

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

1	Name of Syllabus	<b>C. C. IN Swimming (404128)</b>																																									
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 Swimming																																									
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" style="margin-left: auto; margin-right: auto;"><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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# **Fundamentals of Swimming**

## **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) Heridity 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.

Lever, energy, Transformation of energy; friction. Angle of

Friction(only elementary), Barometer, Boyle's Law exhaust

### **Swimming**

#### **I. Introduction to the Swimming:**

##### **a) Historical development of Swimming strokes**

##### **b) Rules of Swimming**

The pool

Lanes

Starting platforms

Lane markings

##### **c) Measurement of the Swimming Pool**

##### **d) The Equipments**

##### **e) Officials**

Referee  
Stroke judges  
Starters  
Inspectors of turns  
Recorders  
Timekeepers  
Lifeguards  
Medical officer  
f) Records  
II The Stroke Mechanics:  
a) The Crawl Strike  
b) The Back Stroke  
c) The Butterfly  
d) The Breast Stroke  
e) Starts and Turns

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

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