physical Fitness:

Table 1

Sr. No.	Physical Fitness Component	Test 1	Test 2
1	Cardiovascular Endurance	Cooper 12-minute run	Hardward Step test
2	Muscular Strength	Push-ups / Modified Push ups(max reps or timed)	Pull-ups
3	Muscular Endurance	Bend Knee Sit-ups (1 minute or max reps)	Plank hold
4	Flexibility	Sit-and-reach test	Shoulder flexibility test
5	Speed & Agility	50 m sprint	Shuttle run (4×10 m)
6	Power	Vertical Jump	Standing Broad Jump

Thus, the CC Activity in Sports & Fitness combines **theoretical knowledge (sports project)** and **practical assessment (fitness tests)** for the overall development of students.

Evaluation Structure (Out of 50 Marks):

Semester	Course	Credit	Marks	Mode of Evaluation
II	Sports and Fitness (2 Credits)	1*	20	Project work (20 Marks)
		1**	30	Practical –Fitness Test (Table 2)

*indicate first credit ** indicate second credit

- **Fitness Test:**

Table 2

Sr. No.	Component	Test	Marks
1	Cardiovascular Endurance	Cooper 12-minute run/ Hardward Step test	10 marks
2	Muscular Strength	Push-ups / Pull-ups	10 marks
3	Muscular Endurance	Bend Knee Sit-ups/ Plank hold	10 marks
4	Flexibility	Sit-and-reach test/ Shoulder flexibility test	10 marks
5	Speed & Agility	50 m sprint/ (4×10 m) Shuttle run	10 marks
6	Power	Vertical Jump/ Standing Broad Jump	10 marks

As shown in Table 02, students are required to take a **Total of Three tests** making a **Total of 30 marks**.

During the second semester, students are required to take the Fitness Test, which carries a **total of 30 marks**. The distribution of marks for each test is provided in Table 2. The examination will be conducted in the second semester at a time and schedule determined by the college.

- Students who have failed, remained absent for the entire course, **or** have not completed any of the prescribed tasks will be required to complete the entire course during the fourth semester.

- **Coordinating Practical Examination Schedules and Support Staff Allocations:** Here's a structured approach to systemize supporting staff and distribute remuneration when there is a large number of examinees for the practical exam of the *Sports and Fitness* course.

Assign Roles and Responsibilities:

- **Exam Coordinator (Sports Teacher):** Supervises the entire exam, checks fitness protocols, and ensures proper evaluation.
- **Technical Staff /Assistants:** Manage different activity stations (gym, swimming, track, etc.), record performance, and assist students. Operate timing devices, apps, or fitness trackers; verify data accuracy.
- **Admin Staff:** Collect, organizes, and verifies fitness records, log sheets, and attendance and also marks entry. (Ground man and clerk etc.).