

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