

1	Name of Syllabus	C. C. IN SKATING LEVEL - 1 (404113)																																								
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	-----																																								
	Objective Of Syllabus/ introduction	To provide systematic training about skating																																								
10	Employment Opportunity	Can run training institute or can work in supervisory/ teaching activities of the sport																																								
11	Teacher’s Qualification	Certificate / Diploma in concern field.																																								
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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# Theory - I and Practical - II

## Fundamentals of Skating

### 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, Boyle's Law exhaust

### **Skating**

#### **1. History of the skating**

#### **2. Rules and Regulations**

#### **Skating dress and shoes**

#### **skates**

Roller skating Competition

#### **Artistic roller skating**

Figure skating

Free style skating

Dance skating

#### **Speed skating**

## **Track**

**Road course**

**Direction of the race**

**Distance for track and road courses**

**Distance for world championship track**

**Distance for world championship road**

## **Types of competition**

**Time trials**

**Team time trials**

**Elimination races**

**Mass start distance races**

**Point-to-point race**

**Relays**

**Stage races**

**Pursuit races**

## **General rules of competition**

### **3. Officials and their duties**

Chief Referee

Starting Judges

Starting Judges

Finish Judges

Recorders, scorers, timekeepers

### **4. Techniques and skills**

**Forward skating**

**Stopping while skating forward**

**Backward skating**

**Stepping while skating backwards**

**How to fall**

**Two-foot glide on a curve**

**One-foot glide on a curve**

**Forward crossovers**

**Backward crossovers**

### **Skills of artistic skating**

**Shoot the duck**

**Bunny hop**

**Spread eagle turn**

**Mohawk turn**

**The arabesque**

**The waltz jump**

**The two-foot spin**

**The maps**

**The salchow**

**The upright spin**

**Skills of speed skating**  
**Starting position on the line**  
**Sprinting on the line**  
**The duck walk**  
**Rounding the first corner**  
**Pacing**  
**Sprinting**  
**Passing**  
**Finish**

**Skating related terminology**

**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

**PRACTICAL - I**  
**TRAINING METHODS**

**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

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