

Semester IV
PART – B: PRACTICUM COURSE
BPC – 402 (B): COMBATIVE GAME (MARTIAL ARTS/KARATE)

| 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 skills, strategies, tactics and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the field, thickness of the lines, equipment, duties of the officials, before, during and after the match, duty of coach and captain, different types of signals, basic skills and techniques, associations and federations of games and sports.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- develop concept of skill.
- analyze & interpret skills.
- appraise the rule & regulation.
- demonstrate and assess various techniques of starts and finish.
- demonstrate and assess various technique.
- interpret the rules and regulations in real game situation.
- officiate in real game situation.

COURSE CONTENTS

Historical development of the game/sport at national and international levels, National Bodies controlling sports and their affiliated units, International Bodies controlling sports and their affiliated units and Major National and International competitions.

Fundamental Skills

- Player Stances – walking, hand positions, front-leaning, side-fighting.
- Hand Techniques - Punches (form of a punch, straight punch, and reverse punch), Blocks (eight basic).
- Leg Techniques - Snap kicks, stretching straight leg, thrust kicks, sidekicks, round house.
- Forms - The first cause Katas.
- Self Defense - against punches, grabs and strikes, against basic weapons (knife, club sticks).
- Sparring - One step for middle punch, high punch and groin punch. (Defended by appropriate block from eight basic blocks).
- Rules and their interpretations and duties of officials.

TEACHING LEARNING STRATEGIES

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

SUGGESTED MODE OF TRANSECTION

- Lectures/Demonstration/Explanation/Field Work/ Outreach Activities/ Vocational Training/Viva/ learning by doing / Lead-up Games/ Minor Games/ Dummy Practice etc.

ASSESSMENT RUBRICS

Marks: 50

- End Semester Exam (External) **Marks: 25**
(Skill Proficiency, Project File, Officiating, Viva)
- Internal **Marks: 25**
(Skill Proficiency, Project File, Officiating, Attendance, Viva)