

SKMR SKILL ENHANCEMENT COURSE
SKMR (Softball, Kabaddi & Miscellaneous Races)
BPE-S602
SKMR

MM : 100

Time : 3 hrs

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Credits-4

Sessional : 30

ESE : 70

Pass Marks : 28

Unit-I

Historical background of Softball

Origin and development

Equipments and rules

Unit-II

Marking

Measurements/ Dimensions

Skills

Governing bodies

Competitions

Unit – III

Historical background of Kabaddi

Origin and development

Equipments and Rules

Unit – IV

Marking

Measurements/ Dimensions

Skills and Techniques

Governing bodies

Competitions

Athletics- introduction

Miscellaneous Races (Relay, Hurdles and stipple chase)

Rules and Equipments