

VOCATIONAL COURSE

GYMNASTICS

Paper Code – VOC137

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

- Floor exercises:
 - Forward roll
 - Backward roll
 - Handstand
 - Cartwheel

Unit - 2 Practical

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

Unit - 3 Practical

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

Unit - 4 Practical

- 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 LNIPES 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 Wardell (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).

Handwritten signatures and initials in blue ink:
S. Singh
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