

Semester IV
Theory Course
IMTE 402 Adventure Sports Category (Water)

ESSENCE OF THE COURSE

This course will enable students to understand the concept of Adventure Sports in context of Water in Physical Education and Sports,

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

-) Understand the need & importance of Water Sports and Water Adventure Sports.
-) Describe the criteria, classification and administration of Water Sports in Physical Education and Sports.
-) Develop concepts related to Adventure Sports in context of Water.

COURSE CONTENTS

20.1 Introduction to water adventure sports

Meaning and definition, Classification of water sports, Understanding type of water and its current, Understanding wind and its use in water sports, Water quality and its effects, Navigation in water

20.2 Equipment

Type of boats and its uses, Parts of different boats and its construction, Understanding OBM and its operation, Care and Maintenance of Boats & OBM, Understanding equipment for water sports and its usage

20.3 Unit – III: Techniques

Techniques of paddle games, Techniques of toe games, Techniques of power boats, Techniques of sail boats, Techniques for Diving games

20.4 Unit – IV: Safety Measures

Preparation to manage the risk in water sports, Back-up systems to manage risk and preparation for rescue in water sports, Rescue, Evacuation & First Aid in water Sports, Understanding rescue in various aspect of water sports, Rescue & evacuation mechanisms and systems, Communication in rescue, Various rescue organizations, First Aid in Water Sports: Meaning, Definition, aims and need

20.5 Unit – V: 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 water sports

TEACHING LEARNING STRATEGIES

-) The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, market analysis of different sports skill through virtual skills of different sports and games 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

Marks: 100

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

SUGGESTED READINGS

1. American Canoe Association, **Essentials of River Kayaking**, Menasha Ridge Press, 2004
2. American Canoe Association, **Introduction to Paddling**, Menasha Ridge Press Inc. 1996
3. Benjamin Marcus, **Extreme Surf**, Falcon Press Publishing, 2008
4. British Canoe Union, **Canoe and Kayak Handbook: Handbook of the British Canoe Union**, Pesda Press 2002
5. Cliff Jacobson Lon Levin, **Basic Illustrated Canoeing**, Globe Pequot Press 2008
6. Cliff Jacobson, **Canoeing**, Globe Pequot Press 2007
7. Clinchy Richard A. Fead Lou Egstrom Glen, **Open Water Sport Diver Manual**, 5th edition, Jones And Bartlett India 1992
8. Colin Jarman, **Knots & Splices**, 2nd edition, Mcgraw-hill Professional 2006
9. Eli Burakian Stephen Gorman Daniel A Gray, **Canoeing for Everyone: A Step-By-Step Guide to Selecting the Gear, Learning the Strokes, and Planning Your Trip**, Globe Pequot Press 2009
10. Harry Roberts Lon Levin, **Basic Illustrated Canoe Paddling**, Globe Pequot Press 2008
11. Heather Harbord, Sea **Kayak Nootka & Kyuquot Sound**, Rocky Mountain Books 2004
12. Hughes Mike Hughes, **The Northwest Dive Guide**, Harbour Publishing 2009
13. Jacobson Levin, **Basic Illustrated Camping**, Globe Pequot Press 2008
14. James MacLaren, **Learn to Surf**, Globe Pequot Pr 1997
15. Jim Gigliotti, **Water Sports**, Heinemann Lib 2011
16. Joe Glickman, **The Kayak Companion: Expert Guidance for Enjoying Paddling in All Types of Water**, Storey Publishing, Llc 2003
17. Mark Sosin Mike Wyatt J Michael Wyatt, **Basic Essentials Sea Kayaking**, Globe Pequot Press 2005
18. Nigel Foster, **Kayaking: A Beginner's Guide**, Wiley, John & Sons 2006
19. Randel Washburne, **The Coastal Kayaker's Manual**, 3rd Revised edition, Globe Pequot Press 1998
20. U S Coast Guard, **Navigation Rules**, Paradise Cay Pubns 2010