

## **SEMESTER V**

**BES-E502**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### **KHO-KHO**

#### **UNIT-I**

Origin & developmental aspects of Kho-kho at global level

Development of Kho-Kho in India

Modern trends and developments in Kho-Kho.

Organization of KKFI.

#### **UNIT-II**

Marking

Measurements/ dimensions

Selection of a team.

Conduct of a camp.

#### **UNIT-III**

Conduct of a tournament.

Rules, regulations and their Interpretations

Latest Rules

Duties of Officials

#### **UNIT-IV**

Warming up: - General & Specific

Specific conditioning programme for Kho-Kho

Basic skills- offensive & defensive.

Classification of Techniques

#### **SUGGESTED BOOKS**

Chakrabarty G (2002). Kho - Kho Aveloken. Khel Sahitya Kendra. Delhi.

Panday L (1982). Kho - Kho Sarvaswa. Metropolitan