

SKILL ENHANCEMENT COURSE
LTWG (Lawn Tennis, Wrestling & Gymnastic)
BPE-S601

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 Lawn Tennis
Origin and development
Equipments and rules

Unit-II

Marking
Measurements/ Dimensions
Skills
Governing bodies
Competitions

Unit – III

Historical background of Wrestling
Origin and development
Equipments and Rules

Unit – IV

Platform-Measurements/ Dimensions
Techniques
Governing bodies
Competitions
Gymnastic- introduction
Events-Men/Women
Rules and Equipments