

Semester IV
Theory Course
IMPE 402- Combative Sports Category (Wrestling, Judo)

IMPE 402 A WRESTLING

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 of the field, thickness of the lines, equipment, duties of the officials, before, during and after the match, duty of coach and captain, different types of signals, basic skills and techniques, associations and federations of games and sports.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

-) Develop concept of skill.
-) Analyze & interpret skills.
-) Appraise the rule & regulation.
-) Demonstrate and assess various techniques of starts and finish.
-) Demonstrate and assess various technique.
-) Interpret the rules and regulations in real game situation.
-) Officiate in real game situation.

COURSE CONTENTS

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

Fundamental Skills

- o Take downs, Leg tackles, Arm drag.
- o Counters for take downs, Cross face, Whizzer series.
- o Escapes from under-sit-out turn in tripped.
- o Counters for escapes from under-Basic control back drop, Counters for stand up.
- o Pinning combination-Nelson series(Half Nelson, Half Nelson and Bar arm), Leg lift series, Leg cradle series, Reverse double bar arm, chicken wing and half Nelson.
- o Escapes from pinning: Wing lock series, Double arm lock roll, Cridge.
- o Standing Wrestling-Head under arm series, whizzer series
- o Referees positions.

TEACHING LEARNING STRATEGIES

-) The class will be taught by using lectures, demonstration, explanation, videos, learning by doing, Whole part whole method, Lead-ups games and presentations method.

SUGGESTED MODE OF TRANSECTION

-) Lectures/Demonstration/Explanation/Field Work/ Outreach Activities/ Vocational Training/Viva/ learning by doing / Lead-up Games/ Minor Games/ Dummy 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)

IMPE 402 JUDO

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 of the field, thickness of the lines, equipment, duties of the officials, before, during and after the match, duty of coach and captain, different types of signals, basic skills and techniques, associations and federations of games and sports.

COURSE LEARNING OUTCOME

After completing this course, the students will be able to

-) Develop concept of skill.
-) Analyze & interpret skills.
-) Appraise the rule & regulation.
-) Demonstrate and assess various techniques of starts and finish.
-) Demonstrate and assess various technique.
-) Interpret the rules and regulations in real game situation.
-) Officiate in real game situation.

COURSE CONTENTS

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

Fundamental skills

- Rei (Salutation)-Ritsurei (Salutation in standing position), Zarai (Salutation in the sitting position)
- Kumi kata (Methods of holding judo costume)
- Shisei (Posture in Judo)
- Kuzushi (Act of disturbing the opponent posture)
- Tsukuri and kake (Preparatory action for attack)
- Ukemi (Break Fall)-Urhiro Ukemi (Rear break Fall), Yoko Ukemi (Side Break Fall), Mae Ukemi (Front Break Fall), Mae mawari Ukemi (Front Rolling break fall)
- Shin Tai (Advance or retreat foot movement)-Suri-ashi (Gliding foot), Twugi-ashi (Following footsteps), Ayumi-ashi (Waling steps).
- Tai Sabaki (Management of the body)
- Nage Waze (Throwing techniques)-Hiza Guruma (Knee wheel), Sesae Twurikomi-ashi (Drawing ankle throw), De ashi hari (Advance foot sweep), O Goshi (Major loinm), Seoi Nage (Shoulder throw).
- Katama waze(Grappling techniques)-Kesa gatame (Scaff hold), Kata gatame (Shoulder hold), Kami shiho gatama (Locking of upper four quarters), Method of escaping from each hold.

TEACHING LEARNING STRATEGIES

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