

**Semester IV**  
**PART – B: PRACTICUM COURSE**  
**BPC – 402 (E): COMBATIVE GAME (WRESTLING)**

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

- Take downs, Leg tackles, Arm drag.
- Counters for take downs, Cross face, Whizzer series.
- Escapes from under-sit-out turn in tripped.
- Counters for escapes from under-Basic control back drop, Counters for stand up.
- Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.
- Escapes from pinning: Wing lock series, Double arm lock roll, Cridge.
- Standing Wrestling-Head under arm series, whizzer series
- Referees positions.

### 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)