

1	Name of Syllabus	C. C. In Physical Development (404102)																																									
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	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 enable student with basic communication skills e. To develop basic competencies in the students. f. To groom students into fitness field.																																									
10	Employment Opportunity	a. join in services, police force, CRPF, BEG, BSF or security b. run fitness camps. c. teach track & field events e. He/She will be able to face fitness test as well as an interview for the recruitment f. He/She will perform well & score more points to get qualified for the recruitment g. He/She understand the importance of fitness h. To prepare/plan to face physical challenges for recruitment.																																									
11	Teacher's Qualification	Teacher shall be graduate & a) have completed Athletics NIS diploma or certificate course or b) Passed B. P. Ed. Or M. P. Ed. course with national level participation certificate in track & field competition or c) Qualified this course or d) A person giving track & field training consecutively from last five years may be appointed as teacher.																																									
12	Training System	<table><tr><th colspan="7">Training System Per Week</th></tr><tr><td colspan="2">Theory</td><td colspan="2">Practical</td><td colspan="3">Total</td></tr><tr><td colspan="2">6 Hours</td><td colspan="2">18 Hours</td><td colspan="3">24 Hours</td></tr></table>							Training System Per Week							Theory		Practical		Total			6 Hours		18 Hours		24 Hours																
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## **Theory - I Theory of Events**

### **Paper I. Competencies, Athletic/track & field activities**

Unit I General knowledge in social science

Unit II General Knowledge in science

Unit III Logic & arithmetic

Unit IV Current affairs

Unit V Languages

### **Paper I. 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.

#### **Pull ups**

3 to 5 sets of Pull ups with max repetitions per set

Pull ups with weight (hang plate to your short) max repetitions

Rope climbing, Dumbbell pull over, exercise with rowing machine, lat pulley 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 I Running Events**

### **Unit 1. 100 M. Run**

Crouch Start

On your marks position

Set position

Go action

Arm action

Stride length & frequencies & its drills

Position of neck

Chest finish & its drills

### **Unit 2. Long Jump**

Landing

Position in air

Take off

Approach run

### **Unit 3. 800 M. Run**

Standing Start

Striding

Finishing Skill (Last 100 M. fast run skill)

Use of inner track

### **Unit 4. Shot Put**

Standing put for action of flick

Side put

Turn & put

Glide

Glide, turn & put

## **Practical - II :- Other events**

### **Unit 1. Developing 100 M. Run**

60 M., 80 M., 100 M., 120 M. & 150 M. Run

High Knee drills with arm action (normal and with ankle weights)

Harness Belt drills

Sand running

Bounding & bouncing drills etc.

### **Unit 2. Developing Long Jump**

Landing drills

Half kick- Full kick- One & Half kick so on

Standing take off, last step drill & take off, short run & take off, full run up & take off

High Knee drills with arm action (normal and with ankle weights)

Hurdle drills for take off power

Playometric jumps

Sand running

Bounding & Bouncing drills etc.

### **Unit 3. Developing 800 M. Run**

200 M., 400 M., 800 M., 1200 M. & 1500 M. Run

Slow continues run

Fast continues run

Varied pace run

Run on hills & slope

Long distance cycling or swimming

### **Unit 4. Developing Shot Put**

Medicine ball throw

Exercises with shot

Handling shot

Putting shot at maximum height

Swinging shot & throw with both hands

Triceps exercise with shot or dumbbell

100 M. Run, 800 M. Run, Shot put, Long Jump & Pull ups

## **Paper IV. Test Performance**

### **Unit 1. Test for speed**

30 M. fly, 50 M. dash, 100 M. Run

### **Unit 2. Testing CV Endurance & speed endurance**

800 M. run, 1500 M. run, 6 x 10 M. shuttle run 7/9 Min. run test, 1 mile run test

### **Unit 3. Testing upper limb power**

Shot put, basket ball throw, medicine ball throw

### **Unit 4. Testing leg power**

Long Jump, SBJ, Vertical jump

### **Unit 5. Testing muscular strength & endurance**

Maximum Pull ups, 20 ft. rope climbing (normal legged, v positioned), holding chin up position

**List of equipments, teaching aids and other resources**

<b>S. N.</b>	<b>Equipment</b>	<b>Quantity</b>
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

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