

**Semester I  
Practicum Course**

**MPPC- 101 TRACK AND FIELD I: RUNNING EVENTS / GYMNASTICS/  
SWIMMING.**

**Running**

**Fundamental skills** –Short and Middle distance.

Use of Starting blocks- stance on the blocks.

Body position at the start- starting technique, change in body position during running, movements of the arms, stride length and frequency, position of torso while running and at finish.

**Advanced Skills**

Various techniques of sprint start: Bullet start, standing start ,

**Active game practice**