

# SCHEME OF THE COURSE

## CERTIFICATE COURSE IN GYMNASTICS

### I. Qualification for the Course

Candidates should have passed the Higher Secondary Examination conducted by the Board of Higher Secondary Examination, Government of Tamil Nadu or any other equivalent examination.

### II. Duration of the Course

Certificate Course in Gymnastics - One Year (non-semester course)

### III. Medium of Instruction

English Medium

### IV Question pattern

Questions will be in English in the Summative Examinations. Answers may be in Tamil or English.

#### Summative Examination - Theory

1. Maximum Marks – 50 (converted in to 100 marks)
2. Time – 2hrs.
3. Marks evenly distributed to all the five units in all the sections.
4. Question Pattern for Summative Examination - Theory

#### Section A (10 x 1 = 10 Marks)

Question No.1 to 10

1. Multiple Choice (Four Choices in each question) and Short Answers
2. No ‘None of these’ choice

#### Section B (4 X 5 = 20 Marks)

Question No.11 to 14

1. Answer all questions choosing either (a) or (b)

#### Section C (2 X 10 = 20 Marks)

Question No.15 to 17

1. Answer any two questions out of three

#### Question Pattern for Summative Examinations – Practical

Sl. No	Content	Marks
I	Floor exercise	25
II	Pole Mallakhamb	25
III	Rope Mallakhamb	25
IV	Vaulting Horse	25
Total Marks		100

## Scheme of Examinations

Course	Course Code	Subject	Hours	Marks	
				Ext.	Total
Certificate Course in Gymnastics	CCG01	Theory	20	100	100
	CCG02	Practical	20	100	100
<b>TOTAL</b>					200

### CERTIFICATE COURSE IN GYMNASTICS

#### THEORY - CCG01

##### UNIT – I

**Introduction:** Meaning and Definition of Gymnastics - History – Types of Gymnastics – Elementary Gymnastic Movements.

##### UNIT - II

**Floor exercise:** Forward roll - Backward Roll - Handstand Roll Forward - Cart Wheel - round Off-roll Backward to Handstand - Jump and Roll Forward.

##### UNIT – II

**Pole Mallakhamb:** Mounts, Hold Parts, Acrobatic Elements, Catches, Dismounts.

##### UNIT- IV

**Rope Mallakhamb:** Mounts, Hold Parts, Acrobatic Elements, Catches, Dismounts.

##### UNIT – V

**Vaulting Horse:** Approach Run, Take off from the Beat Board, Cat Vault, Squat Vault.

#### REFERENCE BOOKS

1. Loyd,R, 2011 “Gymnastics Skills Techniques Training”, The Crouched Press, New Delhi.
2. Shinde Jagadish S 2016 “Sprinting for Fitness”, Sports Publication, New Delhi.
3. Nagi Kunal , 2016, “Teach Yourself Men Gymnastics”, Sports Publication, New Delhi.
4. Bal, B.S., Kaur, P.J and Singh, D. “Effects of 6-week rope mallakhamb training on 16 speed of movement, vital capacity and peak expiratory flow rate”. Brazilian Journal of Biomotricity. 6:1 (2012): 25-32.
5. Burt, Jon., Skadada, and Quebec, “Mallakhamb: an investigation into the Indian physical practice of rope and pole Mallakhamb”, Canada
6. Burt, Jon. “Mallakhamb: an investigation into the Indian physical practice of rope and pole Mallakhamb” International Journal of the Arts in Society , 5 : 3 (2010): 29-38

### CERTIFICATE COURSE IN GYMNASTICS

#### PRACTICAL - CCG02

1. Floor Exercise
2. Pole Mallakhamb
3. Rope Mallakhamb
4. Vaulting Horse

# VIVEKANANDA COLLEGE

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Managed by Sri Ramakrishna Tapovanam, Tirupparaitturai

**TIRUVEDAKAM WEST, MADURAI– 625 234, TAMIL NADU**

**[www.vivekanandacollege.ac.in](http://www.vivekanandacollege.ac.in)**

Phone: 04543-258234 Fax: 04543-258358



## **MINUTES OF THE MEETING OF BOARD OF STUDIES**

***HELD ON 23.03.2020 (Monday)***

**(To be filled in by the respective Heads of the Department)**



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## MEETING OF THE BOARD OF STUDIES

Held on 23.03.2020 (Monday)

DEPARTMENT :	Physical Education		
NAME OF THE CHAIRMAN:	Dr. M.SEENI MURUGAN		
SIGNATURE OF THE CHAIRMAN			
<b>LIST OF BOARD MEMBERS</b>			
<b>INTERNAL MEMBERS</b>	<b>Attendance</b> (Present/ Absent)	<b>EXTERNAL MEMBERS</b>	<b>Attendance</b> (Present/ Absent)
Dr. M. SEENI MURUGAN, B.Sc., M.P.Ed., M.Phil., PG Dip in Yoga., Ph.D. Director of Physical Education Vivekananda College		Dr.V.Jeyaveerapandian Professor & Director of Physical Education Department of Physical Education Madurai Kamaraj University Madurai – 21	
Mr. I. IRULAPPAN, M.A., C.P.Ed., DNYS., M.Sc.Yoga. Yoga Instructor Vivekananda College		Dr.P.YOGA Assistant Professor Alagappa University College of Physical Education Alagappa University, Karaikudi – 630003	

**NOTE:** Signature of all board members

## DETAILED RESOLUTIONS:

DEPARTMENT :	PHYSICAL EDUCATION
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COURSE:	CERTIFICATE COURSE IN GYMNASTICS
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The Board of Studies meeting was held for the Certificate Course in Gymnastics at Department Of Physical Education on 23<sup>th</sup> March 2020, Monday at 11.a.m. and the following resolutions were passed with effect from the Academic Year 2020-2021.

### Resolutions:

1. It is resolved to introduce a new Certificate Course in Gymnastics (one year course) under non-semester pattern for all the UG students, New Syllabus (Both for Theory and Practical) have framed.

LIST OF BOARD MEMBERS			
INTERNAL MEMBERS	Signature	EXTERNAL MEMBERS	Signature
<b>Dr. M. SEENI MURUGAN</b> , B.Sc., M.P.Ed., M.Phil., PG Dip in Yoga., Ph.D. Director of Physical Education Vivekananda College		<b>Dr.V.Jeyaveerapandian</b> Professor & Director of Physical Education Department of Physical Education Madurai Kamaraj University Madurai – 21	
<b>Mr. I. IRULAPPAN</b> , M.A., C.P.Ed., DNYS., M.Sc.Yoga. Yoga Instructor Vivekananda College		<b>Dr.P.YOGA</b> Assistant Professor Alagappa University College of Physical Education Alagappa University Karaikudi – 630003	

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**NOTE:** Signature of all board members - at the end of resolutions.

**SIGNATURE OF BOARD MEMBERS**

<b>DEPARTMENT :</b>	<b>PHYSICAL EDUCATION</b>
<b>NAME OF THE CHAIRMAN:</b>	<b>Dr.M.SEENI MURUGAN</b>
<b>SIGNATURE OF THE CHAIRMAN:</b>	

**LIST OF BOARD MEMBERS**

<b>INTERNAL MEMBERS</b>	<b>Signature</b>	<b>EXTERNAL MEMBERS</b>	<b>Signature</b>
<b>Dr. M. SEENI MURUGAN</b> Director of Physical Education Vivekananda College		<b>Dr.V.Jeyaveerapandian</b> <b>Professor &amp;</b> <b>Director of Physical Education</b> Department of Physical Education Madurai Kamaraj University Madurai – 21	
<b>Mr. I. IRULAPPAN, M.A., C.P.Ed.,</b> DNYS., M.Sc.Yoga. Yoga Instructor Vivekananda College		<b>Dr.P.YOGA</b> <b>Assistant Professor</b> Alagappa University College of Physical Education Alagappa University, Karaikudi – 630003	