

## VOCATIONAL COURSE

# GYMNASTICS

Paper Code – **VOC138**

**Course Objective** - :-To teach all the students the Game of Gymnastics which includes various type of Exercise on various equipment and floor. It also teaches the Students about various National and International Level of Gymnastics competitions.

### Course Content -

#### Unit - 1 Theory

##### 0 Floor exercises:

- o Forward roll
- o Backward roll
- o Handstand
- o Cartwheel

#### Unit - 2 Practical

##### o Parallel Bars

- Perfect swing
- Front or backward swing to the side (dismount)

#### Unit - 3 Practical

##### o Balancing Beam

- Turning movement on the beam (90° Turn, 180° Turn & 360° Turn)
- Perfect walk

#### Unit - 4 Practical

##### o Vaulting Horse

- Squat Vault
- Straddle vault

**Total weightage of Theory** - 40% of marks, 15 hours (1 Credit)

**Total weightage of Practical** - 60% of marks, 30 hours + 30 hours (2 Credit)

*Skill Partner- LNIPE, All India Karate, AMU*

**Learning Outcomes-** After studying this subject, the students will learn the Theoretical and Practical aspects of various exercises in Gymnastics and able to understand the process of organizing and evaluating various National and International Competition.

**Job Prospects-** He / She can be a player, He / She can be a Coach, He / She can be a Referee and He / She can be an Official

**Suggested Reading** – Brown and Warden (1980). Teaching and Coaching Gymnastics

for Men & Women. John Wiley & Sons.

Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub.

New Delhi. Chakraborty S (1998).

Women's Gymnastics. Friends Pub.

Delhi. Chakraborty S and Sharma L (1995). Fundamental of

Gymnastics. D. V.S. Pub. New Delhi. Code of Points

Trampoline Gymnastics (2005). Federation Int. De

Gymnastics. Debby Mitchell, Ed.D, Raim Lopez, MA, Barbara

Davis. (2002).

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