

Semester I
PART – B: PRACTICUM COURSE
**BPC – 104 (A): MASS DEMONSTRATION ACTIVITIES (DUMBELLS/ WANDS/
 HOOP/ UMBRELLA/ TIPRI)**

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
-	2	2	-	64	64	25	25	50

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

ESSENCE OF THE COURSE

This course will enable students to understand the basic movements / exercises with different apparatus. It aims to develop rhythmic ability and coordination.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- acquire, analyze and interpret rhythmic movements with apparatus

COURSE CONTENTS

FUNDAMENTAL SKILLS

- Light apparatus Grip
- Attention with Light apparatus
- Stand – at – ease with light apparatus
- Exercise with verbal command, drum, whistle and music – Two counts, Four counts, Eight counts and Sixteen counts.
- Standing Exercises
- Jumping Exercises
- Moving Exercises
- Combination of above all
- Lathi-Two counts exercises, Four Counts exercises, eight counts exercises, sixteen counts exercises.
- Ghati Lezuim-Aath Aawaaz, Aage Paon, Peechhe Paon, Bethak, Kadamtaal, Pavitra.
- Mass P.T. Exercises-Two counts, four counts and eight counts, sixteen counts.
- Hindustani Lezuim-Char Awaaz, Ek Jagah, Aanti Lagaav, Pavitra, Do Rukh, Chau Rukh, Chaurukh bethak.
- Drill and Marching

TEACHING LEARNING STRATEGIES

- The class will be taught by using demonstration, explanation, videos, learning by doing and Whole part whole method .

SUGGESTED MODE OF TRANSACTION

- Demonstration/Explanation learning by doing.

ASSESSMENT RUBRICS

Marks: 50

- End Semester Exam (External)
(Skill Proficiency, Project File, Officiating, Viva)

Marks:25

- Internal
(Skill Proficiency, Project File, Officiating, Attendance, Viva)

Marks: 25