

MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI

1	Name of Syllabus	C. C. IN Base ball (404124)						
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	Play ground + Class Room = 200 Sq feet						
8	Entry Qualification	-----						
9	Objective Of Syllabus/ introduction	To provide systematic training about Base ball						
10	Employment Opportunity	Can run training institute or can work in supervisory/ teaching activities of the sport						
11	Teacher’s Qualification	Graduate in any faculty with physical education knowledge and relevant sports excellence						
12	Training System	Training System Per Week						
		Theory		Practical		Total		
		6 Hours		18 Hours		24 Hours		
13	Exam. System	Sr. No. Paper Code Name of Subject TH/PR Hours Max. Marks Min. Marks						
		1	40412411	FUNDAMENTALS OF BASE BALL	TH-I	3 hrs	100	35
		2	40412421	TRAINING METHODS	PR-I	3 hrs	100	50
		3	40412422	BASE BALL PRACTICE	PR-II	3 hrs	200	100
				Total			400	185

**Fundamentals of Base ball
Theory - I and Practical - II**

ELEMENTS OF PHYSICAL EDUCATION

- 1. Physical Education (i) Definition**
- (ii) Meaning and Scope, Misconception about Physical Education.**
- 2. Aims and objectives of Physical Education General outline.**
 - 1. Meaning of various terms used in physical Education:**

Physical Education as Science: Brief History of allied sciences and topics.

- a) Sports Psychology**
- b) Sports Medicine**
- c) Sports Sociology**
- d) Sports Biomechanics**
- e) Fitness; conditioning and Training**
- f) Sports Nutrition**

Guiding Principles of Physical Education :

- i) Biological Principles**
 - a) Growth And Development**
 - b) Heredity and Environment**
 - c) Body Types**
 - d) Anatomical Differences**
- ii) Psychological Principles:**
 - a) Learning**
 - b) Transfer of Training.**
 - c) Motivation**
- iii) Sociological Principles**
 - a) Cultural Influence**
 - b) Group dynamics**
 - c) Recreation**

Importance of Science; Basic Science. Science required for Physical Education.

Mechanics and General Properties of matter: System of Units, Motion, Newton's law of motion and their applications, Velocity, Force, Centrifugal and centripetal with examples. centre of gravity simple pendulum.

Levers, energy, Transformation of energy; friction. Angle of Friction(only elementary), Barometer, Boiler's Law exhaust

Base ball

Brief History of the Game

Origins of baseball

Baseball around the world

Rules and game, play

Teams

Baseball terminology

Innings

Equipments

Baseball bats and gloves

Protective equipments

Uniform

Terms used in baseball
Pitch ,field, foul lines,
Home plate baseball positions
Player rosters
Manager, coach/umpires
Strategy and tactics
Pitching and fielding tactics
Batting and base tactics
Individuals focus/ skill
Base ball statistics
Popularity and cultural impact
Measurements and preparation of the play area
Fundamental Skills
Racket grip
Shuttlecock grip
Service
Basic strokes- toss or lob
Clear
Smash
Drive
Drop shots
Net strokes
Game plan singles
System of play in doubles
Front and back
Side by side
Rotation
Rules of the Game
Hall
Flooring
Lighting
Court
Posts
Net
Shuttlecock
Racket
Players
Toss
Scoring
Change of ends
Match
Service
Service faults
Service let
Let
Faults during play
Singles game
Doubles game
Intervals
Badminton terminology
Records and Awards
National and international tournaments
Officials and umpires
Books and Magazines

Common sports injuries

Contusion- signs and symptoms, prevention, treatment

Strain- signs and symptoms, prevention, treatment

Sprain- signs and symptoms, prevention, treatment

Abrasion- signs and symptoms, prevention, treatment

Bone injuries- signs and symptoms, prevention, treatment

Joint injuries- signs and symptoms, prevention, treatment

Dislocation- signs and symptoms, prevention, treatment

Yoga

i) Yogasanas:

1) Padmasana 2) Baddha-Padmasana

3) Paschimottanasana 4) Mahamudra 5) Yogamudra

6) Bhujangasana 7) Ardha Shalabhasana 8) Shalabhasana

9) Dhanurasana 10) Akarnadhanurasana 11) Halasana

12) Chaukrasana 13) Vakrasana 14) Utkatasana

15) Jalanulasana 16) Ardhamatsyendrasana

17) Bakasana 18) Kukutasana 19) Vajrasana

20) Sarvangasana 21) Matsyasana 22) Naukasana 23) Garudasana

24) Gomukhasana 25) Tadasana.

i) Kriyas:

1) Jal Neti 2) Agnisar 3) Kapalabhati 4) Tratak 5) Dhouti 6) Nauli

TRAINING METHODS

PRACTICAL - I

1) TRAINING METHODS

Meaning of training

Conditioning

Concept of training

Basic principles or Laws of training

1. Law of specification
2. Law of overload
3. Law of reversibility

Effects of all round training

Methods of training

Flexibility

Role of flexibility in performance

Methods of flexibility development

Types of strength

Methods of strength development

Types of exercises (specific)

Endurance development

Endurance development methods

Speed development

Speed development methods

Advantages of speed development

2) SPORTS AND NUTRITION

Balanced diet

Elements of diet

Component of diet

Role of diet on performance

3) Common Sports Injuries and their prevention

i) Sports Injuries

ii) Prevention & management of sports injuries

iii) Soft tissue injuries

iv) Skeletal injuries

v) Injuries developing slowly

vi) Proper sports gear and its importance
