

1	Name of Syllabus	C. C. In Fundamentals of Athletics (404103)																																								
2	Max.Nos of Student	25 Students																																								
3	Duration	6 Month																																								
4	Type	Part Time																																								
5	Nos Of Days / Week	6 Days																																								
6	Nos Of Hours /Days	4 Hrs																																								
7	Space Required	Class Room = 200 Sq feet Hall = 500 Sq feet Total = 700 Sq feet																																								
8	Entry Qualification	-----																																								
9	Objective Of Syllabus/ introduction	a. An understanding of the importance of physical fitness, health, and well-being and the factors that contribute to them; b. A personal commitment to daily vigorous physical activity and positive health behavior c. The basic movement skills they require to participate in physical activities throughout their lives. d. To develop basic competencies in the students. e. To groom students into fitness field.																																								
10	Employment Opportunity	Having successfully qualified this course the subject can be able to :- a. Perform & enjoy athletic events b. Participate in athletic competitions c. Play many different game for recreation & leisure time																																								
11	Teacher's Qualification	Any graduate person who shall a) have completed Athletics NIS diploma or certificate course or b) have passed B.P.Ed. or M.P.Ed. course with national level participation certificate in track & field competition or c) have qualified this course or d) have experience of at least five years of giving track & field training consecutively.																																								
12	Training System	Training System Per Week <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>6 Hours</td><td>18 Hours</td><td>24 Hours</td></tr></table>						Theory	Practical	Total	6 Hours	18 Hours	24 Hours																													
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13	Exam. System	<table><tr><td>Sr. No.</td><td>Paper Code</td><td>Name of Subject</td><td>TH/PR</td><td>Hours</td><td>Max. Marks</td><td>Min. Marks</td></tr><tr><td>1</td><td>40410311</td><td>Fundamental of Athletics</td><td>TH- I</td><td>3 hrs</td><td>100</td><td>35</td></tr><tr><td>2</td><td>40410321</td><td>Movements & Fitness Training</td><td>PR- I</td><td>6 hrs</td><td>200</td><td>100</td></tr><tr><td>3</td><td>40410322</td><td>Track & Field</td><td>PR - II</td><td>3 hrs</td><td>100</td><td>50</td></tr><tr><td></td><td></td><td>Total</td><td></td><td></td><td>400</td><td>185</td></tr></table>						Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks	1	40410311	Fundamental of Athletics	TH- I	3 hrs	100	35	2	40410321	Movements & Fitness Training	PR- I	6 hrs	200	100	3	40410322	Track & Field	PR - II	3 hrs	100	50			Total			400	185
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Syllabus :- Fundamentals of Athletics

Theory - I :- Fundamentals of Athletics

Unit I Movements

- Stability Movements
- Locomotor Movements
- Manipulative Movements

Unit II Track & Field

- Runs
- Jumps
- Throws
- Hurdles
- Relays

Unit III Athletic activities

- Exercises
- Modified games
- Recreational games
- Obstacle courses

Unit IV Records, awards & competitions in track & field

- Records in track & field
- Asian games
- Olympic games
- National games
- Shiv Chatrapati, Arjun, Rajeev Gandhi etc.

II - Fitness, exercise & eating habits

Unit I Components

- Health related physical fitness
- Motor fitness

Unit II Exercises

- ABC
- Suryanamaskar
- Fundamental exercises

Unit III Body Management

- Body composition
- BMI
- WHR
- Importance of physical activity

Unit IV Daily routine diet

- Nutritious diet
- Junk food
- Eating habits

Practical - I Movements & Fitness Training

Movements

Unit I Stability Movements

Bend, stretch, turn, twist, shake, cross-lateral (crossing the mid-line of the body), Push, pull, dodge etc.

Unit II Locomotor Movements

Crawl, run, hop, jump, gallop, slide, skip, leap, jog etc.

Unit III Manipulative Movements

Striking, hitting, kicking, throwing, catching, dribbling etc.

II Fitness Training

Unit 1 Warm up

(20 to 25 min every session)

Stretches, Jogging followed by running, General Exercises (Neck to foot or vice versa), Partner Exercises, Opponent exercises

Unit 2 Specific Exercises

ABC exercises should be taken every session for different fitness factors viz. CV Endurance, M. Strength & Endurance, Flexibility, Speed, Agility etc.

Unit 3 Conditioning Exercise

(Use training methods two times a week only)

Different training methods viz. Circuit training, plyometric training, fartlek training, slow continuous training, weight training etc.

Unit 4 Cool down (10 to 15 min after every session)

Use some sprints drill, active & passive stretching (standing, sitting & lying), shavasana etc.

Practical II :- Track & Field

Unit I Run

- Sprints (50 M., 100 M., 150 M.)
 - Crouch Start
 - On your marks position
 - Set position
 - Go action
 - Arm action
 - Stride length & frequencies & its drills
 - Position of neck
 - Chest finish & its drills
- Middle distance (200 M., 400 M.)
 - Standing Start
 - Striding
 - Finishing Skill (Last 100 M. fast run skill)
 - Use of inner track
- Long Distance (600 M, 800 M., 1000 M., 1200 M.)
 - Standing Start
 - Striding
 - Finishing Skill (Last 100 M. fast run skill)
 - Use of inner track

Unit II Hurdle & Relay

- Hurdle (60 M.)
Lead leg action
Trail leg action
Strides between hurdles
- Relays (4 x 50 M., 4 x 100 M., 4 x 200 M. etc.)
Baton exchange (standing, walking, jogging, running etc.)

Unit III Jumps

- Long Jump
Landing
Position in air
Take off
Approach run
- Triple Jump
Hop
Step jump
Landing
Approach run
- High Jump
Landing
Position on bar
Take off
Approach run

Unit IV Throws

- Ball Throw (cricket, soft ball, tennis ball, hand ball, medicine ball etc.)
Arm action
Approach run
Follow through
- Frisbee throw
- Discus throw
Standing throw/grass cutting/rolling discus
Side throw
Turn & throw
- Shot put
Standing put for action of flick
Side put
Turn & put
Side step/glide
Side step/Glide, turn & put

List of equipments, teaching aids and other resources

S. N.	Equipment	Quantity
1	Skip rope	25
2	Marking cones	100
3	Wands	25
4	Frisbees	25
5	Big balls	12
6	Small balls	12
7	Hand ball, football, BB etc	6 each
8	Jumping boxes	4 - 5
9	Jumping pit	3.25 x 9 sq. M
10	Medicine ball	12
11	Writing boards	2
12	Exercise mats	25

13	Climbing ropes	05
14	Wall bars	02
15	Stop watches	05
16	Measuring tapes	10
17	Water cans	05
18	Chalk powder	10 sacks
19	Shot put (6 lb., 8 lb)	4 each
20	Discus (1 Kg.)	6
21	Batons	12
22	Hurdles	Minimum 20
23	High jump apparatus	Minimum 1 set
24	Spikes	8 pairs
