

**DR. BABASAHEB AMBEDKAR MAHATHWADA UNIVERSITY,
AURANGABAD**



PHYSICAL EDUCATION

(U.G. LEVEL)

(THREE YEARS DEGREE)

B.A THIRD YEAR

PHYSICAL EDUCATION

(SEMESTER WISE)

Semester, V & VI

(Main & subsidiary)

Effective from June 2011

DR. BABASAHEB AMBEDKAR MAHATHWADA UNIVERSITY, AURANGABAD

Physical Education

Curriculum Structure and Schemes of Evaluation for –B.A. Third Year with Effective from June 2011

SEMESTER-V (Subsidiary)									
Sr. No.	Course/ code	Name of the Subject	Scheme of Teaching (Periods / Week)				Scheme of Evaluation (Marks)		
			L	P	Total Periods	Total Credits	Theory	Pract./ Viva voce	Total Marks.
1.	Phy. Edu.113	“History Of Physical Education In Ancient India	4	-	4	4	30	-	30
2.	Phy. Edu.114	Ancient and Modern History of Phy. Edu. Games & Sports.	4	-	4	4	30	-	30
3.	Phy. Edu.115	Practical (Physical education)	-	5	4 per batch	5	-	40	40
Total of Semester-V			8	5	12	13	60	40	100

SEMESTER-V (Main)									
Sr. No.	Course/ code	Name of the Subject	Scheme of Teaching (Periods / Week)				Scheme of Evaluation (Marks)		
			L	P	Total Periods	Total Credits	Theory	Pract./ Viva voce	Total Marks.
1.	Phy. Edu.116	“Physiology Hygiene, Health Science, Science of Games and Sports Techniques.	4	-	4	4	30	-	30
2.	Phy. Edu.117	Health Injuries , First Aid and their treatment in Phy-Edu. .	4	-	4	4	30	-	30
3.	Phy. Edu.118	Practical (Physical education)	-	5	4 per batch	5	-	40	40
Total of Semester-V			8	5	12	13	60	40	100

DR. BABASAHEB AMBEDKAR MAHATHWADA UNIVERSITY, AURANGABAD

Physical Education

Curriculum Structure and Schemes of Evaluation for –B.A. Third Year with Effective from June 2011

SEMESTER-VI (Subsidiary)									
Sr. No.	Course/ code	Name of the Subject	Scheme of Teaching (Periods / Week)				Scheme of Evaluation (Marks)		
			L	P	Total Periods	Total Credits	Theory	Pract./ Viva voce	Total Marks.
1.	Phy. Edu.119	“History of the games and their skills.”	4	-	4	4	30	-	30
2.	Phy. Edu.120	Officiating and coaching Games and sports in physical education.	4	-	4	4	30	-	30
3.	Phy. Edu.121	Practical (Physical education)	-	5	4 per batch	5	-	40	40
Total of Semester-VI			8	5	12	13	60	40	100
SEMESTER-VI (Main)									
Sr. No.	Course/ code	Name of the Subject	Scheme of Teaching (Periods / Week)				Scheme of Evaluation (Marks)		
			L	P	Total Periods	Total Credits	Theory	Pract./ Viva voce	Total Marks.
1.	Phy. Edu.122	Psychology of physical education and sports.	4	-	4	4	30	-	30
2.	Phy. Edu.123	Recreation, Youth welfare and Youth Services.	4	-	4	4	30	-	30
3.	Phy. Edu.124	Practical (Physical education)	-	5	4 per batch	5	-	40	40
Total of Semester-VI			8	5	12	13	60	40	100

Note:

- 1) For Theory papers 1 credit = 15 periods
- 2) For Practical's 1 credit = 30 periods
- 3) One period Companies 50 minutes duration.

B.A. THIRD YEAR

(Theory) Physical Education -113 (Semester -V) Subsidiary.

Title of the paper – “History of Phy Edu, in Ancient India”

Time: 1 ½ Hours

Per week- 04 Periods for 50

Min

Marks: 30

Half yearly period 60

Unit - I Physical Activities of Men in Prehistoric India.

Unit - II Physical Education in Aryan India.

- A) 1) Indus Valley Civilization Period (3,250 B.C. – 2,750, B.C.)
- i) War Weapons and Fortifications
 - ii) Dancing
 - iii) Swimming
 - iv) Games & Hunting, Animal Fighting, Boxing, Pastimes.

Unit - III The Vedic Period (2,500 B.C. – 600 B.C.)

- A) Early Vedic Period
- i) Physical characteristics of the Aryans.
 - ii) Physical Exercises – Suryanamaskars
 - iii) Yogasana – Meaning, Nature Scope, Aims & Objectives Hist. & Development, Scientific Approach.
 - iv) Pranayam – Meaning, Nature & Scope, Aims & Objectives Hist. & Development, Scientific Approach.
 - v) physical Training for women – Racing, Games, Boxing, Hunting, Music & Dancing
- C) Later Vedic Period.
- Physical Culture
- Military system, Combative Weapons, Boxing, Chariot and Horse, Dancing Music.

Unit IV

- I) Early Hindu Period (600 B.C. -320 A.D.)
- A) The Ramayana
- i) Physical Training

- ii) Physical and Military prowess of women.
- iii) Military prowess of routine of daily Exercises.
- iv) Physical culture in Lanka
- v) physical culturists of Kiskindha
- vi) Ethics of combats
- vii) Weapons and fighting
- viii) Wrestling
- ix) Swimming & Water sports
- x) Ball Games recreation Centres

B) The Mahabharata-

II) Physical Education in Mahabharata

- i) Physical culture for different classes.
- ii) Physical and military prowess of the yadava – princes
- iii) Physical and Military training of Kaurava and Pandav Princess.
- iv) Epic Games, Importance of Training, Sports Games and Gymnastics.
- v) Man – animal Combats.

III) Swimming, Dancing and Music.

C) The Puranas

- i) Dyeus Contest
- ii) Rope Contest
- iii) Stone Contest
- iv) Plough Fight
- v) Boxing
- vi) Wrestling

D) The Upanisads -

- i) Physical Training
- ii) Brahmacharaya

B.A. THIRD YEAR

(Theory) Physical Education - 114 (Semester -V) Subsidiary.

Title of the paper – “Ancient and Modern History of Phy Edu, Games and Sports”

Time: 1 ½ Hours

Per week- 04 Periods for 50 Min

Marks: 30

Half yearly period 60

Unit- I. Physical Education in Buddhist Times.

- A.
- 1) Service of Buddhism to Physical Edu.
 - 2) Excessive piety of Buddhism.
 - 3) Physical Activities of Buddha.
 - 4) Kinds of physical Activities.
 - 5) Science of Yoga.
 - 6) University of Takshasila.

B. Jainism and Physical Activites.

- C.
- 1) Status of Physical Educations Before the advent of the Muslims.
 - 2) Physical Education under Mughal Rule.

- Unit- II.
- 1) Modern Olympic Games.
 - 2) Asian Games.
 - 3) Sports Organization Bodies in India.

Unit –III Physical Education Activities and their Importance before independence and After independence.

Unit- IV A) Recreation Management in Games and Sports and leisure centres.

- 1) Career Opening
- 2) Training courses
- 3) Qualities needed

B) Outdoor recreation

- 1) Training courses
- 2) Qualifications and experience needed.
- 3) Other job opportunities
- 4) Agencies.

B.A. THIRD YEAR

(Practical) Physical Education -115 (Semester -V) Subsidiary.

Per week- 04 Periods for 50 Min.

Marks: 40

16 Students Per one Batch

Track and Field Events:

Unit-I Running Events 1500 mets. (Men and Women)

Unit-II Jumping Events – High Jump.
(Approach run, Take off Air position, Landing)

Unit-III Throwing Events: Shot put (16 pounds men, 8 pounds women)

Unit- IV **Opted Game, (Football)**

Unit-V

A) Internal marks and internal assignments.

B) Record Book.

All Compulsory events/ practical events related.

- 1) History of the game.
- 2) Various Diagrams.
- 3) Name of different fundamental skill in the team events and athletic events.
- 4) Officials.

B.A. THIRD YEAR

(Theory) Physical Education -116 (Semester -V) Main.

Title of the paper – “physiology Hygiene, Health Science, Science of Game and Sports Techniques.”

Time: 1 ½ Hours

Per week- 04 Periods for 50 Min

Marks: 30

Half yearly period 60

Unit - I Introduction to human Body origin of life.

- 1) Evolutionary adaptation of man
- 2) Cell
- 3) Tissue
- 4) Organs
- 5) Systems

Unit - II Health Education Science.

- 1) Introduction, Meaning, Concept of Health.
- 2) Need and Importance of Health.
- 3) Aims and Objectives of Health Sciences.

Unit - III

A) Types of Health.

- | | | |
|-------------|-------------------|------------------|
| 1) Physical | 2) Mental | 3) Family Health |
| 4) Social | 5) Nation Health. | |

B) Health Problem.

- | | |
|---------------|------------------------------|
| 1) Individual | 2) Family |
| 3) Community | 4) Educational Institutions. |

C) Functions of (W.H.O.) i.e. World Health Organization

Unit - IV Controlling Body Weight.

- 1) Dangers of Overweight
- 2) Ideal Weight
- 3) Why Some Folks Are Fat
- 4) How to lose Weight Sensibly.
- 5) Value of Losing Weight.
- 6) Watch Those High Calories
- 7) Low Calories foods.

Unit - V Diet of the Athletes / Players

- 1) Vitamins – A, B, C, D.

B.A. THIRD YEAR

(Theory) Physical Education -117 (Semester -V) Main.

Title of the paper – “Health, Injuries, First Aid and their Treatment in Physical Education”

Time: 1 ½ Hours

Per week- 04 Periods for 50 Min

Marks: 30

Half yearly period 60

Unit - I Health Programme.

- 1) Importance of Exercise Physical Activities in Daily Healthy Living.
- 2) Effects of Tobacco Products on Individual and Social Health.
- 3) Aids awareness and its Prevention.
- 4) The Role of Govt. towards the Community Health.

Unit - II Emergency Care (With Spl. Ref. to Games and Sports, Phy. Education.)

- A) First – Aid
 - 1) Handling an injured Person / Player
 - 2) Three Signs of Serious Injury.
 - 3) Shock – How to Prevent Shock.
 - 4) Bleeding Wounds.
 - 5) Applying a Touriniquet.
 - 6) Special types of Wounds.
- B) Fractures and Broken Bones.
 - 1) Handling a Fracture
 - 2) Applying Splints
 - 3) Sprains and Bruises
 - 4) Improvising a Stretcher.

Unit - III Tropical Diseases.

- 1) Malaria
- 2) Black Water Fever
- 3) Dengue Fever
- 4) Yellow Fever
- 5) Relapsing Fever
- 6) Infectious Jaundice
- 7) Typhus and spotted Fever
- 8) Q. Fever
- 9) Sleeping Sickness – Yaws
- 10) Typhoid and Paratyphoid Fever.
- 11) Cholera

Unit - IV

- A) Use and Importance of Computer in the field of Games Sports and physical Education.
- B) Use and importance of Audio visual Aids in the field of physical Education, Games and sports through Every Angle.
- C) Importance of T.V. Media T.V. Sports Channel, Yoga & Pranayama Channel

B.A. THIRD YEAR

(Practical) Physical Education -118 (Semester -V) Main.

Per week- 04 Periods for 50 Min.

Marks: 40

16 Students Per one Batch

Track and Field Events:

Unit-I Running Events 200 mets. (Men and Women)

Unit-II Yokasana
(Any Two)

Unit-III Parayanama
(Any two)

Unit- IV **Opted Game, (Cricket)**

Unit-V

A) Internal marks and internal assignments.

B) Record Book.

All Compulsory events/ practical events related.

- 1) History of the game.
- 2) Various Diagrams.
- 3) Name of different fundamental skill in the team events and athletic events.
- 4) Officials.

B.A. THIRD YEAR

(Theory) Physical Education -119 (Semester -VI) Subsidiary.

Title of the paper – “ History of the Games and their Skills”

Time: 1 ½ Hours

Per week- 04 Periods for 50 Min

Marks: 30

Half yearly period 60

Unit- I History of the games and their skills.

- 1) Foot Ball 2) Hand Ball 3) Basket Ball 4) Volley Ball
- 5) Cricket 6) Table Tennis 7) Kho – Kho 8) Badminton (Shuttle)
- 9) Athletics (Track & Field events.)

Unit- II

- A) Fundamental and Advance Skills.
 - B) Tacties and Stratigies of the Games.
- (Games Mention above in unit No. I)

Unit- III Coaching & Training

- 1) Meaning, Nature and Scope, Principle of Coaching.
- 2) Qualities and Ethies of the Coach.
- 3) Code of Conduct for Coach, Manager, and Player’s
- 4) Training and Conditioning
 - i)Strength ii) Endurance iii) Speed iv) Agility v) Flexibility.

Unit- IV Theory and Practice of Endurance Development.

- i) Training Methods
- ii) Duration
- iii) Repetition
- iv) Competition and Testing
- v) Endurance Sports and the Female Athlete.

B.A. THIRD YEAR

(Theory) Physical Education -120 (Semester -VI) Subsidiary.

Title of the paper – “Officiating and coaching Games & and Sports in Phy- Edu.”

Time: 1 ½ Hours

Per week- 04 Periods for 50 Min.

Marks: 30

Half yearly period 60

Unit- I Officiating of the Games and Sports.

- i) Philosophy and Principles of Officiating.
- ii) Qualities and duties of the Officials.
- iii) Code of Conduct for Officials.

Unit- II Organization and conduct of the Tournament / Competitions.

- i) Foot Ball ii) Wrestling iii) Athletics.
- 1) Budget (Income and Expenditure on Various Committees.)
- 2) Various Committees.
- 3) Functions Duties of the Members of the Committees.

Unit- III

- A) Incentives and Awards Devices of Motivation.
- B) Prizes & Awards.
- C) Meaning, Purpose, Importance of Various Awards.
- D) Types of Awards.
 - 1) State Level
 - 2) National Level
- E) Criteria, Eligibility for getting the awards.

Unit- IV Coaching of the Games and Sports

- 1) Principle and Philosophy of Coaching.
- 2) Code of conduct of Coach.
- 3) Qualities of a good Coach.
- 4) Types of Coaching.

B.A. THIRD YEAR

(Theory) Physical Education -120 (Semester -VI) Subsidiary.

Title of the paper – “Officiating and coaching Games & and Sports in Phy- Edu.”

Time: 1 ½ Hours

Per week- 04 Periods for 50 Min.

Marks: 30

Half yearly period 60

Unit- I Officiating of the Games and Sports.

- i) Philosophy and Principles of Officiating.
- ii) Qualities and duties of the Officials.
- iii) Code of Conduct for Officials.

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Time: 1 ½ Hours

Per week- 04 Periods for 50 Min.

Marks: 30

Half yearly period 60

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- i) Philosophy and Principles of Officiating.
- ii) Qualities and duties of the Officials.
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- D) Types of Awards.
 - 1) State Level
 - 2) National Level
- E) Criteria, Eligibility for getting the awards.

Unit- IV Coaching of the Games and Sports

- 1) Principle and Philosophy of Coaching.
- 2) Code of conduct of Coach.
- 3) Qualities of a good Coach.
- 4) Types of Coaching.

B.A. THIRD YEAR

(Practical) Physical Education -121 (Semester -VI) Subsidiary.

Per week- 04 Periods for 50 Min.

Marks: 40

16 Students Per one Batch

Track and Field Events:

Unit-I Running Events 3000 mets. (Men and Women)

Unit-II Jumping Events – High Jump.
(Approach run, Take off Air position, Landing)

Unit-III Throwing Events: Shot put (16 pounds men, 8 pounds women)

Unit- IV **Opted Game, (KHO- KHO)**

Unit-V

A) Internal marks and internal assignments.

B) Record Book.

All Compulsory events/ practical events related.

- 1) History of the game.
- 2) Various Diagrams.
- 3) Name of different fundamental skill in the team events and athletic events.
- 4) Officials.

B.A. THIRD YEAR

(Theory) Physical Education -123 (Semester -VI) Main.

Title of the paper – “Recreation, Youth Welfare and Youth Services”

Time: 1 ½ Hours

Per week- 04 Periods for 50 Min.

Marks: 30

Half yearly period 60

Unit- I Recreation:

- 1) Meaning and Scope of Recreation.
- 2) Principles of Recreation,
- 3) Types of recreation, Rural – Urban – Industrial and Organization of each,

Unit- II

- 1) Programme Planning according to each group.
- 2) Agencies promoting recreation.
- 3) Leadership in recreation.
- 4) Facilities for recreation.

Unit-III Youth Welfare and Youth Services:

- 1) Concept of Youth Welfare and Youth and Work
- 2) Youth organization in India
- 3) Leadership in Youth work

Unit- IV

- 1) Method of Youth work
- 2) Programmes under youth work
- 3) Social Services:
Scouting and Guiding N.C.C., N.S.S., Civil Defense and other Youth Services in India.

B.A. THIRD YEAR

(Practical) Physical Education -124 (Semester -VI) Main.

Per week- 04 Periods for 50 Min.

16 Students Per one Batch

Marks: 40

Track and Field Events:

Unit-I Running Events 400 mets. (Men and Women)

Unit-II Yokasana
(Any Two)

Unit-III Parayanama
(Any two)

Unit- IV **Opted Game, (Ball Badminton)**

Unit-V

A) Internal marks and internal assignments.

B) Record Book.

All Compulsory events/ practical events related.

- 1) History of the game.
- 2) Various Diagrams.
- 3) Name of different fundamental skill in the team events and athletic events.
- 4) Officials.

B.A. IIIrd Year Examination
March / April
Physical Education
Semester V & VI
113, 114 ,116, 117,119,120,122,123

Time: 1 ½ Hours

Marks : 30

- N.B.** 1. Attempt All questions.
2. All questions carry equal marks.

Q.1. Essay Type
(10)

Or

Essay Type

Q.2. Essay Type
(10)

Or

Essay Type

Q.3. Write short answers of any two of the following: (10)

- a)
- b)
- c)
- d)

References Books 124

1. Playing Field Manual – By Dr. R.L. Anand, N.S., N.I.S. Patial N.I.S. Publication.
2. Officiating and Coaching – Theory and Coaching of Game by – K.K. Agarwal and R.K. Jain, 1072, Sector – 5, R.K. Puran New Delhi – 22.
3. Educational Dimensions of Physical Education – by V. Krishnamurthy and Parameshwara Ram, Sterling Publishers Pvt. Ltd., New Delhi, 110 016, Bangalore, 560 009, Jallunder, 144 003.
4. New Encyclopedia of Sports – by Ralph Hicoock, (c) 1977, McGraw Hill Book Company, Inc. N.J. New York.
5. Atheletic Training and Conditionaning – by O. William Payton Yale University. The Ronald Press Company, New York.
6. Officiating & Coaching – (Marathi) Dr. V.S. Wargwad.
7. Various Sports Journals.

Reference Books (116 & 117)

1. Your guide to health – by cliffort R Anderson M.D. Oriental Watchman publishing House, Pune.
2. Health and Physical Education. – by Dr. S.K. Mangal Dr. P.C. Chodha, Prakash Brothers, Educational Publisheres, 546, Book Market, Ludhiyana. 141008.
3. Basic Health Science – by – Russel F. Wholey John. M. Lampe Franklin C. Vaughs, J.B. Lippincott Company, Philadephia New York.

Reference Books (119 & 120)

1. Plying Field Mannual- by Dr. R.L. Anand, N.S. , N.I.S. Patial N.I.S. Publication.
2. officiating and Coaching- Theory and Coaching of Gam bu K.K. agarwal and R.K. Jain, 1072, Sector-5, R.K. Puran New Delhi-22.
3. Educational Dimensions of Physical Education V. Krishnamurthy and Parameswara Ram, Ster Publishers Pvt. Ltd., New Delhi 110 016, Bangalore, 560 Jallunder, 144 003.
4. The Organization and Administration of Physical Education Edward F. Voltaver, Arthur a. Edsslinger. The time of 1 Press. Bombay.

5. Principles and History of Physical Education-by M.L. Kam M.S. Sangral, Prakash Brothers, Educational Publishers, 1, Market, Ludhiana.
6. New Encyclopedia of Sports – by Ralph Hicoock, (c) 1977, Mc’Hill Book Company, Inc.N.J. New York.
7. Frank W. Dick Director of Coaching, British Amateur Atheletic Board, Lepus Books, London
8. Atheletic Training and conditioning-by O William Payto University. The Ronald Press Company, New York.
9. Your Guide to Health-by Clifford R. Anderson, M.D.C. Watchman Publishing House, Poona India.

Reference Books (122 & 123)

- 1) Alderman, R.B. Psychological Behavior in Sports (Philadephia London Saunders Company 1974)
- 2) Cratty Brayant, J. Movement Behaviour and Motor learning (Philadelphia : Lea and Febiger, 1973, Edn. 3)
- 3) Quadri. S.J. Katare B.J. Adhunik Krida Manashatra.
- 4) Kamlesh M.I. Psychological of Physical Education and Sports (New Delhi : Metropolitan Book Co. Pvt. Ltd. 1983)
- 5) Linda k. Binket, Rovbert J. Ratelia and Ann S. Really, Sports Psychology Psychological Consideration in Maximizing sport performance (C brown Publishers Dubgue Jawa.)
- 6) Martens Rainer, Coaching Guide to Sports Psychology (Illnois Human Kinetics and raw Publishers 1975)
- 7) But Susan Doteas, Psychology of Sports (New York Van Noshand Reinhold Company.) End. 2.
- 8) Organization of Physical Education by Dr. J.P. Thomas
- 9) Organization of Physical Education by P.M. Joseph.
- 10) Seymonr : Organization and Administration of Physical Education.
- 11) Method in Physical Education : C. Tirunarayanan and S. Hariharan Sharma.
- 12) Introduction to Recreation Education By Jenny, John. H.

References Books (113 & 114)

1. A Brief History of Physical Education in India (from the earlier times of the Moghul period) by K.Raj Goplan , Army publishers, Publishers and book sellers, 166.New Lajpat, Rai Market, Dehli.
2. Physical Education, Games and Recreation in Early India, By S.N. Das, S. Chand and Company Pvt. Ram nagar New Dehli-110055.
3. Olympic Games and India by Saradindu Sanyal Metropolitan book co, Pvt. Ltd. Netaji subhash Marg Dehli.

4. A world History of Physical Education (Cultural, Philosophical, Comparative) by Deobold B. Van Dalen Bruce, L.Bennett, Prentice Hall inc, Englewood Cliffs. N.J. New Jercey.
5. An Analytical History of Physical Education, by C. Tirunarayanan and S. Hariharan, M/s C.T. and S.H, A.C.P.E., Karaikundi-4 Madras State.
6. Working in the world of sports by mike Banks and Mike Yaxley.

N.B.

- 1) Separate heads of passing.
 - a) Theory paper – Minimum passing 12 marks per paper.
(Semester)
 - b) Practical paper – Minimum passing 16 marks. (Semester)
- 2) Practical Examinations conducted.
 - a) Each batch 16 Students.
(Only for B.A. IIIrd Year)
 - b) Examiners appointed by University.
B.A.I, II, III Year affiliated colleges subject teachers only.
 - c) One peon, peon for ground marking, water supply equipment supply and collecting etc.
- 3) Practical B.A. I & II year, first batch 20 students , Second batch 1/3 of batch first.
- 4) Private candidates and the candidates of the department of correspondence studies will not be allowed to take the subject.
- 5) B.A. III Year, first batch, 16 students, second batch 1/3 of batch first.
- 6) Uniform is compulsory for practical periods and examination.

Dr.Mohd Ataulah M.K. (Jagirdar)

H.O.D. Physical Education

Milliya Arts & Science College Beed

And

Chairman

B.O.S. Physical Education

Teachers in affiliated Colleges

Dr. B.A.M.University Aurangabad.