

Semester I
THEORY COURSE
IMPE 101- INDIVIDUAL SPORTS CATEGORY (ATHLETICS,
SWIMMING, GYMNASTICS)

IMPE 101 (A) ATHLETICS

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 and marking of the track, equipment, duties of the officials (before, during and after the competition), duties of coach and captain, basic skills and techniques of track and field, structure and functions of federations of track and field.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

-) Understand the concept of skill.
-) Acquire the required motor skills.
-) Appraise the rule & regulation.
-) Demonstrate and assess various techniques of starts and finish.
-) Interpret the rules, regulations and officiate in competition.

COURSE CONTENTS

Historical development of the running events at national and international levels, National and International Bodies controlling track and field and their affiliated units; Major National and International competitions.

FUNDAMENTAL SKILLS

- o Running
 - o Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks.
 - o Finishing Techniques: Run, Through, Forward lunging, Shoulder Shrug
 - o Ground Marking, Rules and Officiating
- o Hurdles:
 - o Fundamental Skills- Starting, Clearance and Landing Techniques.
 - o Types of Hurdles
- o Ground Marking and Officiating
- o Relays:
 - o Fundamental Skills
- o Various patterns of Baton Exchange
- o Understanding of Relay Zones
- o Ground Marking
- o Interpretation of Rules and Officiating

TEACHING LEARNING STRATEGIES

-) The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method Drills.

SUGGESTED MODE OF TRANSACTION

-) Field Work/ Outreach Activities/ Vocational Training/Viva/ learning by doing/ Shadow Practice etc.

ASSESSMENT RUBRICS

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

Marks: 50

IMPE 101 (B) - SWIMMING

ESSENCE OF THE COURSE

This course will enable students to understand the basic strokes and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the pool, category of strokes, equipment, duties of the officials (before, during and after the competition), duties of coach and captain, structure and functions of swimming federation.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

-) Acquire, analyze and interpret basic strokes
-) Appraise the rules and regulation.
-) Demonstrate and assess various techniques of starts and finish in basic strokes.
-) Officiate in competition.

COURSE CONTENTS

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

FUNDAMENTAL SKILLS

-) Entry into the pool.
 -) Developing water balance and confidence
 -) Water fear removing drills.
 -) Floating-Mushroom and Jelly fish etc.
 -) Gliding with and without kickboard.
- Introduction of various strokes
-) Body Position, Leg, Kick, Arm pull, Breathing and Co ordination.
 - o Start and turns of the concerned strokes.

TEACHING LEARNING STRATEGIES

-) The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

-) Work in the Pool/ Viva/ learning by doing/ Individual Practice etc.

ASSESSMENT RUBRICS

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

Marks: 50

IMPE 101 (C) - GYMNASTICS

ESSENCE OF THE COURSE

This course will enable students to understand the basic gymnastic skills and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the gymnasium and different apparatus/equipment, duties of the officials (before, during and after the competition), duties of coach and captain, structure and functions of gymnastics federation.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

-) Acquire, analyze and interpret basic skills
-) Appraise the rules and regulation.
-) Demonstrate and assess various basic skills/techniques and game strategies.
-) Officiate in competition.

COURSE CONTENTS

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

FLOOR EXERCISE

Floor Exercise

- o Forward Roll, Backward Roll, Sideward Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Head stand, Jumps-leap, scissors leap.

Vaulting Horse

- o Approach Run, Take off from the beat board, Cat Vault, Squat Vault.

TEACHING LEARNING STRATEGIES

-) The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.

SUGGESTED MODE OF TRANSACTION

-) Work in the Pool/ Viva/ learning by doing/ Individual 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)