

Semester I
PART – B: PRACTICUM COURSE
BPC – 103 (A): INDIGENOUS SPORTS (KABADDI)

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 kabaddi skills and the ways to improve performance. It aims to develop understanding about the rules and regulations, dimensions of the kabaddi court, duties of the officials (before, during and after the competition), duties of coach and captain, structure and functions of kabaddi 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 kabaddi at national and international levels, National and International Bodies controlling kabaddi and their affiliated units, Major National and International competitions.

FUNDAMENTAL SKILLS

- Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing.
- Skills of Holding the Raider-Variious formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques.
- Additional skills in raiding-Bringing the antis in to particular position, Escaping from various holds, Techniques of escaping from chain formation, Combined formations in offence and defense.
- Ground Marking, Rules and Officiating.

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

- Field Work/ Outreach Activities/ Vocational Training/Viva/ learning by doing/ Shadow Practice.

ASSESSMENT RUBRICS

Marks: 50

- End Semester Exam (External)
(Skill Proficiency, Project File, Officiating, Viva)

Marks:25

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

Marks: 25