

**Semester III**  
**Theory Course**  
**IMPE 301- INDIVIDUAL SPORTS CATEGORY**  
**(ATHLETICS, SWIMMING, GYMNASTICS)**

**IMPE – 301 ATHLETICS**

**ESSENCE OF THE COURSE**

This course will enable students to understand the basic 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 throwing techniques.
- ) demonstrate and assess various techniques of throwing events.
- ) interpret the rules, regulations and officiate in competitions.

**COURSE CONTENTS**

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

Shot Put

- ) O'Brien Techniques: Grip, Stance, Glide, Release and Reserve.
- ) Ground Marking, Rules and Officiating.

Discus Throw

- ) Grip
- ) Stance
- ) Release
- ) Reserve

Javelin Throw

- ) Grip, Stance, release and Reserve
- ) Ground Marking
- ) 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)  
(Skill Proficiency, Project File, Officiating, Viva)

**Marks:35**

) Internal

**Marks: 15**

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

## IMPE 301 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

Various Strokes

- o Free Style
- o Breast Stroke
- o Butterfly
- o Rules of Competitive swimming-officials and their duties, pool specifications, seeding heats and finals, Rules of the races.

### 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 301 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.

Roman Ring/Balancing Beam

- o Fundamental skills

#### **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

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

**Marks: 50**