

DEPARTMENT OF PHYSICAL EDUCATION
MUGBERIA GANGADHAR MAHAVIDYALAYA
DISTRIBUTION OF SYLLABUS
SEMESTER – I (SEC-1)

Course Type	Course Code	Course Title	Credit	L-T-P	Marks		
					CA	ESE	Total
SEC-1		ATHLETICS	2	0-0-4	10	40	50

SEC-1		ATHLETICS	Total Credits 02				
-------	--	-----------	-------------------------	--	--	--	--

Course Contents		
1.	Track Events	Taken By
a)	Starting Techniques: Standing start and Crouch start (its variations) use of Block.	JKJ
b)	Acceleration with proper running techniques.	
c)	Finishing technique: Run Through, Forward Lunging and Shoulder Shrug.	
d)	Relay Race: Starting, Baton Holding/Carrying, Baton Exchange in between zone, and Finishing.	
e)	Learning and demonstration the process of Scoring and Recording in Competition results.	

Course Contents		
2.	Field events	Taken By
a)	Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing.	ASI & BG
b)	High jump: Approach Run, Take-off, Bar Clearance (Straddle) and Landing.	
c)	Shot put: Holding the Shot, Placement, Initial Stance, Glide, Delivery Stance and Recovery (Perry O'Brien Technique).	
d)	Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery (Rotation in the circle).	
e)	Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride).	
f)	Learning and demonstration the process of Scoring and Recording in Competition results.	