

SKMR SKILL ENHANCEMENT COURSE
SKMR (Softball, Kabaddi & Miscellaneous Races)
BPE-S602
SKMR

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 Softball
Origin and development
Equipments and rules

Unit-II

Marking
Measurements/ Dimensions
Skills
Governing bodies
Competitions

Unit – III

Historical background of Kabaddi
Origin and development
Equipments and Rules

Unit – IV

Marking
Measurements/ Dimensions
Skills and Techniques
Governing bodies
Competitions
Athletics- introduction
Miscellaneous Races (Relay, Hurdles and stipple chase)
Rules and Equipments