Shiksha Mandal's

G. S. College of Commerce, Wardha

(Autonomous)

B.Com. (Major in Accountancy & Business Studies)

Semester – II

Fundamentals of Financial Accounting (BCABS 2.1)			
Teaching Hours: 60	**Total Credits: 4**	**Total Marks: 70+30 = 100**	**Group: Major Core**

Objectives: The objective of this paper is to help students to acquire conceptual knowledge of the financial accounting and to impart skills for recording various kinds of business transactions.

Learning Outcomes:

1. To understand the fundamentals of accounting and the process of recording transactions in a journal.
2. To get acquainted with the concept and process of preparing ledgers and trial balance.
3. The students would be coherent with the knowledge of rectifying the errors.
4. To understand the reconciliation procedure of bank statements.

Unit	Content
I	**Fundamentals of Accounting:** **Theory:** Meaning and scope of Accounting, Need, Development & Definition of accounting, Branches of accounting and Principles, Concepts and Conventions of accounting, Journal Entries of Transactions; Meaning, importance and benefits of Accounting Standards. **Practical Problems:** Preparation of Journal of Sole Proprietor.
II	**Ledger and Trial Balance:** **Theory:** Meaning of Ledger, different types of ledgers, importance and objectives of ledgers, meaning of trial balance, importance and objectives of trial balance, uses of trial balance, advantages and limitations of trial balance. **Practical Problems:** Preparation of Ledgers, Simple Cash Book, Simple Bank Book and Trial Balance.
III	**Rectification of Errors:** **Theory:** Meaning and introduction of Rectification of errors, types of errors, stages of errors, difference between error and mistake, steps to locate errors, errors before trial balance, errors after trial balance and errors after final accounts are prepared. **Practical Problems:** Problems on Rectifying Errors.
IV	**Bank Reconciliation Statement:** **Theory:** Introduction- Debit and Credit balances, Reasons for Discrepancies, Omission of entry, overdraft, difference between cash book and bank book, objectives and importance on Bank Reconciliation Statement. **Practical Problems:** Problems on Bank Reconciliation Statement.

Books Recommended:

1. **Financial Accounting, Paul,** S. K, New Central Book Agency
2. **Financial Accounting for Managers-** Ghosh, T. P. Taxman Allied Service
3. **Financial Accounting -** Dr. V. K. Goyal, Excel Books
4. **Financial Accounting -** Jain S.P., Narang K.L., Kalyani Publishers, Delhi.
5. **Financial Accounting-** Grewal, Shukla, S. Chand Publications, Delhi
6. **Advanced Financial Accounting -** R.S.N. Pillai, Bhagavathi, S. Uma, S. Chand
7. **CA Foundation and Intermediate Modules by ICAI.**

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Semester – II

Basics of Economics (BCABS 2.2.1)			
Teaching Hours: 30	**Total Credits: 2**	**Total Marks: 35+15 = 50**	**Group: Minor**

Objectives:

1. To provide the students an understanding of basic concepts of business economics.
2. To make the students familiar with the fundamentals of economics.

Learning Outcomes:

1. **Understand** the basic concepts of economics and contribution by traditional economists, and would be aware about the central problems of the economy.
2. **Correlate** how the individuals make decisions on the basis of choice, satisfaction and income level and understand application through realistic case studies.

Unit	Content
I	**Introduction to Economics** • Economics - Meaning, Nature, Scope, Importance • Contribution of Economists - Adam Smith, Alfred Marshal, Lionel Robbins - Definition, Features, Criticisms • Economic Systems- Socialism, Capitalism, Mixed- Meaning, Merits and demerits • Central Problems of Economic System • Production Possibility Curve - Meaning, Properties
II	**Foundation of Economic Analysis** • Micro & Macro Economic Analysis - Meaning, Definition, Features, Merits, Demerits • Case Study on Bajaj Auto (Micro Analysis), Case Study on Automobile Sector (Macro Analysis) • Utility Analysis - Meaning, Features, Types • Law of Diminishing Marginal Utility - Meaning, Definition, Concept, Assumptions, Exceptions • Law of Equi Marginal Utility - Meaning, Definition, Concept, Assumptions, Limitations/Criticisms.

Books Recommended:

1. **An Introduction to Modern Economics,** Hardwick, Khan & Langmead, Longman London & New York.
2. **Modern Economics –** H. L. Ahuja, S. Chand & Co Ltd, Latest Edition.
3. **Micro Economics –** P. N. Chopra, Kalyani Publishers.
4. **Principles of Economics –** D. M. Mithani, Himalaya Publishing House, Latest Revised Edition.
5. **Modern Economic Theory –** K. K. Dewett, S. Chand & Co Ltd, Latest Revised Edition.
6. **Advance Micro Economic Theory –** M. Maria John Kennedy, Himalaya Publishing House, Latest Revised Edition.

Computer Hardware and Networking (BCABS 2.2.2)			
Teaching Hours: 30	**Total Credits: 2**	**Total Marks: 35+15 = 50**	**Group: Minor**

Objectives:
1. To provide the students an understanding of basic concepts of hardware.
2. To make the students familiar with the concepts of Networking.

Learning Outcomes:
1. The students will be able to understand the basic concept of hardware, its types and assembly of various hardware components.
2. The students will be able to understand the concept of networking, configuration, various networking models and networking devices.

Unit	Content
I	**Computer Hardware:** Introduction to Computers: Basics of Computers, Organization of Computers, Software, and Hardware Input/output devices: motherboard, types of motherboards, SMPS troubleshooting, Inside the PC: Opening the PC and identification of various components, study of different blocks, assembling and disassembling, modification, and replacement of components
II	**Networking:** Network basics and configuration: Setting IP addresses and sharing files and folders Network troubleshooting, PING test, ipconfig and network testing commands, crimping, etc. Network Types: LAN, WAN, MAN, and PAN Setting of the network connection, Networking Model: The OSI Model and TCP/IP Model work with various networking devices: routers, switches, modems, hubs, etc. working with Wired and wireless technology.

Books Recommended:

1. **Operating System Concept –** Silberschatz, Galvin & Gagne, John Willey & Sons Inc, Haboken, NJ
2. **The UNIX Programming Environment –** Kernighan & Pike, PHI, London
3. **Linux: The Complete Reference (Sixth Edition) –** Richard Petersen, McGraw Hill, New Delhi
4. **The Complete Reference, PC Hardware –** Craig Zacker John Rourke, McGraw Hill, New Delhi
5. **Cisco Networks –** Christopher Carthern, William Wilson, Noel Rivera, Richard Bedwell
6. **Computer Networks –** Fourth Edition, Andrew S., Tanebaum

Thoughts of Management (BCABS 2.2.3)			
Teaching Hours: 30	**Total Credits: 2**	**Total Marks: 35+15 = 50**	**Group: Minor**

Objectives:

1. To understand the basic concepts and principles in Management Thought.
2. To study the strategic approaches to managing a business successfully in a global context.

Learning Outcomes: After learning this subject, students will be able to:

1. Understand various perspectives and concepts in the field of Modern Management.
2. Develop skills for applying these Management concepts to emerging business problems.

Unit	Content
I	**Development of Management Thought:** Scientific Management Concept of F.W. Taylor, Functional Management Theory of Henry Fayol, Human Relations Movement of Elton Mayo. Behavioural Sciences Movement of A. Maslow, The Modern Period Management and New Schools of Management thought. Comparison of Scientific Management and Modern Management Concept.
II	**Schools of Management Thought:** Social System School of Chester Bernard, Features, Contribution and Limitations of Social System School of Management. Quantitative School Features, Contributions and Criticisms of Quantitative School of Management. , Decision Theory School- Features, Contributions and Limitations , Contingency Theory School- Introduction, Features Contribution and Limitations.

Books Recommended:

1. **Organisation and Management –** Dr. C.B. Gupta, Shatya Bhavan Publication Agra.
2. **Principles and Practices of Management –** L. M. Prasad, Sultan Chand & SonsNew Delhi (2019).
3. **Development of Management Thoughts –** Pollard, Think Inc (28 June 2019), Amazon Asia-Pacific Holdings Private Limited.
4. **Principles of Business Management –** T. Ramasamy, Himalaya Publication House Mumbai,
5. **Management: Challenges in 21st Century –** S.H. Goodman & P.M. Fandt, Vintage Publishing House.

Production Management (BCABS 2.3.1)			
Teaching Hours: 30	**Total Credits: 2**	**Total Marks: 35+15 = 50**	**Group: Generic/Open Electives**

Objectives:

1. Understand the various concepts & functions of Operations Management.
2. Learn the techniques & applicability of Operations Management.

Learning Outcomes:

1. Students will be able to understand the various aspects, systems, methodologies, processes, policies and concepts related to Production Management.
2. They will also be able to adopt techniques for achieving Production goals of the organisation through optimum use of effective resources of the organisation.

Unit	Content
I	**An Introduction to Production Management** a. Meaning & Introduction to Production Management b. Scope of Production Management w.r.t. Design & Selection of Product, Selection & Planning for Process as well Layout, Selection of Location, Capacity Planning, Types of Production systems Criteria of Performance. c. Production Strategy: -planning and control issues involving capacity and quality.
II	**Productivity** a. Introduction & Meaning of Productivity & Output b. The concepts of Inputs & Productivity Measures c. The concept of Multi Factor Productivity d. Introduction to - e. Business Process Re-engineering (BPR) f. Benchmarking & its classification g. Introduction to various measures to increase Productivity. h. Meaning of Pursuit of Excellence **Latest concepts in Production Management & Japanese Contribution.**

Books Recommended:

1. **Production & Operations Management –** S. N. Chary, Tata McGrawHill
2. **Production & Operations Management –** Chunawala & Patel, Himalaya PH.
3. **Production & Operations Management –** K. Ashwathappa & K. Bhat, Himalaya
4. **Production & Operations Management –** Upendra Kachru, Excel Books
5. **Production and Operations Management –** N. Nair; Publisher: Tata Mc. Graw Hill

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Semester – II

Project Management (BCABS 2.3.2)			
Teaching Hours: 30	**Total Credits: 2**	**Total Marks: 35+15 = 50**	**Group: Generic/Open Electives**

Objectives:

1. To learn a systematic approach towards project management.
2. To develop an understanding of various models and techniques of Project Management.

Learning Outcomes:

1. Students will come to know the basic concept of the Project Management & its plan.
2. Students will learn to identify the techniques, risk, teambuilding and the basic knowledge of the elements of Project control.

Unit	Content
I	**Introduction to Project Management-** Definitions, Concept of Project Management, Characteristics and Objectives of Project Management, Importance of Project Management, Project Scope & Priorities, Project limitations, Project Management Plan and Process, Introduction to Project Life Cycle; Qualities of an effective Project Manager and Organisation Structures - Benefits & Drawbacks of Various Organisation Structures
II	**Project Management Techniques, Project Costs, Project Control, Monitoring and Closure**- Team Development Model, Introduction to the techniques and practices in the Project Management, Project Risk Identification, Project Costs – Various Costs associated with Projects, Project Control – Time Constrained & Resource Constrained Projects. Project Control process, Monitoring Time performance and Project Closure

Books Recommended:

1. **Project Management –** S. Chowdhary, McGraw Hill
2. **Project Management –** V. C. Sontakki, Himalaya Publishing House
3. **Project Management –** Clifford F. Gray, Erik W. Larson, McGraw Hill
4. **Project Management –** Jeffrey Pinto, Pearson

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Semester – II

Operations Management (BCABS 2.4.1)			
Teaching Hours: 30	**Total Credits: 2**	**Total Marks: 35+15 = 50**	**Group: Generic/Open Electives**

Objectives:

1. Understand the various concepts& functions of Operations Management.
2. Learn the techniques & applicability of Operations Management.

Learning Outcomes:

Unit	Content
I	**Introduction to Operations Management:** a. Definition, Need, Objectives & Importance of Operations Management b. Role of Operations manages in various sectors c. Elements & Functions of Operations Management d. Factors affecting Operations Management e. Difference between Production and Operations Management f. Strategies of Operations Management g. Meaning & Importance of Service Operations Management
II	Application of Operations Management: a. Techniques of Operations Management b. Operations Management in Manufacturing, Logistics & Banking Industry c. Material Requirement Planning System: Objectives, functions& Application d. Process of Material Requirement Planning System e. Concept of Just-In-time approach of Inventory Management f. Types of Costs, Basic concepts of maximum stock, minimum stock, Re-order point, buffer stocks g. Numerical on Inventory costs & Basic EOQ Model.

Books Recommended:

1. **Production & Operations Management –** Chunawala & Patel, Himalaya Publishing House.
2. **Production & Operations Management –** K. Ashwathappa & K. Shridhar Bhat, Himalaya Publishing House
3. **Operations Management –** Shridhar, Himalaya Publishing House.

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Semester – II

Indian Financial System (BCABS 2.4.2)			
Teaching Hours: 30	Total Credits: 2	Total Marks: 35+15 = 50	Group: Generic/Open Electives

Objectives:

1. To enable the students with the understanding of Indian Financial System.
2. To equip the students with knowledge of financial instruments, financial regulations and financial services the organization's internal & external structure, evaluating present-day strategies.

Learning Outcomes: After learning this subject, the students will be able to understand:

1. The concept of money markets, capital markets and various instruments of money and capital markets.
2. The instruments of capital markets, financial markets.

Unit	Content
I	**Components of formal financial system-** Structure & Functions of Financial system, financial system and economic growth. **Money Markets –** Meaning and Instruments: - Treasury Bills, Commercial papers, Commercial bills, Call money market: Meaning and Features **Capital Market** Capital Market: Meaning and Features Types of Capital Market: Meaning and Features Structure of the Indian Capital Market – Recent Developments in the Indian Capital Market
II	**Financial Instruments:** Traditional Instruments: Equities, Debentures and Bonds; Hybrid Instruments: Different types of bonds such as Floating Rate Bonds, Zero Coupon Bonds, Deep Discount Bonds, Inverse Float Bonds: Meaning and Features. **Financial Regulations & Financial Services-** Financial Regulation - SEBI, RBI and IRDA: Meaning and Functions. **The Derivative Market in India:** Meaning of Derivatives; Participants in the Derivatives Markets – Hedgers, Arbitrageurs and Speculators (concept & role), Types of Financial Derivatives – Forwards, Futures, Options and Swaps: Concept and Features.

Books Recommended:

1. **Pathak Bharati (2008): The Indian Financial System –Markets, Institutions, and Services, (2nd Edition),** Pearson Education, New Delhi.
2. **Financial Institutions and Markets, Growth and Innovation,** Bhole L. M., Tata McGraw-Hill, New Delhi, 2008.
3. **Financial Economics,** Bodie, Z. et. el, Pearson Education, New Delhi, 2009.
4. **Introduction to Futures and Options Market,** Hull John, Prentice Hall of India, Delhi, 2002.
5. **Financial Services,** Khan M.Y., Tata McGraw Hill, New Delhi, 2007.
6. **Management of Banking and Financial Services,** Paul, J. and P. Suresh, Pearson Education, Delhi, 2008.
7. **Reserve Bank of India (various issues) Report on Currency and Finance,** RBI, Mumbai.
8. **Reserve Bank of India,** Occasional Papers, Vol. 18, Nos. 2 & 3, RBI, Mumbai 1997.
9. **Derivatives: An Introduction,** Strong, R. A., Thomson Asia Pvt. Ltd, Bangalore, 2002.
10. **Futures and Options,** Sridhar, A. N., Equities and Commodities; Shroff Publishers, Mumbai 2006.

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Semester – II

<table>
<tr><td colspan="4" align="center">Basics of Tally Prime (BCABS 2.5)</td></tr>
<tr><td>Teaching Hours:
45 (Theory + Practical)</td><td>Total Credits: 2</td><td>Total Marks:
35+15 = 50</td><td>Group: Vocational Skill Courses</td></tr>
<tr><td colspan="4">Objectives:
1) To acquaint students with the Basics use of Tally Prime.
2) To acquaint students with practical understanding of creation of accounting and inventory masters, accounting of various business transactions, accounting of taxes (GST), daily accounting reports etc.</td></tr>
<tr><td colspan="4">Learning Outcomes: After learning this subject, students will be able to:
1) Understand the installation procedure of Tally Prime, Creation of Company in Tally Prime, Creation of Accounting Masters in Tally Prime.
2) Understand creation of Inventory Masters, Maintenance of Godowns, Activation of GST and Accounting of GST transactions and various reports (Day Book, Trial Balance, Profit & Loss A/c, Balance Sheet and Stock Summary) in Tally Prime.</td></tr>
</table>

Unit	Content
I	**Introduction to Tally Prime –** Installation Procedure, Opening Tally Prime, Creating a Company. **Creating Accounting Masters –** Introducing Groups, Introducing Ledgers, Introducing Vouchers and accounting vouchers transactions.
II	**Creating Inventory Masters –** Stock Groups, Stock Items, Unit, Godown and inventory vouchers transactions. **Introduction to GST –** GST activation, GST Ledgers, GST Invoicing, Working with GST Reports **Reports –** Day Book, Trial Balance, Profit & Loss A/c, Balance Sheet and Stock Summary.

Books Recommended:

1. **Tally Prime –** Tally Education Private Ltd (TEPL).
2. **Official Guide to Financial Accounting Using Tally Prime –** BPB Publications.
3. **Mastering in Tally Prime –** Ascent Prime Publications.
4. **Tally Prime GST –** United Publications
5. **Tally Prime Training Guide –** BPB Publications.

<table>
<tr><th colspan="4">Correspondence Skills (BCABS 2.6.1)</th></tr>
<tr><td>Teaching Hours: 30</td><td>Total Credits: 2</td><td>Total Marks:
35+15 = 50</td><td>Group: Skill Enhancement Courses</td></tr>
</table>

Objectives to achieve after studying unit I and II:

1. To introduce Business correspondence.
2. To develop writing skills of correspondence.
3. To develop skills of analysis of a given text.
4. To develop creative writing skills.

Learning Outcomes: After studying this subject, students would be able to achieve the following course outcomes as per Bloom's taxonomy:

1. **CO1 and CO2**- Unit I- will achieve the attaining **of CO1 and CO2 Remember and Understand** by asking questions on various business letters
2. **CO3 and CO4**- Unit II – Unseen Passage-will achieve the attaining of **CO3- Apply and CO4-Analyze** by asking questions based on unseen passage for comprehension. The students have to apply their skills of reading, analyzing and attempt the questions
3. **CO5 and CO6**- Unit II**-** Expansion of an idea and Vocabulary/grammar-based exercises will achieve the attaining of **CO5-evaluate and CO6-create**

Unit	Content
I (20M)	Business Correspondence i) Business Enquiry Letters- Enquiry about products and services with seller, Reply to enquiries ii) Business Order Letters- placing order about products and services, Reply to orders iii) Business Complaint Letters- Writing complaint letters to the seller about bad quality, less quantity, wrong products iv) Business Adjustment Letters- providing proper adjustment to the buyer v) Letters to Banks-Writing applications for bank loans, issuing of cheque book
II (15M)	i) Unseen Passage for comprehension with 5 questions based on it (3 questions on write the answer, 1 question on vocabulary-(write the synonym or antonym of a word from passage, 1 question on give a suitable title to the passage) ii) Expansion of an idea based on given points iii) Vocabulary exercise – Fill in the blanks with appropriate homonyms given in brackets

Books Recommended:

1. **Business Communication –** Urmila Rai, S.M. Rai - (Himalaya Publishing House)
2. **Business Communication –** V. K. Jain & Omprakash Biyani (S. Chand)
3. **Business Correspondence and Report Writing –** R.C. Sharma & Krishna Mohan (Tata McGraw-Hill)
4. **Developing Communication Skills –** Krishna Mohan & Meera Banerji (Macmillan)

Public Administration (BCABS 2.6.2)			
Teaching Hours: 30	**Total Credits: 2**	**Total Marks: 35+15 = 50**	**Group: Skill Enhancement Courses**

Objectives:

1. To understand the concept of Public Administration
2. To understand its importance
3. Role of Public Administrators

Learning Outcomes: After studying this subject, students would be able to understand the administrative systems in India.

Unit	Content
I	i) Meaning, scope and significance of Public Administration ii) Public and Private Administration iii) Public Services-Central, State and Local Government iv) Constitutional Framework of Government
II	i) Basic elements of administrative governance Planning, Organizing, Directing and Controlling ii) Characteristics of Public Administration--- Public interest, Equality in society, Tax collection etc. iii) Role of Public Administration in development- Concept of good governance iv) Union Government-Executive, Parliament, Judiciary

Books Recommended:

1. **Indian Public Administration –** Institutions and Issues, Ramesh K Arora and Rajani Goyal: Vishwa Prakashan, New Delhi, 1996.
2. **From Government to Governance –** Kuldeep Mathur: National Book Trust, New Delhi, 2010.
3. **Indian Administration –** Hoshiar Singh: Kitab Mahal, New Delhi, 2004.
4. **Indian Administration –** S.R. Maheshwari: Orient Longman, Delhi, 2005.
5. **Public Administration in India –** S.R. Maheshwari: Oxford University Press New Delhi, 2005.
6. **Public Administration in India –** Padma Ramchandran: National Book Trust, New Delhi, 2006.

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Semester – II

English: A Better India, A Better World (BCABS 2.7)			
Teaching Hours: 30	**Total Credits: 2**	**Total Marks: 35+15 = 50**	**Group: Ability Enhancement Courses**

Objectives:

1. To develop the comprehension and understanding skills of students.
2. To motivate students to acquire good values.
3. To develop the creative skills of students.
4. To develop the analytical and application skills of students.

Learning Outcomes: After studying this subject, students would be able to achieve the following course outcomes as per Bloom's taxonomy:

1. **CO1 and CO2**- Unit I- will achieve the attaining of CO1 and CO2 Remember and Understand by asking theory-based questions.
2. **CO3 and CO4**- Unit II – Unseen Passage-will achieve the attaining of CO3- Apply and CO4-Analyze by asking questions based on unseen passage for comprehension. The students have to apply their skills of reading, analyzing and attempt the questions.
3. **CO5 and CO6**- Unit II- Developing an Ad and Vocabulary/grammar-based exercises will achieve the attaining of CO5-evaluate and CO6-create.

Unit	Content
I (20M)	**Following 4 chapters from the book are prescribed** i) Learning from Experience ii) The Indian of the Twenty-first Century iii) What Can We Learn from the West iv) The Role of Discipline in Accelerating National Development
II (15M)	**Non-textual** i) Unseen Passage for comprehension with 5 questions based on it (3 questions on write the answer, 1 question on vocabulary -write the synonym or antonym of a word from passage, 1 question on give a suitable title to the passage). ii) Draft/prepare an Advertisement for marketing a product or service, for Job requirement, for accommodation on rent. iii) Arrange Jumbled words of a sentence in a correct order.

Books Recommended:

A BETTER INDIA, A BETTER WORLD BY N R NARAYAN MURTHY Published by Penguin Random House India, Gurgaon, India, 2010

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Semester – II

Value Education (BCABS 2.8)			
Teaching Hours: 30	**Total Credits: 2**	**Total Marks: 35+15 = 50**	**Group: Value Education Courses**

Objectives:

1. **Understanding the moral values:** To impart & inculcate the importance of value-based living. Student should be able to understand the teachings of great Indian leaders and their relevance in today's world.
2. **Sensitization of students for Nation Building:** Sensitization of students on various facets like Human rights, Duties & Responsibilities of citizens, etc.

Learning Outcomes: After learning this subject, students would be able -

1. To build a strong base of high moral values in life.
2. To appraise Indian values and to contribute to nation building.

Unit	Content
I	**UNIT I- Moral Values:** 1. Meaning & definition of moral values, Types of values and need of value education. 2. Important values in Human Life – Integrity, truth, commitment, empathy, honesty, punctuality, unity, forgiveness, love, teamwork, ability to sacrifice, care, positive & creative thinking. 3. Role of values in education. 4. Teachings of great Indian Leaders: - Seven Deadly Sins by Mahatma Gandhi and Ten Golden Teachings of Swami Vivekanand. 5. Seven inspiring thoughts of Mother Teresa & Baba Amte.
II	**UNIT II** **A – Values & Self:** 1. Self-confidence - Theories of self confidence 2. Stress Management - Techniques of Stress Management 3. Self-acceptance – Techniques and importance 4. Self-growth – Role of spirituality, meditation, yoga in self-growth. **B – Values & Nation Building:** 1. Sensitization for social & human values, sensitization to constitutional obligations- rights & duties. 2. Dr. A. P. J. Kalam's Ten points for enlightened citizenship. 3. Valuable thoughts on management - Shivaji Maharaj's eight valuable thoughts on management for nation building. 4. Ratan Tata's eight valuable thoughts on management.

Books Recommended:

1. **Vivekananda, Swami. "Personality Development" –** Advaita Ashrama, Kolkata, 2008.
2. **"Value Education" –** Dr. Kiruba Charles and V Arul Selvi
3. **"Wings of Fire" –** Dr. A. P. J. Kalam
4. **Skill Development –** Dr. Mohini T. Bhelwani, Shree Sainath Prakashan, Nagpur
5. **Shivaji : The Management Guru,** Prof. Namdev Jadhav, Rajmata Prakashan, Mumbai

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Semester – II

Physical Education – II (BCABS 2.9)

Teaching Hours: 60	Total Credits: 2	Total Marks: (20+15+10+5) = 50	Group: Co-Curricular Courses

Objectives:

1) Understand the concept and significance of health and wellness
2) Understand the role of physical activities in developing health and wellness
3) Understand the concept of yoga and significance of Asanas & Pranayama in developing health and wellness
4) Understand the fundamental skills & rules of major Games & Sports.
5) Perform & Guide various Physical & Fitness activities to develop health & wellness
6) Perform related test to assess parameters related to health.

Learning outcome: After learning this course, students will be able to:

1) Students acquire knowledge of physical fitness, sports, nutrition, yoga and understand the significance of its development for healthy life.
2) Students will learn theoretical and practical aspects of games, and aware about its rule and regulation.
3) Students will learn to apply knowledge of Physical fitness, Nutrition and exercise management to lead better quality life.
4) Students will understand and learn different dimensions of health & wellness for active lifestyle.

Unit	Content
I	**Theory** **A 1) Physical Fitness & Nutrition** a. Types of Physical Fitness b. Health Related Physical Fitness c. Skill Related Physical Fitness **2) Components** d. Components of Health-Related Physical Fitness e. Components of Skill Related Physical Fitness **B. Nutrition & Caloric Requirement** f. Caloric requirement for various activities g. Implication of Nutrition to promote Health & Wellness
II	**Game: Athletics-** **A. Throwing Events** (Measurements, Skills) a) Shot Put b) Discus Throw c) Javelin Throw d) Hammer Throw **B. Jumping Events** a) Long Jump b) High Jump c) Triple Jump b) Pole Vault **C. Running Events** ● Sprints: 100mtrs,200mtrs,400mtrs. ● Middle Distance: 800 mtrs,1500 mtrs., ● Long Distance: 3000 mtrs,3000 mtrs Steeplechase,5000 mtrs,10000 mtrs, ● Relay Race: 4X100mtrs,4X400mtrs ● Hurdles: 110(Men),100(Women),400mtrs.

Books Recommended:

1. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States
2. Health, Exercise and Fitness, Dr. Briz, Mohan.T. Raman, Sports Publications, Darya Ganj, New Delhi
3. Lokesh Tani (2018) Track Athletics Sports Publication New Delhi.
4. Prevention And Treatment of Sports Injuries, 2000, Anju Ambast, Khel Sahitya Kendra, Shiv Market, Ashok Vihar, Delhi.