

SKILL ENHANCEMENT COURSE
HKS (Handball, Kho-Kho Shooting)
BPE-S502
HKS

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 Handball
Origin and development
Equipments and rules

Unit-II

Marking
Measurements/ Dimensions
Skills
Governing bodies
Competitions

Unit – III

Historical background of Kho-kho
Origin and development
Equipments and Rules

Unit – IV

Marking
Measurements/ Dimensions
Techniques
Governing bodies
Competitions
Shooting- introduction
Rules and Equipments
Types of Shooting
Scoring and marks