

Semester-III
BPE-S301

SKILL ENHANCEMENT COURSE (SEC) (ELECTIVE)
BHMDR (Badminton, Hockey & Middle Distance Races)

BHMDR

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

Unit-I

Historical background of Badminton
Origin and development
Equipments and rules

Unit-II

Marking
Measurements/ Dimensions
Strokes
Governing bodies
Competitions

Unit – III

Historical background of Hockey
Origin and development
Equipments and rules

Unit – IV

Marking
Measurements/ Dimensions
Skills
Governing bodies
Competitions
Athletics- introduction
Middle distance races
Types of start and finish
Rules and Equipments
Text books and References: