

# SKILL ENHANCEMENT COURSE (SEC-2)

## SEMESTER IV

**BES-S401**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

### ADVENTURE SPORTS

#### Unit – I

Introduction of Adventure Sports

History of Adventure Sports

Types of Adventure Sports

#### Unit – II

Adventure Sports at global level

Scope of Adventure Sports in India

Need and Importance of Adventure Sports

#### Unit – III

Role of Indian government in promotion of Adventure Sports

Role of SAI in promotion of Adventure Sports

Role of Associations and Federations in promotion of Adventure Sports

Role of Uttarakhand Government for promoting Adventure Sports

Role of Local Bodies for promoting Adventure Sports

#### Unit – IV

Equipments required for adventure sports

Precautions during adventure sports

First aid required for adventure sports

Rehabilitation required for adventure sports

#### Suggested Reading:

Dougherty NJ et al (2002) Sport, Physical Activity and the Law. Sagamore Pub. Champaign. IL.

Driskell JA and Wolinsky I (2002). Nutritional Assessment of Athletes. CRC Press. Boca Raton. Fla.

Greenberg JS Diutriman GB and Oakes BM (2004). Physical Fitness and Wellness: Changing the mway you ok, feel and perform. Human Kinetics. Champaign. IL.

Hoeger WW & Hoeger S (2007). Fitness & Wellness. Thomson Wadsworth