

BPE-S302
SKILL ENHANCEMENT COURSE (SEC) (ELECTIVE)
FSJ (Football, Squash & Jumps)
FSJ

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 Football
Origin and development
Equipments and rules

Unit-II

Marking
Measurements/ Dimensions
Skills
Governing bodies
competitions

Unit – III

Historical background of Squash
Origin and development
Equipments and Rules

Unit – IV

Measurements/ Dimensions
Strokes
Governing bodies
Competitions
Athletics- introduction
Types of jumps
Rules and Equipments

Text books and References: