

# SYLLABUS

## PANJAB UNIVERSITY, CHANDIGARH

### B.A.-I

#### Semester-I (Practical)

Max. Marks : 35

Practical : 30

Internal Assessment : 05

### ATHLETICS

#### Sprints (Types of Start and Finish)

- (a) Crouch start-fixing of starting blocks, getting in and off the block, emphasizing on body position, need of starting blocks in a sprint race.
- (b) Practice of starts with starting blocks using proper commands.
- (c) Training the students for correct running style.
- (d) Practice of finishing the sprint with different techniques.
- (e) Rules and Regulations of Sprint races.

#### Middle Distance, Long Distance and Walking Events

- (a) Marking of standard tracks, width of lanes and starting points for various races.
- (b) Practice of Standing Start.
- (c) Correct running and walking style, emphasis on proper body position and foot placement.
- (d) Running tactics.
- (e) Rules of competition.

#### Physical Fitness tests

More emphasis shall be given on general physical fitness and principles of physical exercises. (Speed and agility)

Test-1 – Speed : 50 mts dash test.

Test-2 – Agility : Shuttle run test.

### B.A.-II

#### Semester-III (Practical)

Max. Marks : 35

Practical : 30

Internal Assessment : 05

### ATHLETICS

- (a) History of athletics
- (b) List of track and field events
- (c) Marking of standard track, width of lanes and starting points for various races.



### Long Jump

- (i) Approach run
- (ii) Take off
- (iii) Flight
- (iv) Landing
- (v) Brief information of various styles and practice of any one style depending upon the facilities available
- (vi) Rules and regulations of the long jump

### Physical Fitness Tests

More emphasis shall be given on physical fitness with regard to specific physical fitness components (Endurance and Strength)

**Test-1 – Endurance : 9/12 min. run and walk test.**

**Test-2 – Strength : Standing broad jump test**

## B.A.-III

### Semester-V (Practical)

**Max. Marks : 35**

**Practical : 30**

**Internal Assessment : 05**

## ATHLETICS

- (a) History of athletics
- (b) List of track and field events
- (c) Marking of standard track, width of lanes and starting points for various races.

### 1. Throws

Throws (Shot-put or Discus Throw or Javelin Throw) and one event of the choice of the student.

- (a) Shot-put (The holding the stance, the glide, the delivery and the reverse or the recovery).

Or

Discus Throw (The handhold, the initial stance, the preliminary swings, turn the delivery and the reverse or the recovery).

Or

Javelin Throw (the grip, the carry, the run way approach, the last five strides, the delivery, the reverse or the recovery).

- (b) Measurements of equipment and the throwing circle or the approach run the arc and the throwing area/the sectors.

### 2. Physical Fitness Tests

More emphasis shall be given on variety of physical exercises for the development of Flexibility and strength components of physical fitness.

**Test-1 – Flexibility : Sit and reach test**

**Test-2 – Strength : Medicine Ball Throw**