

**BPE-S402**  
**SKILL ENHANCEMENT COURSE (SEC) (ELECTIVE)**  
**VWLT(Volleyball, Weight Lifting & Throws)**

**VWLT**

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 Volleyball  
Origin and development  
Equipments and Rules

**Unit-II**

Marking  
Measurements/ Dimensions  
Skills  
Governing bodies  
Competitions

**Unit – III**

Historical background of Weight lifting  
Origin and development  
Equipments and Rules

**Unit – IV**

Measurements/ Dimensions  
Techniques  
Governing bodies  
Competitions  
Athletics- introduction  
Types of Throws  
Rules and Equipments

**Text books and References:**