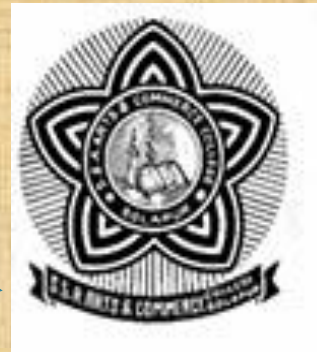




SOLAPUR UNIVERSITY, SOLAPUR
S. S. A'S ARTS & COMM. COLLEGE, SOLAPUR

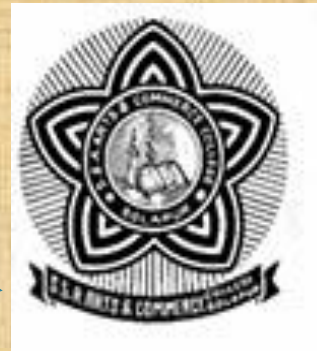


PHYSICAL EDUCATION & SPORTS

COMPULSORY PHYSICAL EDUCATION EXAM



SOLAPUR UNIVERSITY, SOLAPUR
S. S. A'S ARTS & COMM. COLLEGE, SOLAPUR



DR.MUSHTAQ MAHAMMAD SHAIKH

Director of Physical Education and Sports

(B.Com., M.P.Ed., Ph.D., N.S.N.I.S.(Hockey), D' Lin.(Foot Ball)



Achievement Card – 1 (Men)

-: Important Rules :-

- 1) Certificate of 80% attendance in P. E. is necessary including NCC/NSS students.
- 2) All examination Marks scored out of 10 will be added to the credit.
 - a) For passing if failing in two subjects.
 - b) For securing class of merit.
 - c) Will be considered if reappeared.
- 3) Examination will be in two parts.

Group-A Voluntary (Two Games to be chosen & journal Should be written)

Group-B Compulsory

- 4) Standard of passing is 40% (4 Marks)

Note : If students fails to appear for the examination or if a student obtained below 40% (4 Marks) He/She will be ATKT such candidate may appear at second year exam, until & unless a candidate pass P.E. exam will not be given admission to third year.

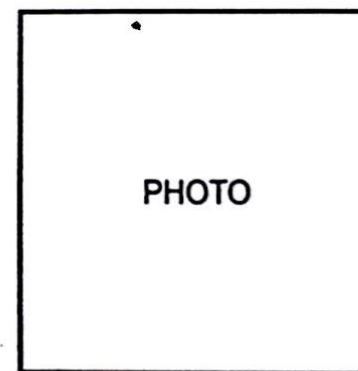
July									
Aug.									
Sep.									
Oct.									
Nov.									
Dec.									
Jan.									



**Sholapur Social Association's
Arts & Commerce College**

**COMPULSORY PHYSICAL EDUCATION
ACHIEVEMENT CARD**

**B.A.-1 / B.Sc-I / B.Com-I / B.C.A-I / B.B.A-I / B.Sc-I,
Biotech**



STUDENT NAME:_____

ROLL No:- CLASS:- Div:

ADDRESS:_____

Achievement Card – 2 (Men)

Sholapur Social Association's Arts & Commerce College

B.A.-1 / B.Sc-I / B.Com-I / B.C.A-I / B.B.A-I / B.Sc-I Biotech

Compulsory Physical Education Achievement Card 20 - 20 Exam Seat No.

Name in Full Class Roll No.

(Beginning with Surname)

PRN No.

Terms	Group A Voluntary		Group B - Compulsory							Signature
	Games		Speed	Strength	Endurance	Yogasanas				
Performance at Uni. Exam.			40 mtr. Run	Push Ups/ Bend Knee Push Ups	Squat Thrust	Sarvangasana	Vajrasana	Bhujangasan	Vrikshasana / Tadasana	
Performance										Student
Performance										Teacher
Performance										Examiners
Selected Games & Test Activities	Group-A Games	1)				2)				
	Group-B Test Activities									

Allowed to appear at the exam.

Director of Physical Education & Sports

Principal

Achievement Card – 1 (Women)

-: Important Rules :-

- 1) Certificate of 80% attendance in P. E. is necessary including NCC/NSS students.
- 2) All examination Marks scored out of 10 will be added to the credit.
 - a) For passing if failing in two subjects.
 - b) For securing class of merit.
 - c) Will be considered if reappeared.
- 3) Examination will be in two parts.

Group-A Voluntary (Two Games to be chosen & journal Should be written)

Group-B Compulsory

- 4) Standard of passing is 40% (4 Marks)

Note : If students fails to appear for the examination or if a student obtained below 40% (4 Marks) He/She will be ATKT such candidate may appear at second year exam, until & unless a candidate pass P.E. exam will not be given admission to third year.

July									
Aug.									
Sep.									
Oct.									
Nov.									
Dec.									
Jan.									

Sholapur Social Association's Arts & Commerce College

COMPULSORY PHYSICAL EDUCATION ACHIVEMENT CARD

B.A.-1 / B.Sc-I / B.Com-I / B.C.A-I / B.B.A-I / B.Sc-I
Biotech



STUDENT NAME: _____

ROLL No:- _____ CLASS:- _____ Div: _____

ADDRESS: _____

Achievement Card – 2 (Women)

Sholapur Social Association's Arts & Commerce College

B.A.-1 / B.Sc-I / B.Com-I / B.C.A-I / B.B.A-I / B.Sc-I Biotech

Compulsory Physical Education Achievement Card 20 - 20 Exam Seat No.

Name in Full Class Roll No.

(Beginning with Surname)

PRN No.

Terms	Group A Voluntary		Group B - Compulsory							
	Games		Speed	Strength	Endurance	Yogasanas				
Performance at Uni. Exam.			40 mtr. Run	Push Ups/ Bend Knee Push Ups	Squat Thrust	Sarvangasana	Vajrasana	Bhujangasan	Vrikshasana / Tadasana	Signature
Performance										Student
Performance										Teacher
Performance										Examiners
Selected Games & Test Activities	Group-A Games	1)				2)				
	Group-B Test Activities									

Allowed to appear at the exam.

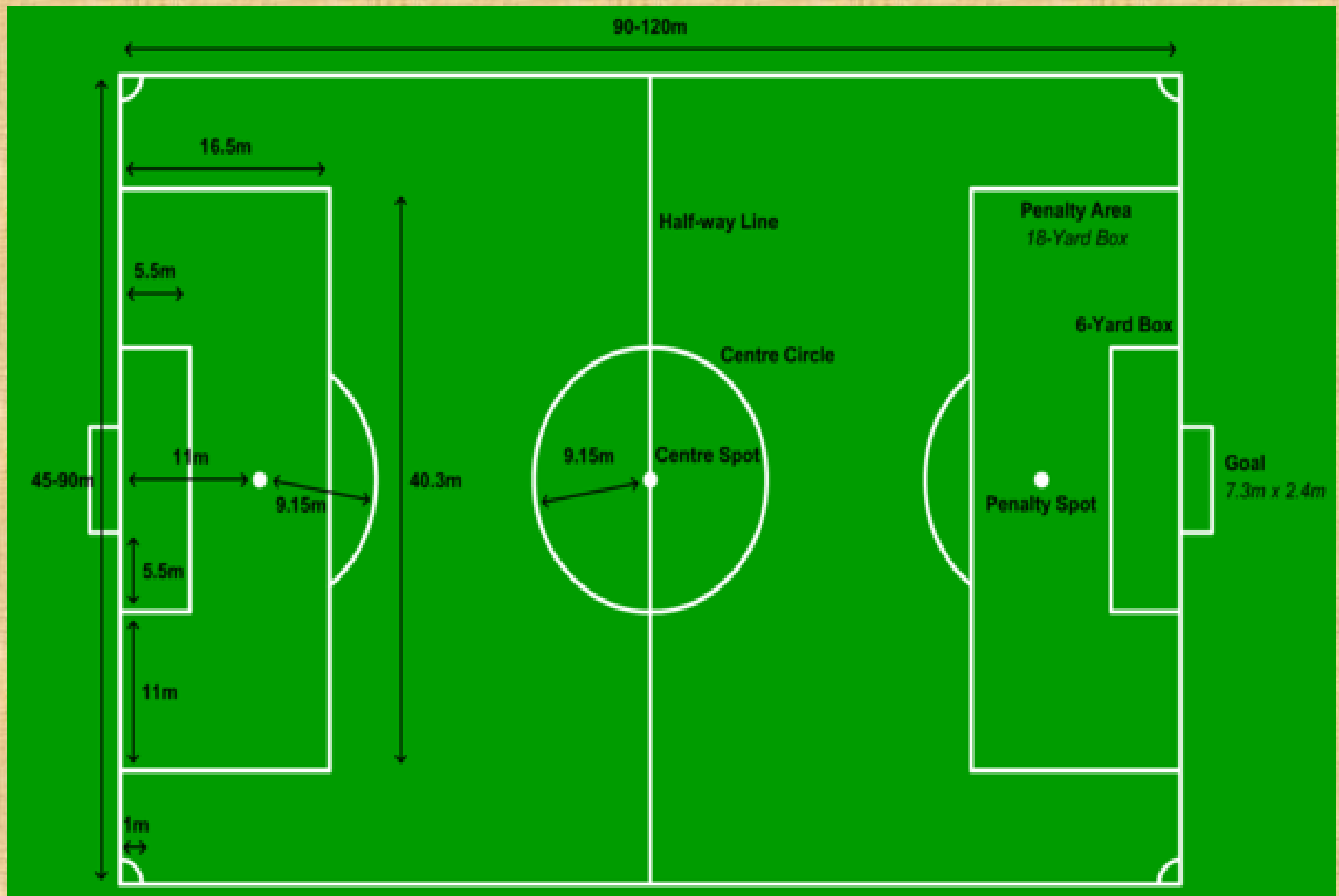
Director of Physical Education & Sports

Principal

Compulsory Physical Education Exam

- ❖ Only for B.A. / B.Com. I Students.
- ❖ Exam will be conducted in Second Semester.
- ❖ 10 Marks for Exam -
(2 Marks for Project , 8 Marks for 4 Physical Test - 2 Marks for each Test)
- ❖ Students must secure 6 Marks.

FOOT BALL



Basic Information of Foot Ball

❖ Field –

Length – 90 – 120 Mtr.

Width – 45 – 90 Mtr.

❖ Players – 20

Playing – 11

Reserve – 9

Three Substitution is allowed.

❖ Duration of the Match – 90 Min. (45 – 10 – 45)

Two Half's (45 Min. each Half)

❖ Ball –

a) Weight – 410 - 450 gm.

b) Circumference – 28 inch.

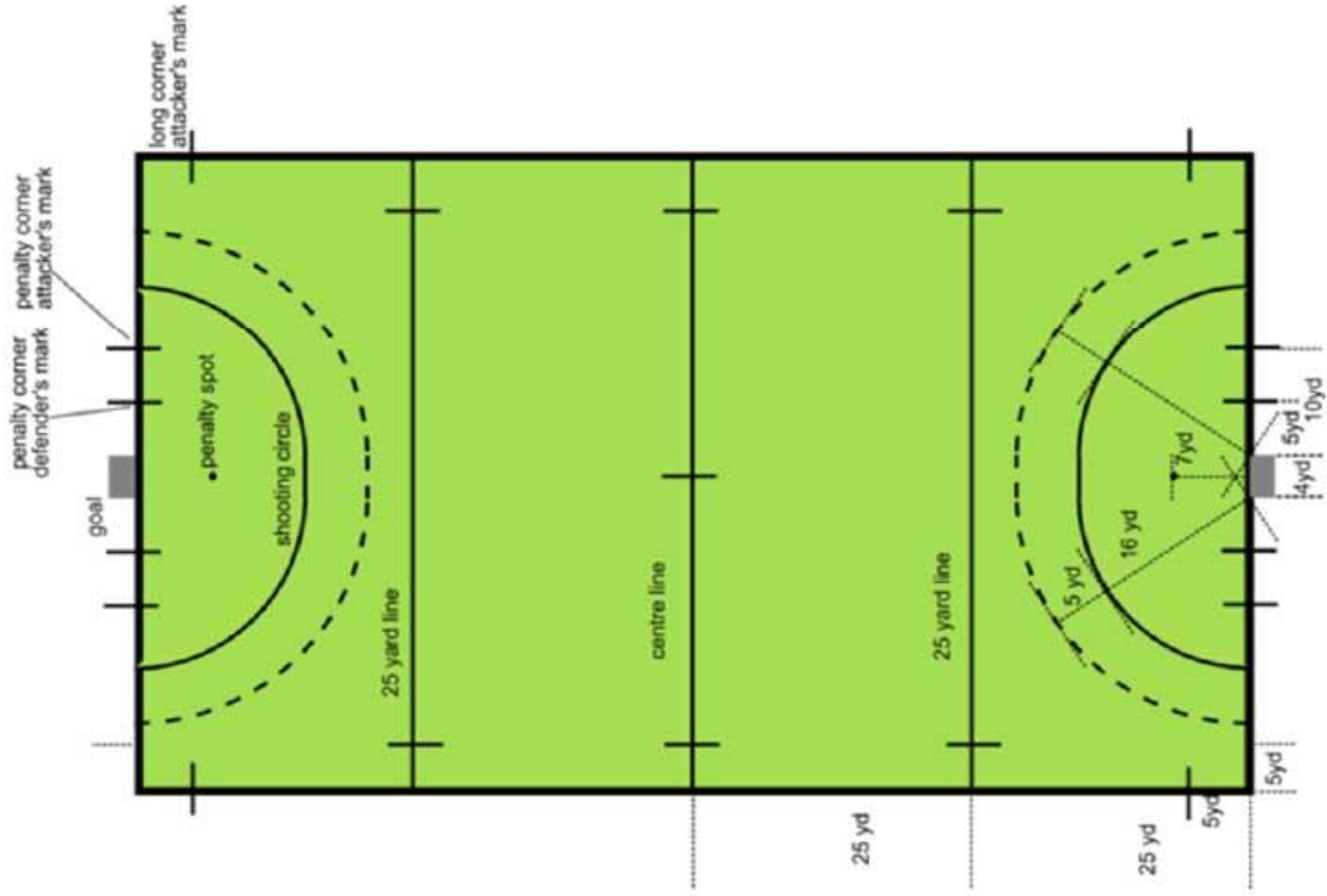
❖ Goal Posts –

Height – 2.44 Mtr.

Width – 7.32 Mtr.

❖ Marked lines Width – 125 mm. (5 inch.)

HOCKEY



Basic Information of Hockey

- ❖ **Field -**
Length – 91.40 Mtr.
Width – 55 Mtr.
- ❖ **Players – 18**
Playing – 11
Reserve – 7
Rolling Substitution
- ❖ **Duration of the Match – 60 Min.**
Four Quarters (15 Min. each Quarter)
- ❖ **Ball –**
a) Weight 156 – 163 gm.
b) Circumference – 23.5 cm.
- ❖ **Weight of Hockey Stick – 737 gm. & Width – 51 mm. (2 inch.)**
- ❖ **Goal Posts –**
Height – 2.14 mtr.
Width – 3.66 mtr.
- ❖ **Marked lines Width – 75 mm. (3 inch.)**

CRICKET

CRICKET FIELD POSITIONS (Right-handed Batting)



Basic Information of Cricket

❖ Pitch -

Length – 22 Yrd. / 20.12 Mtr.

Width – 2.64 Mtr. / 8.8 ft.

Popping Crease – 4 ft. & 8 ft.

❖ Players – 16

Playing – 11

Reserve – 05

❖ Duration of the Match –

' T '20 / One Day / Two Days / Three Days / Test (5 Days)

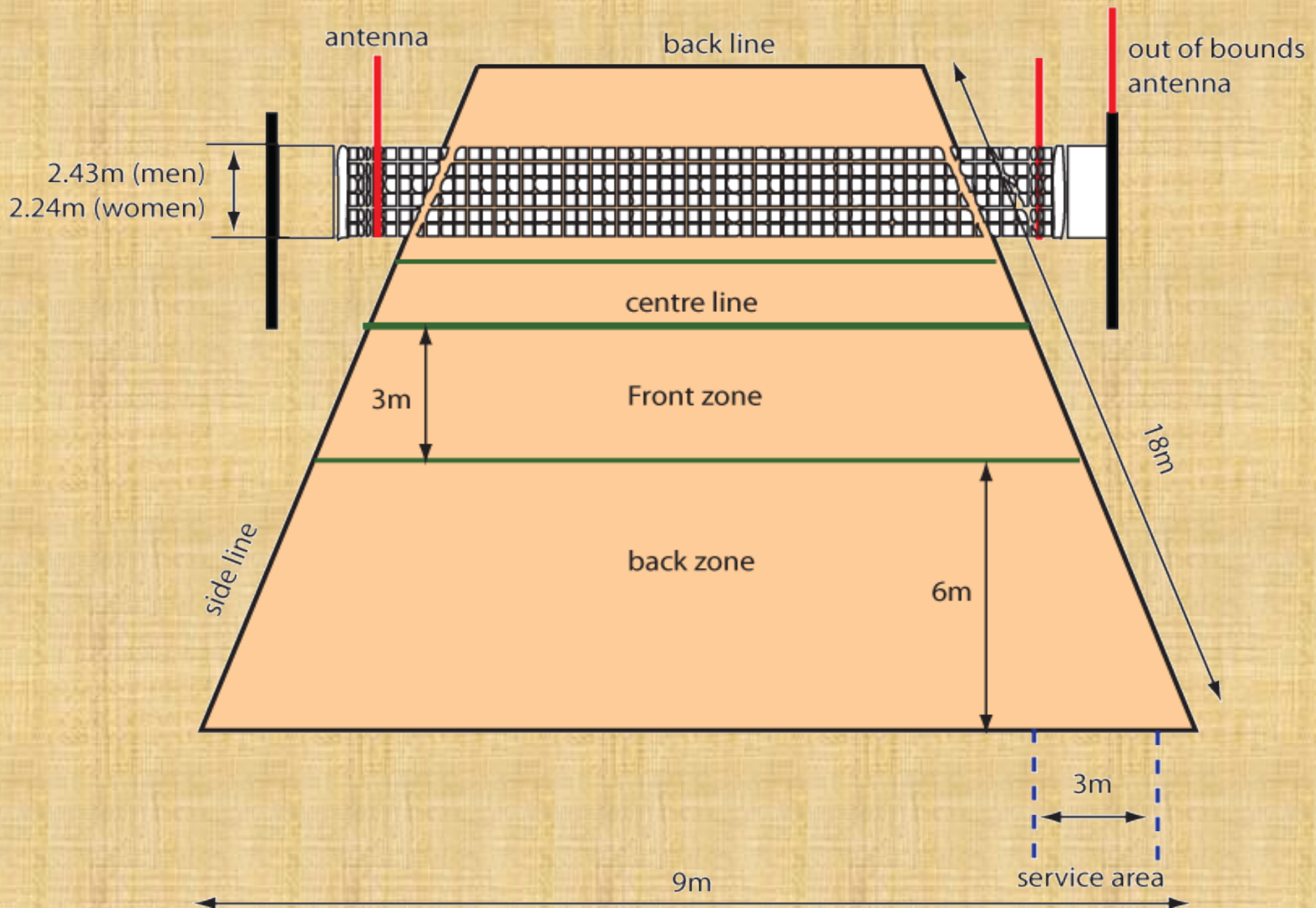
❖ Ball –

a) Weight 156 – 163 gm.

b) Circumference – 22.4 cm. (Min. - 8 inch.) / 22.9 cm. (Max. - 9 inch.)

❖ Bat – Length - 38 inch. (96.5 cm.) / Width – 4.1 or 4 inch. (10.8 cm.)

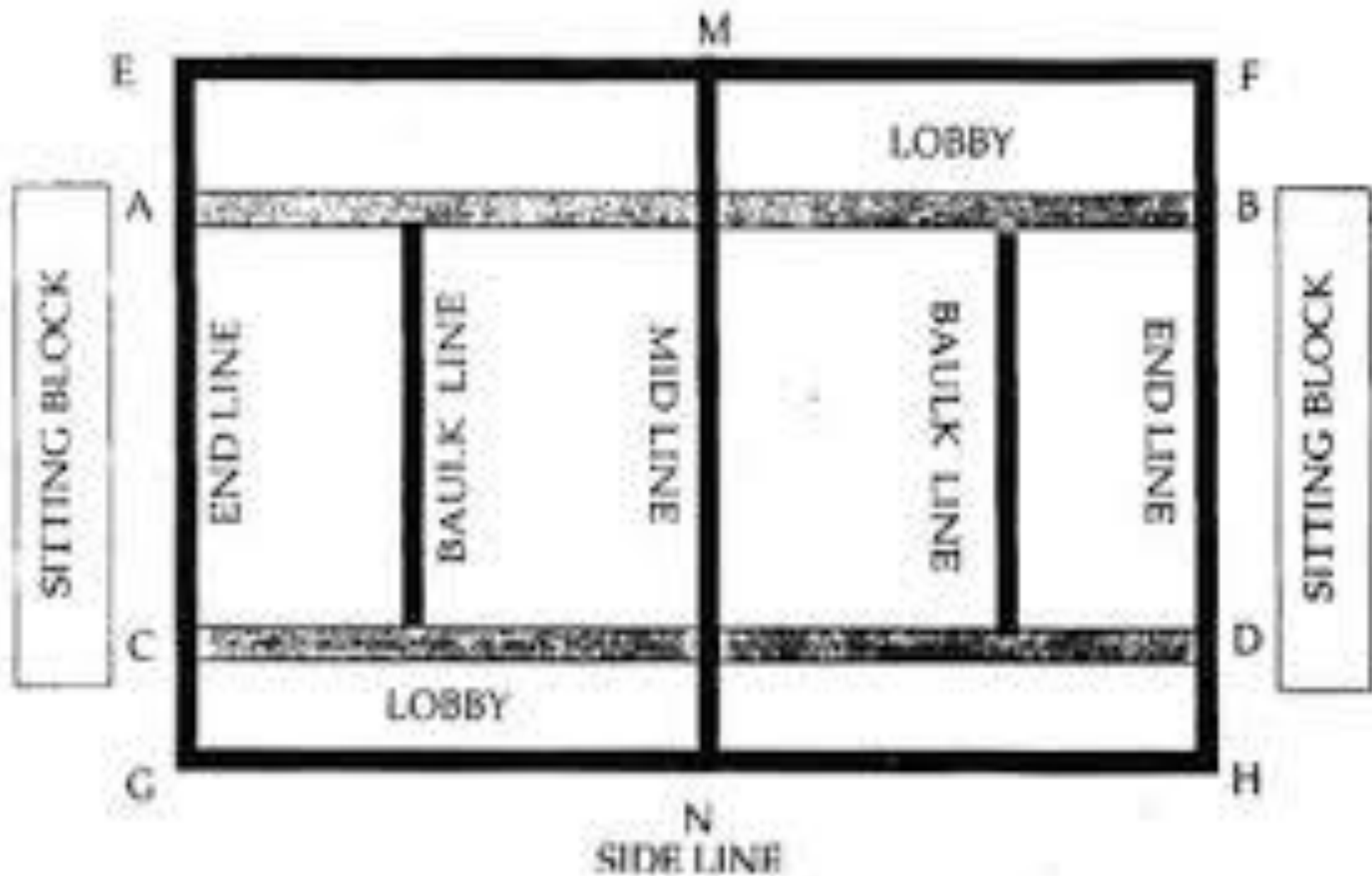
VOLLEY BALL



Basic Information of Volley Ball

- ❖ **Playing Court –**
Length – 18 Mtr.
Width – 09 Mtr.
- ❖ **Players – 12**
Playing – 06
Reserve – 06
Two Substitution is allowed in each Set.
- ❖ **Ball –**
a) Weight – 260 - 280 gm.
b) Circumference – 65 – 67 cm.
- ❖ **Net –**
Post Height – 2.55 mtr.
Width – 11 mtr.
- ❖ **Net Height – 2.43 Mtr. (Men) / 2.24 (Women)**

KABADDI



Basic Information of Kabaddi

❖ Playing Court –

Length – 12 .50 Mtr. (Men) / 11 Mtr. (Women& Junior)

Width – 10 Mtr. (Men) / 8 Mtr. (Women & Junior)

❖ Players – 12

Playing – 07

Reserve – 05

Three Substitution is allowed .

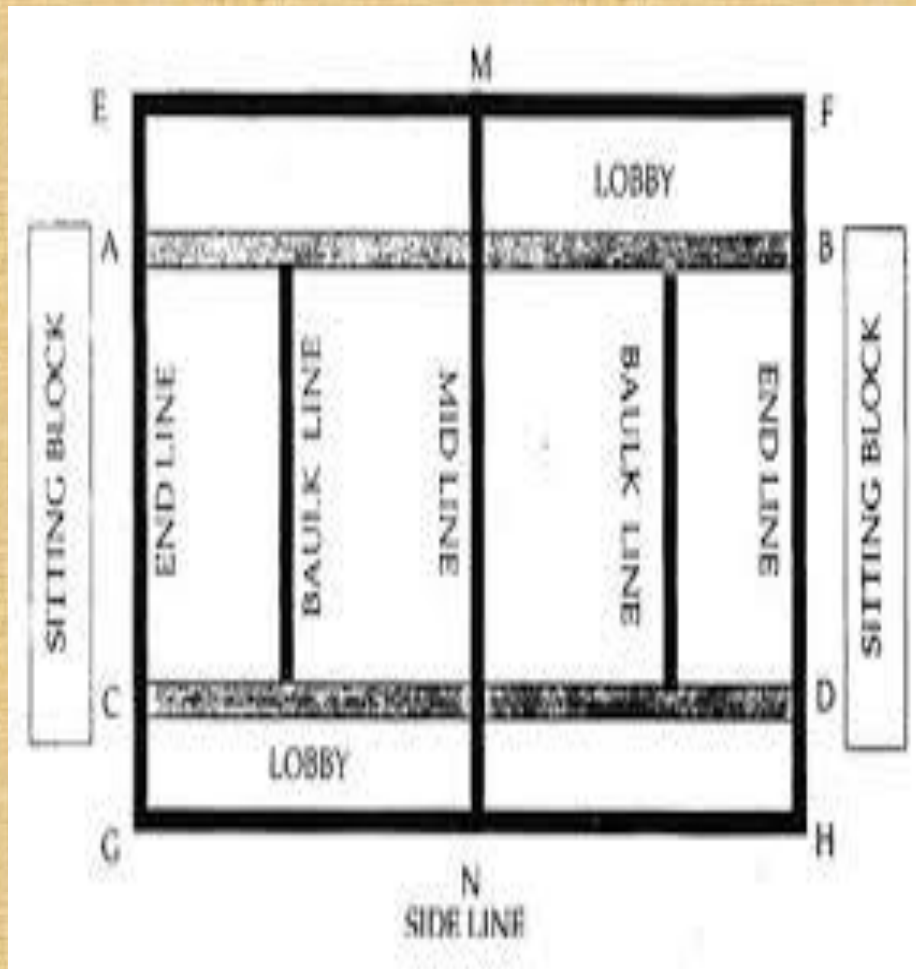
❖ Duration of the Match –

20 – 5 – 20 Min. (Men)

15 – 5 - 15 Min. (Women & Junior)

Project Example -

Left Side Diagram -



Right Side Basic Information –

❖ Playing Court –

Length – 12 . 50 Mtr. (Men) / 11 Mtr. (Women & Junior)

Width – 10 Mtr. (Men) / 8 Mtr. (Women & Junior)

❖ Players – 12

Playing – 07

Reserve – 05

Three Substitution is allowed .

❖ Duration of the Match –

20 – 5 – 20 Min. (Men)

15 – 5 -- 15 Min. (Women & Junior)

Yogasanas

I - Vajrasana



Vajrasana



II - Bhujangasana



Bhujangasana



III – Vrikshasana / Tadasana



Vrikshasana / Tadasana



IV - Sarvangasana

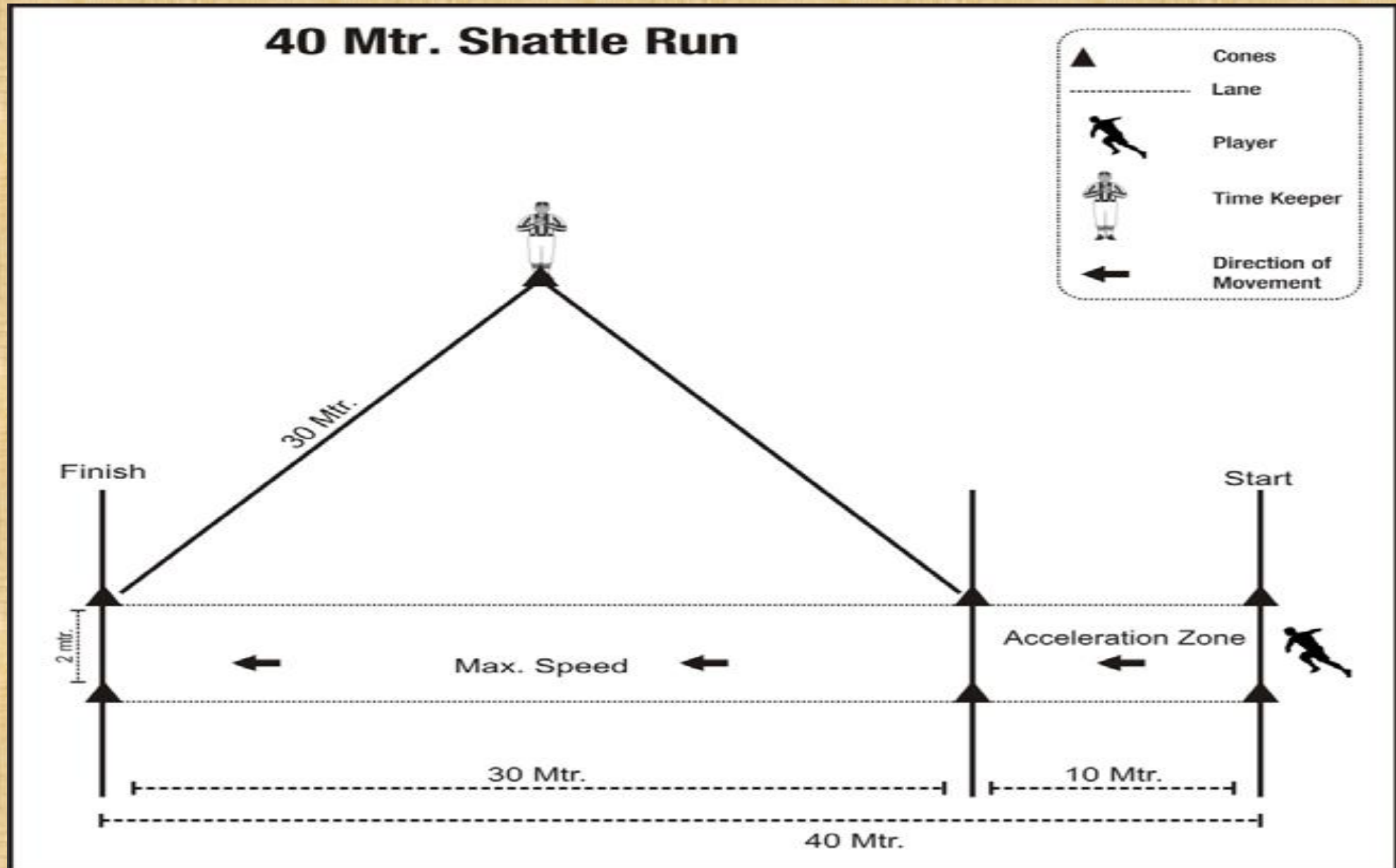


Sarvangasana



40 Mtr. Sprint (Men & Women)

(Men in 6.50 sec. & Women in 7.50 sec.)



40 Mtr. Sprint (Men & Women)



Push Ups (Men)

20 in One Min.

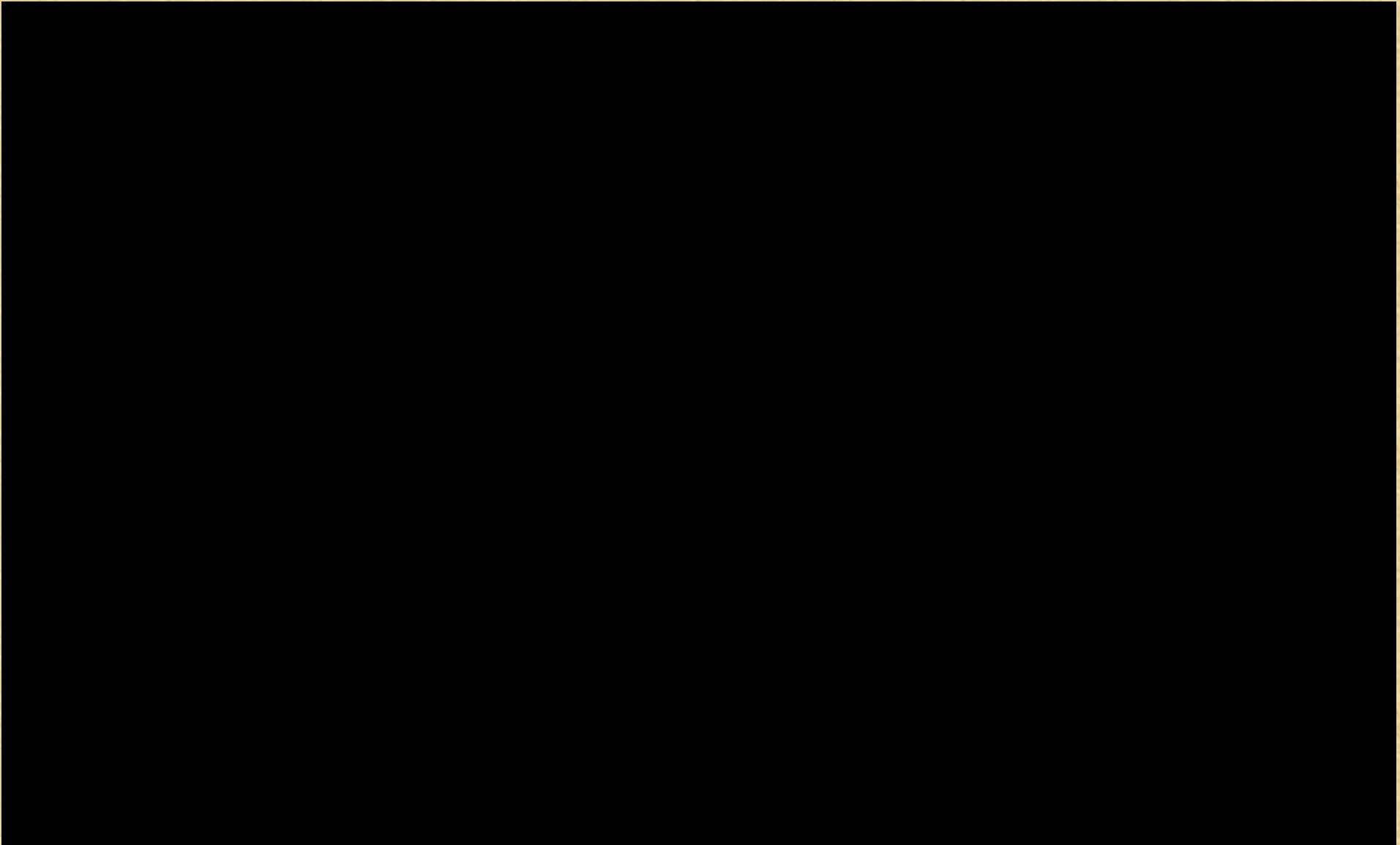
A



B



Push Ups (Men)



Knee Push Up (Women)

15 in One Min.

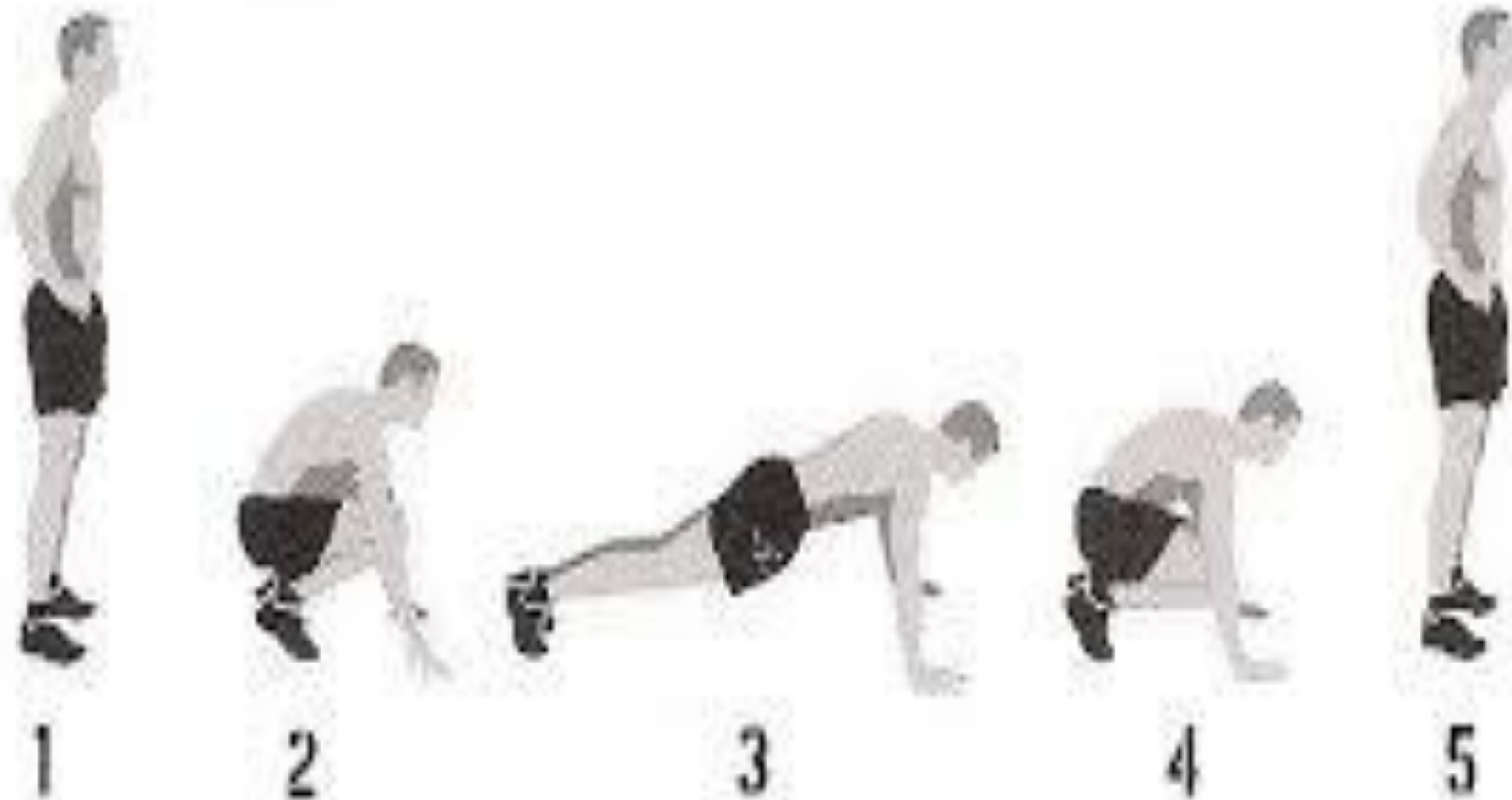


Knee Push Up (Women)



Squat Thrust (Men)

15 in One Min.



Squat Thrust (Men)



Squat Thrust (Women)

10 in One Min.



a



b



c



d



e

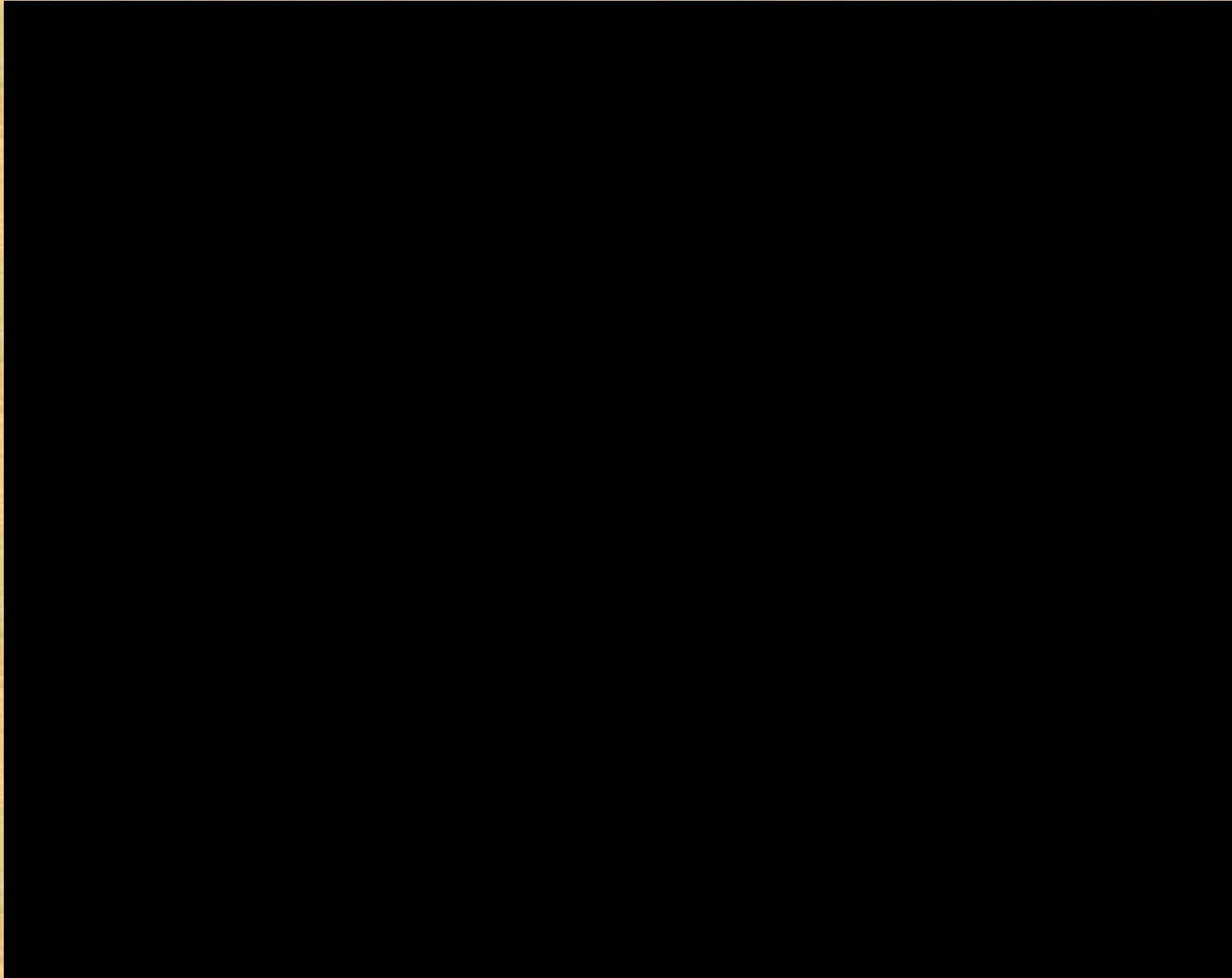
Squat Thrust (Women)



Motivational VDO



Motivational VDO



Thank
You

