

**SKILL ENHANCEMENT COURSE  
(SEC-2) (Opt any one)  
SEMESTER IV  
ADVENTURE SPORTS**

**BES-S401**

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

**The Course learning outcomes (COs):** On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....

**CO-1.** Memorizing the Importance of Adventure Sports

**CO-2.** Describing the Scope, Need and Importance of Adventure Sports.

**CO-3.** Acquiring the knowledge of various government agencies of Adventure Sports.

**CO-4.** Determining the Role of Local Bodies for promoting Adventure Sports

**CO-5.** Applying the concept of First Aid.

**CO-6.** Estimating the Rehabilitation process.

**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**

Equipment's 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