

Semester II
Theory Course
IMPE 201- INDIVIDUAL SPORTS CATEGORY (ATHLETICS, SWIMMING,
GYMNASTICS)
IMPE 201 ATHLETICS

ESSENCE OF THE COURSE

This course will enable students to understand the basic jumping and throwing techniques and the way to improve performance. It aims to develop understanding about the rules and regulations, dimensions and marking of the field, equipment, duties of the officials (before, during and after the competition), duties of coach and captain, basic skills and techniques of jumping and throwing events.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

-) acquire, analyze and interpret the required jumping techniques.
-) demonstrate and assess various techniques of jumping events.
-) interpret the rules, regulations and officiate in competitions.

COURSE CONTENTS

Historical development of the jumping events at national and international levels.

Long Jump

-) Hang Style: Approach Run, Take off, Flight in the air and Landing,
-) Ground Marking, Rules and Officiating

High Jump (Straddle Roll)

-) Approach Run,
-) Take off
-) Clearance over the bar.
-) Landing

Triple Jump:

-) Basic Skills
-) Ground Marking
 - o Interpretation of Rules and Officiating

TEACHING LEARNING STRATEGIES

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

SUGGESTED MODE OF TRANSACTION

-) Field Work/ Viva/ learning by doing/ Practice without implement

ASSESSMENT RUBRICS

Marks: 50

-) End Semester Exam (External) **Marks:35**
(Skill Proficiency, Project File, Officiating, Viva)
-) Internal **Marks: 15**
-) (Skill Proficiency, Project File, Officiating, Attendance, Viva)

IMPE-201 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

- o Introduction of Various Strokes.
- o Water Treading and Simple Jumping.
- o Starts and turns of 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:35**
(Skill Proficiency, Project File, Officiating, Viva)
-) Internal **Marks: 15**
(Skill Proficiency, Project File, Officiating, Attendance, Viva)

Marks: 50

IMPE 202 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.

Parallel Bar:

-) Mount from one bar
-) Straddle walking on parallel bars.
-) Single and double step walk
-) Perfect swing
-) Shoulder stand on one bar and roll forward.
-) Roll side
-) Shoulder stand
-) Front on back vault to the side(dismount)
-) Single Bar.
-) Uneven Bar.

Vaulting Table

- o Approach Run, Take off from the beat board, Cat Vault, between 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)
(Skill Proficiency, Project File, Officiating, Viva)

Marks:35

) Internal

Marks: 15

(Skill Proficiency, Project File, Officiating, Attendance, Viva)