

Savitribai Phule Pune University, Pune

Co-Curricular Course for UG for all faculties

CC251_3 Sports Proficiency and Participation in Sports Competitions (Inter-Collegiate Level)

Credits for Semester IV only Credits: 2, Marks: 50 Total hours: 60 hours

Introduction

Participation in inter-collegiate level sports competitions requires a student-athlete to undergo continuous, systematic and well-planned preparation. Such preparation is a long-term process involving physical, mental and technical development. The following important components are included in this preparation:

Physical Fitness

The major components of physical fitness are as follows:

- **Strength:** Ability of muscles to exert maximum force (e.g., weight lifting, pushing activities).
- **Endurance:** Ability to perform work for a long duration without fatigue (e.g., long-distance running, marathon, cycling, swimming).
- **Flexibility:** Ability of joints and muscles to move freely through a full range of motion (e.g., stretching exercises, yoga, gymnastics).
- **Speed:** Ability to perform movements in the shortest possible time (e.g., sprinting, hurdles).
- **Agility:** Ability to change direction quickly and effectively (e.g., tennis, basketball, hockey).
- **Balance:** Ability to maintain body equilibrium (e.g., standing on one leg).
- **Coordination:** Ability to coordinate movements of eyes, hands and feet (e.g., catching a ball, gymnastics, skating).
- **Reaction Time:** Ability to respond quickly to a stimulus (e.g., starting a run on a whistle).
- **Body Composition:** Proportion of fat, muscles and bones in the body.

Daily Exercise

Regular exercise covering all components of physical fitness is essential.

Practice Matches

Practice matches provide players with exposure to competitive environments and help identify

Limitations and areas for improvement.

Nutrition

Balanced diet and proper nutrition play a vital role in enhancing sports performance.

Rest and Recovery

Adequate rest and recovery are essential for sustaining long-term sports performance. All the above aspects constitute a continuous and long-term process in the life of a sports person. To participate at the inter-collegiate level, a minimum of two to three months of continuous training is essential. Therefore, sports participation is not limited to the competition day alone but demands sustained effort similar to academic learning processes.

Course Objectives

- To encourage students to participate in sports and physical activities at the inter-collegiate level.
- To develop physical fitness, discipline, team spirit and sportsmanship among students.
- To identify and nurture sports talent.
- To promote holistic development of students as envisaged under the National Education Policy (NEP) 2020.
- To develop leadership qualities, perseverance, confidence and competitive spirit through sports participation.

Course Outcomes

Students will be able to:

- Participate effectively in inter-collegiate sports competitions.
- Demonstrate improvement in physical fitness, endurance and sports skills.
- Represent the college and university at higher competitive levels.
- Uphold discipline, teamwork, leadership and ethical values in sports.
- Maintain a balance between academic and co-curricular activities.

CC Activities

1. Selection of individual or team sport based on student interest and ability.
2. Regular training in fitness and sports skills under the guidance of coaches / teachers.
3. Participation in inter-collegiate sports competitions organized by the University or affiliated colleges.
4. Participation in practice matches, trials and selection camps as required.
5. Upon selection, participation in University Inter-Departmental, State Inter-University,
6. All India Inter-University, and All India South & West Zone Inter-University sports competitions.

Evaluation

Evaluation Method and Distribution of Marks

Total evaluation for this course shall be 50 marks, distributed as follows:

Marking Scheme

Sr. No.	Evaluation Component	Details	Marks
1	Attendance and Training Consistency	Pre-competition training and attendance	15
2	Participation in Inter-Collegiate Sports	Actual participation at SPPU's inter-collegiate level	15
3	Sports Proficiency	Technical skills, discipline, team spirit, coach's assessment	10
4	Competitive Achievement	First Position Second Position Third Position	05 03 02
Total			50

Note: Students participating, in addition to SPPU's inter-collegiate competitions, Inter-Zonal competitions, Inter-University Zone competitions, Maharashtra State Inter-University Krida Mohotsav, All India Inter-University competitions, and International Inter-University sports competitions, shall also be evaluated as per the above marking scheme.

The evaluation shall be conducted internally by the Director of Physical Education of the concerned college.

Final Note (As per NEP 2020)

- Evaluation shall be carried out considering the student's performance in inter-collegiate sports competitions during Semester I, II, III and IV of the relevant academic years, and credits shall be awarded under Co-Curricular Courses for 2 credits.
- **Marks obtained under CC for students participating at the inter-collegiate level shall be recorded only in Semester IV.**
- **Submission of University-issued Sports Participation and Sports Proficiency Certificates shall be mandatory.**

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