

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI**

1	Name of Syllabus	<b>C. C. In Play center Instructors (404107)</b>																																																
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 + Sport Ground																																																
8	Entry Qualification	S.S.C.																																																
9	Objective Of Syllabus/ introduction	<ul style="list-style-type: none"><li>• To master the competencies and skills needed to become professional in play canter.</li><li>▪ To provide opportunities for creativity, and develop good knowledge of the minor and small area games</li><li>▪ Introduction to First Aid</li><li>▪ Introduction to the fitness testing of the students.</li></ul>																																																
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	Diploma and Certificate Course in concern field.																																																
12	Training System	<table><tr><th colspan="4">Training System Per Week</th></tr><tr><td>Theory</td><td>Practical</td><td colspan="2">Total</td><td colspan="3"></td></tr><tr><td>6 Hours</td><td>18 Hours</td><td colspan="2">24 Hours</td><td colspan="3"></td></tr></table>							Training System Per Week				Theory	Practical	Total					6 Hours	18 Hours	24 Hours																												
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# Syllabus :- Play center Instructors

## Theory - I Physical Fitness

- i. Health related physical fitness concept and it testing
  1. Cardiovascular Endurances
  2. Flexibility
  3. Muscular strength and endurance
  4. Body Composition
- ii. First Aid
  1. RICE technique
  2. Bandaging

## Theory - II Different Games

- i. Administration of daily and occasional programs.

## Practical - I Group Games

- i. Minor games in different ground restriction (eg. Square, Circle, open space etc.)

## Practical - II Minor Games

- i. Games between two or more groups.
- ii. Combative
- iii. Relays
- iv. Sitting Games

### List of Reference Books

- 📖 Chote Khel – Part 1 to 4 By Chintaman Vaze.
- 📖 Chote Khel – Prof. Dr. M.T. Waghchoure
- 📖 Deshi Khel –

### List of Equipment

- 📖 Wand 5'
- 📖 Balls (Age group wise football volleyball, dodge ball, Basketball etc.)
- 📖 Frees bee (4 )
- 📖 Tenniquity rings/ rubber rings (4)
- 📖 Skipping rope (4)
- 📖 Whistle
- 📖 Color Cotton Strips/Bands
- 📖 Marking material (30 M measuring tape, nails, marking rope, lime powder etc)
- 📖 Music System

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