



SNDT Women's University, Mumbai

Department of Sports and Physical Education

Traditional Sports and Fitness

as per NEP-2020

Syllabus

(w.e.f. 2024-25)



SNDT Women's University, Mumbai

**Under Graduate
Co-curricular Course (CC)
Course Title: Traditional Sports and Fitness
Course Credit: 02
Duration: 45 hours
Marks: 50
Mode: Offline / Online**

Course Title	Traditional Sports and Fitness
Course Credits	2
Course Outcomes	1. Develop an understanding of how traditional Indian sports contribute to overall fitness levels.
	2. Develop practical skills through hands-on learning experience.
	3. Acquire an understanding of traditional Indian sports and their impact on overall well-being.
Module 1(Credit 1)	
Learning Outcome	After learning the module, learners will be able to
	1. Students will gain insight into traditional Indian sports and their historical context.
	2. Appreciate the role of traditional Indian sports in promoting overall fitness.
	3. Incorporate elements of traditional Indian sports to enhance overall fitness levels.
Content Outline	<ul style="list-style-type: none"> • Introduction to traditional Indian Sports such as Lagori, Langdi, Skipping, Mallakhamb, Arm Wrestling (panja ladavne), Dand Baithak, Kho-Kho, Kabaddi. • Historical significance and cultural roots of traditional sports in India. • Rules and regulations of Traditional Indian Sports

Module 2(Credit 1): Practical	
Learning Outcomes	After learning the module, learners will be able to
	<ol style="list-style-type: none"> 1. Demonstrate proficiency in the practical execution of traditional Indian sports. 2. The students will acquire a comprehensive understanding on the components of Agility, Balance and Speed.
Content Outline	<ul style="list-style-type: none"> • Practical learning of Traditional Indian Sports: <ul style="list-style-type: none"> - Lagori, Langdi, Skipping, Mallakhamb, Arm Wrestling (panja ladavne), Dand Baithak, Kho- Kho, Kabaddi • Testing of traditional Indian sports through: <ul style="list-style-type: none"> - Agility Test - Balance Test - Speed Test
Assessment Criteria:	<ul style="list-style-type: none"> - 10m = Assignment/ Presentation (related to syllabus) - 10m = MCQ Exam - 15m = Fitness Test (Agility+ Balance) - 15m = Speed Test + Demonstration of Traditional Sports

Reference Articles:

- Dr. Ashok Kumar, Dr. M.G. Kerutagi, Dr. S.G. Praveenakumar (2022) Indian TraditionalGames
- BINAYAK KR. DUBEY, SACHIN KR. TIWARY (2022) Indigenous Games and Sports ofIndia
- Priyanka Narang (2011) Traditional Indian Sports

***Note:**

Students who have represented SNTD Women's University in the West Zone, South West Zone, All India Inter University Championships, and Khelo India University Games will be directly awarded marks for 2 Credits for the semester in which they have represented the University in any of the above tournaments.

Marking Scheme of Department of Students' Development under Co-Curricular Credit-based Course

Level	50 Marks	
Inter-Collegiate Competition Winner (I, II, III)	35	
State Level / West Zone / National Participation / Winner	40	
Inter-National (AIU)	50	
Note:- <ul style="list-style-type: none">❖ Students will get the marks for Co-Curricular directly based on their performance❖ The Student's list for marks should be verified by the Department of Students' Development and sent to the University Department with the Principal's Signature		

