

SEMESTER V

BES-E504

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

KABADDI

UNIT-I

Origin & developmental aspects of Kabaddi at global level

Development of Kabaddi in India

Modern trends and developments in Kabaddi.

Organization of Kabaddi.

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 Kabaddi

Basic skills- offensive & defensive.

Classification of Techniques

SUGGESTED BOOKS