

**SKILL ENHANCEMENT COURSE**  
**BPLLDR (Basketball, Power lifting & Long Distance Races)**  
**BPE-S501**  
**BPLLDR**

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 Basketball  
Origin and development  
Equipments and rules

**Unit-II**

Marking  
Measurements/ Dimensions  
Skills  
Governing bodies  
Competitions

**Unit – III**

Historical background of Power Lifting  
Origin and development  
Equipments and Rules

**Unit – IV**

Marking  
Measurements/ Dimensions  
Techniques  
Governing bodies  
Competitions  
Athletics- introduction  
Long distance races  
Rules and Equipments