

UNIVERSITY OF PUNE

Faculty of Physical Education

SYLLABUS

CERTIFICATE COURSE IN

ADVENTURE SPORTS

CERTIFICATE COURSE 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:

Certificate Course in Adventure Sports

3. Duration of the Course & Course Fees:

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

The course fees will be Rs.

4. Eligibility for Admission:

Any Candidate who has passed **HSC** or any **Other Equivalent Examination** will be eligible for the admission to the Certificate Course in Adventure Sports.

Intake:	50 Students
Selection Procedure:	Group Discussion & Interview

5. Medium of Instruction and Examination:

Medium of Instruction for the Certificate Course in Adventure Sports Course will be Marathi and/or English and questions papers shall be set in Marathi & English.

The candidate appearing for the Certificate Course in Adventure Sports Course Examination will have the option of answering all papers either in English or in Marathi in Part-I (Theory). This option can be exercised paper wise and not section wise or question wise.

6. Structure of Certificate Course in Adventure Sports:

Area	Part	Head		Marks	
Theory (External Examination)	I		External		
		1		Adventure Sports	
				Total	100
Practical (Internal Examination)	II		Internal		
		2		Performance of Adventure activities	50
		3		Photo & others PPT & Viva-voce	20
		4		Report of specialization activity (Record Book)	10
		5		Planning & Organization of one activity	20
				Total	100
				Grand Total	200

Note:

Internal assessment & External assessment will be done by the institution conducting the course. The Internal Assessment will be done by a Panel of two examiners as appointed by the institution.

SCHEME OF EXAMINATION/ PATTERN OF EXAMINATION

Examination Fees:

Course fees include Examination fees.

Eligibility for appearing at Certificate in Course Adventure Sports Course examination:

Student teachers 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 of Examination:

The Theory and Practical Examination will be conducted in the institution campus.

Theory

The Theory Examination will be held at the end of the term. This examination will be of three hours duration & carry 100 marks. Objective & Descriptive types of questions.

Practical:

The practical examination will be held before the theory examination. This examination will be conducted separately & will carry 100 marks.

Sr.No.	Practical Work	Marks	Evaluation
1	Performance of Adventure activities	50 Marks	Internal Examiner
2	Photo & others PPT & Viva-voce	20 Marks	Two Examiners
3	Report of specialization activity (Record Book)	10 Marks	Two Examiners
4	Planning & Organization of one activity	20 Marks	Internal Examiner

Evaluation:

I) Theory	Marks	Minimum Std of Passing
Adventure Sports	100	40
II) Practical		
Performance in Adventure Activities (Mountaineering/Water Sports/Aero Sports)	50	25
Photo & others PPT & Viva-voce	20	10
Report of one activity (Record Book)	10	10
Planning & Organization of one activity	20	10
Total	100	50
GRAND TOTAL	200	100

Standard of Passing:

1. A student must obtain minimum 40% of marks in theory paper.
2. A student must obtain 50% of marks in practical examination separately in internal assessment.
3. A student must obtain 50% aggregate marks together in Theory & Practical assessment to pass the Certificate in Adventure Sports examination as a whole.

Award of Class:

Theory:

Class will be awarded to the students at the end of the course on the basis of aggregate marks obtained by him/her in theory part as shown in the table given below

Sr. No.	Class	Theory
1	First Class with Distinction	70% & above
2	First Class	60% & above but less than 70%
3	Higher Second Class	55% & above but less than 60%
4	Second Class	50% & above but less than 55%
5	Pass Class	40% & above but less than 50%

Practical:

There shall be a grade on the report card for the Practical assessment conducted. The grades will be given as below

Marks Obtained	Grade
90 & above	O
70-89	A
60-69	B
50-59	C
Less than 50	Fail

Backlog of Courses:

Students will have to acquire at least **50 %** marks. If he/she fails to do so, Re-examination & practical work will be arranged for them during next certificate course.

Marks Weightage

Theory Paper: Adventure Sports

Sr. No.	Unit No.	Topic	Marks
1	1	Introduction to Adventure Sports	20
2	2	Introduction to Water Sports & Aero Sports	20
3	3	Introduction to Mountaineering	20
4	4	Safety Measures & Rescue Techniques	20
5	5	Planning & Organization	20
		Total	100

Practical

Sr. No.	Topic	Marks
1	Performance in Adventure Activities (Mountaineering/Water Sports/Aero Sports)	50
2	Photo & others PPT & Viva-voce	20
3	Report of one activity (Record Book)	10
4	Planning & Organization of one activity	20
	Total	100

Issue of Transcript & Passing Certificate:

Within **15 days** after the theory examination & the course the student shall be awarded with the passing certificate by the institution conducting the course.

LECTURES AND WORKLOAD

Lectures:

Theory: 45 mins. Two lectures/day. Monday to Friday

Practical: Whole Day Saturday/Sunday

Workload:

(Theory & Practical):

Sr. No.	Unit No.	Topic	Marks	Theory	Practical
1	1	Introduction to Adventure Sports	20	20	02 days
2	2	Mountaineering	20	20	05 days
3	3	Water Sports & Aero Sports	20	20	06 days
4	4	Safety Measures & Rescue Techniques	20	20	03 days
5	5	Planning & Organization	20	20	04 days
		Total	100	100	20 days

THEORY

Participants will have the opportunity to:

- Get introduced to various types of adventure sports & Undergo some types of Adventure Sports.
- Know more about the fitness, fitness factors and training essential for adventure expert.
- Get knowledge of various safety procedures and signals
- Undertake course of instruction in outdoor first-aid, risk management, mountain weather, etc.
- Develop and use inter-personal communication and apply this to a leadership situation.
- Take part in activities with staff, who are high performers, with extensive experience in their pursuits.
- Know the Tips for better organisation and planning of an Adventure activity.
- Learn teaching progressions & ethics for teaching on a number of adventure activities and be able to practise these with feedback.

SYLLABUS

CERTIFICATE COURSE IN ADVENTURE SPORTS

Paper: Adventure Sports

Unit I: Introduction to Adventure Sports

- Definition, Classification of Adventure Sports

Mountaineering	Water Sports	Safaris	Wild life Tourism
Trekking	Aero sports	Biking	Speleology (Caving)
Rock Climbing	Bungee Jumping	Moto Sports	Skiing

- Scope of Adventure Sports: New Trends, Training Institutes, Job Opportunities, Advantages & Disadvantages
- Fitness Training: Physical Fitness Factors, Fitness Training & its Importance.

Practical:

- Visits to Training institutes.
- Fitness Training.

Unit II: Introduction to Water Sports & Aero Sports

- Types of Water Sports: Canoeing, Kayaking, Rafting, Scuba Diving, Snorkelling, Surfing, Water skiing
- Rafting & Kayaking: Equipment & Clothing
- Scuba Diving & Snorkelling: Equipment & Clothing
- Types of Aero Sports: Ballooning, Hang gliding, Paragliding, Parasailing, Skydiving
- Hang gliding & Paragliding: Equipment & Clothing
- Parasailing: Equipment & Clothing
- Sites of Water & Aero Sports in India

Practical:

- Visits to Water & Aero Sports sites
- Canoeing, Rafting & Kayaking demo
- Hang gliding, Para Gliding & Para Sailing demo
- Practice of the above sports to the students is optional (if Possible).

Unit III: Introduction to Mountaineering

- Definition of Mountaineering, Types: Trekking, Rock Climbing, Bouldering, Ice Climbing, Wall Climbing
- Trekking: Mountain Manners, Trek Planning, Trekking Sites in India.
- Rock Climbing: Principles, Route Planning, Equipment, Clothing
- Uses of Knots: Thumb, Reef, Clove Hitch, Fisherman, Simple Bowline, Figure of Eight
- Introduction to Techniques: Abseiling (Rappelling), Jumaring, River/Valley Crossing Techniques, Bushcraft.

Practical:

- Visits to Mountaineering, Trekking & Climbing Wall sites
- Explanation & Teaching of knots
- Demo & Practice of Rock Climbing, Abseiling, River/Valley Crossing Techniques & Bushcraft

Unit IV: Safety Measures & Rescue Techniques

- Safety Measures: Safety Equipment & Clothing
- Introduction to Rescue Techniques & Stress Calls,
- Injuries & first aid: classification of Injuries, General first aid

Practical:

- Demo of Rescue Techniques & Stress Calls
- First-Aid of Injuries, Bandaging & Carrying Techniques

Unit V: Planning & Organisation

- Requirements for Planning & Organizing an Activity, Backpacking list.
- Outdoor Management, Personality Development, Team Building, Cooperation, etc.
- Ethics & Qualities of an Adventure Expert

Practical:

- Planning & Organisation of Adventure Activities.
- Team Building & Personality Development Programs/Activities.

PRACTICAL

1. Performance in Adventure Activities: (Mountaineering/Water Sports/Aero Sports)
2. Photo & others PPT & Viva-voce
3. Report of one activity (Record Book)
4. Planning & Organization of one Adventure Activity

LIST OF BOOKS RECOMMENDED

Sr. No.	Name of the Book	Name of the Author
1	All for Adventure	Kilpatrick, Irene/ Hall, Susan (ILT)
2	Adventure	King, Betty
3	The Adventure	Bradely, Stanley L.
4	The Adventure	Sittser, J
5	The Adventure	Yost-Filgate, Susan (ILT)
6	Adventure	London, Jack
7	Adventure Sports	Kalpana Swaminathan
8	Guide to Adventure Sports	Drew, Emma
9	Wild Sports of the world: A Book of Natural History and Adventure	Greenwood, James
10	Mountain Bike Adventures in Washington's North Cascades and Olympics	Kirkndall, Tom
11	Mountain Bike	Nealy, William
12	Extreme Sports	Joe Tomlinson
13	Adventure Sports: Mountain Biking	Sussana mills
14	Rafting: An Introduction	Romola Butalia
15	Scuba Diving: An Introduction	RAJIV Butalia
16	Dinghy Sailing: The Essential Guide to Equipment & Techniques	Sarah Ell

17	Adventure Sports: Windsurfing	Simon Bornhoft
18	Adventure Sports: Scuba Diving	Lee William Harris
19	Water Sports Adventure	Waring, Rob
20	Paragliding: An Introduction	Romola Butalia
21	Beginning Gliding (Flying & Gliding)	Derek Piggot
22	Advanced Rock Climbing	John Long & Craig Luebben
23	Extreme Alpinism	Mark Twight
24	The Complete Rock Climber	Malcolm Creasy
25	Medical Handbook for Mountaineers	Peter Stede
26	Mountaineers	Chris Bonnington
27	A Comprehensive Course on Climbing	Michael Grey
28	The Mountaineering Handbook	Craig Connally
29	Emergency Survival	Van Tilburg, Christopher
30	Extreme Sports Photography	David Spurdens

LIST OF EQUIPMENTS

Sr.	ROCK CLIMBING	QUANTITY	WATER SPORTS	QUANTITY
1	Ropes	03 Static 03 Dynamic	Life jacket	10 nos
2	Slings	50 nos	Helmet	10 nos
3	Harness	10 nos	Canoe	Optional
4	Carabineer	25 screw 25 plain	Raft	Optional
5	Étriers	3 nos		
6	Jumar	3 pairs		
7	Descender	05 nos		
8	Mittens	10 pair		
9	Tapes	05 nos		
10	Helmet	10 nos		
11	P.A. Shoes	Personal		
12	Grigri	02 nos		
13	Tents	05 nos		
14	Carry mat	Personal		
15	Torch/Flash light	Personal		
16	Sleeping bag	Personal		

Note:

1. If the Institute conducting the certificate course does not satisfy the above listed equipment then the institute will not be allowed to conduct the course.
2. However the Institution conducting the course can take help from other **Recognised/Certified Institutes (Particular Adventure Activity)** for conducting the demo & practice of adventure activity. Provided proper care and safety of the student as well the instructors is to be seen.

REFERENCE SITES

www.incredibleindia.com,
www.indmount.com
www.usaindians.com
www.indiaonestop.com
www.rockclimbing.com
www.expn.go.com
www.nzxsports.com
www.adventuresports.com
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www.answers.com
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