

Semester I
PART – B: PRACTICUM COURSE
BPC – 102 (B): GYMNASTICS

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
-	2	2	-	64	64	25	25	50

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

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

- Forward Roll, Backward Roll, Dive Roll, different kinds of scales, Leg Split, Bridge, Dancing steps, Hand stand, Jumps-leap, scissors leap.

Vaulting Table

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

Marks:25

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

Marks: 25

Marks: 50