

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

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

POST GRADUATE 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:

P.G. 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 any Degree or any Other Equivalent Course will be eligible for the admission to the P.G. diploma in adventure sports.

5. Medium of Instruction and Examination

Medium of instruction for the P.G. Diploma Adventure Sports course will be in English and Question papers shall be set in English.

6. STRUCTURE OF PG DIPLOMA IN ADVENTURE SPORTS:

Area	Part	Head		Marks	
Theory	I		<i>External</i>		
(External Examination)		1		Adventure sports Planning & Organization	100
		2		Safety measures & Rescue Techniques	100
				Anatomy Physiology	100
				Total	300
			<i>Internal</i>		
Practical	II	1		Performance of Specialized Adventure Activity	100
(Internal Examination)		2		Organization of Activity & its Report	50
		3		First Aid	25
		4		Record Book, PPT & Viva voce	25
				Total	200
				Grand Total	500

Note:

Internal assessment will be done by the institution conducting the course. The Internal Assessment will be done by a Panel of Two Examiners, Internal Examiner & External Examiner (Adventure Expert), as appointed by the institution. The External assessment will be done by the University.

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P.G. 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. Kirkrndall, Tom "Mountain Bike Adventures in Washington's.
6. Singh Hardayal, "Science of Sports Training" D.V.S Publication, New Delhi.

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P.G. 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.

Reference

1. Kilpatrick, "All for Adventure", Irene/Hall, Susan(ILT)
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P.G. 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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P.G. 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