

Semester III
Theory Course
IMTE 302 Adventure Sports Category (Land)

15.

ESSENCE OF THE COURSE

This course will enable students to understand the concept of Adventure Sports in context of Land,

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

- Understand the need & importance of Adventure Sports in context of Land,
- Describe the criteria, classification and administration of Adventure Sports in context of Land,
- Develop concepts related to Adventure Sports in context of Land,
- Construct a strong basis in the evaluation techniques through the various test and measurements method used in Adventure Sports in context of Land,
- Explain different Adventure Sports in context of Land,

COURSE CONTENTS

15.1 Unit – I: Introduction to land adventure sports

Meaning and definition, Understanding risk level in various kind of land adventure sports, Classification of various land adventure sports, Understanding terrain & geology for different kind of land adventure sports

15.2 Unit – II: Equipment

Role of equipment in land adventure sports, Quality of materials being used in land adventure sports, Getting knowledge of various kind of equipment and its usage in land adventure sports, Role of equipment in increasing and decreasing risk

15.3 Unit – III: Techniques

Importance of learning various techniques in adventure sports, Understanding role techniques in planning, balancing and conservation of energy, Understanding various systems and mechanics involved in adventure sports, Role of techniques in achieving higher levels **Safety Measures** Preparation to manage the risk in land adventure sports, Back-up systems to manage risk and preparation for rescue in land adventure sports, Rescue, Evacuation & First Aid in Land Adventure Sports, Understanding rescue in various aspect of land adventure sports, Rescue & evacuation mechanisms and systems, Role of communication in rescue, Various rescue organizations, First Aid in Land Adventure Sports: Meaning, Definition, aims and need

15.4 Unit – IV: Planning and Organization

Reece of new location, Planning based on type and Nature of Activities i.e. training and coaching, recreational, tour, expedition, Itinerary Management, Selection of Equipment, Selection of leader and team, Understating the role of photography, documentation and incident reporting in land adventure sports

TEACHING LEARNING STRATEGIES

-) The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

MODE OF TRANSACTION

-) Field Work/Project Work/Viva/Seminars/Term Papers/Presentations/Self- Learning Instructional Material etc.

ASSESSMENT RUBRICS

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|) End Semester Exam | Marks: 100 |
|) Classroom Test, Project Work, Assignments, Presentations | Marks: 70 |
| o Classroom Tests: Best one out of two unit tests | Marks: 30 |
| o Project Work, Assignments, Presentations | Marks: 10 |
| | Marks: 20 |

SUGGESTED READINGS

1. Andrew Bisharat, **Sport Climbing**, The Mountaineers Books 2012
2. Bob Gaines, **Rappelling: Rope Descending and Ascending Skills**, Globe Pequot Press 2013
3. Bruce Tremper, **Staying Alive in Avalanche Terrain**, 2nd Edition, Mountaineers 2008
4. Charles Houston, **Going Higher: Oxygen, Man and Mountains**, TBI Publishers Distributors 2005
5. Craig Luebben , Topher Donahue, **Rock Climbing : Mastering Basic Skills**, 2nd Edition, THE MOUNTAINEERS 2014
6. Craig Luebben Clyde Soles, **Knots for Climbers**, Globe Pequot Press 2011
7. Craig Luebben, **Rock Climbing Anchors**, INGRAM INTERNATIONAL INC 2006
8. Elaine Robertson, Suzanne King, **The Backpacker's Bible: Your Essential Guide to Round the World Travel**, Anova Portico 2012
9. Eric J Horst Richard Fleming, **Maximum Climbing: Mental Training for Peak Performance and Optimal Experience**, Globe Pequot Press 2010
10. Eric J Horst, **Conditioning for Climbers**, Chronicle Books Llc 2005
11. Eric J. Horst, **Learning to Climb Indoors**, FalconGuide 2012
12. Getwell Education, **Altitude Sickness: Altitude Mountain Sickness**, Createspace 2012
13. James A. Wilkerson, **Medicine for Mountaineering and Other Wilderness Activities**, 6th Edition, The Mountaineers Books 2010
14. Jeff Renner, **Mountain Weather**, Mountaineers Books 2005
15. Jim Woodmencey, **Reading Weather: The Field Guide to Forecasting the Weather**, Falcon Guide 2012
16. John Long, **How to Rock Climb**, Vida Pub 2010
17. John Long, **How to Rock Climb: Gym Climb**, Globe Pequot Press 1994
18. John White, **The Indoor Climbing Manual**, Bloomsbury Publishing (UK), 2013
19. Matt Burbach, **Gym Climbing**, Mountaineers Books 2005
20. Mike Clelland David FasuloClellandFasulo, **Self-Rescue**, Globe Pequot Press 2010
21. Molly Loomis, **Climbing Self- Rescue Improvising Solutions for Serious Situations**, Mountaineers Books 2006
22. Peter H. Hackett, **Mountain Sickness**, 2nd Edition, American Alpine Club 1980

23. RONALD C. ENG, **Mountaineering: The Freedom of the Hills**, 8th Edition, Mountaineers Books 2010
24. S. Peter Lewis, **Climbing from Gym to Crag**, Mountaineers Books 2000
25. Shiptside Steve, **Adventure Sports**, Infinite Ideas Limited 2006
26. Steph Davis, **High Infatuation: A Climber's Guide to Love and Gravity**, Mountaineers Books 2007
27. Stephen Bezruchka, **Altitude Illness**, 2nd Edition, Mountaineers Books 2005
28. Sue A. Ferguson, **The Abcs of Avalanche Safety**, 3rd Edition, The Mountaineers Books 2003
29. T. G. Longstaff, **Mountain Sickness And Its Probable Causes**, Nabu Press 2011
30. Timothy W. Kidd, **Rock Climbing**, Human Kinetics Publishers 2009