

TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
Department of Advanced Sports Training and Coaching
CHENNAI-127

Name of the Course:	Diploma in Adventures sports
Stream	Distance Education
Educational Qualification	Plus 2
Duration	One year
Medium of Instruction	English
Year of Commencement	2014 - 2015
Fee structure	Rs 40,000.00

DIPLOMA IN ADVENTURE SPORTS

1. General Objectives of the Course:

To enable the student:

- a) To become competent and committed professionals willing to perform the identified tasks.
- b) To use competencies and skills needed for becoming an effective adventure instructor.
- c) To inculcate rational thinking and scientific temper among the students.
- d) To develop critical awareness about the social realities among the students.
- e) The objective of this course is to provide students with a supervised professional experience within an adventure sports setting under the direction of a supervisor at that site.

2. Name of the course:

Diploma in Adventure sports.

3. Duration of the Course & Course Fees:

The duration of the course shall be of one year from July – April.

The dates for commencement and conclusion of the course shall be fixed by the Institution authorities.

The course fees will be Rs. 40,000/-

4. Eligibility for Admission:

Any Candidate who has passed the Plus Two or any Other Equivalent Course will be eligible for the admission to the diploma in adventure sports.

SCHEME OF EXAMINATION/PATTERN OF EXAMINATION

Examination Fees:

Separate examination fee is to be paid to the University.

Eligibility for appearing at Diploma in Adventure Sports Examination:

Student should keep the terms with at least 75% attendance. He/ She should complete all the practical and other work allotted in all parts of the syllabus.

Centre & Structure of Examination:

The Theory of Examination will be held at the end of the term. This examination will be of three hours duration per paper & carry 100 Marks/Paper. The paper will consist of descriptive questions.

Practical:

The practical examination will be held before the theory examination. This examination will be conducted separately & will carry 200 marks.

Practical	Marks	Examiner
Performance of Specialized Adventure Activity	100	Internal Examiner
Organization of Activity & its Report	50	Internal Examiner
First – Aid	25	Internal Examiner
Record Book, PPT & Viva-voce	25	Internal & External Examiner
Total	200	

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DIPLOMA IN ADVENTURES SPORTS
PAPER – I
ADVENTURES SPORTS Planning and Organizations

Unit I

Adventures Sports : Definition – classification – History and Development - Scope- importance- Objectives – Types- Mountaineering – Water Sports / Aero Sports .

Unit II

Recent trends - Various types – competitions - Planning - Mountaineering – Trekking – Rock Climbing – Single Rope – Tyre Bound – Zumaring – Trust Fall – Para Sailing – Obstacles.

Unit III

Organization -- Mountaineering – Trekking – Rock Climbing – Single Rope – Tyre Bound – Zumaring – Trust Fall – Para Sailing - Obstacles.

Unit IV

Job opportunities-training institution-infra structure – Equipments – Maintenances – benefits.

Unit V

Fitness – Definition - Aim - Objectives – Importance – Factors – Intensity – Load - Training – Conditioning – Warm-up – Specific Exercise – Cooling Down- Development of Strength – Speed – Endurance - Recent Trends in Adventure Sports.

Reference

1. Kilpatrick, "All for Adventure", Irene/Hall, Susan(ILT)
2. King, Betty "Adventure"
3. Bradely, Stanley L "The Adventure"
4. Kalpana Swaminathan "Adventure Sports"
5. Kirkrdall, Tom "Mountain Bike Adventures in Washington's.
6. Singh Hardayal, "Science of Sports Training" D.V.S Publication, New Delhi.

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DIPLOMA IN ADVENTURES SPORTS
PAPER – II
Safety Measures and Rescue Technique

Unit I

Safety Measures : Definition – Aim - Scope- importance- Objectives – Safety Equipment - Clothing – Techniques & Methods - Clothing.

Unit II

Rescue Technique : Definition – Aim - Scope- importance- Objectives – Methods – Technique .

Unit III

Injuries - Types – Classification – Prevention – First-Aid .

Unit IV

Map Reading – Compass – Weather Interpretation, Stress Calls & Signals.

Unit V

Photographs – Modern Safety Measures – Rescue Techniques – Recent Trends.

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1. Kilpatrick, "All for Adventure", Irene/Hall, Susan(ILT)
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DIPLOMA IN ADVENTURES SPORTS

Practical - I

Fitness – Conditioning – Warming-up - Specific Exercise – Cooling Down

Conditioning – General - Special - Related to Adventure Sports

Practical – Demonstration – Teaching – Training – Technical Training

- 1. Mountaineering**
- 2. Trekking**
- 3. Rock Clamping**
- 4. Single Rope**
- 5. Tyre Bound**
- 6. Zumaring**
- 7. Trust Fall**
- 8. Obstacles**
- 9. Para sailing**

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DIPLOMA IN ADVENTURES SPORTS

Practical - II

First – Aid

Planning and Organization

- 1. Mountaineering**
- 2. Trekking**
- 3. Rock Clamping**
- 4. Single Rope**
- 5. Tyre Bound**
- 6. Zumaring**
- 7. Trust Fall**
- 8. Obstacles**
- 9. Para sailing**

Report Preparation

Record

Power Point Presentation