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|---------|-------------------------------------|--|-------|-------|------------|------------|--|--|---------|------------|-----------------|---------|----------|------------|------------|---|-----------------|---------------------------|------|-------|-----|----|---|-----------------|------------------|------|-------|-----|----|---|-----------------|--------------------|-------|-------|-----|-----|--|--|-------|--|--|------------|------------|
| 1 | Name of Syllabus | C. C. IN Wrestling (404125) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 Wrestling | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 border="1"><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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Theory | Practical | Total | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 Hours | 18 Hours | 24 Hours | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 | Exam. System | <table border="1"><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. Marks</td></tr><tr><td>1</td><td>40412511</td><td>FUNDAMENTALS OF WRESTLING</td><td>TH-I</td><td>3 hrs</td><td>100</td><td>35</td></tr><tr><td>2</td><td>40412521</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>40412522</td><td>WRESTLING 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. Marks | 1 | 40412511 | FUNDAMENTALS OF WRESTLING | TH-I | 3 hrs | 100 | 35 | 2 | 40412521 | TRAINING METHODS | PR-I | 3 hrs | 100 | 50 | 3 | 40412522 | WRESTLING PRACTICE | PR-II | 6 hrs | 200 | 100 | | | Total | | | 400 | 185 |
| Sr. No. | Paper Code | Name of Subject | TH/PR | Hours | Max. Marks | Min. Marks | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 40412511 | FUNDAMENTALS OF WRESTLING | TH-I | 3 hrs | 100 | 35 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 40412521 | TRAINING METHODS | PR-I | 3 hrs | 100 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 40412522 | WRESTLING PRACTICE | PR-II | 6 hrs | 200 | 100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Total | | | 400 | 185 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Theory - I and Practice - II

Fundamentals of Wrestling

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

Wrestling

- a) Brief History
- b) Mat Measurement
- c) Rules
- d) Officials and their duties
- e) Stance- Square stance, Cross Stance, Right Cross Stance, Left Cross Stance, Wrestling Grip.
- f) Skills
 - (1) Dast
 - (2) Sanzir a buggal dub
 - (3) Sitting Dasrang
 - (4) Standing Dasrang
 - (5) Kastana Latna
 - (6) Ghissa
 - (7) Oj-band/Nelson
 - (8) Bangadi
 - (9) Ru Dast a Pa
 - (10) Tega

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

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
