

1	Name of Syllabus	C. C. IN PENTAQUE (404120)																																									
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	-----																																									
	Objective Of Syllabus/ introduction	To provide systematic training about Pentaque																																									
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 <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. Mark</td></tr><tr><td>1</td><td>40412011</td><td>FUNDAMENTALS OF PENTAQUE</td><td>TH</td><td>3 hrs</td><td>100</td><td>35</td></tr><tr><td>2</td><td>40412021</td><td>TRAINING METHODS</td><td>PR-I</td><td>3 hrs</td><td>100</td><td>50</td></tr><tr><td>3</td><td>40412022</td><td>PENTAQUE PRACTICE</td><td>PR-II</td><td>6 hrs</td><td>200</td><td>100</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. Mark	1	40412011	FUNDAMENTALS OF PENTAQUE	TH	3 hrs	100	35	2	40412021	TRAINING METHODS	PR-I	3 hrs	100	50	3	40412022	PENTAQUE PRACTICE	PR-II	6 hrs	200	100			Total			400	185
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Fundamentals of Pentaque

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

Pentaque

Brief History of the Game Pentaque

Rules of the game/ skills

Composition of teams

Triples, doubles, singles

Char of approved bowls

Made of metals, dia, weight

For non-confirming bowles

Approved jacks

Licenses

Changing a jack or bowle

Play

Terrain regulations

Start of play

Rules regarding the circle

Valid distances for thrown jack

Valid thrown jack

Dead jack

Removal of obstacles-penalties

Actions to be taken if jack is dead

Positioning the jack after it has been stopped

Throwing the jack when it moves outside the playing area

Boules

Throwing the boules

Behavior of the players and spectators during the game

Dead boules

Stopped boules, moved boules

Time allowed to play

Throwing the boules contrary to the rules

Points,scoring

Measuring points

Claims

Discipline

Duties of the umpire

Composition and decisions of the Jury the play area

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
