

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION,  
MUMBAI -51**

1	Name of Syllabus	C.C.IN KHO- KHO LEVEL - 1 (404112)																																									
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	-----																																									
9	Objective Of Syllabus/ introduction	To make aware the people in the field of foot ball rule & regulation																																									
10	Employment Opportunity	He Can work as a Coach.																																									
11	Teacher’s Qualification	Diploma / Certificate holder in concern game.																																									
12	Training System	<div>Training System Per Week</div> <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**

### **KHO- KHO**

#### **History of kho-kho**

#### **Playing field**

- End lines
- Side lines
- Field and court
- Central lane
- Cross lanes
- Square
- Lines of the post
- Free zone
- Lobby
- Lines width

#### **Definition of terms**

- Chaser
- Attacker/active chaser
- Runners
- Defenders
- Giving kho
- Taking direction
- Reaching a free zone
- Out of field

#### **Rules of matches**

#### **Rules of the game**

#### **Fundamental skills of kho-kho**

#### **Chasing skills**

#### **Running skills**

### **Kho-kho related terminologies -**

- Chasers
- Runners
- Active chaser
- Giving kho
- Late kho
- Fake kho
- Taking a direction
- To recede
- Tapping
- Diving
- Trapping
- Dupe turn

### **KHO-KHO TOURNAMENTS**

1. National kho-kho championship (men)
2. National kho-kho championship (women)
3. Junior national jho-kho champions for boys and girls

**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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