

Visvesvaraya Technological University

"Jnana Sangama", Belagavi - 590 018, Karnataka State

Department of Physical Education & Sports

Semester	Course
III Sem	Fitness Components Kabaddi/ Kho Kho
IV Sem	Athletics Volleyball Throw ball
V Sem	Athletics Football/Hockey
VI Sem	Athletics Cricket/Base ball
VII Sem	Athletics Netball/Basketball
VIII Sem	Individual Games Handball/ Badminton

Notes:

- One Hour of Lecture is equal to 1 Credit
- One Hour of Tutorial is equal to 1 Credit (Except Languages)
- Two Hours of Practical is equal to 1 Credit
- SEE : Semester End Examination
- CIE : Continuous Internal Examination
- L+T+P : Lecture + Tutorial + Practical

Director of Physical Education

Visvesvaraya Technological University

(State University of Government of Karnataka Established as per the VTU Act, 1994)

"Jnana Sangama", Belagavi - 590 018, Karnataka State

Department of Physical Education & Sports

Guideline for Athletic and Sports


Semester	Course Title	Content	No. of Hours
3 rd Sem	Fitness Components	Meaning and Importance, Fit India Movement, Definition of fitness, Components of fitness, Benefits of fitness, Types of fitness and Fitness tips. Practical Components: Speed, Strength, Endurance, Flexibility, and Agility KABADDI A. Fundamental skills 1. Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line. 2. Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques. 3. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defense. 4. Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials.	Total 32 hrs 2 hrs / week
	Speed Strength Endurance Agility Flexibility		
	Kho kho	A. Fundamental skills 1. Skills in Chasing: Sit on the box (Parallel & Bullet toe method), Get up from the box (Proximal & Distal foot method), Give Kho (Simple, Early, Late & Judgment), Pole Turn, Pole Dive, Tapping, Hammering, Rectification of foul. 2. Skills in running: Chain Play, Ring play and Chain & Ring mixed play. 3. Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials.	
4 th Sem		A. Fundamental skills 1. Skills in Raiding: Touching with hands, Use of leg-toe touch, squat leg thrust, side kick, mule kick, arrow fly kick, crossing of baulk line. Crossing of Bonus line. 2. Skills of holding the raider: Various formations, catching from particular position, different catches, catching formation and techniques. 3. Additional skills in raiding: Escaping from various holds, techniques of escaping from chain formation, offense and defense. 4. Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials	Total 32 hrs 2 hrs / week
	Athletics Track- Sprints Jumps- Long Jump Throws- Shot Put	Track Events 1.1. Starting Techniques: Standing start and Crouch start (its variations) use of Starting Block. 1.2. Acceleration with proper running techniques. 1.3. Finishing technique: Run Through, Forward Lunging and Shoulder Shrug. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique)	
	Volleyball	A. Fundamental skills 1. Service: Under arm service, Side arm service, Tennis service, Floating service. 2. Pass: Under arm pass, Over head pass. 3. Spiking and Blocking. 4. Game practice with application of Rules and Regulations B. Rules and their interpretation and duties of officials.	
	Throw ball	A. Fundamental skills: Overhand service, Side arm service, two hand catching, one hand overhead return, side arm return. B. Rules and their interpretations and duties of officials	

5 th Sem	Athletics Track- 110 & 400 Mtrs Hurdles Jumps- High Jump Throws- Discus Throw	110 Mtrs and 400Mtrs: Hurdling Technique :Lead leg Technique, Trail leg Technique ,Side Hurdling, Over the Hurdles Crouch start (its variations) use of Starting Block. Approach to First Hurdles, In Between Hurdles, Last Hurdles to Finishing. High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing. Discus Throw: Holding the Discus, Initial Stance Primary Swing, Turn, Release and Recovery (Rotation in the circle).	Total 32 hrs 2 hrs / week
	Football	A. Fundamental Skills 1. Kicking: Kicking the ball with inside of the foot, Kicking the ball with Full Instep of the foot, Kicking the ball with Inner Instep of the foot, Kicking the ball with Outer Instep of the foot and Lofted Kick. 2. Trapping: Trapping- the Rolling ball, and the Bouncing ball with sole of the foot. 3. Dribbling: Dribbling the ball with Instep of the foot, Dribbling the ball with Inner and Outer Instep of the foot. 4. Heading: In standing, running and jumping condition. 5. Throw-in: Standing throw-in and Running throw-in. 6. Feinting: With the lower limb and upper part of the body. 7. Tackling: Simple Tackling, Slide Tackling. 8. Goal Keeping: Collection of Ball, Ball clearance- kicking, throwing and deflecting. 9. Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	
	Hockey	A. Fundamental Skills 1. Passing: Short pass, Long pass, push pass, hit 2. Trapping. 3. Dribbling and Dozing. 4. Penalty stroke practice. 5. Penalty corner practice. 6. Tackling: Simple Tackling, Slide Tackling. 7. Goal Keeping, Ball clearance- kicking, and deflecting. 8. Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials.	
6 th Sem	Athletics Track- Relays Jumps- Triple Jump Throws- Javelin Throw	Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, and Finishing Triple Jump: Approach Run, Take-off, Flight in the Hop, Step, Jump and Landing Javelin Throw: Grip, Carry, and Recovery (3/5 Impulse stride). Release	Total 32 hrs 2 hrs / week
	CRICKET	A. Fundamental Skills 1. Batting - Forward Defense Stroke, Backward Defense Stroke, Off Drive, On Drive, Straight Drive, Cover Drive, Square Cut. 2. Bowling -Out-swing, In-swing, Off Break, Leg Break and Googly. 3. Fielding: Catching - The High Catch, The Skim Catch, The Close Catch and throwing at the stumps from different angles. Long Barrier and Throw, Short Throw, Long Throw, Throwing on the Turn. 4. Wicket Keeping B. Rules and their interpretation and duties of officials	
	BASEBALL	A. Fundamental Skills Player Stances – walking, extending walking, L stance, cat stance Grip – standard grip, choke grip Batting – swing and bunt. Pitching Baseball : slider, fast pitch, curve ball, drop ball, rise ball, change up, knuckle ball, screw ball, B. Rules and their interpretation and duties of officials.	

7 th Sem	Athletics Combined Events- Heptathlon & Decathlon Jumps- Pole Vault Throws- Hammer Throw	Combined Events: Heptathlon all the 7 events Decathlon: All 10 Events Pole Vault: Approach Run, Planting the Pole, Take-off, Bar Clearance and Landing. Hammer Throw: Holding the Hammer, Initial Stance Primary Swing, Turn, Release and Recovery (Rotation in the circle).	Total 32 hrs 2 hrs / week
	Basketball	A. Fundamental Skills 1. Passing: Two hand Chest Pass, Two hands Bounce Pass, One hand Baseball Pass, Side arm Pass, Overhead Pass, Hook Pass. 2. Receiving: Two hand receiving, One hand receiving, Receiving in stationary position, Receiving while Jumping and Receiving while Running. 3. Dribbling: How to start dribble, drop dribble, High Dribble, Low Dribble, Reverse Dribble, Rolling Dribble. 4. Shooting: Lay-up shot and its variations, One hand set shot, Two hands jump shot, Hook shot, Free Throw. 5. Rebounding: Defensive rebound and Offensive rebound. 6. Individual Defence: Guarding the player with the ball and without the ball, Pivoting. 7. Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials	
	Netball	A. Fundamental skills 1. Catching: one handed, two handed, with feet grounded and in flight. 2. Throwing (Different passes and their uses): One hand passes (shoulder, high shoulder, underarm, bounce, lob), two hand passes (Push, overhead and bounce). 3. Footwork: Landing on one foot, landing on two feet, Pivot, Running pass. 4. Shooting: One hand, forward step shot, and backward step shot. 5. Techniques of free dodge and sprint, sudden sprint, sprint and stop, sprinting with change at speed. 6. Defending: Marking the player, marking the ball, blocking, inside the circle, outside the circle. Defending the circle edge against the passing. 7. Intercepting: Pass and shot. 8. Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials	
8 th Sem	Individual games Shuttle Badminton	A. Fundamental skills 1. Basic Knowledge: Various parts of the Racket and Grip. 2. Service: Short service, Long service, Long-high service. 3. Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash. 4. Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials.	Total 32 hrs 2 hrs / week
	Table Tennis	A. Fundamental skills 1. Basic Knowledge: Various parts of the Racket and Grip (Shake Hand & Pen Hold Grip). 2. Stance: Alternate & Parallel. 3. Push and Service: Backhand & Forehand. 4. Chop: Backhand & Forehand. 5. Receive: Push and Chop with both Backhand & Forehand. 6. Game practice with application of Rules and Regulations. B. Rules and their interpretations and duties of the officials	
	Handball	A. Fundamental Skills 1. Catching, Throwing and Ball control, 2. Goal Throws: Jump shot, Center shot, Dive shot, Reverse shot. 3. Dribbling: High and low. 4. Attack and counter attack, simple counter attack, counter attack from two wings and center. 5. Blocking, GoalKeeping and Defensive skills. 6. Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials	
	Ball Badminton	A. Fundamental skills 1. Basic Knowledge: Various parts of the Racket and Grip. 2. Service: Short service, Long service, Long-high service. 3. Shots: Over head shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash. 4. Game practice with application of Rules and Regulations. B. Rules and their interpretation and duties of officials	

REFERENCES

1. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
2. Bandopadhyay, K. Sarir Siksha Parichay, Classic Publishers, Kolkata.
3. Petipus, et al. Athlete's Guide to Career Planning, Human Kinetics.
4. Dharma, P.N. Fundamentals of Track and Field, Khel Sahitya Kendra, New Delhi.
5. Jain, R. Play and Learn Cricket, Khel Sahitya Kendra, New Delhi.
6. Vivek Thani, Coaching Cricket, Khel Sahitya Kendra, New Delhi.
7. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
8. Bandopadhyay, K. Sarir Siksha Parichay, Classic Publishers, Kolkata
9. Naveen Jain, Play and Learn Basketball, Khel Sahitya Kendra, New Delhi.
10. Dubey, H. C. Basketball, Discovery Publishing House, New Delhi.
11. Rachana Jain, Teach Yourself Basketball, Sports Publication.
- 12 Jack Nagle, Power Pattern Offences for Winning asketball, Parker Publishing Co., New York. 13Renu Jain, Play and Learn Basketball, Khel Sahitya Kendra, New Delhi.
14. Sally Kus, Coaching Volleyball Successfully, Human Kinetics.
15. Saha, A. K. Sarir Siksher Ritiniti, Rana Publishing House, Kalyani.
- 16 Bandopadhyay, K. Sarir Siksha Parichay, Classic Publishers, Kolkata


H.O.D
Dept. of Computer Science and Design
Alva's Institute of Engg. & Technology
Mijar, Moodubidire - 574 225